Thank you to all of the health care workers who are doing so much during this time to relieve the suffering of others. We are grateful for all you do.

Staying Connected & Involved

We know that during this difficult time, heart patients and caregivers still need connection and support. Although we are not able to visit in the hospital or hold meetings, there are still things we can do to help others while maintaining our chapters and groups. As you continue to find ways to support your community, know that the Mended Hearts Resource Center is open and here to help in any way we can.

Reaching Patients and Members

- Check with your hospital though phone or email to see if they can still deliver HeartGuides or Mended Little HeartGuide Lites to patients and families.
- Chapter officers may want to reach out to members to see how they are doing. Some members could be feeling isolated and depressed, and checking in on them might make them feel less alone. If you don’t know how to access your list of members, please email Lisa Goodman HERE.
- Patients and families can be matched online. If you know of someone who would like to connect based on a CHD defect or heart disease type, please email Mandy Sandkuhler HERE.
- There may be resources in your community that offer help with grocery or prescription delivery. Those who are comfortable placing online orders can assist in placing orders for curbside pickup/drop-off for those members of their chapter who need to stay isolated.
Upcoming Virtual Events

*Mending our Minds in Times of Crisis*

Join Mended Hearts as we discuss strategies to reduce our stress and anxiety during this time. Jennifer Angelone, a licensed mental health clinician, will be our guest speaker. There will be time for question and answers. Please register [HERE].

*Facebook Chat Hours*

Follow Mended Hearts for an hour of distraction and support. We will be hosting a Facebook Chat each Monday night from 7-8 PM ET. There will be questions to spur conversation. It will be lighthearted and enjoyable. It’s meant to be a time to chat with each other in this time of social distancing. Go to Facebook and follow @MendedHearts

*Who Moved Your Happiness*

Check out this amazing, one-of-a-kind, event! Mended Hearts Executive Director Andrea Baer sat down (remotely) with Chief Happiness Officer of the Happiness Jungle! Lyn-Dee Eldridge is a motivational life coach who uses her talents to teach individuals to embrace the happiness in their lives. Lighten the mood with this fun video found [HERE].

**Maintaining Your Groups**

- If you are a chapter or group visitor, you can use this downtime to make sure you are up-to-date with your accredited visitor training (that needs to be done annually). Our next training will be on Tuesday, March 31st at 11:30 a.m. ET. You can register here [HERE].
- Chapter/Group officers and coordinators can check to see if any of their members need to renew. Or, if you are a member and you haven’t renewed in the last year, please do so [HERE].
- This is a good time for leadership to make sure all of their information on file with the Resource Center is correct. Does your roster need to be updated? Are your officers current? Do training dates for members need to be updated in the database?
Mended *Little* Hearts is excited for our 7th Annual National CHD Symposium—The Heart-Mind Connection at Texas Children’s Hospital on October 23-24. This year, we will be partnering with the Cardiac Neurodevelopmental Outcomes Collaborative (CNOC) for this important educational program for parents, families, patients and healthcare professionals. We know that educated people can make better, more informed choices, and the CHD Symposium is an excellent source of information from experts from top children’s hospitals and CHD organizations.

The CHD Symposium will start Friday night with a social open to all families with fun, games (CHD Bingo with prizes), and even some dancing because a little exercise is good for all of us. On Saturday, we will begin with innovations in CHD surgery, cardiac cath, screening and genetics, including information on neurodevelopment impact. Next, we will have information about advocating, raising awareness, and helpful information for CHD patients on higher education and/or a career. This will be followed by joint sessions on working together to improve outcomes, including information on resiliency, parent education, and caring for the whole family. Finally, our CHD According to Me panel will be turned into a friendly competition this year. Who will win—the medical professionals, parents, or the CHD patients themselves?

We hope you will hold these dates on your calendar, and we look forward to seeing you there.

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**The Adult Congenital Heart Association, The Children’s Heart Foundation, and Mended Little Hearts celebrate the 10th anniversary of the Congenital Heart Futures Act.**

From 2008 to 2010, these three organizations worked together, as part of a coalition, for legislation that would fund CHD research and surveillance on a national level. As a result of these efforts, the Congenital Heart Futures Act was passed as an Amendment to the Affordable Care Act in 2010. It has been funded every year since and
Thank you to all CHD parents, patients, family members, healthcare professionals, and legislative champions who helped to get this critical legislation passed into law.

Regional Conferences:
Patient & Family Resource Day

Albany, GA: June 6th
Atlantis, FL: September 12th
Portland, OR - October 24th

We are hoping to reschedule our Lynchburg, VA conference and will let you know at a later date. If your chapter or group is interested in hosting a Regional Conference, please email Mandy HERE.

The online donation processing platform, Benevity, recently announced that they would be matching donations to registered non profits, dollar for dollar, up to $300,000.00! If you have been considering making a donation, now is the time. To donate to Mended Hearts or Mended Little Hearts, please click HERE.

Please note, donations will only be matched if made through the Benevity link provided above.

Please check back for our Mended Hearts and Mended Little Hearts events at a later date.