Well March has been a crazy month, with the COVID-19 virus taking over everything. I want to thank all of you for your patience and staying self-contained, and staying safe in side.

I know we all would love to be able to visit patients, especially at this time, but we are not able to do so yet. All we can do is pray to help us get through this as quick as possible. If everybody does their job and stays in and protects themselves, then hopefully this will end soon. We all need to pray for all the Healthcare workers, all the medical First Responders, and all those who have to work. Keep them all safe and healthy.

You need to stay safe. You can become re-accredited / accredited on mend-edhearts.org. Please take the time to complete this training. We need more Accredited Visitors.

I know that each of you need to have some social interaction. How about calling a Mended Hearts member just to check on their well being. They may need something you can provide (food, toilet paper, paper towels or just a friend to talk to for a while). We can each do this by calling the five people after your name on the roster. If you do not have a roster call Dan Cousins at 434-944-5898.

This will pass. We will get through it and laugh about our fears and trepidations. If you need help, call me at 434-610-6812. If I cannot help you we will try to get you to someone who can. Stay Safe and inside.

It’s Great to be Alive and Help Others

Laurel Dodgion
President
COVID 19

COVID 19 has changed the world as we knew it. The US Congress and Senate have responded to this in a manner to disrupt our economy and put the blame on President Trump. Everyone else has jumped on the band wagon and over-reacted. Have you tried to buy toilet paper or paper towels? The Governor has closed all schools to the end of the school year but no one has said how this will impact the students lives. Do they all graduate to the next level? How do the seniors get their diplomas? No prom, no graduation ceremony, these students will forever be tainted with questions of what would their grade point average have really been?

BIG Government is trying to protect us from ourselves by implementing ever more stringent restrictions on the population. At some point people are going to say “NO MORE!” I don’t know where all of this is leading but it sure gives me pause to see the reactions.

National Mended Hearts has reacted to the hospitals shutting down visitation by cancelling all meetings in all chapters until September. Cancelling accreditation except online. Isolation is our new normal. Call your friends, your neighbors to just check in and have some social interaction.

Stay safe, be strong, this too will pass!

Comments on this newsletter may be sent to: dallas.t.scott.va@gmail.com. I can also be reached at (434) 610-4314. Please feel free to email me or call me.

Dallas Scott, Editor
Accredited Visitor

Happy Easter April 12, 2020

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 of your gifts well.
ESTHER TUCKER — DONATIONS & GIFTS

Donations made to Chapter 16:

Donations
None

Surgery Anniversary
None

In Memory of
None

In Honor of
None

Membership
Cindy Calsetta-Wood
Tony R. Robinson
Andrew R. Heard

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 or 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.

VISITING REPORTS

<table>
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<th>Patients Visited</th>
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<tr>
<td>February</td>
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<td></td>
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<tr>
<td>Patients visited</td>
<td>151</td>
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<td>(Including H.R.)</td>
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<tr>
<td>Home Recovery</td>
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<tr>
<td>Family</td>
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<tr>
<td>Post-Op</td>
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<tr>
<td>Hours</td>
<td>88</td>
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These numbers have not been updated due to SOCIAL ISOLATION. 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.

2020 General Meeting Greeters

<table>
<thead>
<tr>
<th>Date</th>
<th>Name</th>
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<tr>
<td>1/23/20</td>
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</tr>
<tr>
<td>2/27/20</td>
<td>Jackie Carver</td>
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<tr>
<td>3/26/20</td>
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<td>4/25/20</td>
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<tr>
<td>5/28/20</td>
<td>John &amp; Evelyn Howell</td>
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<td>7/25/20</td>
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<td>9/24/20</td>
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<tr>
<td>11/19/20</td>
<td>Nelson Davis</td>
</tr>
<tr>
<td>12/12/19</td>
<td>Dan Cousins</td>
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Need more volunteers, please see Dallas Scott.
CANCER DEATH RATE SHOWS BIG DECLINE

Early in the year, the American Cancer Society announced that the death rate from cancer in the U.S. had declined by 29 percent from 1991 to 2017, including its biggest-ever single year drop from 2016 to 2017.

The decades-long decline was due to long-term drops in death rates in the four most common cancer types: lung, colorectal, breast, and prostate.

Those were in part due to behavioral changes and in part to diagnosis and treatment options. For example, the reduction in lung cancer deaths was attributed to a decline in smoking as well as advances in early detection and treatment.

The steepest decline in cancer deaths came in melanoma skin cancer and was largely credited to advances in immunotherapy treatment. A drop in the 65-plus age group was of particular significance because rates had been rising prior to 2013.

The Society said improvements in targeted therapies and other treatments helped in some types of leukemia and lymphoma. The five-year relative survival rate for chronic myeloid leukemia increased from 22 percent in the mid-1970s to 70 percent for those diagnosed between 2009 and 2015; and most people treated with tyrosine kinase inhibitors now have nearly normal life expectancy.

The reach of disease: How an epidemic makes business sick

More than 5,000 miles away from Wuhan, China, a pretty little shopping village in Oxfordshire, England, is eerily quiet.

Bicester Village is famous among Chinese tourists for its string of 160 small luxury shops, each rendered in pastels with homey gables and artificial streets done in tile. About a half million Chinese tourists visited England in the 12 months ending September 2019. They made up a large chunk of the 7 million tourists who visited Bicester Village in 2019.

But traffic is slow, slower than most winter seasons, according to the BBC. Sales are down 85 percent. Suddenly designer houses are offering retailers as many discount handbags as they want. Sales are slower one step up the chain.

In fact, the entire fashion industry has been disrupted by the coronavirus. Chinese editions of New York Fashion Week, and shows in London, Milan, Paris and Shanghai have been cancelled. That is no small issue. According to the Weekly Standard UK, Chinese consumers account for a third of the global luxury goods sold and were responsible for 90 percent of the market growth.

The thinking in the industry is that these are sales deferred, not lost. But time is an issue. The $2.5 trillion industry is threatened with a financial hit similar to 2008.

One key question is what happens in markets that are necessity and not luxury.

A Wells Fargo report warned in February that big box retailers like Target, Best Buy, and Walmart could have empty shelves as early as mid-April. Shoppers may find fewer goods until mid-summer.

April Birthdays
Nancy Blackburn
Jackie Carver
Fred Mayer
Esther Tucker

April Surgery Anniversaries
Doug Morcom 1993
Judy Toler 2013

Earth Day
50 years forward. You have the power to change the world.
April 22, 2020
Board Meeting Happenings: March 2020

The March Board Meeting was cancelled by Mended Hearts National.

The next possible Board meeting will be May 28, 2020 at 10:00 am to 11:30 am at Pearson Cancer Center.

YE ARE THE SALT OF THE EARTH

Why is salt so important, so needed? Salt adds to your life, zest, taste, liveliness and vigor. Every day salt is recognized as white tangy-tasting crystals used as food preservative or seasoning.

What does God’s word say about salt: “Ye are the salt of the earth: but if the salt have lost his savour, wherewith shall it be salted? It is thenceforth good for nothing, but to be cast out, and to be trodden under foot of men.”

You and I are to be like salt. This is to be your task in life. “Salt is good: but if salt have lost his saltiness, wherewith will ye season it? Have salt in yourselves, and peace one with another.”

Salt is a symbol of how you are to live on this earth with purity, durability, and hospitality. “Let your speech be always with grace, seasoned with salt, that ye may know how ye ought to answer every man.”

Contributed by Carollyn Lee Peerman

March 2020 General Meeting

The March General Meeting was cancelled by Mended Hearts National.

The next possible General meeting will be May 28, 2020 at 12:00 am to 2:00 pm at Pearson Cancer Center.

JERUSALEM

If there is one city that you will want to visit while you are yet alive on this earth, it is Jerusalem. Jerusalem is the eternal capital of Israel. The United States Embassy is now located in Jerusalem thanks to Donald J. Trump, 45th President of the United States.

This is living history. The Supreme Court and the Knesset are in Jerusalem along with Israel’s National Museum and Yad Vashem. The bulk of Israel’s population resides in Jerusalem. It is the economic capital. A high-speed rail system reduces travel time from Tel Aviv to Jerusalem’s industries and universities.

Authored by, Jay Sekulow, Chief Counsel American Center for Law & Justice, is on President Trump’s legal team.

“If I forget thee, O Jerusalem, let my right hand forget her cunning. If I do not remember thee, let my tongue cleave to the roof of my mouth; if I prefer not Jerusalem above my chief joy.” Psalm 137: 5,6

Contributed by Carollyn Lee Peerman

"I’m afraid there are some things we can’t fix in Photoshop."
JESUS ROSE EARLY

The Lord Jesus Christ set an example as to how to live a godly and successful life. He rose up early in the morning to live a full day of vigorous accomplishment. “And in the morning, rising up a great while before day, he went out, and departed into a solitary place, and there prayed.” Jesus consulted with His heavenly Father before He did anything else.

The advantage of rising early in the morning is that you think more clearly. You can focus your attention on all that needs to be done. Your energy is fresh and vigorous. The day before you is uncluttered; you are free from the demands of others. You can think.

Be the START of something wonderful. Rise up early. Your most productive work will be accomplished before ten o’clock in the morning.

JESUS NEVER HURRIED

Do you know that your greatest mistakes will happen because of impatience and hurry? Jesus refused to be rushed. He waited until He had discerned the will of His Father and knew that the time was right for action. He prayed for wisdom. Jesus never made His decisions due to pressure tactics from other people.

Preparation, planning, and careful thought are keys to successful leadership. Nature does nothing in a hurry. Why not go slowly and live a long time? Avoid stumbling in haste.

Sometimes the most difficult way is, in the long run, the easiest. Are you losing your leisure? Look out! You are losing your soul. “Be still, and know that I am God.” Psalm 46: 10.

Contributed by Carollyn Lee Peerman

SIMPLE PRECAUTIONS WORKERS CAN TAKE WITH CORONAVIRUS, FLU

If you are sick, stay home!
If you get sick, go home and stay home!
If you are not sick, frequently wash your hands. Follow with lotion.

These simple actions are the most important with any contagious disease, including coronavirus. If you are well, the best thing you can do is properly wash your hands. Here is the description, direct from the Centers for Disease Control. "Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails. Scrub your hands for at least 20 seconds."

Follow with lotion to make sure your hands don't become dry and cracked. Cracks in the hands can invite viruses.

Forget the masks.

Health officials around the world have asked the public not to buy face masks if they are healthy and not caring for someone who is ill.

Handshakes?
The friendly kiss in Europe and the Mideast are gone for now, as are handshakes. In the U.S., people still shake hands, but fewer do in churches or public settings. In China, some videos suggest Chinese are doing a foot bump.

Copied from pagesmag.com
Recipes for Healthy Living

Lenten breakfast: Eggs in Purgatory

As a Lenten dish, Eggs in Purgatory (uova in purgatorio) makes perfect sense since it has no meat and you can make purgatory as mild or as hot and spicy as you want!

The dish is nothing more than eggs poached in a tomato sauce -- making it a favorite in Italy -- but it really transcends cultures.

In Muslim countries, it is called Shaksuka, often made with lamb and feta. In Israel you’ll find it for dinner with love-ly challah bread. There is even a version made with kosher Spam. In Mexico, Huevos Rancheros are generally made with fried eggs with a spicy tomato salsa.

The one thing you really need with this recipe is a crusty bread for dipping. Sliced and toasted French bread works well.

Once the eggs are finished, use a soup ladle to dish out a generous portion onto plates.

Super-easy heresy

Here’s one idea for the dish, which will be a Lenten heresy to purists, but is very fast and tasty.

Use olive oil to warm in pan. Take pasta sauce (without meat, if you are observing Lent) and mix in your favorite salsa, in whatever proportion you prefer. Unlike the proper recipes, you don’t have to saute onions, peppers or other ingredients. Simply warm up the sauce on medium low heat (preferably in an iron skillet) until it is hot and shimmery. Then make openings for your eggs. Most important, cover the pan so the eggs poach slowly and thoroughly. Cook 2 or 3 minutes for runny yokes.

Add chopped parsley on top for a colorful presentation.

Proper

Many variations on this dish add all sorts of ingredients.

The New York Times recommends browning garlic, red pepper flakes, and (optional) anchovies in the pan, then adding a can of diced tomatoes and a basil sprig. Mash down tomatoes and cook slowly until it becomes a thicker sauce. Add salt and butter and stir in Parmesan.

Bon Appetit recommends using 20 ounces of cherry tomatoes, slightly smashed during cooking, for a three-dimensional look.

Some recipes advise adding greens to the sauce.

For a more Middle Eastern flair, add peppers, sweet paprika, and cumin. Many recipes for Shaksuka offer some wonderful variations.

Copied from pagesmag.com
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 Debbie Sipes
Health Fairs Dave Blackburn
Hearts of Fame Awards Dave Blackburn
Historian Dallas Scott
Hospitality Ruby and Nelson Davis
Membership Dan Cousins
Newsletter Dallas Scott
Nominating Betty Drinkard
Photographer Carolyn Lee Peerman
Program Jackie Carver
Publicity Betty Drinkard
Socials Ruby Davis
Speakers Bureau Betty Drinkard
Visiting Chair Dan Cousins

Chapter 16 Leaders

President Laurel Dodgion 434-610-6812
Vice President Dave Blackburn 434-525-0528
Secretary Esther Tucker 434-239-4587
Treasurer Debbie Sipes 434-546-0808
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 Coordinator - LGH & VBH Sue Spencer 434-200-3223

Medical Advisors:
Ken Saum, M.D. 434 528-2212
Mark Townsend, M.D. 434 200-5252
Curt Baker, Centra Sr. V.P. CNO 434 200-3215

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

National Mended Hearts

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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
mendedheartsbilly@gmail.com

National Executive Dir: Andrea Baer 724-396-7820
Andrea.baer@mendedhearts.org

Advisory Board Members:

Dr. Kenneth Saum, Cardiology Surgeon
Dr. Mark Townsend, Pediatric Cardiologist
Betsy Howard, Volunteer Office Liason
Curt Baker, Sr. VP CNO. LGH
Laurel Dodgion, President
Dave Blackburn, Vice President
Esther Tucker, Secretary
Debbie Sipes, Treasurer
Betty Drinkard, President’s Advisor & Past President
Ruby Davis, Socials Chair
Jack Hamilton, Past President
Betty Skoldal, Past President
Betty Drinkard, Bylaws & Immediate Past President

Hug a tree
Arbor Day, April 24
THE LIGHTER SIDE

April guessing game

What does it mean when the Easter Bunny arrives late and with melted candy? He had a bad hare day.

How does a rabbit make gold soup? He starts with 24 "karats."

What do you get if you cross an insect with a rabbit? Bugs Bunny.

What does it mean when you see 10 rabbits in a row, and they are all marching backward? It means you have a receding "hareline."

How could you say "rabbit" without using an R? Say "bunny"!

Which side of a rabbit has the most fur? The outside.

What grows down as it grows up? A duck.

When do princes usually become kings? In April, when the "rains" begin.

Logical

On Easter Sunday as the minister was preaching the children's sermon, he reached into his bag of props and pulled out an egg. He pointed at the egg and asked the children, "What's in here?"

"I know," a little boy exclaimed. "It's Pantyhose!"
# Mended Hearts Schedule of Visits

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<th>Sunday</th>
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<td>MH Visiting Schedule</td>
<td>Laurel Dodgion</td>
<td>434-610-6812 &amp; Dan Collins 434-944-5898</td>
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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 ______________________________________________________________________

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

OPTIONAL INFORMATION:  Race: [ ] Caucasian; [ ] Black; [ ] Asian; [ ] Am. Indian; [ ] 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.

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<thead>
<tr>
<th>INDIVIDUAL MEMBERSHIP</th>
<th>FAMILYMEMBERSHIP</th>
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<tbody>
<tr>
<td>__ Associate Member --- FREE</td>
<td>For members of one household with one mailing address only</td>
</tr>
<tr>
<td>* Can attend any chapter meeting for MH or MLH</td>
<td>_ Family Membership --- $40 annual donation</td>
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<tr>
<td>* Can join online communities</td>
<td>* All the benefits of an Associate Membership, PLUS</td>
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<tr>
<td>* Can access Member Portal</td>
<td>* One year annual subscription to Heartbeat magazine ($30 value)</td>
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<tr>
<td>* Receives the National e-newsletter</td>
<td>* Membership Cards for all members of the family</td>
</tr>
<tr>
<td>__ Individual Member --- $20 annual donation per person</td>
<td>* 2 Car Decals — Select ____ MH or ____ MLH</td>
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<tr>
<td>* All of the benefits of an Associate Member, PLUS</td>
<td>* Each family member receives a one-time 5% off coupon for purchase from the MH store. Use only one coupon per order.</td>
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<td>* Membership Card</td>
<td>_ Bronze Family Membership --- $75 annual donation</td>
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<td>* One-time 5% off coupon for purchase from the MH store</td>
<td>* One Membership Pin per member</td>
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<tr>
<td>* One year annual subscription to Heartbeat magazine ($30 value)</td>
<td>* Choice of ____ Drawstring Backpack or ____ MH/MLH Notecards (10 pk)</td>
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<td>* 5% off registration of any National (not regional) MH/MLH Conference or Symposium</td>
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<td>* Membership Pin</td>
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<td>* All the benefits of a Bronze Member, PLUS</td>
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<tr>
<td>* 5% off registration of any National (not regional) MH/MLH Conference or Symposium</td>
<td>* A Stainless Steel Mended Hearts Travel Mug</td>
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<td>__ Gold Member --- $250 annual donation per person</td>
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<td>* All the benefits of a Silver Member, PLUS</td>
<td>__ Heart of Gold Lifetime Sponsor --- $1500 donation</td>
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<tr>
<td>* A Red Fleece Blanket</td>
<td>A one-time donation per individual</td>
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<tr>
<td>* 10% off registration of any National Conference or CHD Symposium</td>
<td>* All the benefits of a Gold member FOR LIFE, PLUS</td>
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<tr>
<td>__ Heart of Gold Lifetime Sponsor --- $1500 donation</td>
<td>* 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</td>
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PAYMENT INFORMATION:

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<th>Membership Level</th>
<th>Additional tax-deductible Donation to</th>
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☐ Mended Hearts  ☐ Mended Little Hearts  $ __________________

Chapter # 16 Annual Chapter Dues $ ______  5.00 |

Additional Chapter Donation Amount $ __________________

TOTAL $ __________________

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

Please send payment and enrollment form to MH Chapter 16 Treasurer at:

Mended Hearts Chapter 16 - Esther Tucker
Lynchburg General Hospital
1901 Tate Springs Road
Lynchburg, VA 24501
“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.