**PRESIDENT’S COLUMN— Lauren Dodgion**

Well, May has been a busy month for me with all the Virtual Visiting classes and Webinars to check on, trying to get up to date on how we can visit heart patients at home. I hope all those who are interested and are accredited visitors get on the classes that Mended Hearts are giving us to use. They are very good programs and if you visit you must be accredited in the virtual visiting. So please, check it out.

We had our first virtual board meeting on May 9 to check out the new version of zoom. Thanks to Dallas, he made it easy to get on it, and we had five of us to participate in the board meeting.

We had our first virtual MH program meeting on May 28, 12-1:30, with Chelsea St.Clair, talking about “Depression and Heart Disease”. We had a great turn out and lots of questions answered. It was delightful seeing everyone too. I really like these zoom meeting so we can see everyone.

Our next MH board meeting will be June 25 at 7 pm on zoom. Dallas will send an invitation to all that need to be there.

We are all looking forward to our summer social picnic on July 25 at 12-2:30 pm at the Alliance Church on Rt. 811. At least we hope to hold this picnic if things are good for us.

We also have the quilt that will be raffled off as a fundraiser this year. Thanks to Dave Blackburn’s Lady Quilters. Trying to get an idea of how we can sell tickets in a safe way. I need help with this, any suggestions? Please let me know.

---

**Jackie Carver— Program Chair**

**2020 Program Calendar**

June - No Regular Meeting

July 25, 2020 Picnic Social 12:00 to 2:00 pm, Forest Alliance Church, Route 811, 1562 Thomas Jefferson Rd.

August - No Regular Meeting

September 24, 2020 12:00 p.m. to 2:00 p.m., Pearson Cancer Center - David Seager, Exercise Physiologist - Move!

October 22, 2020 12:00 p.m. to 2:00 p.m., Pearson Cancer Center - Melvenia Lovelace, Nutritionist - Eating Better

November 19, 2020 12:00 p.m. to 2:00 p.m., Pearson Cancer Center - Sarah Harvey, NP - “Lifestyle Changes for Better Health”

December 12 (Saturday), 2020 6:00 p.m., Charley’s Restaurant Christmas Social

To access the Chapter 16, Blue Ridge Mended Hearts monthly newsletter, use the web link listed below.

Centra link: [www.centrahealth.com/mended-hearts-newsletters](http://www.centrahealth.com/mended-hearts-newsletters)

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**It’s Great to be Alive and Help Others**

Laurel Dodgion
President
What I Know: Life Lessons From My Grandmothers  
by Adriana Trigiani

Don’t Sing at the Table by author Adriana Trigiani of New York City is based upon her conversations with and observations of her grandmothers, Yolanda Perin Trigiani (Viola) and Lucia Spada Bonicelli. It is a portrait of her life with them as Adriana Trigiani knew it. Adriana has told story after story from her point of view, painted with a personal brush, in colors that she chose, for the purpose of sharing her own personal experience.

Viola became a working woman who ultimately co-owned a blouse factory with her husband. It was called the Yolanda Manufacturing Company. Viola’s determination was the driving force behind the mill that lasted for 26 years. Viola worked after marriage and had child care help raising her four children.

Viola became an expert baker and an excellent cook. As a math whiz, Viola could add up what she was spending in the grocery store as she shopped. In her household nothing was ever wasted. Her home was clean, neat, and orderly. On the other hand, whether at work or in the home, Viola was persistent upon being feminine: charming, interesting, socially engaging, and elegant. Viola believed that sophistication was achieved by being an excellent hostess.

Here is what Adriana Trigiani learned from her grandmothers: “They taught me their simple definition of feminism: make your own living. Rely on no one to take care of you. Be a good partner, an equal, and demand that he be a good partner too. Work for yourself, invent your own business, so you can set productivity, pace, and therefore profit. Pay your bills. Clean up your debts as you go; let the obligation to pay off the debt fuel your ambition. Own your own home. Have a moral code that elevates your thinking, and your behavior will follow. Use common sense. Modesty is the guardian of privacy. Defend your good reputation; you can’t get it back once it’s gone. Apologize when you’re wrong. Know that you will see all those you have lost again, and beat back sadness with the knowledge. Take care of your parents, honor their wishes. Have a purpose and beauty will follow, you won’t have to work at it. Style is appropriate. Know what you like, cultivate your individual taste, and you won’t care what anyone else thinks. Grow lilacs near a window, and your home will be filled with springtime. Good manners are insurance that you will be invited back. Leave your children your values, not stuff. Be bold; be different; be direct. You owe the people you came from. They gave you the ticket to this adventure.

Contributed by Carolyn Lee Peerman

Editor’s Page—Dallas Scott

May has passed and June has begun. May is always a busy month for the Scott house. Mother’s day, Armed Forces Day, my and my Dad’s birthdays on May 19, Memorial day, The Race (Indianapolis 500), Second Heart Attack Anniversary followed by Bypass Surgery Anniversary.

As you can see, a busy month for us. I hope each of you are staying safe, staying home and keeping socially distant. It has been hard for us not to see our grand daughter and her family. We do talk to them often and visit on ZOOM but it is not the same when you don’t get a HUG and Kiss.

We are starting to take small steps toward normal. Businesses are starting to open with new formats (wear a mask, 6 foot distance and no touching. I’m not sure what hand sanitizer and soap and water can do against a virus that we don’t have a cure to fight, but it makes us all feel like we are doing something. I’m glad to report that 98.5% of the people who have gotten COVID 19 have survived. No hospitals have been overrun but many have lost money by cancelling elective surgeries. Some doctors and nurses have been laid off because there is not enough work.

Hopefully we can be together in the near future. Having a picnic out doors while wearing masks seems inappropriate. Hopefully we can have a happy picnic outdoors without masks. I am glad to report that we didn’t have a HUG on Mother’s Day. Please feel free to email me or call me.

Dallas Scott, Editor
Accredited Visitor

Mended Hearts™ Prayer

We ask Lord, for wisdom, that we may use all of your gifts well.
We ask for faith, that we may give hope to others.
We ask for strength, that we may pass it on to others.
We ask for health, that we may encourage others.
We ask Lord, for wisdom, that we may use all of your gifts well.

Contributed by Judy and Wayne Toler, Co-Chairs

⇒ Judy and Wayne Toler on the passing of a fur baby.
⇒ Frances Scott went to LGH ER with reflux attack.

Stay Safe! Stay Healthy! Stay apart!
ESTHER TUCKER — DONATIONS & GIFTS

Donations made to Chapter 16:

Donations
Dr. Michael Overfelt

Surgery Anniversary
None

In Memory of
None

In Honor of
None

Membership
Tony Robinson
Andrew Hoard
Cindy Calsetta-Wood

Regional Meeting Payments
Dallas and Frances Scott
Mandy Sandkuhler
Dan and Janie Cousins
Carlos Santillan
Michael S. Kolansky
Chris Maxwell
Robin Shifflett
William Farr
Katie Smith

Donations: We appreciate all donations to Chapter #16. Thank you so much!

Please send your memorial gifts to:

Blue Ridge Mended Hearts Chapter 16
Lynchburg General Hospital
1901 Tate Springs Road
Lynchburg VA 24501

***BE SURE TO CONSULT YOUR DOCTOR***

The Blue Ridge Heartbeat is written for the education and information of our members and others concerned with heart health. It is not or intended to be a substitute for the advice of your own physician. Contact your doctor or health professional about any of your symptoms or concerns. Don’t try anything new without consulting your doctor first.

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These numbers have not been updated due to SOCIAL ISOLATION. We hope to be able to start visits in the near future. Make sure your accreditations are up to date. They can be done on-line at www.mendedhearts.org. Login then go to Visitor Training in the left column.

Meet and Greet Welcoming Registration folks Hospitality Chair—Ruby Davis 434-845-5245

2020 General Meeting Greeters

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<td>12/12/19</td>
<td>Dan Cousins</td>
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Need more volunteers, please see Dallas Scott.

Your pets need fresh water each day and shade in the summer!
How to navigate, disinfect your day

Each person will want to routinely disinfect spaces for at least two months (and maybe more if there is another outbreak of coronavirus in the fall).

This article contains information derived from a National Institutes of Health 2020 study on virus aerosol and surface persistence.

Surface exposure

- Wear gloves on public transportation or if you are lingering in high-traffic, public areas.
- Keep tissues handy, to help yourself and others stop the spread through sneezing and coughing.
- Carry tissues with you to open doors, push buttons, and turn handles in public areas. In a pinch, use your sleeve or even your elbow.
- Disinfecting wipes help disinfect your table, but be sure they are wet and not dried out.
- Follow the guidance of the CDC on masks, especially if you are in a high-risk group.
- Consider changing into clean clothes when you get home from shopping or an outing, especially if you have been to any public places. Wash clothes in at least 86 degree water with soap. Load washers lightly to increase the disinfecting effect. Bleach and non-chlorine bleach help, if acceptable for the fabrics. High-heat dryers are also good.

Hard surfaces

- In quantities large enough to be transmittable, the Covid-19 virus can exist on stainless steel and plastic surfaces for 72 hours.
- Copper is known to prevent the spread of respiratory viruses and this was shown in a 2015 study by the University of South Hampton.
- Current studies show Covid-19 can exist on copper for only 4 hours.
- On cardboard, the virus lingers for about 24 hours, suggesting that delivered packages should be safe.

Father's Day

In the new way of honoring those we love, we are about to see pictures of fathers popping up all over Facebook, Instagram, and all of social media.

We'll see fathers in military uniform, snapshots of dad in a favorite moment, or maybe even dad on his wedding day.

This year, June 21, just one day past the start of summer, is bound to be a festival of dad. It's a fine way to honor a father and will touch the hearts of many.

If you will post a favorite picture of dad, be sure to post a memory, even if it doesn't exactly match the photo. Was there a legendary moment in the family when dad did something exceptionally cool? Like maybe spotting a dirt track and making an unscheduled stop to drive little race cars. Or maybe the time big, gruff dad saw a kitten and instantly adopted him. Those times of fun and tenderness are what make memories.

Maybe, if remembering your dad over his lifetime, you can recall his work. That he got up every morning, rain or shine, and brought back a paycheck to support his family. Maybe you remember how he could fix things or save the day in a million little ways.

Or his favorite sayings. Some dads have a million of them.

It would be a good day to thank him for those million things. So go ahead and do that. If he only lives in your memory now, thank him anyway.

June Birthdays
Dave Blackburn
Dan Cousins
Kris Krishnamoorthy
Kim Owen
Tommy Wright

June Surgery Anniversaries
Dan Cousins 2007
Dave Blackburn 2010
Mary Margaret Craig 2012

Copied from pagesmag.com
Board Meeting Happenings: May 2020

The meeting was called to order by president Laurel Dodgion. Those present by way of ZOOM were Laurel Dodgion, Dave Blackburn, Dallas Scott, Judy Toler, Debbie Sipes, and Esther Tucker.

The minutes of the April meeting were approved.

Dave Blackburn discussed the anniversary dinner. He has picked up the plaques and will pick up the jewelry when the store opens. He also has the quilt that will be auctioned. He will check with the church on the picnic to be held July 25. Dave suggested that we have a board meeting in June if things open up. Dallas suggested a meeting on June 25 at 7:00 p.m.

Debbie Sipes gave the treasurer’s report. It was approved.

The Regional Conference is on hold for now.

The next Board meeting will be June 25, 2020 at 7:00 pm to 8:30 pm on the Zoom program.

THE POWER OF USING YOUR VOICE

Are you using the power of your voice in the morning? “My voice shalt thou hear in the morning, O LORD; in the morning will I direct my prayer unto thee, and will look up.” Psalm 5:3

Are you following the example of the Lord Jesus Christ? “And in the morning, rising up a great while before day, he went out, and departed into a solitary place, and there prayed.” Mark 1:35. In prayer He heard the voice of God directing Him.

Do you recognize the voice of God speaking to you? Sometimes He speaks in thunder and sometimes He speaks in a still, small voice. “God is gone up with a shout, the LORD with the sound of a trumpet.”

Sometimes you have to search for His Word: “Thy words were found, and I did eat them; and Thy word was unto me the joy and rejoicing of mine heart: for I am called by thy name, O LORD God of hosts.” Are you using the power of your voice to thank God for His bountiful blessings to you?

Contributed by Carollyn Lee Peerman

May 2020 General Meeting

The May General Meeting was held on Zoom. Chelsea St. Clair, Licensed Clinical Social Worker, talked about “Depression and Heart Disease”. 1 in 5 patients experience depression after cardiac surgery. Thoughts include anxiety, sadness, mortality, Burden. Help with empathy and understanding. Validate persons feelings. Change is hard after a cardiac event. Encourage self care. Small measurable goals. Realistic expectations. Anxiety hot spots include forehead, jaw, neck, shoulder chest, stomach. Relaxing these will help.

Difficulties Designed to Conform Us to Christ

1. Difficulties are designed to humble us that we may receive the Words of Christ.

Psalm 119:71 – It is good for me that I was afflicted, that I might learn your statutes.

2. Difficulties are designed to conform us to the holiness of Christ.

Hebrews 12:10 – For they [our earthly fathers] disciplined us for a short time as it seemed best to them, but he disciplines us for our good, that we may share his holiness.

3. Difficulties are designed to build in us a desire to be with Christ. Afflictions loosen our hearts from the temporary so we can anticipate the permanent.

2 Corinthians 4:16-18 – So [in context of Gospel ministry] we do not lose heart [become frustrated with what the Lord allows]. Though our outer self is wasting away [which is the source of many of our trials], our inner self is being renewed day by day. For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal.

4. Difficulties are designed to conform us to Christ’s heart of love for others.

2 Corinthians 1:3-4 – Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God.

5. Difficulties are actually designed to bring us to know true joy in Christ.

James 1:2-4 – Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing.

Contributed by Carollyn Lee Peerman
What I Know: The World Steps Aside For A Man With A Purpose

“Firmness of purpose is one of the most necessary sinews of character, and one of the best instruments for success. Without it, genius wastes its efforts in a maze of inconsistencies,” wrote Lord Chesterfield. What have you set your sights on to accomplish in the New Year? Do you know where you are going? Are you determined enough to swim against the current?

What is the power within you that will keep you going against all the odds? “What this power is I cannot say; all I know is that it exists and it becomes available only when a man is in that state of mind in which he knows exactly what he wants and is fully determined not to quit until he finds it.” What kind of a man would make a statement like that? Surely it would be a man of success who aimed his energies at his goals and never wavered. That man is Alexander Graham Bell.

“Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all,” noted Dale Carnegie. Can you keep on going when there seems to be no hope at all?

Listen to the words of a man who never gave in and whose indomitable spirit inspired a nation: “Never give in, never give in, never, never, never—in nothing, great or small, large or petty—never give in except to convictions of honor and good sense.” That man, of course, is Winston Churchill.

What did Thomas Edison say after many abortive experiments trying to produce a light bulb? “We haven’t failed. We now know a thousand things that won’t work, so we’re that much closer to finding what will.” What spirit! Can you try a thousand times and keep the upbeat spirit of a Thomas Edison?

“It does not matter how slowly you go, so long as you do not stop,” said Confucius. After all, most men succeed because they are determined to do so.

“I’ve always made a total effort, even when the odds seemed entirely against me. I never quit trying; I never felt that I didn’t have a chance to win.” These are the words of the golf champion Arnold Palmer. He channels his energy and stays focused even when the odds are against him. Can you? “Don’t let life discourage you; everyone who got where he is had to begin where he was,” noted Richard L. Evans. Say to yourself each day, “Today I am going to begin.”

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“Ten-minute workouts bring better health

For those who are out of shape or out of time, 30-minute exercise sessions can be daunting.

If your muscles and your schedule aren’t up to it all, Stanford University has good news for you: Three or four ten-minute sessions will do beginning exercisers just about as much good.

In one test, overweight people were divided into two groups. One group exercised for 40 minutes a day, 5 days a week. The other exercised in 10-minute sessions four times a day, 5 days a week.

After 20 weeks, both groups boosted their aerobic capacity and experienced similar weight loss (15 to 20 pounds). But those assigned to short periods stuck to their schedule better than the other group. This suggests that beginning exercisers may find it easier to break up their workouts into small, manageable segments.

Studies at the University of Pittsburgh suggest that turning coffee breaks into exercise breaks is a good idea. Try 10 minutes of brisk walking before work, 10 minutes of stair-climbing or a quick run at noon, and 10 minutes of cycling in the evening, or any other schedule or activity that suits you.
If it’s your first try, Brie might seem challenging. Brie and its lower-fat cousin, Camembert, are soft, creamy cheeses with a white mold rind. And, yes, you are supposed to eat the mold rind. Most everyone on their first try is skeptical. Take Charlemagne, for example. The emperor of what is now much of Western Europe, when served Brie for the first time in about 774, looked disgustedly at the white mold outside and threw it away. But a bishop persuaded him to try the cheese with the rind and, delighted, the emperor immediately ordered two cartloads every year. That story is part of a Charlemagne biography written by a monk, Notker the Stammerer, in the 9th century, which gives a hint about the age of Brie.

Brie de Meaux was made then 30 miles outside Paris and is still made there by artisans. Over the centuries it became a favorite of kings and poets. Brie and Camembert now have protected names, according to cheese expert John Proestakes of JohnEatsCheese.com. Only cheese made in the Meaux region can be called Brie. Only cheese made in Normandy can be called Camembert. If you eat cheeses from elsewhere they have to be designated as a style of Brie or Camembert. With that regal history, it is perhaps not surprising that Brie should have an etiquette associated with it.

◊ A round of Brie should be cut in slices as you would a cake.
◊ Always slice the Brie rounds from the outside in.
◊ Never dig the cheese out of the rind in public. If you really hate the rind, take a whole slice of Brie on your plate and put the rind into a napkin.
◊ Never mangle the Brie by cutting from the middle of the round.
◊ Never cut the corners or tip of the Brie. Very offensive.

Traditionally you eat Brie with a bread, ripping a piece of baguette with your hand. But Brie can be enjoyed many ways, including baked. Here is a recipe for honey brulee Brie.

**Ingredients:**

- 8-ounce wheel of triple cream Brie
- 1 tablespoon of honey
- 1 tablespoon of sugar
- Crackers, bread, or crudite for serving

**Instructions:**

Cut off the top rind of the Brie.
Preheat broiler.
Place Brie cut-side up on an oven-worthy plate. Spread honey evenly over the top and add an even layer of sugar.
Place Brie under the broiler for 1 minute or until the sugar melts and caramelizes.
Remove and cool so that the sugar layer hardens, about 1-2 minutes.
Serve with crackers.
Advisory Board Members:

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Dr. Mark Townsend, Pediatric Cardiologist
Betsy Howard, Volunteer Office Liaison
Curt Baker, Sr. VP CNO. LGH
Laurel Dodgion, President
Dave Blackburn, Vice President
Esther Tucker, Secretary
Debbie Sipes, Treasurer
Betty Drinkard, President’s Advisor & Past President
Ruby Davis, Socials Chair
Jack Hamilton, Past President
Betty Skoldal, Past President
Betty Drinkard, Bylaws & Immediate Past President

Blue Ridge Mended Hearts Chapter 16

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Follow Up Telephone Calls: Visitors
Training: Dan Cousins
Data Collector: Dan Cousins

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Bylaws Betty Drinkard
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Hearts of Fame Awards Dave Blackburn
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Hospitality Ruby and Nelson Davis
Membership Dan Cousins
Newsletter Dallas Scott
Nominating Betty Drinkard
Photographer Carolyn Lee Peerman
Program Jackie Carver
Publicity Betty Drinkard
Socials Ruby Davis
Speakers Bureau Betty Drinkard
Visiting Chair Dan Cousins

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Vice President Dave Blackburn 434-525-0528
Secretary Esther Tucker 434-239-4587
Treasurer Debbie Sipes 434-546-0808
Asst. Treasurer Nelson Davis 434-845-5245
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Immediate Past Pres Betty Drinkard 434-525-2852
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Mark Townsend, M.D. 434 200-5252
Curt Baker, Centra Sr. V.P. CNO 434 200-3215

Chapter #16 Office (voice mail) 434 200-7611

National Mended Hearts

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www.mendedhearts.org
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wmcar1939@gmail.com
Mid-Atlantic Asst RD: Bill Voester 704-310-8354
mendedheartsbillv@gmail.com
National Executive Dir: Andrea Baer 724-396-7820
Andrea.baer@mendedhearts.org

FLAG Day
June 14
Might as well laugh

I know a great joke about Corona Virus, you probably won’t get it though.

If I get quarantined for two weeks with my wife and I die, I can assure you it was not the virus that killed me.

A man walks into a bar and goes up to the bartender and says "I'll have a Corona please, hold the virus".

What's the difference between COVID-19 and Romeo and Juliet? One's the coronavirus and the other is a Verona crisis.

I'll tell you a coronavirus joke now, but you'll have to wait two weeks to see if you got it.

Nail salons, hair salons, waxing centers and tanning places are closed. It's about to get ugly out there.

You know what they're saying about 2020. It went viral faster than anyone thought it would.

If there's a baby boom nine months from now, what will happen in 2033? There will be a whole bunch of quaranteens.

What's the best way to avoid touching your face? A glass of wine in each hand.

What types of jokes are allowed during quarantine? Inside jokes!
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**Visitation Cancelled**
MEMBERSHIP FORM

☐ NEW MENDED HEARTS  ☐ NEW MENDED LITTLE HEARTS  ☐ RENEWAL  DATE: ____________________________

Name (Mr. /Mrs./Ms.) ____________________________  Chapter/Group ______ Member-at-large ______

Address ________________________________________________________________________________

City / ST / Zip __________________________________________________________________________

Phone ____________________________________________  I want to be a MH support volunteer: ☐ Yes ☐ No

Email address ____________________________________________________________________________  I am interested in CHD Parent Matching: ☐ Yes ☐ No

(Please check all that apply) I am a ☐ Heart Patient  ☐ Caregiver  ☐ CHD Parent  ☐ Physician  ☐ RN  ☐ Healthcare Employee

OPTIONAL INFORMATION:  Race: ☐ Caucasian; ☐ Black; ☐ Asian; ☐ Am. Indian; ☐ Other ________  Gender: ☐ Male  ☐ Female

Membership Levels: All membership levels are for ONE YEAR, renewed annually, except for Heart of Gold Lifetime Sponsorship.
Please choose your membership level and complete any appropriate payment information below.

INDIVIDUAL MEMBERSHIP

☐ Associate Member --- FREE
  * Can attend any chapter meeting for MH or MLH
  * Can join online communities
  * Can access Member Portal
  * Receives the National e-newsletter

☐ Individual Member --- $20 annual donation per person
  * All of the benefits of an Associate Member, PLUS
  * Membership Card
  * Car Decal – Select ____ MH or ____ MLH
  * One-time 5% off coupon for purchase from the MH store
  * One year annual subscription to Heartbeat magazine ($30 value)

☐ Bronze Member --- $45 annual donation per person
  * All the benefits of a Full Individual Member, PLUS
  * Membership Pin
  * Choice of ____ Drawstring Backpack or ____ MH/MLH Notecards (10 pk)
  * 5% off registration of any National (not regional) MH/MLH Conference or Symposium

☐ Silver Member --- $100 annual donation per person
  * All the benefits of a Bronze Member, PLUS
  * A Stainless Steel Mended Hearts Travel Mug

☐ Gold Member --- $250 annual donation per person
  * All the benefits of a Silver Member, PLUS
  * A Red Fleece Blanket
  * 10% off registration of any National Conference or CHD Symposium

☐ Heart of Gold Lifetime Sponsor --- $1500 donation
  A one-time donation per individual
  * All the benefits of a Gold member FOR LIFE, PLUS
  * 15% off registration fees at National MH/MLH Conferences / Symposium
  * Recognition in the next Heartbeat magazine after enrolling in the Heart of Gold Lifetime Sponsorship, in all special Heartbeat issues, and on our website’s list of Heart of Gold Lifetime Sponsors

FAMILY MEMBERSHIP

For members of one household with one mailing address only

☐ Family Membership --- $40 annual donation
  * All of the benefits of an Associate Membership, PLUS
  * One year annual subscription to Heartbeat magazine ($30 value)
  * Membership Cards for all members of the family
  * 2 Car Decals – Select ____ MH or ____ MLH
  * Each family member receives a one-time 5% off coupon for purchase from the MH store. Use only one coupon per order.

☐ Bronze Family Membership --- $75 annual donation
  * All the benefits of a Family Membership, PLUS
  * One Membership Pin per member
  * Choice of ____ Drawstring Backpack or ____ MH/MLH Notecards (10 pk)
  * 5% off registration of any National (not regional) MH/MLH Conference or Symposium

Family Members:

Spouse ☐  Child ☐  Heart Patient ☐

Spouse ☐  Child ☐  Heart Patient ☐

Spouse ☐  Child ☐  Heart Patient ☐

Spouse ☐  Child ☐  Heart Patient ☐

Please send payment and enrollment form to MH Chapter 16 Treasurer at:

Mended Hearts Chapter 16 - Esther Tucker
Lynchburg General Hospital
1901 Tate Springs Road
Lynchburg, VA 24501

PAYMENT INFORMATION:

Membership Level __________ $ ____________

Additional tax-deductible Donation to Mended Hearts ☐ Mended Little Hearts $ ____________

Chapter # 16  Annual Chapter Dues $ ____________

Additional Chapter Donation Amount $ ____________

TOTAL $ ____________

For Credit Card payments, call 1-888-432-7899 (1-888-HEART99)
Blue Ridge Chapter #16 of Mended Hearts, Inc. expresses our appreciation for the generous support of Centra in providing printing costs for this newsletter.

“It’s Great to be Alive - and to Help Others!”