Roar 'N Run Virtual Charity Race

Don't miss out on this year's sixth annual Roar 'N Run Virtual Charity Race!

All funds raised support our signature MLH Bravery Bag Program, supporting families with children in the hospital after heart surgery or other procedures and families who have lost children to congenital heart disease.

Register today and let a family in crisis know we are there to support them.

Adults $25

Children $15

Here's how:

How: Pick your distance when you register (choose between 5K, 10K, 13.1 miles or 26.2 miles) and then run, walk, bike, or swim your chosen distance.

When: Complete your distance anytime between February 7-14th, 2020 during CHD Week.

Where: Anywhere you like. On the treadmill, laps at the mall, outside, your local pool - just get up and moving!

Even if you can't join the race, you can support your favorite Mended Little Hearts groups by donating to their team or start a fundraising team of your own.

REGISTER HERE
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

#RockYourScar Video & Contest

If you haven’t seen it yet, you’ll want to check out our new and inspiring #RockYourScar™ video! Please share this video and this important CHD Awareness campaign with everyone you know to help them become CHD Aware!”

And if you haven't yet participated in the contest yet, you can upload your #RockYourScar™ photo using the link below. We award prizes in eight age categories and give out a People’s Choice award. This year’s contest runs through January 31st at 11:59 p.m and winners will be announced during CHD Week, Feb 7th-14th.

CHD Shirts for Sale in January

Whether you are a CHD warrior, Angel family member, Rock Your Scar participant or CHD mom, we have got the shirt for you. Order one of these fabulous t-shirts during the month of January; you’ll be supporting Mended Little Hearts AND raising awareness!

 PURCHASE HERE
Congenital Heart Defect Awareness Week is observed each year during February 7–14 to promote awareness and education about congenital heart defects (CHDs). CHDs affect approximately one in every 110 births every year in the United States and are the most common type of birth defect. For ideas on how you can participate in CHD week, please click HERE.

FEBRUARY IS HEART MONTH

Please see below for a list of activities

National Wear Red Day - February 7th
Join us on February 7th, 2020 as we celebrate National Wear Red Day by wearing red and bringing attention to heart disease awareness as the leading cause of death for Americans.

Heart Valve Awareness Day – February 22nd
This February 22, and throughout the year, Mended Hearts is proud to participate in the 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.

Heart valve disease can be there at birth or develop due to damage from previous heart conditions or infections. Age is the greatest risk factor for heart valve disease—one out of every 10 people age 75+ have it. While some types are not serious, others can lead to major complications, including death. Millions of Americans have heart valve disease and every year, an estimated 25,000 people...
in the U.S. die from heart valve disease.

Symptoms of heart valve disease can include shortness of breath; weakness or dizziness; pain, tightness, or discomfort in the chest; fainting or feeling faint; fatigue; rapid or irregular heartbeat; lightheadedness; decrease in exercise capacity; and swollen abdomen or ankles and feet. However, people with heart valve disease do not always have symptoms, even if their disease is severe. For these people, a heart murmur is the most important clue. Learn more at www.ValveDiseaseDay.org.

Heart Failure Awareness Week
Heart Failure Awareness Week is February 9-15th. For more information please visit the Heart Failure Society of America at https://www.hfsa.org/hfsa-event/heart-failure-awareness-week-2020/.

Heart Failure Clinical Trial Webinar
Heart failure currently affects more than 26 million people worldwide and is the leading cause of hospitalization and readmission in people age 65 and older. Despite broad use of standard treatments and advances in care, the prognosis for patients with heart failure is poor.

If you have heart failure and you are interested in learning more about a new medication that is being developed for the potential treatment of heart failure with reduced ejection fraction, you may want to join an upcoming clinical trial webinar on Tuesday, January 28th at 1 p.m. ET. To register, please click HERE.

ANNUAL REPORTS & FINANCIAL WEBINAR

Annual Reports
Chapter officers and group leaders should be aware that the links to complete their online chapter and group annual reports were sent out on January 2nd. Annual reports must be completed online by February 15. If you are a chapter officer or group leader and you have questions, please contact your Assistant Regional Director, your Regional Director, or Mandy Sandkuhler at Mandy.Sandkuhler@mendedhearts.org.

Financial Webinar
If you were not able to join us for the financial webinar we recently held, we will be hosting another one in February. For those of you who would like to receive the information right away, we have recorded the webinar, and it is available HERE. Any chapter or group leader who has financial responsibilities within their group MUST watch this webinar (either the live version or recorded version).

Regional Conferences:
Patient & Education Day
Thank You

We would like to thank all of the chapter and group leaders who hosted regional conferences during 2019. Your commitment and dedication to supporting and educating the cardiac community in your region is greatly appreciated.

We have conferences coming up in the following locations. For registration information, please click HERE:

Evansville, IN – Feb 8
Kissimmee, FL – Feb 8
Albany, GA – TBD
Lynchburg, VA – April 25
Rancho Mirage – May 1
Chicago, IL – May 16

Thank you to the following leaders who hosted and planned regional conferences in 2019/early 2020

Maryann Mayhood
Michael Kolansky
Michelle Christianson
Marvin Keyser
Harry Abrams
Jake Gray
Bob Hoffman
Jenn Isgro
Lea Parker
Candida Schendel
Jamie Snyder

Flu Shots - There is still time to get one!

The flu can be risky business for heart patients. Make sure that you are protected by getting your flu shot - it’s not too late!

New this year - Mended Hearts has released a new patient discussion guide for flu and heart disease and it’s available now for all chapters to order. You can order them for FREE on the materials requisition form in the officer portal.

Calling TAVR Patients Willing to Provide Support

If you are a TAVR (Transcatheter Aortic Valve Replacement) patient and would be willing to call someone before or right after their TAVR to provide support, please contact Jodi Smith at jodi.smith@mendedlittlehearts.org. There is a one-hour training each month for TAVR telephone visitors, so please feel free to join us. After you register, you will get an email, and you can join by telephone only or on your computer.
January 30, 2020, 4:30 PM to 5:30 PM EST
https://attendee.gotowebinar.com/register/2269256064407065868

February 24, 2020, 2:30 PM to 3:30 PM EST
https://attendee.gotowebinar.com/register/4812900348964533772

March 31, 2020, 11:30 AM to 12:30 PM EDT
https://attendee.gotowebinar.com/register/2550576009978224652

After registering, you will receive a confirmation email containing information about joining the webinar.

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 MLH event, or you have a meeting you would like added in next month’s newsletter, please email Mandy at Mandy.Sandkuhler@mendedhearts.org

MH Chapter Events

MH of Northern Virginia: Chapter Meeting 02/01/2020 at 11 a.m. For more info email Michael HERE.

MH of Oakland, CA: Chapter Meeting 02/01/2020. For more info email HERE.

MH of Wenatchee, WA: Chapter Meeting 02/03/2020 from 11:30 to 1 p.m. For more info email Ann HERE.

MH of Central Virginia: Chapter Meeting 02/04/2020 at 7 p.m. For more info email John HERE.

MH of Palm Beach Cty, FL: Chapter Meeting 02/04/2020 at 6 p.m. For more info click HERE.

MH The Villages, FL: Chapter Meeting 02/06/2020. For more info email Bev HERE.

MH of Cabarrus, NC: Chapter Meeting 02/06/2020. For more info about future meetings email Ken HERE.

MH of National Capital Area, DC: Chapter Meeting 02/09/2020 at 3 p.m. For more info email Ash HERE.

MLH Group Events

LH of San Diego, CA: For a list of upcoming events, please click HERE.

MLH of Amarillo, TX: RYS Rock Climbing Event 01/24/2020. For more info click HERE.

MLH of Amarillo, TX: 100 Men (and Women) Who Give a Damn, Fundraising Event 01/27/2020. For more info click HERE.

MLH of Coastal VA: Hops for Hearts month-long fundraiser Feb 1-29. For more info email Kelley HERE.

MLH of Utica/Mohawk Valley, NY: Bowl Your Heart Out 02/01/2020. For more info click HERE.

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

MLH of Coastal VA: 2nd Annual Sweetheart Dance 02/08/2020. For more info email Kelley HERE.

MLH of Long Island, NY: Bowl Your Heart Out 02/09/2020. For more info click HERE.
MH Newark, DE: Chapter Meeting 02/10/2020 at 6:30 p.m. For more info email Linda HERE.

MH of Atlanta, GA: Chapter Meeting 02/10/2020. For more info email Harry HERE.

MH of the Grand Strand (Myrtle Beach), SC: Chapter Meeting 02/10/2020. For more info email Mary Lou HERE.

MH of Coachella Valley, CA: Chapter Meeting 02/10/2020. For more info email Bill HERE.

MH of Chicago, IL: Chapter Meeting 02/11/2020 at 6 p.m. For more info email Neal HERE.

MH of St. Petersburg, FL: Chapter Meeting 02/12/2020 from 1 to 3 p.m. For more info email Ken HERE.

MH of Landmark, RI: Chapter Meeting 02/12/2020 at 5:30 p.m. For more info email Carolyn HERE.

MH of Oconomwoc, WI: Chapter Meeting 02/12/2020 at 6:30 p.m. For more info email Sharon HERE.

MH of Charlottesville, VA: Chapter Meeting 02/13/2020 from 2 to 3 p.m. For more info email Robin HERE or call 434-243-8197.

MH of Fayetteville, NC: Chapter Meeting 02/13/2020 from 6 to 7:30 p.m. at Cape Fear Valley Health Plex. For more info email Bill HERE.

MH Bellefontaine, OH: Christmas social 02/13/2020 at 6 p.m. For more info email Bruce HERE.

MH of Leesburg, FL: Chapter Meeting 02/13/2020 at 10 a.m. For more info email Michele HERE.

MH of Aiken, SC: Chapter Meeting 02/14/2020 at 10 a.m. For more info email Phil HERE.

MH North Suburban Chapter: Chapter Meeting 02/14/2020 at 6:30 p.m. For more info email John at johnnfrank@gmail.com.

MH of Hartford, CT: Chapter Meeting 02/16/2020 at 2 p.m. For more info email John HERE.

MH of Fort Myers, FL: Chapter Meeting 02/19/2020 at 6:30 p.m. For more info email Joe HERE.

MH of Greater Hartford: Chapter Meeting 02/19/2020. For more info email Walter HERE.
MH of Cherokee, GA: Chapter Meeting  
02/25/2020. For more info email David [HERE](#).

MH of Northwest, FL: Chapter Meeting  
02/26/2020. For more info email David [HERE](#).

MH Blueridge, VA: Chapter Meeting  
02/27/2020. For more info contact Dan [HERE](#).

MH of Loma Linda, CA: Chapter meeting  
02/28/2020 from 1:30 to 3 p.m. For more info email Joe [HERE](#).

MH San Gabriel Valley: Chapter Meeting and lunch 02/28/2020 at 12 p.m. (lunch to start).  
For more info email Fred [HERE](#).

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