PRESIDENT’S COLUMN — Laurel Dodgion

The holidays are upon us. I hope everyone had a Happy Thanksgiving with family and friends.

With Christmas upon us and all the hustle and bustle we have at this time of year, we need to take time for ourselves, to relax and eat healthier. Especially this time of year with many parties and get-togethers can be very hard to resist. Don’t forget to get out and exercise. Go walking while you’re shopping. Walk around the Mall that is good exercise.

I would like to remind everyone to go by the Pearson Cancer Center and check out our Mended Hearts Tree of Hope. There will be a silence auction where you can make a bid. It will be upstairs to the right at the end of the hall.

Suggestions would be appreciated of the tree.

I want to apologize for all the inconvenience for our last two programs. The conference room we used at the Cancer Center has been under construction so we had to find another room to use. We hope all construction will be complete by the January 23, meeting. Our guest speaker will be Dr. Saum, on Advancements in Heart Surgery.

We sent out calls to all members of Mended Hearts. If you want to know about our program, you need to join our membership, and if you are a member and did not get a call, we might not have your correct phone number, if so, we need to correct it.

We will have our Christmas Dinner, on Saturday, Dec. 14 at 12-3 pm at Eagle Eyrie. The invitations will be sent out to all members. Please remember to call either Ruby Davis (434-845-5245) or Laurel Dodgion (434-610-6812) by Monday, Dec. 7, to confirm how many will be there.

It’s Great to be Alive ~ and Help Others

Laurel Dodgion, President

Jackie Carver — Program Chair

2019 - 2020 Program Calendar

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

January 23, 2020 12:00 pm to 2:00 pm. Pearson Cancer Center - Dr. Kenneth Saum “Advancements in Heart Surgery”

February 27, 2020 12:00 pm to 2:00 pm. Pearson Cancer Center - Timothy Schoonmaker, Hospital Chef - “Better Food Preparation”

March 26, 2020, 12:00 pm to 2:00 pm. Pearson Cancer Center - Kathleen Kennedy, NP - “Radiation Therapy and Heart Health”

April 23, 2020 8:00 am Mid-Atlantic Regional Meeting, Lynchburg General Hospital, First Colony Conference Room- “31st Anniversary Celebration”.

May 28, 2020 12:00 pm to 2:00 pm. Pearson Cancer Center - Chelsea St. Clair - “Depression and Heart Disease”.

June - No Regular Meeting

July 25, 2020 Picnic Social 12:00 to 2:00 pm, Forest Alliance Church, Route 811, 1562 Thomas Jefferson Rd.

August - No Regular Meeting

September 24, 2020 12:00 to 2:00 pm Pearson Cancer Center - David Seager, Exercise Physiologist “Move!”

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

⇒ Judy Toler - Foot issues.
⇒ Ruby Davis - Dizziness issues.
⇒ Jean Blankenship - Car wreck.
⇒ Larry Shepley - Knee Surgery.

COURAGE COMES IN MANY FORMS

Sometimes it takes courage just to get out of bed in the morning. You wonder how you can ever face another day. Too many things have gone wrong. Will the clouds ever go away? Will the sun shine again?

You would be amazed at just how much you have to do with what happens to you.

Develop the quality of continued growth by learning from your mistakes. Take some time to assess what is going on. What response is most likely to be effective? Look at the matter from another point of view. What are all of the possible explanations for why this is happening? Get intelligent feedback from another person.

By all means eliminate negativity from your life. Negativity causes intense stress.

Correctly schedule your most important time for maximum mind power and performance.

"I waited patiently for the LORD; He heard my cry. He brought me up also out of a horrible pit, out of the miry clay, and set my feet upon a rock, and established my goings."

Presented by Carollyn Lee Peerman

Editor’s Page — Dallas Scott

November is ending! December is almost here! That means Santa Dallas and Mrs. Frances Claus and Elf Dillon are busy. We have already done three settings at Belk and start with the Forest Lions Christmas Tree Sales next.

This year is going to be busier than the last. More people know about us and are using our services. We will see you at the Christmas Social.

I look forward to seeing you at the December Christmas Party at Eagle Eyrie on Saturday December 14 at 12:00 Noon.

Please send all comments to dallas.t.scott.va@gmail.com or call me at (434) 610-4314.

Dallas Scott, Editor
Accredited Visitor

HAPPY HANUKKAH!

WHY I GO TO FUNERALS

“I never go to funerals,” my friend said. “I don’t like them.” Well, who does? A funeral is a celebration of the life of someone who has died. So who wants to be reminded that death is coming to all of us sooner or later.

When I go to a funeral, I feel God tapping me on the shoulder saying, “Make today count. Don’t put off until tomorrow what you can accomplish today. Do you hear me?”

Frankly, I have heard the most beautiful music at funerals. Usually the deceased picks out the hymns that are to be sung or the special music that is to be played. Furthermore, after the funeral service, there is an opportunity to meet the most interesting people: not just relatives but prominent people in the community who have known the deceased. I mix and mingle shaking hands with everyone and try to meet at least one new person that might possibly turn into a friend.

Time flies. No, time stays and you and I fly away. “To every thing there is a season, and a time to every purpose under the heaven; a time to be born, and a time to die,” said the son of David, king in Jerusalem. Make today count.

Presented by Carollyn Lee Peerman

Merry Christmas!

You as a cardiac patient or care giver are invited to visit Mended Hearts Chapter #16 at our next meeting on January 23 at 12:00 Noon at the Pearson Cancer Center. You will receive a warm welcome, great snacks and a presentation from a medical professional to increase your knowledge about Cardiac disease. Most of the people present have gone through a cardiac event as a patient or care giver. Please join us.

Presented by Carollyn Lee Peerman
December Birthdays
Carol Bryant
Gene Gallagher
Kris Krishnamoorthy
Terrell Maddox
David Shelton

Late November Birthdays
Jean Blankenship
Ruby Davis

December Surgery

Anniversaries
Frank Austin 1989

Best wishes for the holidays

From November to January, we have a pleasant, and sometimes hectic, list of things to do and people to see. It's a bit of a roller coaster, but I hope you all manage to enjoy the ride.

And, I hope you do it with safety in mind. Shorter days, perhaps bad weather and slippery roads, can all get in the way of our rush to finish our holiday plans. Patience, my friends. Let's all see the new year in with health and happiness.

It seems such a short time ago that we were talking about our plans for 2019. Now, we are in the last phase of the year and rushing to the finish line. The year's not quite over, however, so the work done between today and New Year's Day will count and count a lot. Thank you for all your good humor and good work.

We can all be thankful for the many blessings of our work, homes, and holidays.

So to all: Merry Christmas, Happy Hanukkah, and Happy New Year!

Book Review

"Dare to Lead": True Leaders Share Themselves

In her book, "Dare to Lead: Brave Work. Tough Conversations. Whole Hearts," best-selling author Brené Brown declares that leadership is not about the person's title, status, and power. Instead, it's about people who hold themselves accountable for sensing the potential in people and ideas, then cultivating the potential in both.

Over seven years, Brown interviewed leaders in organizations large and small, from small entrepreneurial start-ups to family-owned businesses to Fortune 500 CEOs and other corporate suite executives.

How, she asked, are brave, daring leaders produced today?

Her takeaways are somewhat of a departure from traditional perceptions of leadership.

Brown learned that daring leaders are very much aware of themselves because they know people.

Instead of forcefully managing interpersonal relationships, she writes, the resourceful leader operates from the heart without feeling threatened by his or her own imperfections. They're prepared to be vulnerable themselves.

Brave leaders are empathetic. They accept the other person's perspective with understanding.

They don't pretend to have all the answers. They are curious. They ask incisive questions, and they listen carefully.

They understand their power works best when it's shared with others, when it creates mutual trust, and when it's used to produce progress and accountability.

According to Brown, choosing courage over comfort is not easy, she writes, but for the daring leader, it's worth the effort.

This book is well worth the read, not only for aspiring executive leaders but for those in subordinate workplace leadership positions as well.

Publisher: Random House
Pages: 298

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.

Copied from pagesmag.com
ESTHER TUCKER — DONATIONS & GIFTS
DONATIONS MADE TO CHAPTER #16

DONATIONS:
MH Masonry & Associates
Tree of Hope

Birthday:
None

Surgery Anniversary:
None

Membership:
Debbie Sipes
Nelson & Ruby Davis
Diedre Stevens

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.

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"Dear, do I take Holly or Jolly with food?"
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**VISITING REPORTS**

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<tr>
<td>Family —</td>
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<tr>
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<td>Hours —</td>
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November is now in the books. It was the sixth highest month of patients and families visited. You have still made a difference in 120 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.

**Meet and Greet Welcoming Registration folks**
Hospitality Chair — Ruby Davis  434-845-5245

**2019 General Meeting Greeters**

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<td>12/14/19</td>
<td>Christmas Social</td>
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Board Meeting Happenings: December 2019

The Board of Directors met November 21, 2019 in Classroom 1 at Pearson Cancer Center. Laurel Dodgion, Esther Tucker, Betty Drinkard, Jackie Carver, Dan Cousins, Fred Mayer, Dallas Scott and Diedre Stevens were present. The minutes of the October Board meeting were approved as modified. Debbie Sipes was approved as the new Treasurer replacing Fred Mayer due to health concerns. The next Board Meeting will be January 23, 2020 at 10:00 am at Pearson Cancer Center.

There will be a Called meeting of the Board of Directors on December 6, 2019 at 1:00 pm at Laurel Dodgion’s house 216 Paulette Circle, Lynchburg (behind Neighbors Place) to review and approve a 2020 Budget and discuss the Regional Meeting here in April 2020.

When Staying Home Is the Ultimate Luxury

The stress of your overscheduled day has got you down. Stay home. Too much is just too much. You feel like crawling into a corner and never coming out. How can you think clearly when a million and one ideas are scrambling through your mind?

Take a look at the life of the Lord Jesus Christ. His day began with hours spent in prayer. He clearly established His priorities. He was in perfect peace as He walked through His day accomplishing the work that God had called Him to do.

What an example for you to follow! Begin your day with prayer and meditation in His precious Word. Your strength will be found in quietness and in confidence as you plan your steps. Reject the tyranny of the urgent. Reach for the important. Seize it.

Cherish these words of the Lord Jesus Christ: “I have glorified thee on the earth: I have finished the work which thou gavest me to do.” John 17:4.

Presented by Carolyn Lee Peerman

December 2019 General Meeting

Blue Ridge Mended Hearts Chapter 16 met December 21 at 1:00 pm at Virginia Baptist Hospital with 9 members and 3 visitors present. The meeting location had to be changed due to the smoke damage at Pearson Cancer Center. President Laurel Dodgion led the Mended Hearts Prayer. Program Chair Jackie Carver introduced Mrs. Donna Staton, RM, BSN, ACM-RN, Cardiac Navigator speaking on Cardiac Navigation for Myocardial Infarction (Heart Attack) Patients. She has 33 years experience in Nursing. The Cardiac Navigator helps in the transition from Acute Care to Outpatient Care. Her job encompasses the following activities: Educator, Problem Solver and Coach to the patients and caregivers. Her Surgical counterpart is Kacie Pantana.

Donna has learned that you cannot be judgmental of patients. It is her job to help them overcome destructive lifestyles and in so doing she teaches patients and caregivers tools to survive.

She goes over their medicines and explains what each does. She helps establish regular exercise programs for her patients. Cardiac Rehab is highly encouraged.

Smoking cessation is discussed and encouraged for Heart Attack patients. Quitting smoking gives the following benefits.

- 20 minutes after quitting blood pressure returns to normal.
- 8 hours after quitting Carbon Monoxide in the bloodstream is cut in half.
- 3 days after quitting the ability to breathe is easier.
- 2 months after quitting circulation improves and lung function is increased up to 30%.
- 1 year after quitting the Risk of a Heart Attack is reduced by half.
- 5 years after quitting the Risk of Stroke is reduced to that of a non-smoker.
- 10 years after quitting the Risk of Lung cancer is reduced to that of a non-smoker.
- 15 years after quitting the Risk of heart attack is reduced to that of a non-smoker.

There is a Smoking Cessation Support Group that meets at Stroobants Cardiovascular Center. Call 434-200-3812 for information.

Merry Christmas!
What I Know: Christmas Without Christ Is Like A Counterfeit Dollar

“A Christian should be a striking likeness of Jesus Christ,” said Charles H. Spurgeon. In other words, a Christian should be real not counterfeit. Who wants to be around a phony Christian? Who wants a phony Christmas filled with a materialistic Santa Claus and goals of getting more for me, me, and me? Christmas is the birthday of Jesus Christ. You will never stroll into Christ likeness with your hands in your pockets. This is the greatest need of you and I, to be more like Christ, that His likeness may be seen in your life and in mine. “It’s not great talents that God blesses, but great likeness to Jesus,” said Robert Murray M’Cheyne. Christmas is about giving to others freely and without restraint. Selfishness makes Christmas a burden; love makes it a delight.

“It is good to be children sometimes, and never better than at Christmas, when its mighty Founder was a child Himself,” said Charles Dickens. O to be a child again and take in the wonder of Christmas! A child is full of enthusiasm, curiosity, and zest for life. Why, when, and where do you and I ever lose these priceless qualities? Why are you and I so foolish as to allow the blows of life to crush our spirit instead of bouncing right back up again like a ball? Watch a child learning to walk for the first time. The child falls but gets right back up again to try and try again. Be like that child.

“Jesus takes the nobodies and turns them into the somebodies,” wrote E. Stanley Jones. That is the message of Christmas. Jesus Christ takes you and I as we are and gives us new birth through faith in Him. From nobody, you and I become a child of the King of Kings and Lord of Lords. History is contracting the deeds of sages and heroes of history into a narrower and narrower page. However, even the gates of Hell have not been able to have power over the name, deeds, and words of Jesus Christ. He is triumphant and you and I are triumphant with Him. You and I are joy-bearing agents to the world.

“When we celebrate Christmas we are celebrating that amazing time when the Word that shouted all the galaxies into being, limited all power, and for love of us came to us in the powerless body of a human baby,” wrote Madeline L’Engle. Yes, Christmas is an amazing time. It is a time to enrich the spirit with thoughts of peace, hope, and generosity. It is a time not just to know or hear but also to do.

“The Christmas message is that there is hope for a ruined humanity — hope of pardon, hope of peace with God, hope of glory — because at the Father’s will Jesus Christ, became poor, and was born in a stable so that thirty years later He might hang on a cross,” wrote J. I. Packer. What can you give Jesus poor as you are? Give Him your heart. Let His birth be sunrise in your life.

Presented by Carolyn Lee Peerman

Happy New Year! 2020

What I Know: Ten Important Things You Should Do In Your Lifetime

As you determine to live your life as an example of faith and hope to others, what practical things can you do to live life to the fullest? What are the ten most important things that you would like to accomplish before you die?

First, pass on to someone of the next generation a valuable possession that you think of as part of your life’s legacy. It could be something of sentimental value that is full of memories. If you had to suddenly leave your home in an emergency situation, what is the first thing that you would reach for?

Second, search for and rescue a long lost friend. You invested time in building your friendships. They are your most valuable possessions as time goes by. Reconnect with them. Share favorite memories. You never know what need you might be able to meet in someone else’s life by sharing.

Third, each year you are given 365 days to make a difference in the world around you. Spend time each day totally focused on spiritual values. Meditate on the brevity of life. Realign your priorities in light of eternity.

Fourth, reach out and touch someone. Hugs are free but they are priceless.

Every individual in this world is a unique one of a kind person. Have you taken a look at how you feel about different groups of people? Unwed mothers, immigrants, and the physically handicapped all need your attention.

Fifth, dance vigorously with wild abandon. Responding physically to music stimulates you emotionally and mentally. Why not get into the habit of learning a new dance step? Whether it is ballroom dancing or old-fashioned square dancing, move your body to the beat of the music you enjoy the most.

Sixth, pour your energies into a new activity but don’t retire from life. After a lifetime of learning, why not share your experience by mentoring a child. Give a young mother a break from an active two-year old. Volunteer to focus on someone else’s need in the Big Sister or Big Brother organization.

Seventh, for one Sunday change churches and get to know people who are different from you. Focus on what you have in common with other people not what sets you apart. Step out of your comfort zone; try to expand and grow.

Eighth, select a life verse from the Bible or a favorite saying that expresses in a nutshell the essence of your philosophy. What Bible verse most deeply impresses you? Reading God’s Word is like looking into a mirror. A mirror reflects back your image; you can make changes accordingly.

Ninth, bake a loaf of bread from scratch. Knead it with your own hands. Watch the bread as it rises. Bake it. Thank God each day for your daily bread.

Tenth, by all means refuse to act your age. After all, age is just a number. Living long and well has great benefits. Make the most of opportunities ahead.

Presented by Carolyn Lee Peerman
Recipes for Healthy Living

Oh, bring us some figgy pudding! We won't go until we get some!

In the U.S., you could wait a long time for this Christmas dish. If anyone recalls Christmas carols these days, the one they usually remember is "We Wish You a Merry Christmas," which is pretty easy until the second verse.

At that point, the song mysteriously demands figgy pudding -- and right now. In the U.S., that demand may be kind of like the lyrics to Louie Louie: no one knows what they mean.

Figgy pudding, or Christmas pudding, is a tradition that didn't cross the Atlantic. It remains an English Christmas dessert, primarily made by fancy bakers and purchased at Christmas for enjoyment all year long.

At one time, the making of The Pud was as laden with tradition as the pudding itself. It took a month to get the ingredients settled into the cake-like mound. Moms mixed it up on the Sunday before Advent, when the Church of England proclaimed: Stir Up Our Hearts, Oh Lord! Brits, who make everything into a tradition, called this Stir Up Sunday.

Recently, an informal survey of Brits on Facebook showed that none had ever heard of Stir Up Sunday. Though one person did point out that his grandma used to put silver coins in the Christmas Pudding mix and if you found one, you got a reward. He didn't realize it, but that actually is part of the tradition of Stir Up Sunday.

Nonetheless, the Christmas pudding has survived and people do compete to buy (not bake) the best ones from the best outlets.

These puddings are very dark, thick, cake-like creations filled with dried fruit (usually raisins) and held together with suet. It is much like the American fruit cake. Typically, it is molded into a mound and served with brandy that should be set afire at the table.

The key to the Christmas pudding is that it must be steamed for hours then allowed to age a month in a cool, dark place. Once it is sufficiently seasoned, it can be steamed for serving and enjoyed year round, if there are leftovers.

For the recipe, look at several examples online to find your best mix of tradition and ease.

Traditional Christmas Pudding Ingredients

- ¾ cup softened butter
- 1 cup brown sugar (I find this very sweet and personally use only ¾ cup)
- 2 cups raisins
- 1 cup grated carrot
- 1 cup peeled and grated potato
- 1 egg
- 2 cups flour (this works just as well with gluten-free flour)
- 1 tsp baking soda

Easy Christmas Pudding Recipe Instructions:

Cream butter and brown sugar until smooth. Add in raisins, carrot, potato and egg. Stir in flour and baking soda.

Grease 2 small glass bowls or one large bowl. Fill with pudding. Leave about an inch between the top of the pudding and the top of the bowl to give it room to rise.

Cover the bowl with a piece of parchment, followed by a piece of tin foil, secured with string. My grandmother used a clean piece of muslin instead of the parchment.

The pudding can be steamed in a double boiler, or you can place the pudding in a large pot, placing the pudding bowl on a small ramekin or mason jar ring to keep it off the bottom of the pot. Pour water in the bottom to no more than 1/3 of the way up the sides of the bowl.

Steam the pudding for 2 – 3 hours, or until a toothpick comes out clean. My small puddings are usually done at 2 hours, with a large pudding taking the full three. Add additional hot water to your pot as necessary to keep your pot from boiling dry.

Turn the pudding out onto a plate and serve hot with brown sugar sauce.

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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: Carolynn 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 Liason
- 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 Liason: Betsy Howard 434-200-4696

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: Andrea Baer 724-396-7820
Andrea.baer@mendedhearts.org
Pictures from the December General Meeting

And the Grinch, with his Grinch-feet ice cold in the snow, stood puzzling and puzzling, how could it be so? It came without packages, boxes or bags. And he puzzled and puzzled 'til his puzzler was sore. Then the Grinch thought of something he hadn't before. What if Christmas, he thought, doesn't come from a store. What if Christmas, perhaps, means a little bit more.

- Dr. Seuss
## Mended Hearts Schedule of Visits

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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 ........................................................................................................................................

City / ST / Zip ________________________________ Phone ________________________________

Email address ________________________________ I want to be a MH support volunteer: ☐ 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 Bronze Member, PLUS
* A Stainless Steel Mended Hearts Travel Mug

Silver Member --- $100 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

Gold Member --- $250 annual donation per person
* All the benefits of a Gold Member, PLUS
* One year annual registration for chapter (not regional)
* One year annual registration for Heartbeat magazine for Gold Members

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 / Symposia
* 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 a Family Membership, PLUS
* One Membership Pin per member
* Choice of ___ Drawstring Backpack or ___ MH/MLH Notecards (10 pk)
* 5% off registration of any National (not regional)

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

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. Please DO NOT send chapter dues to the Resource Center.

Chapter # __________  Annual Chapter Dues $ ____________

Additional Chapter Donation Amount $ ____________

TOTAL Paid to Chapter $ ____________
December 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.