Day of Giving & Create a World of Support

There are less than two weeks left until Giving Tuesday and the end of our Create a World of Support fundraiser. We are very grateful for the donations we have received so far - THANK YOU!

If you have not yet donated, please consider hosting an event, holding a raffle, collecting donations at a chapter meeting or asking 10 friends & family members for $10/each. Every little bit counts. Your donations in this campaign will help us cover some of our costs in 2020. Here are are just a few of them.

- Printing of Mended HeartGuide: $100,000
- Audit and tax preparations each year: $45,000
- Software for software for database and website: $25,000
- State Registrations for all 44 states: $18,000
- Logos and trademark registrations: $5,000
- Printing of Mended Little HeartGuide Lites: $5,000

We need the support of our members, chapters...
Mended Hearts & Mended Little Hearts at AHA Scientific Sessions

Mended Hearts leadership attended the AHA Scientific Sessions in Philadelphia, PA this month. Ron Manriquez, President, Al Voss, Treasurer, Andrea Baer, Executive Director, and Jodi Smith, Program Director all attended. During their time there, they were able to meet with industry partners, discuss 2020 goals, and take part in some late-breaking science programs, as well as attend information meetings from others in the industry. Here are some highlights of the event:

- Mended Little Hearts was honored as the charity of choice during a clinician training on the FUEL trial results that were released on Sunday, November 17, 2019. The FUEL trial studied Udenefil in single ventricle children. To learn more about the FUEL trial click here.

- Mended Hearts was excited to be a part of a collaborative effort to design a charter for Heart Failure. This charter is designed to give us all a road map in reducing the burden of heart failure. Collaborating organizations from patient organizations, to professional societies and research partners have come together to form a collective charter that stands to serve all heart failure patients. All collaborating organizations will uphold this charter and will work to improve the lives of patients. You can access the Charter here.

- Mended Hearts hosted their bi-annual Corporate Advisory Council meeting, where we highlighted our successful 2019 and laid out our goals for 2020 to our partners.

- Partnership to Advance Cardiovascular Health (PACH) hosted their annual Advocacy Roundtable to discuss the landscape of Access to Care and how we, as partners, can work to promote access to life-saving medications. To learn more about what PACH does and how Mended Hearts collaborates with them see.

- Mended Hearts announced that they will be a partner with AstraZeneca on their new and exciting campaign called Diabetes Can Break Your Heart. This
interactive campaign is designed to raise awareness of the link between Diabetes and Heart Failure. To read more about this campaign click HERE.

- The leadership team attended, in total, 28 meetings with 22 different industry partners.

Mended Hearts & Mended Little Hearts Regional Meetings

Gastonia Meeting

2019 may be drawing to a close, but we are ramping up to bring you a whole new set of regional meetings in 2020! We have meetings planned in almost every region and we would love to have you join us when we come to a community near you.

Katy, TX - January 18, 2020
Evansville, IN - February 7 & 8, 2020
Kissimmee, FL - February 8, 2020
Rancho Mirage, CA - May 1, 2020
Chicago, IL - May 15, 2020

Go to www.MendedHearts.org to find out more.

The Dangers of Flu for those with Chronic Health Conditions

Influenza (flu) is a contagious and potentially deadly virus that can result in serious complications for individuals living with chronic health conditions such as heart or lung disease and diabetes, even when chronic conditions are well-controlled.

It is estimated that 31% of US adults age 50-64 years and 47% of those age 65 years and older have at least one chronic health condition that puts
them at high risk for flu-related complications, including hospitalization, catastrophic disability, and even death.

In fact, 90% of flu-related deaths and the majority of flu-related hospitalizations occur in older adults—the individuals most likely to be living with chronic health conditions.

To learn more about the connection between flu and chronic health conditions click [HERE].

How to be an Empowered Patient - Webinar

Join Andrea Bear, Executive Director of Mended Hearts, as she walks us through how to become an empowered patient. Learn how advocating for yourself and being an active part of your own healthcare team can improve your health. Register today as space is limited!

REGISTER TODAY

A Simple Solution to Control Costs and Protect Our Nation’s Seniors

by Andea Baer, Executive Director of Mended Hearts

In this recently published article, Andrea discusses the Medicare Part D prescription drug program and its lack of a cap on out-of-pocket costs. As a result, many low-income seniors have been left to fend for themselves while trying to manage chronic and complex conditions and rising costs. To read more on this important topic, click [HERE].
November is National Diabetes awareness month. Did you know that Type 2 Diabetes puts you at risk for heart disease and stroke? Learn your risks and how you can take charge of your health [HERE](#).

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 Huntsville, AL: Contact Fredonia [HERE](#) for December meeting information.

MH of the Grand Strand, SC: Please email Mary Lou [HERE](#) for December meeting information.

MH San Gabriel Valley: Chapter Meeting and lunch 11/22/2019 at 12 p.m. (lunch to start). For more info email Fred [HERE](#).

MH of Loma Linda, CA: Chapter meeting 11/22/2019 from 1:30 to 3 p.m. For more info email Joe [HERE](#).

MH of Cherokee, GA: Chapter Meeting 11/26/2019. For more info email David [HERE](#).

MH of Wenatchee, WA: Chapter Meeting 12/02/2019 from 11:30 to 1 p.m. For more info email Ann [HERE](#).

MH of Central Virginia: Holiday dinner 12/03/2019 at 6 p.m. For more info email John [HERE](#).

MH of Palm Beach Cty, FL: Chapter Meeting 12/03/2019 at 6 p.m. For more info click [HERE](#).

MH of Cabarrus, NC: Chapter Meeting 12/05/2019. For more info about future meetings email Ken [HERE](#).

**MLH Group Events**

MLH of Connecticut are selling Xmas ornaments for $5. To order view and order, please click [HERE](#).

MLH of Indianapolis, IN. Breakfast With Santa 12/08/2019 from 8 to noon (Santa from 9 to 11 a.m.). For more info click [HERE](#).

MLH of Southwestern PA: Breakfast With Santa (to benefit group) 12/08/2019 from 9 to 11 a.m. For more info click [HERE](#).

MLH of San Diego, CA: Holiday Potluck from 4 to 6 p.m. on 12/15/2019. For more info email Julie [HERE](#).

MLH of Washington, DC: Annual Toy Drive. For more info click [HERE](#).

MLH of Long Island: Annual Toy Drive from 11/01 through 12/14. For more info click [HERE](#) and for questions email [HERE](#).

MLH of Southwest PA: Annual Toy Drive from 11/16 through 11/30. 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
MH of Northern Virginia: Chapter Meeting 12/07/2019 at 11 a.m. For more info email Michael HERE.

MH of Oakland, CA: Annual Holiday Luncheon 12/07/2019. For reservations please email HERE.

MH of National Capital Area, DC: Chapter Meeting 12/08/2019 at 3 p.m. For more info email Ash HERE.

MH Newark, DE: Chapter Meeting 12/09/2019 at 6:30 p.m. For more info email Linda HERE.

MH of Myrtle Beach, SC: Chapter Meeting at Mercy Care 12/09/2019 at 11:30 a.m. For more info email Mary Lou HERE.

MH of Chicago, IL: Chapter Meeting 12/10/2019 at 6 p.m. For more info email Neal HERE.

MH of Cherokee, GA: Holiday lunch 12/10/2019. For more info about time and place email David HERE.

MH of Oconomowoc, WI: Holiday dinner 12/11/2019 at 6:30 p.m. Reservations are required so please call Glenn at 414-322-7276.

MH of St. Petersburg, FL: Chapter Meeting 12/11/2019 from 1 to 3 p.m. For more info email Ken HERE.

MH of Landmark, RI: Chapter Meeting 12/11/2019 at 5:30 p.m. For more info email Carolyn HERE.

MH of Coachella Valley, CA: Annual Holiday Potluck in honor of 50th Anniversary of the Apollo 11 mission 12/12/2019 at 6 p.m. Reservations required so please email Bill HERE.

MH Bellefontaine, OH: Christmas social 12/12/2019 at 6 p.m. For more info email Bruce HERE.

MH of Leesburg, FL: Chapter Meeting 12/12/2019 at 10 a.m. For more info email Michele HERE.

MH of Charlottesville, VA: Chapter Meeting 12/12/2019 from 2 to 3 p.m. For more info email Robin HERE or call 434-243-8197.

MH of Fayetteville, NC: Chapter Meeting 12/12/2019 from 6 to 7:30 p.m. at Cape Fear Valley Health Plex. For more info email Bill HERE.

MH of Aiken, SC: Holiday Party 12/12/2019. For location and time information, email Phil HERE.

MH of Southwest PA & Pittsburgh Penguins. Four tickets to every home game. For more info click HERE.
MH Blueridge, VA: Chapter Luncheon
12/14/2019 from 12 to 3 p.m at Eagle Eyrie. For more info contact Dan [HERE](#).

MH of Atlanta, GA: Chapter meetings are typically the third Saturday of the month. Please click [HERE](#) for contact info. The meeting may be cancelled for the holiday.

MH of Fort Myers, FL: Chapter Meeting
12/18/2019 at 6:30 p.m. For more info email Joe [HERE](#).

MH of Greater Hartford: No December meeting. For more info email Walter [HERE](#).

MH of Northwest, FL: Chapter Meeting
01/22/2020. For more info email David [HERE](#).

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