Mended Hearts™
Mended Little Hearts™

April - June 2020

A “Heart to Heart” Quarterly Newsletter

Courtesy of Chapter 359
Maimonides Medical Center
Brooklyn, NY 11219

Who Are We - Our Mission - Get Involved

Mended Hearts™ Chapter 359 is a Brooklyn based, community orientated, peer-to-peer non-profit cardiac support group sponsored by Maimonides Medical Center’s ‘Heart & Vascular Institute’ in conjunction with the ‘Department of Volunteer and Student Services.’ Mended Hearts™ (and Little Hearts™) are part of a larger 60-year old national network of over 300 local chapters and affiliate groups across the states and Canada. Our mission is to provide member support to cardiac patients and their care-givers while continuing to educate ourselves and others on cardiac disease, treatment and resources.

We do this through:

- Membership to our local Chapter 359 where we meet the first Wednesday of each month for a healthy-heart lunch, interesting speakers, and where we provide mutual support;

- Membership to our national organization which provides an informative magazine, online training, interesting medical webinars and printable cardiac-related information;

- Peer-to-peer volunteer hospital visits and support with patients and their families;

- Online and phone support to you from a trained ‘peer-to-peer visitor.’

OUR GOAL for 2020 and beyond, in conjunction with the expertise and resources of our National HQ, is to continue to expand our in/out-house programs and partnership with Maimonides Medical Center, as well as reach out to our patients, their families and care-givers, and to our community as a whole, providing our support and services.

How to volunteer, educate, advocate and share your story:

For more info Please call:

- Alex Lojo Program Coordinator, Heart & Vascular Institute  718-283-8902
- Linda Miele President, Mended Hearts™, Brooklyn, NY  917-500-2147

Meeting Dates:

- Please be advised that due to COVID-19, all patient and family in-person visits, as well as our monthly educational speaker/lunch series, will be suspended until further notice.

It’s great to be alive – and to help others.

2020, Mended Hearts, Inc. is a 501(c)(3) non-profit organization
COVID-19 Has Us Thinking About . . .

About…….. (and please fill in your own thoughts):

- How we are all inter-connected one way or another through community or a virus.
- How vulnerable we are yet how strong too in our compassion and caring of others.
- How lucky we are as a community to have the dedicated medical and administrative staff and top-notch facilities at Maimonides Medical Center.
- The remarkable job everyone is doing on our behalf during this difficult time.
- Our priorities and what’s really important in life.
- The people we love and those we’ve reconnect with.
- Those loved ones we’ve sadly lost and the beauty of their lasting spirit.
- The amazing kindness of strangers.
- Our own health, behavioral changes, and how to protect ourselves and others.
- The special risks to seniors and people with pre-conditions like heart disease.
- The current disruption and worries to our lives yet the time we now have to reflect and meditate, de-clutter and organize, finish a project, spend quality time with loved ones.
- Catching up on/or bing watching a whole season at once on Netflix and all those great shows.
- Hopes for a time when things are back to normal.
- Finally, how a community - - NEW YORK - BROOKLYN — MAIMONIDES MEDICAL CENTER – has met the challenge and continues to meet the challenges before us. We are incredibly grateful to all of you.
Dear Readers:

Thank you for your time reading my second ‘President’s Message’ for Mended Hearts, Chapter 359, Brooklyn, NY. Before continuing, I want to once again thank Ms. Colleen Doan-Lombardozi, our Visiting Chairperson and past president, for her continued support and guidance during this unprecedented crisis of Coronavirus. Very early on in my three-month tenure as president when I was just beginning to find my way, COVID-19 struck our community very hard. We’ve all seen those images and sadly know someone affected.

Due to COVID-19, our monthly in-house meetings have been temporarily cancelled. Because of this, we’ve been challenged to regroup and think outside the box on ways to stay connected off-site as a cardiac support group, while also continuing our mission of education, advocacy, and peer support. Colleen’s continued time and commitment to Mended Hearts is greatly appreciated and has been a great comfort to me personally as we move forward.

I also want to thank everyone at the Mended Hearts Inc. headquarters in Albany, GA. Their amazing response to the needs of our 274 national chapters in the face of this virus, and their development of online and phone consultation tools to use off-site while our hospital based visits are temporarily cancelled have been truly helpful. Finally, I’d like to give a big ‘shout-out’ to our chapter’s group members for their time, suggestions, and contributions to our monthly reports and newsletter. We hope soon to have our newsletter digitalized and online so that you can enjoy our newsletter in color and link into some of the additional reading sites.

Not since the Spanish Flu of 1918-19 have we as a nation faced such a devastating pandemic threat to our lives as with Coronavirus. Almost overnight our lives turned up-side-down as we watch in horror the world-wide spread of this disease, an overwhelmed medical infrastructure, a tanked stock market, massive layoffs and most of all, a shocking human toll inflicted by COVID-19. We’ve seen the images, listened to daily briefings, adjusted our daily lives for work, school, shopping, and social gatherings. We’ve listened to the experts and have done everything possible to stay safe and keep safe those around us. Right now it may be hard to imagine what going back to ‘normal’ may look like. But we will. We will prevail - stronger, wiser, and hopefully more compassionate of others too. Until then, getting through this will require all of our internal strength and resolve in the face of very difficult external factors. We are not the first generation to be challenged with a pandemic virus and we won’t be the last. But we will meet the challenge. Perhaps going back in time a bit will help us along the way!

Did you know?

When the Spanish Flu ended circa 1919, it killed an estimated 675,000 Americans and a staggering 20 to 50 million worldwide. Certain cities fared worse than others due to their denial of the risks, a desire to go back to business as usual, and their overall slow response to the threat. Other towns and cities were quick to respond and saw progress but returned to ‘normal’ too soon. They experienced a second and even third wave of the Spanish Flu (H1N1 influenza A), that in some cases was even more severe than the first wave. (Philadelphia).
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Seniors’ Corner

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. However, interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as “Senior Citizens Month,” the prelude to “Older Americans Month.”

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities.

During the past few months, great attention has been given to COVID-19 and the elderly. Whether living independently, cared for by family members or residing in long-term nursing facilities, fears of infection from COVID-19 and the specific risk factors unique to the elderly have been forefront in the news and very much on our minds as family and caregivers. At Mended Hearts, we salute those who are valiantly fighting for us as front-line care-givers to our loved ones and ourselves too, in the face of insurmountable challenges to their well-being.

While this event can’t be celebrated as usual this year due to COVID-19, individuals and communities are encouraged to reflect on the contributions older adults make to our lives and our nation. Let’s remember too their specific risk factors, how we as caregivers can help to mitigate these, and how seniors have been uniquely affected by coronavirus.

To Celebrate ‘Older Americans Month’ in the time of Coronavirus, may we think of the following to do?

**Share Your Stories – Your Story IS Important**
Stories build community and connect us even when we can’t be physically together. Recalling adventures with childhood friends and family - - those stories of your past - - helps connect you with your past and to the people who have mattered along the way. Stories help people you love get to know you better and feel closer to you. Looking back at how we got through other tough times can help us manage this challenging time. Sharing what we love about our friends and family members helps them feel stronger and more connected.

**Jumpstart the Memories**
What stories make up your life? Which would you like to share? Which would you like to ask?
- What would tell your 22-year-old self? What would your 22-year old self say to you?
- What are the best and worst pieces of advice you’ve received?
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**The Many Amazing Benefits of Quilting:**

A lot has been written about the many benefits of quilting but it is only in the last couple of years that scientist and scholars really started to study this claim. A long time ago quilting was done for a very practical reason – to keep the family warm especially during the cold winter months. This is not really required as much anymore because of advances in technology and with women working more outside the home there has been less time. Surprisingly and thankfully however, this did not cause the demise of quilting which is still alive and popular as a form of hobby and expression of creativity.

**Quilting Relieves Stress and Better Than Exercise:**

According to occupational therapist Victoria Schindler, we are living in a constant state of stress. This is because our brain cells haven’t actually evolved to tell the difference between an upcoming appointment with a prospective client or an impending attack from a tiger. The good news is that the repetitive motion of crafts like quilting activates our parasympathetic nervous system. This, in turn, calms our body’s instinct to fight or flight. Researcher Sharon Gutman argues that repetitive activities such as quilt making or painting elicit a flow that regulates stress and other strong emotions. Quilt making is a very effective remedy for all of us facing constant stress in our lives. Quilting is Good for Your Health too. Just like exercise. A study made by researchers found that quilting has the same amazing health benefits beyond what could be achieved with physical and outdoor activities. In a paper published in the peer-reviewed Journal of Public Health written by graduate student Emily Burt, quilting is said to help the cognitive, creative and emotional well-being of people especially among the elderly. This is because quilting offers problem-solving challenges like math and geometry while building self-confidence. In addition, being around all the bright colors uplifts the spirit and the activity, as we already know, relieves stress.

I just got off the phone with Sister Judith Shea, one of our chapter members of Mended Hearts. Sister Judy has been ‘quilting her way’ through Coronavirus and using her sewing skills as a means to help others with masks and quilts during these difficult weeks. I must say that what I didn't know about quilting before, I 'kinda' do now! Did you know there are over 180 quilt-related acronyms and glossary terms? Quilting has a language all its own!

What is it about quilts and the process of quilting that’s so captivating to our imaginations, a process that takes us down a deeper spiritual path? What is it about those folks who have the patience to make quilts; those who spend so much time and artistic detail on each quilt block which will be joined together eventually into a larger life story?

What is it about the fabrics used, the textures, the dyes in the fabrics, the arrangement of colors, the thematic thought, the chosen thread, the time involved, the mental process, the finger dexterity, the psychological benefit and attachment, the solitude or social connections they represent - and the ultimate sentimentality over time?

**DID YOU KNOW:**

The word quilt comes from the Latin word 'culcita', meaning stuffed mattress or cushion. We don’t know exactly when quilting began, but evidence in the Temple of Osiris at Abydos, Egypt, indicates people wore quilted clothing as far back as 5000 years ago. Back then, quilting was a practical technique to provide physical protection and insulation. As quilting spread across the world and as technology changed, quilting later became decorative and as a means of historical story telling.

Some of our live stories are noted on our tee-shirts. Others in the joined pieces of a quilt. And now...pieces of fabric - - quilts of another type are being made into Corona-protecting masks, to SAVE LIVES!!

Thank you Sister Judy! Thanks for sharing just a small part of how you're spending your time during this crisis. Thanks for the info on the ‘Brooklyn Quilting Guard.’ Thanks for your contributions to Mended Hearts. Thanks for the quilt lesson.

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Why We’re Obsessed With Comfort Food

In one word, comfort food is nourishment. Comfort food is what tastes delicious to us — physically, emotionally, and viscerally. If comfort food was a location, it would be home. It would be, more specifically, our childhood home. In a kitchen, probably, with fragrant steam rising over bubbling pots, sharing a meal with our loved ones, and our most meaningful memories.

Comfort food is not simply a burst of fat or sugar, or the happy marriage of The specific foods we choose to eat to lift ourselves out of bad moods, or to engage in happy ones, are wired deep inside the mysterious pathways of our brains. Comfort foods are the foods we have learned to associate with our childhoods; we subconsciously link comfort foods with safety, security, and the warm fuzzies of being cared for.

What is your favorite comfort food?

Is it a melty, bright orange mac and cheese? A pint of ice cream crammed with chocolate peanut butter cups? A beef burger with delicious fat dripping onto its white-bread bun? Far from universal, comfort food is in the eye — ahem, on the tastebuds — of the beholder.

Gender Differences (This Will Not Surprise You)

According to a 2003 University of Illinois study, males and females report drastically differing comfort foods. Studies show that women go cuckoo for cocoa, while men are mad for meat. For comfort, males turn to warm, hearty meal foods (like steak, casseroles, and soup). Women, on the other hand, prefer cold, sweet snack foods (like chocolate and ice cream). But we’re betting you already knew that.

Now That’s Some Scrumptious Psychology!

Remember Pavlov’s salivating dogs? The experimenter’s canines started to drool when they heard the bells they were conditioned to associate with mealtime. Turns out we have lots in common with Pavlov’s pooches — at least when it comes to comfort food.

An Atlantic article (“Why Comfort Food Comforts”) quotes psychology professor Shira Gabriel. “I tend to think of it in terms of classical conditioning,” Gabriel said. “If you’re a small child and you get fed certain foods by your primary caregivers, then those foods begin to be associated with the feeling of being taken care of.” In other words, our go-to comfort foods come drenched in the savory sauce of nostalgia. (P.S. If you grew up in the U.S., this sauce may very well taste like Heinz.)
And it’s not only the cooking of our parents and grandparents that shape our comfort food preferences — our individual cultures play a huge role as well.

**Cultural Comfort Food**

“Nearly every culture and religion uses food as an important symbolic custom, from the American Thanksgiving feast to the Jewish Passover Seder,” write Evelyn Tribole and Elyse Resch, nutrition therapists and co-authors of the book Intuitive Eating. “Each time a significant life experience is celebrated with food, the emotional connection deepens.”

So, if you wash down a wedge of handmade shmura matzah with grape juice, the part of your brain marked “Pesach” will fire up with neural activity. Oh, and don’t be surprised if you’re suddenly overcome by an intense horseradish craving.

**The Dark Side of Comfort Food**

Food has the astonishing capacity to walk us through the vagaries of life — food is there when we learn, grow, build relationships, worship, and celebrate our most precious occasions. “Occasionally eating comfort foods can be a part of a healthy relationship with food, if you do it while staying in touch with your satiety levels and without guilt,” write Tribole and Resch. But when comfort food becomes the #1 relied-upon coping mechanisms it can be painfully damaging.

**Finding Comfort Without the Food**

Make time to explore the nurturing activities that can provide comfort without the food:

- Take a Nap or Take a do-nothing break
- Listen to music or Play Scrabble
- Pet a kitten or Make time for an old friend
- Write a poem or journal or Spend time in nature

When it is not your primary coping mechanism, food can be a great (and healthy) comfort. Take Geneen Roth’s advice in the book ‘When You Eat at the Refrigerator, Pull Up a Chair: Eat a Hot Meal Every Day.’ “When you don’t have a built-in way of giving time and attention to yourself, food becomes the main source of sweetness in your life. And ‘treats’ are usually cold,” Roth writes. “Diet sodas, salads, cookies, chips, protein bars, or frozen yogurt are not food. Neither, although hot, is coffee.”

Carve out the time to cook and enjoy some nourishing (and hot!) traditional Jewish comfort food.

**Some of Our Favorite Classic Jewish Comfort Foods:**

- Classic Easy Chicken Soup
- Oven-Fried Potato Latkes
- Have it Your Way BBQ Chicken Schnitzel Fingers
- Lazy Man’s Cholent
- Hungarian Apple Pie (“Olmash”)
Caregivers - You’re So Special

By Linda Miele
President
Mended Hearts, Chapter 359
Brooklyn, NY

For all the kind and wonderful caregivers out there. Thank you. We love you!

In early January of 2018 during an unprecedented ‘bomb cyclone’ blizzard that hit New York, I found myself a sudden and unexpected patient in the ER Department of Maimonides Medical Center. Blood drawn and hooked up to an EKG machine, I began to seriously worry when the faces of physicians and technicians changed from curious to serious. Informed that the dull pain I felt was not heart-burn as I had so hoped, but a serious heart attack, I vividly recall four things at that moment of truth: the room spinning, panic and fear gripping chest, relief that ‘if the heart’ I was at Maimonides Medical Center, and worries about how this would affect my family – my main caregivers, and our personal relationships. I wondered about what life would look like moving forward and I knew I and ‘we’ couldn’t do it alone. That’s where Mended Hearts™ came in.

Mended Hearts™ and all our members understand that the role of a ‘caregiver’ is an often under-appreciated or misunderstood role unique with its own challenges outside of the direct patient care experience itself. We know that in caring for others we often have less time to care for ourselves and other family members. We know through experience that as caregivers, our employment or housing may be negatively impacted. We may feel isolated and depressed, sleep deprived, burned-out, or have our own emotional and physical concerns to deal with. We may not know where to ask for help or how to identify and seek out various needed services. It can feel rather daunting and overwhelming.

I’ve met many caregivers during my tenure with Mended Hearts. They’ve shared their stories, their fears and their concerns. They are the most selfless and caring individuals I’ve ever met and their experiences, always moving, are quite humbling too. I often wonder if I would have the same strength and resolve as they continually bring to the table. And what about caregivers? What about now with coronavirus and those who find themselves our caregivers and the caregivers of our loved one, by phone or iPad. We truly thank you.

Did You Know About Caregivers:

- 1 in 4 report family relationships difficulties because of caregiving responsibilities.
- 30 % of caregivers state they need help keeping the person they care for safe.
- 61% of family caregivers are women. (This is a topic of study all its own.)
- 42 percent of caregivers spend over $5,000 annually caring for a loved one.
- When caring from a distance, family caregivers spend over $8,000 annually.
- 16 % of caregivers quit their job in order to provide care for a loved one.
- 58 % of caregivers provide more than 10 hours of care to a loved one each week.
- More than 34 million pp provide unpaid care to one 18 or older who is ill or disabled.
- 67 % of caregivers say they don’t go to a doctor - putting family needs first.
- 27 % of caregivers are sandwiched between generations caring for a child & parents.

Source: https://blog.bayada.com/be-healthy/ten-facts-about-caregiving

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MENTAL FLOSS - A 2020 Memorial Day to Remember

Note: Due to COVID-19 and the remaining closures and precautions in Brooklyn and New York City, most Memorial Day events have been cancelled this year. Many businesses related to the arts, entertainment and food will not be opened for Memorial Day 2020.

PLEASE BE CAUTIOUS, STAY SAFE
WEAR A MASK AND WASH YOUR HANDS OFTEN

On Monday, May 25th, our country will celebrate an American holiday that’s both sad and happy in its purpose and traditions. Memorial Day - - originally known as Decoration Day dating back to the Civil War, is sadly personal for many of us in our remembrance of family and friends who lost their lives while serving our country in war. Traditionally, to honor their sacrifice and service, we may spend Memorial Day participating in a local military parade or visiting a memorial or cemetery to place a flag. We may honor the fallen at the 9/11 memorial or listen to the National Concert (see link on that below). Many of us proudly display our beautiful flag or pause at 3:00pm for reflection and prayer. We may even wear that red poppy provided by members of the Veterans of Foreign Wars (VFW), a tradition that started back in World War I.

Did you know that the red poppy is now a widely recognized memorial symbol for soldiers who have died in conflict? This tradition started from a WWI poem written in 1915 by Canadian Lieutenant-Colonel John McCray, a brigade surgeon for the Allied artillery unit when he saw bright red poppies growing over the graves of fallen soldiers in Northern France. The poem was then picked up by humanitarian Moina Michael from Georgia, who promised to make the poppy a symbol of tribute to all who died in the war.

“In Flanders fields the poppies blow Between the crosses, row by row.”

In recent years, Memorial Day has become a three-day weekend celebration to officially ‘kick-off’ the summer. Under normal circumstances without COVID-19 to worry about in this beautiful city that never sleeps, we would celebrate the beginning of summer with fun, sun, BBQ’s, sports, travel, shopping, NYC art and culture and neighborly get-togethers. This year however is going to be very different.

In a way, without formally enlisting, all of us are now engaged in another kind of world war; an invisible enemy; a serious virus war being fought on the front lines by our very brave health-care professionals, our essential workers, our schools, our politicians and every one of us! This is an invisible enemy and to defeat it is going to take everything we’ve got! We can do it!! We’re strong!!! We’re Brooklyn and Staten Island!!! We can do it! Stay safe!!!! We can beat this!!!!! Happy Memorial Day Everyone

Further Websites:
https://www.nationalparks.org/connect/blog/10-ways-honor-memorial-day
https://www.pbs.org/national-memorial-day-concert/memorial-day/meaning/
https://www.history.com/topics/holidays/memorial-day-history

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Challenge Yourself

Spring Yard Flower

Across
1 Genetic stuff
4 Auspices
9 Sprinted
10 Serpent
11 Sea eagle
13 Kind of charge Card
14 Military school
16 Perform
17 “Fancy that!”
18 Kipling poem
20 Hamlet’s cousin
22. Bank holding
24 Window part
25 Poem of lament
27 ____ juice (milk)
28 Bit of statuary
29 Trinity component

Down
1 Be reluctant
2 DEA agent
3 The “I” of “The King and I”
4 Symbol for arsenic
5 Glossy paints
6 Like some meat
7 White House nickname
8 Census datum
12 Decorative borders
15 Sushi offering
18 Arctic abode
19 Criminal
20 Turn
21 Goals
22 Tennis call
23 U.N. workers’ grp.
26 Rocky’s greeting

Test your skills with this fun crossword puzzle. The headline is a clue to the answer in the diagonal.

Library Corner

Caretakers

Caring for Someone With Heart Disease
https://www.webmd.com/heart/features/heart-disease-caregiver#1

Common Caregiver Problems
https://www.apa.org/pi/about/publications/caregivers/practice-settings/common-problems/

Help for Heart Failure Caregivers – American Heart Association

Resources for Caregivers
https://www.cardiosmart.org/For-Caregivers/Resources-for-Caregivers

COVID-19 and the Heart:

‘Coronavirus and the Heart: COVID-19 May Spark Heart Trouble In myriad ways.’
Harvard Medical School - By Ekaterina Pesheva, April 13, 2020
https://hms.harvard.edu/news/coronavirus-heart

‘Heart Surgeon Returns to Treat Sickest COVID-19 Patients After Recovering From Virus’
ABC News: By Nick Capote, Brandon Chase and Enjoli Francis, April 10, 2020

‘Where Are All Our Patients?’ COVID Phobia Is Keeping People With Serious Heart Symptoms Away From ERs
- By USHA LEE MCFARLING, APRIL 23, 2020

General Medical/Cardiac:

Life After A Heart Attack
American Heart Association
https://www.heart.org/en/health-topics/heart-attack/life-after-a-heart-attack

Health, Nutrition and Beauty:

‘Top 6 Benefits of Taking Collagen Supplements’
Healthline Media – By Brianna Elliott, RD, February 19, 2020
https://www.healthline.com/nutrition/collagen-benefits

Heart Disease and Children:

‘Types of Heart Disease in Children’
Written by Colleen Story / Medically reviewed by Karen Gill, MD on May 11, 2017
https://www.healthline.com/health/heart-disease/in-children

Women’s Heart Issues:

‘Changing the Way We View Women’s Heart Attack Symptoms.’
American Heart Association News – March 6, 2020
It's great to be alive – and to help others.
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Mark Your Calendars - 2020

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<td>National Occupational Therapy Month</td>
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<td>National Parkinson's Awareness Month</td>
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<td>National Cancer Control Month</td>
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<td>Stress Awareness Month</td>
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**Weeks to note:**
- April 6-12: National Public Health Week
- April 19-25: National Volunteer Week
- April 19-24: Administrative Professionals Week

**Days to note:**
- April 7: World Health Day
- April 16: National Healthcare Decisions Day
- April 22: Earth Day
- April 22: Administrative Professionals' Day
- April 23: Take Our Daughters and Sons to Work Day

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<td>Oncology Nursing Month</td>
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<td>National American Stroke Month *****</td>
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<td>National Melanoma/Skin Cancer Awareness Month</td>
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<td>National Mental Health Month</td>
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**Weeks to note:**
- May 6-12: National Nurses Week
- May 10-16: National Hospital Week
- May 10-16: National Skilled Nursing Care Week
- May 10-16: National Women's Health Week

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<td>National Safety Month</td>
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<td>Cataract Awareness Month</td>
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<td>Men's Health Month</td>
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**Weeks to note:**
- June 15-21: National Men's Health Week
- June 18-24: National Nursing Assistants Week

**Days to note:**
- June 7: WNYT Heart Run/Walk (now online)*****
- June 7: Cancer Survivors Day
- June 13: Family Health & Fitness Day
- June 18: National Career Nursing Assistants' Day
- June 27: National HIV Testing Day

*Heart Related Events In Red- The Others For Your Interest*

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**MEMBER ENROLLMENT**

**Brooklyn, NY Chapter 359**
Tel: 718-283-6401
917-500-2147

Mr./Mrs./Ms./Dr. ___________________________ Date __/__/__ Retired ( ) Yes ( ) No

Address __________________________________ Phone _________ Birthday ___/___/_____

City ___________________________ State _______ Zip________________

Name of Spouse or Significant Other: __________________________ Email ________________________

**Type of Procedure** ___________________________

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Name of Family Member or Caregiver______________________________

Phone:___________ Alt Phone:___________ Email: ____________ ( ) Check if also a Heart Patient.

Are you also a heart patient? ( ) Yes ( ) No If yes, what type of surgery? _______________________

| US Membership Type | Membership Dues | Membership Dues: | $__________ |
|--------------------|----------------|--------------------|
| ( ) Individual     | $ 20           | Membership Dues:   | $__________ |
| ( ) Family         | $ 30           | Donation to Chapter: | $__________ |
| ( ) National Life (Individual) | $150       | Donation to National: | $__________ |
| ( ) National Life (Family) | $210       | Total Enclosed:    | $__________ |

I am joining as a non-heart patient:

( ) Physician ( ) RN ( ) Health Administration ( ) Other Health Party ( ) Other Interested Party

Unfortunately I’m not prepared to join. I would like to make a tax-deductible contribution of: $ __________

ICTT You must be a member of the National Organization to be a Chapter Member. ICTT

Signature: ______________________________________

New Chapter Members: Please send payment with enrollment to Chapter Membership Chair:

<table>
<thead>
<tr>
<th>Local Chapter</th>
<th>Mended Hearts™</th>
</tr>
</thead>
<tbody>
<tr>
<td>Judith Magnus</td>
<td>National Office</td>
</tr>
<tr>
<td>1000 Clove Road</td>
<td>1500 Dawson Road</td>
</tr>
<tr>
<td>Staten Island, NY 10301</td>
<td>Albany, GA 31707</td>
</tr>
</tbody>
</table>

National Membership Dues: Includes subscription to Heartbeat Magazine and one insignia pin for an individual or two pins for a family membership (must reside in same household). National dues are ‘tax deductible’ less $10.00. Chapter and Lifetime dues are 100% tax deductible.