Earlier this month, Mended Hearts board members, Mended Little Hearts steering committee members, all Regional Directors and staff, gathered in Albany, GA (some in person and some virtually) to discuss our goals for 2020. As a group, we selected six goals for our organization that we will work on in 2020. These goals are based on our mission and vision statements, as well as our newly created support, education and advocacy statements. For a closer look at these goals, please click HERE.

During the two-day meeting we also selected four core values that we will use to guide our decisions moving forward. Respect, Integrity, Compassion and Hope (or RICH) are the values that we will refer to as we build our programs and services in 2020.

Celebrating CHD Week & Other Events

While many other organizations may be slowing down for the holidays, not Mended Little Hearts. In fact, we are gearing up for another, and even bigger, CHD Awareness Week, February 7-14. Here are some of the events we have planned:

#Rock Your Scar 2020

Last year, #RockYourScar was bigger than ever before with more than 120,000 votes and 992 photo submissions. This campaign is a CHD Awareness
campaign for EVERYONE, big and small. Help us show children and adults with congenital heart defects/disease (CHD) that they can embrace their CHD and be proud of their scars, visible or not, and not ashamed.

Please consider submitting a photo if you are embracing your CHD because other children, teens and adults look at these pictures, and it gives them hope. We ask that you do not use a filter or write words on your photo (it’s fine to hold signs in the photo), and if you use a photo from a professional photographer, you must give credit. The campaign will open on January 1st!

Remember Our Hearts & Candlelight Vigil

Throughout the month of February we will share photos of our Heart Angels and will host a candlelight vigil on February 11th at 7 PM in your time zone. This Vigil is virtual and will be hosted on our social media platforms. Be sure to light a candle and share in this special event. Make sure to use the hashtag #RememberOurHearts

Roar ’N Run 2020 Virtual Charity Race

Again this year, we will be creating a ROAR for CHD Awareness with our virtual race. Each person picks the distance they pledge to run, walk, jog or complete (5K, 10K, 13.1 miles or 26.2 miles), and they have an entire week (February 7-14) to complete the distance.

New this year, we will be adding up the distance pledged and totaling it to see how many times around the world we can go—spreading CHD Awareness everywhere.

Registration for Roar ’N Run opens up on January 1st.

CHD Awareness Week
Mended Little Hearts will be posting CHD Awareness facts, and our groups will have many different events that we will be sharing during CHD Awareness Week and the month of February. If you would like CHD Awareness ideas, please click HERE for a list of things you could try in your community. As you know, there is still a long way to go in raising awareness, so join us in spreading the word.

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**Birth Defects Awareness Month - January**

January is Birth Defect Awareness Month. The National Birth Defect Prevention Network (NBDPN) has resources that you can share to help raise awareness and prevent birth defects. For that information please click HERE. Congenital heart defects (CHDs) are the most common type of birth defects, so it’s important to share resources and information during January.

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**CHD Shirts for Sale in January**

Help us spread CHD Awareness AND raise money for our Bravery Bag program with one of these fabulous t-shirts we will be selling in January. We’ll have men’s, women’s and kid’s sizes for $20 to $25. Look for ordering info in early January.

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**MH & MLH Calendar of Events**

Mended Hearts and Mended Little Hearts have created a calendar of events for 2020 to assure that all chapter and group leaders are up to date on what’s happening and what messaging is important throughout the year. If you are a chapter or group leader you can access the calendar in the officer/coordinator portal of the website found HERE (MH) and HERE (MLH). The calendar will be updated throughout the year to add events as they are scheduled.

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**Create a World of Support**

The numbers are in and we are excited to announce that our Create a World of Support campaign raised over $47,000! We would like to thank the 300 individuals, groups and chapters who held events and spread the word to friends and family. Thank you!!
Create a World of Support will be back next September on World Heart Day. We’ll get the ball rolling early in 2020 by sharing fundraising ideas and ways to participate so that you have enough time to plan your events and fundraisers.

Regional Conferences:
Patient & Education Day

We have a number of regional conference scheduled for 2020 and would like to thank those chapters and groups who have offered to host these educational events. Houston, TX will be the site of our January 18th meeting and Kissimmee, FL and Evansville, IN will be hosting meetings on Feb 7th and 8th. For a complete list of all of our conferences, as well as links to register, please click HERE.

National Heart Valve Awareness Day
Feb 22, 2020

This February 22, and throughout the year, Mended Hearts is proud to participate in the National Heart Valve Disease Awareness Day campaign. The campaign encourages you to ‘Listen to Your Heart’, know your risk factors, get your heart checked regularly, and join the movement to help spread the word and raise awareness.

To learn more, or to find out how you can participate in raising awareness, go to www.ValveDiseaseDay.org.

Each donation helps to support our mission to inspire hope through ongoing peer-to-peer support, education, and advocacy.

GIVE TODAY

If you wish to find out more about a local MH or M.H. event, or you have a meeting you would like added in next month’s newsletter, please email Mandy at Mandy.Sandkuhler@mendedhearts.org

<table>
<thead>
<tr>
<th>MH Chapter Events</th>
<th>M.H. Group Events</th>
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<tr>
<td>MH of Cabarrus, NC: Chapter Meeting 01/02/2020. For more info about future</td>
<td>M.H. of Washington, DC: Group Meeting - &quot;Mindfulness in the New Year&quot; 01/07/2020. For</td>
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MH of Northern Virginia: Chapter Meeting 01/04/2020 at 11 a.m. For more info email Michael HERE.

MH of Oakland, CA: Chapter Meeting 01/04/2020. For more info email HERE.

MH of Wenatchee, WA: Chapter Meeting 01/06/2020 from 11:30 to 1 p.m. For more info email Ann HERE.

MH of Central Virginia: Chapter Meeting 01/07/2020 at 7 p.m. For more info email John HERE.

MH of Palm Beach Cty, FL: Chapter Meeting 01/07/2020 at 6 p.m. For more info click HERE.

MH of St. Petersburg, FL: Chapter Meeting 01/08/2020 from 1 to 3 p.m. For more info email Ken HERE.

MH of Landmark, RI: Chapter Meeting 01/08/2020 at 5:30 p.m. For more info email Carolyn HERE.

MH of Charlottesville, VA: Chapter Meeting 01/09/2020 from 2 to 3 p.m. For more info email Robin HERE or call 434-243-8197.

MH of Fayetteville, NC: Chapter Meeting 01/09/2020 from 6 to 7:30 p.m. at Cape Fear Valley Health Plex. For more info email Bill HERE.

MH Bellefontaine, OH: Christmas social 01/09/2020 at 6 p.m. For more info email Bruce HERE.

MH of Leesburg, FL: Chapter Meeting 01/09/2020 at 10 a.m. For more info email Michele HERE.

MH of Aiken, SC: Chapter Meeting 01/10/2020 at 10 a.m. For more info email Phil HERE.

MH of National Capital Area, DC: Chapter Meeting 01/12/2020 at 3 p.m. For more info email Ash HERE.

MH Newark, DE: Chapter Meeting 01/13/2020 at 6:30 p.m. For more info email Linda HERE.

MH of Atlanta, GA: Chapter Meeting 01/13/2020. For more info email Harry HERE.

MH of the Grand Strand (Myrtle Beach), SC: Chapter Meeting 01/13/2020. For more info email Mary Lou HERE.

MH of Coachella Valley, CA: Chapter Meeting 01/13/2020. For more info email Bill HERE.

MLH of Washington, DC: 10th Annual Hope for Hearts Casino Night 02/08/2020. For more info click HERE.

MLH of San Diego, CA: Music therapy classes the last Friday of every month at 4 p.m. through December. Two classes; ages 0-3 and 4 & up. For more information click HERE.

MLH of Southwestern PA: Heart of Gold - MLH of Southwest PA & Pittsburgh Penguins. Four tickets to every home game. For more info click HERE.
MH of Chicago, IL: Chapter Meeting
01/14/2020 at 6 p.m. For more info email Neal HERE.

MH of Fort Myers, FL: Chapter Meeting
01/15/2020 at 6:30 p.m. For more info email Joe HERE.

MH of Greater Hartford: Chapter Meeting
01/15/2020. For more info email Walter HERE.

MH of Northwest, FL: Chapter Meeting
01/22/2020. For more info email David HERE.

MH Blueridge, VA: Chapter Meeting
01/23/2020. For more info contact Dan HERE.

MH of Loma Linda, CA: Chapter meeting
01/24/2020 from 1:30 to 3 p.m. For more info email Joe HERE.

MH San Gabriel Valley: Chapter Meeting and lunch 01/24/2020 at 12 p.m. (lunch to start).
For more info email Fred HERE.

MH of Cherokee, GA: Chapter Meeting
01/28/2020. For more info email David HERE.

www.Mendedhearts.org - 1-888-432-7899