Well I guess summer is coming to an end. All the schools are back in session, with Labor Day behind us. I hope everyone had a great summer, with great vacations. Even though it was a very “HOT” one. I had a nice trip to Charlotte, NC to be with good friends and having such a great time.

This month we will be heading to Connecticut for my Great nephews wedding. I’m looking forward to seeing all my nieces and nephews. It should be a great family gathering.

Time to get back with what’s going on with Mended Hearts. Our next meeting will be September, 26, at 12 noon, at the Pearson’s Cancer Center. Guest speaker will be Dr. Richard Kuk. He will be talking about “Electrical Issues in Heart Treatments”. Everyone who has had Afib or irregular heartbeats should definitely come to this. Don’t forget to bring a friend.

“It’s Great to be Alive ~ and Help Others”

Laurel Dodgion, President

Jackie Carver — Program Chair

2019 Program Calendar

October 24, 2019, 12:00 Noon to 2:00 p.m., Pearson Cancer Center — Sarah Harvey, NP “Lifestyle Changes for Better Health”

November 21, 2019 12:00 Noon to 2:00 p.m., Pearson Cancer Center - Dr. Peter O'Brien, “Doctor’s On Mission”

December 14 (Saturday), 2019, Luncheon Meeting: 12:00 p.m. - 3:00 p.m., Eagle Eyrie Christmas Social

Without labor nothing prospers.

Sophocles

Never allow a person to tell you no who doesn’t have the power to say yes.

Eleanor Roosevelt

You get to decide where your time goes. You can either spend it moving forward, or you can spend it putting out fires. You decide. And if you don’t decide, others will decide for you.

Tony Morgan

A year from now, you may wish you had started today.

Karen Lamb

Inside this issue

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Cares & Concerns: Judy and Wayne Toler, Co-Chairs

⇒ Norman Ralph "Buddy" Tucker, 89, died on August 19, 2019. He was a former member of Chapter 16.

Mid-Atlantic Regional Meeting

What: Mid-Atlantic Regional Meeting
When: October 26 8:00 am to 2:00 pm
Where: Gastonia, North Carolina at CaroMont Heart & Vascular Regional Medical Center, 200, 2555 Court Dr, Gastonia, NC 28054
Hosted by: Mended Hearts Chapter 379

If you are interested in going to this informative meeting, Please contact President Laurel Dodgion at 434-610-6812.

Editor’s Page — Dallas Scott

September, Fall is almost here. I am looking forward to some cooler days and nights. The Summer social looks like everyone had a good time with great food and wonderful friendships (see the pictures on page 9).

Have you looked at the new application for Mended Hearts on page 11? There are new categories of membership that should make it easier to get new members. Ask your friends, neighbors, family, church members. You never know who will say yes. Just keep looking and don’t worry about the No’s. They were no before you ask too.

I finally got to install the flag pole in front of our house that I was trying to do when the Lyme Disease hit me. It looks great. OK, it might be off plumb a little but so am I.

I look forward to seeing you at the next General meeting in October.
Please send all comments to dallas.t.scott.va@gmail.com or call me at (434) 610-4314.

Dallas Scott, Editor
Accredited Visitor
September Birthdays
Andrew Hoard
Tony Tucker

September Surgery Anniversaries
Andrew Hoard 2011
Hugette Hawks 2012
Margaret Mundy 2015

What young people think of older people

A peppy insurance agent confidently tells an older woman: I'm 35 and I can barely understand that Web page. I can't imagine how hard it is for you.

Eye roll. The older woman was developing Web pages when that agent was in second grade.

According to a survey by A Place for Mom, 55 percent of young people typically believe older people don't have a clue about technology. But that's mostly false. A Pew Research Center study found 67 percent of seniors use the internet at home and 51 percent have broadband.

Young people, always in a hurry, tend to think older people drive more dangerously than the young. Sorry. According to the Federal Highway Safety Administration, people 65+ make up 19 percent of crash victims. Those 16 to 34 make up 38 percent of crash victims.

On the other hand, young people are right about some characteristics of growing older.

More than 65 percent of young people know that people aged 50 and older have money to spend. (Okay, who thinks that is because they are 'borrowing' it?) According to the Oxford Economics Report, the contribution to the economy of people over 50 is about 43 percent of GDP.

When surveyed, young people correctly agree that as people age they are not unhappy. A Princeton University study shows that happiness tends to decline in middle age, but increases in the 50s. By their 70s, most people are happier than when they were 20.

Ready for anything: What goes in an emergency preparedness kit?

September is typically a mild weather month, but unfortunately it's also a time when hurricanes and other extreme weather conditions can pop up. With that in mind, it's a good time to review the items you should keep in your emergency kit.

Some of the items the Red Cross says you absolutely need include:

⇒ A plan for your pet. Evacuate early with your pets. Have food, pet carriers, leashes, and water.
⇒ Water, one gallon per day per person; three days worth for an evacuation.
⇒ Non-perishable food items, same guidelines as for water. Take a can opener.
⇒ Flashlight
⇒ Battery-powered or hand-crank radio, preferably a NOAA weather radio
⇒ Extra batteries
⇒ First aid kit that includes prescription medicines
⇒ Cell phones with chargers
⇒ Extra cash (remember that ATMs and other machines often don't work) and credit cards
⇒ Documents, including insurance papers, ID, deed or lease to the home, proof of address, medication list
⇒ Emergency contact info
⇒ Emergency blankets
⇒ Map of the area (cell phone service, including GPS, could be lost)

Copied from pagesmag.com

Grandparents Day
September 8

Mended Hearts® Prayer

We ask for your blessings, Lord.
We ask for strength, that we may pass it on to others.
We ask for faith, that we may give hope to others.
We ask for health, that we may encourage others.
We ask Lord, for wisdom, that we may use all your gifts well.
ESTHER TUCKER — DONATIONS & GIFTS
DONATIONS MADE TO CHAPTER #16

DONATIONS:
None

Birthday:
None

Surgery Anniversary:
None

In Memory of:
None

In Honor of:
None

Donations: We appreciate all donations to Chapter #16. Thank you so much!

Please send your memorial gifts to:
Blue Ridge Mended Hearts Chapter #16
Lynchburg General Hospital
1901 Tate Springs Road
Lynchburg, VA 24501

**BE SURE TO CONSULT YOUR DOCTOR***
The Blue Ridge Heartbeat is written for the education and information of our members and others concerned with heart health. It is not intended to be a substitute for the advice of your own physician. Contact your doctor or health professional about any of your symptoms or concerns. Don’t try anything new without consulting your doctor first.

August is now in the books. August is now the most patients and families visited. You have made a difference in 141 patients’ and families’ lives. Keep up the great effort! You make an impression with each visit and improve the likelihood that patients’ and families’ lives will be improved by your visit.

VISITING REPORTS

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<td>(Including H.R.)</td>
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<td>Home Recovery —</td>
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<td>Family —</td>
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<td>528</td>
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<td>Hours —</td>
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<td>708</td>
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Meet and Greet Welcoming Registration folks
Hospitality Chair — Ruby Davis  434-845-5245

2019 General Meeting Greeters

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<td>10/24/19</td>
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<tr>
<td>12/14/19</td>
<td>Christmas Social</td>
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</table>

“Talk about depressing...I went to my school reunion and even the elephants didn’t remember me.”

“It appears the tinsmith forgot to give you a heart.”
Board Meeting Happenings: August 2019

The Board of Directors did not meet in August. The next Board Meeting will be September 26, 2019 at 10:00 am at Pearson Cancer Center.

August 2019 General Meeting

There was no meeting in August. The next regular meeting is September 26 at 12:00 Noon at Pearson Cancer Center.

WHY BORN AGAIN CHRISTIANS BELIEVE IN LIFE AFTER DEATH?


These words of the LORD JESUS CHRIST are the foundation of the faith of born again Christians. Like a ROCK these words stand the test of time. They are meant for time and eternity. They are sure; they are forever.

How many times have you found yourself in a cemetery standing before an open grave as the casket of your loved one was lowered into the grave? This is where the rubber meets the road. This is where you stand firmly on your faith in Jesus Christ, the Rock of your Salvation.

Presented by Carolyn Lee Peerman

The Life That I Have

The life that I have
Is all that I have
And the life that I have
Is yours.

The love that I have
Of the life that I have
Is yours and yours and yours.

A sleep I shall have
A rest I shall have
Yet death will be but a pause

For the peace of my years
In the long green grass
Will be yours and yours and yours.

This poem was recited by Chelsea Clinton and Marc Mezvinsky at their wedding in 2010.

How to make your fire pit more eco-friendly

A crackling fire is the hallmark of many a summer night spent outdoors with friends and family. The fire pit is often the highlight of a camping trip or the leisurely nightcap to a summer's day.

But there's also a dilemma for some: how to enjoy the tradition while still keeping things environmentally friendly and keeping the wood smoke to a minimum?

Fortunately, there are a host of alternatives these days. One popular option is to install a natural gas fire pit. Although it needs a gas line and would remain stationary, this one still retains a similar look and feel to the concept we associate with fire pit.

If you already have a wood-burning fire pit or simply can't imagine giving up the logs, you can also find alternative materials. An article in Forbes suggests logs made from non-petroleum natural wax, recycled sawdust, used coffee beans, soy, and switchgrass. Many of these release up to 80 percent fewer emissions than regular wood when burned, it says.

Indoors, a pellet stove is a good replacement for the standard wood stove. Pellets burn cleaner and almost completely and can also be a cost-efficient way to heat your home.

Copied from pagesmag.com
HOME WITH THOMAS JEFFERSON

Monticello, the home of Thomas Jefferson, was the place where Jefferson was involved with the continuing education of his children and grandchildren. He encouraged them to keep a strict schedule of reading and studying.

As a father figure, Jefferson devised a list of familiar sayings or rules that regulated his life and the life of those around him. These Canons of Conduct or Americanisms have been passed down through generations.

- Never put off tomorrow what you can do today.
- Never trouble another for what you can do yourself.
- Never spend money before you have earned it.
- Never buy what you don’t want because it is cheap; it will be dear to you.
- Pride costs more than hunger, thirst and cold.
- We seldom repent of having eaten too little.
- Nothing is troublesome that we do willingly.
- How much pain the evils cost us that never happened.
- Take things always by the smooth handle.
- When angry, count to ten before you speak; if very angry, count a hundred.

YOU and ELEANOR ROOSEVELT

“The purpose of life, after all, is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experience,” wrote Eleanor Roosevelt. Eleanor (1884-1962) United States First Lady, social activist, and writer, was the wife of Franklin Delano Roosevelt (1882-1945) 32nd President of the United States (1933-1945). There is so much that can be learned from this remarkable woman.

“Life was meant to be lived, and curiosity must be kept alive. One must never, for whatever reason, turn his back on life,” wrote Eleanor Roosevelt. Do you see how encouraging and uplifting the words of Eleanor Roosevelt are to you? Meditate on her words. Let her words penetrate your thought patterns. Don’t be swept away by negative thinking. You can live a full and interesting life just as Eleanor did. After all, “a woman is like a tea bag: you can’t tell how strong she is until you put her in hot water,” wrote Eleanor. This applies to men too.

“One’s philosophy is not best expressed in words; it is expressed in the choices one makes and the choices we make are ultimately our own responsibility,” wrote Eleanor. That is powerful advice. Take heed of her council. After all, “you can never really live anyone else’s life, not even your child’s. The influence you exert is through your own life, and what you’ve become yourself,” wrote Eleanor. Then she added, “I think that somehow, we learn who we really are and then live with that decision.”

Finally, in your journey through life, “develop skin as tough as a rhino’s hide. You cannot take anything personally. You cannot bear grudges. You must finish the day’s work when the day’s work is done. Don’t be easily discouraged. Take defeat over and over, pick yourself up, and go on,” advised Eleanor. What a woman! Now you know why Eleanor was loved and adored by millions. Her influence lives on year after year.

One concluding quote from Eleanor Roosevelt: “In all of our contacts, it is probably the sense of being really needed and wanted which gives us the greatest satisfaction and creates the most lasting bond.”

Presented by Carolyn Lee Peerman
Recipes for Healthy Living

Sweet and Spicy Honey Popcorn

Now that school is back in session and fall is in the air, it's the perfect time to gear up for Friday movie nights with the family. Take advantage of National Honey Month by mixing up your tub of popcorn with a fun recipe compliments of Honey.com. This recipe is sure to satisfy your sweet tooth while providing a nice zing of spice!

Ingredients:

10 cups plain popped popcorn
2 tablespoons butter
2 tablespoons honey
1 pinch cayenne pepper (or more!)
1/4 teaspoon cinnamon
1/4 teaspoon sea salt (more or less to taste)

Directions:

1. Pop the popcorn according to the instructions.
2. Mix the butter, honey, cayenne, and cinnamon together in a bowl. Microwave for 20 seconds at a time until it will easily combine.
3. While the popcorn is still fresh and hot, sprinkle with sea salt and drizzle the honey mixture on top.
4. Toss everything together, ensuring an even coat.
5. Enjoy!

Go After the Beetles

Early fall is a perfect time to start a campaign against the destructive copper garden beetle, also called the Japanese beetle.

This pretty copper-colored, hard shell beetle eats on anything pretty (or it seems so), especially roses and other flowers.

One method is to apply milky spore in the early fall when the soil is warm and grubs are munching grass roots. The soil must be 65 degrees or warmer. This spore kills the grubs by giving them milky disease, a condition that won't harm pets, birds, or any other animal. It might kill other types of grub, though.
Blue Ridge Mended Hearts Chapter #16

Visiting Program Chair: Dan Cousins

Visiting Committee:
Visiting Assignments: Dan Cousins
Patient Packs: Visitors
Follow Up Telephone Calls: Visitors
Training: Dan Cousins
Data Collector: Dan Cousins

Ad Hoc Committees:

Anniversary Dinner Ruby Davis
Bylaws Betty Drinkard
Celebrations & Concerns Judy & Wayne Toler
Finance Fred Mayer
Health Fairs Dave Blackburn
Hearts of Fame Awards Dave Blackburn
Historian Betty Skoldal
Hospitality Ruby and Nelson Davis
Membership Dan Cousins
Newsletter Dallas Scott
Nominating Betty Skoldal
Photographer Carolyn Lee Peerman
Program Jackie Carver
Publicity Betty Drinkard
Socials Jean Blankenship
Speakers Bureau Betty Drinkard
Visiting Chair Dan Cousins

Advisory Board Members

Dr. Kenneth Saum, Cardiology Surgeon
Dr. Mark Townsend, Pediatric Cardiologist
Betsy Howard, Volunteer Office Liaison
Curt Baker, VP Cardiovascular Dept. LGH
Laurel Dodgion, President
Dave Blackburn, Vice President
Esther Tucker, Secretary
Fred Mayer, Treasurer
Carol Bryant, President’s Advisor & Past President
Jean Blankenship, Socials Co-Chair
Jack Hamilton, Past President
Betty Skoldal, Past President
Betty Drinkard, Bylaws & Immediate Past President

Chapter #16 Leaders

Medical Advisors:

President Laurel Dodgion 434-610-6812
Vice President Dave Blackburn 434-525-0528
Secretary Esther Tucker 434-239-4587
Treasurer Fred Mayer 434-610-1733
Asst. Treasurer Nelson Davis 434-845-5245
Publicity Betty Drinkard 434-525-2852
Health Fairs Dave Blackburn 434-525-0528
Cardiac Staff Advisor Cindi Cole 434-200-6701
Staff Editorial Advisor Michelle Adams 434-200-7062
Immediate Past Pres Betty Drinkard 434-525-2852
Newsletter Editor Dallas Scott 434-610-4314
Volunteer Liaison Betsy Howard 434-200-4696
Director of Volunteer Services — LGH & VBH

Chapter #16 Office (voice mail) 434-200-7611

National Mended Hearts

National President: Ron Manriquez
www.mendedhearts.org

Mid-Atlantic Regional Dir: William (Bill) Carter 803-270-2496
wmcar1939@gmail.com

Mid-Atlantic Asst RD: Bill Voester 704-310-8354
mendedheartsbillv@gmail.com

National Executive Dir: Norm Linsky 214-390-3265
norm.linsky@mendedhearts.org

Autumn begins September 23
Pictures from the July Social Meeting

Bless this food!  Yummy Desserts!  Blessed Desserts!  Master, I see Desserts!

Home Made!  Where’s the Desserts!  Happy Desserts!  Bring More Desserts!

Patiently Waiting!  No Desserts?!  Desserts are Good!

Pictures by Carolyn Lee Peerman
## SEPTEMBER 2019 - Mended Hearts Schedule of Visits

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<td>Owens / Dodgion</td>
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**First Day of Fall**

MH Visiting Schedule
Laurel Dodgion
434-610-6812 & Dan Cousins
434-944-5898
MEMBERSHIP FORM

☐ NEW MENDED HEARTS  ☐ NEW MENDED LITTLE HEARTS  ☐ RENEWAL  DATE / / 

Name (Mr. /Mrs./Ms.) ___________________________ Chapter/Group _________ Member-at-large _________

Address __________________________________________ Phone __________________________

City / ST / Zip ________________________________ I want to be a MH support volunteer: ☐ Yes ☐ No

Email address ________________________________ I am interested in CHD Parent Matching: ☐ Yes ☐ No

(Please check all that apply) I am a  ☐ Heart Patient ☐ Caregiver ☐ CHD Parent ☐ Physician ☐ RN  ☐ Healthcare Employee

OPTIONAL INFO: Race: ☐ Caucasian ☐ Black ☐ Asian ☐ Am. Indian ☐ Hispanic ☐ Other _________ Gender: ☐ Male ☐ Female

Membership Levels: All membership levels are for ONE YEAR, renewed annually, except for Heart of Gold Lifetime Sponsorship. Please choose your membership level and complete any appropriate payment information below.

INDIVIDUAL MEMBERSHIP

Associate Member — FREE
* Can attend any chapter meeting for MH or MLH
* Can join online communities
* Can access Member Portal
* Receives the National e-newsletter

Individual Member — $20 annual donation per person
* All of the benefits of an Associate Member, PLUS
* Membership Card
* Car Decal — Select ___ MH or ___ MLH
* One-time 5% off coupon for purchase from the MH store
* One year annual subscription to Heartbeat magazine ($30 value)

Bronze Member — $45 annual donation per person
* All the benefits of a Full Individual Member, PLUS
* Membership Pin
* Choice of ___ Drawstring Backpack or ___ MH/MLH Notecards (10 pk)
* 5% off registration of any National (not regional) MH/MLH Conference or Symposium

Silver Member — $100 annual donation per person
* All the benefits of a Bronze Member, PLUS
* A Stainless Steel Mended Hearts Travel Mug

Gold Member — $250 annual donation per person
* All the benefits of a Silver Member, PLUS
* A Red Fleece Blanket
* 10% off registration of any National Conference or CHD Symposium

Heart of Gold Lifetime Sponsor — $1500 donation
A one-time donation per individual
* All the benefits of a Gold member FOR LIFE, PLUS
* 15% off registration fees at National MH/MLH Conferences / Symposium
* Recognition in the next Heartbeat magazine after enrolling in the Heart of Gold Lifetime Sponsorship, in all special Heartbeat issues, and on our website’s list of Heart of Gold Lifetime Sponsors

FAMILY MEMBERSHIP

For members of one household with one mailing address only

Family Membership — $40 annual donation
* All of the benefits of an Associate Membership, PLUS
* One year annual subscription to Heartbeat magazine ($30 value)
* Membership Cards for all members of the family
* 2 Car Decals — Select ___ MH or ___ MLH
* Each family member receives a one-time 5% off coupon for purchase from the MH store. Use only one coupon per order.

Bronze Family Membership — $75 annual donation
* All the benefits of a Family Membership, PLUS
* Choice of ___ Drawstring Backpack or ___ MH/MLH Notecards (10 pk)
* 5% off registration of any National (not regional) MH/MLH Conference or Symposium

Family Members:

Spouse ___ Child ___ Heart Patient ___

Spouse ___ Child ___ Heart Patient ___

Spouse ___ Child ___ Heart Patient ___

Spouse ___ Child ___ Heart Patient ___

Note: National memberships are tax deductible less $10. Lifetime sponsorships are 100% tax deductible.

PAYMENT INFORMATION:

Membership Level ___________________________ $ _____________

Additional tax-deductible Donation to Mended Hearts Mended Little Hearts $ _____________

TOTAL $ _____________

Please make your check payable to Mended Hearts, Inc. 1500 Dawson Road Albany, GA 31707

For Credit Card payments, call 1-888-432-7899 (1-888-HEART99)

If chapter dues / donations apply, they are tax deductible. Please pay the chapter directly as shown here.

Chapter # 16  Annual Chapter Dues $ 5.00

Additional Chapter Donation Amount $ _____________

TOTAL Paid to Chapter $ _____________
Blue Ridge Mended Hearts Chapter #16
Lynchburg General Hospital
1901 Tate Springs Road
Lynchburg, VA 24501

September 2019

Blue Ridge Chapter #16 of Mended Hearts, Inc. expresses our appreciation for the generous support of Centra in providing printing costs for this newsletter.

“It’s Great to be Alive - and to Help Others!”

THE MENDED HEARTS, INC.

MISSION STATEMENT: Dedicated to inspiring hope, encouragement and support to heart disease patients and their families! We achieve this in the following manner:

♦ to visit, with physician approval, and to offer encouragement and support to heart disease patients and their families;
♦ to distribute information of specific educational value to members of the Mended Hearts, Inc. and to heart disease patients and their families;
♦ to establish and maintain a program of assistance to physicians, nurses, medical professionals and health care organizations in their work with heart disease patients and their families;
♦ to cooperate with other organizations in education and research activities pertaining to heart disease;
♦ to assist established heart disease rehabilitation programs for members and their families;
♦ to plan and conduct suitable programs of social and educational interest for members, and for heart disease patients and their families.