PRESIDENT’S COLUMN— Laurel Dodgion

This is the end of June, we are still staying safe with masks and social distancing.

I hope all the fathers had a great Father’s Day with friends and family. July is upon us with the Fourth of July when we will be celebrating our “Independence Day”. I hope everyone stays safe and enjoys themselves. Also, July is when we all get together for our Summer Social Picnic, on July 25 at 12 noon to 2:30 pm this will take place at the Alliance Church on Rt 811 in Forest. We will need to have a count of how many will be attending. Please let us know if you will be coming, before July 17th. Call me, Laurel Dodgion - 434-610-6812; if you can join us & how many will be there. Don’t forget to bring a dish or desert to share. We will provide all the hamburgers & hotdogs with buns & condiments. Hope to see you all there.

Mended Hearts, Inc. has been very busy trying to get information out about new ways to communicate with each other. They have had several webinars on virtual visiting, virtual programming, a series on Lipids, the iPad Programs, Visit Me - Program, several training webinars, and our new ‘My Heart Visit’ Website. There are so many new resources & support opportunities that will be found in one easy-to-navigate space. Visitors will be able to connect with local chapters, request virtual visit, and access educational & support resources for patients, families & caregivers. They have worked very hard to make it easier for us to be able to help those patients in need. I hope all of you try to get on some of the webinars, it’s well worth it, you’ll learn so much, and if I can do it you can do it.

Enjoy your summer, but be safe, wear your mask, keep a safe distance apart and wash your hands. I hope to see you all at our picnic on July 25 at 12 noon, let us know if you’re able to come. I would love to see everyone, it’s outside under a roof, in a safe environment. This will be our first time getting together so I will see you there.

It’s Great to be Alive and Help Others
Laurel Dodgion
President
What I Know: A Gentleman Always Says And Does The Kindest Thing

“A gentleman always says and does the kindest thing,” was President Ronald Reagan’s motto. He never knew who said those words but nevertheless he sought to live by them. Maybe he knew that a brave man is seldom unkind. What act of kindness have you done today with no thought of reward? This is a rough tough world and a kind word or deed is much appreciated. Sure enough the world needs reproof and correction but it needs kindness even more. “Kindness is a language which the deaf can hear and the blind can read,” said Mark Twain.

Kindness binds people together and promotes harmony; kindness offers hospitality to strangers; visits the sick; cares for the dead; and honors your parents. You are made kind by being kind.

What is the best portion of your life? It is little nameless unremembered acts of kindness and love that you do for others. These spontaneous acts of kindness are the things that really live on. These are the things that are important to do day by day. What can be a better beautifier of your complexion or form or behavior than your wish to scatter joy and comfort? “To be civilized is to be incapable of giving unnecessary offense, it is to have some quality of consideration for all who cross our path,” wrote Agnes Repplier in 1912. Don’t you know that being kind is all this sad world needs?

“I don’t know if I can ever deserve all the good things that have come my way, but I’ll keep trying,” wrote President Ronald Reagan. Maybe his humility and selflessness went along with his being kind. Probably the kindest word he ever said was the unkind word unsaid.

Great people like President Ronald Reagan are able to do great kindnesses. He wrote letters to ordinary Americans. He never forgot his roots back in Illinois growing up on the edge of poverty. His devoutly religious mother was the kindest person Ronald Reagan had ever known. His mother always provided help to another family in greater need than the Reagan family. What about you? What about being kind to unkind people? They need it the most. You can never speak a kind word too soon; you never know when it will be too late. “Never lose a chance of saying a kind word,” said William Makepeace Thackeray.

“Weed of kindness weigh as much as all the commandments,” says the Jewish Talmud. Don’t you know that kindness is more important than wisdom?

The Talmud lists ten strong things. “Iron is strong, but fire melts it. Fire is strong, but water quenches it. Water is strong, but the clouds evaporate it. Clouds are strong, but wind drives them away. Man is strong, but fears cast him down. Fear is strong, but sleep overcomes it. Sleep is strong, yet death is stronger. But loving kindness survives death.”

Contributed by Carolyn Lee Peerman

Editor’s Page—Dallas Scott

The Greenhouse is Raised! (See picture below). It was the biggest erector set I have put together and I got some needed help from our two sons but it is up. It now needs 60 yards of gravel and two hydro-phonics setups installed which means it needs electricity and water. This project never ends. HA HA

New things are on the horizon for Mended Hearts Visitors. After we get accredited as remote visitors, we will be able to call patients on the phone or on the computer using the Zoom program to do our visits (no physical contact). It sounds different and may be vague but it will be safer for our patients and us.

Comments on this newsletter may be sent to: dallas.t.scott.va@gmail.com. I can also be reached at (434) 610-4314. Please feel free to email me or call me.

Dallas Scott, Editor Accredited Visitor

Mended Hearts™ Prayer

We ask for your blessings, Lord.
We ask for strength, that we may pass it on to others.
We ask for faith, that we may give hope 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.
ESTHER TUCKER — DONATIONS & GIFTS

Donations made to Chapter 16:

Donations
Mary Cousins

Surgery Anniversary
None

In Memory of
None

In Honor of
Dan Cousins

Membership
None

Regional Meeting Payments
Dallas and Frances Scott
Mandy Sandkuhler
Dan and Janie Cousins
Carlos Santillan
Michael S. Kolansky
Chris Maxwell
Robin Shifflett (payment returned)
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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### VISITING REPORTS

<table>
<thead>
<tr>
<th>Patients Visited</th>
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<tbody>
<tr>
<td>Patients visited</td>
<td>291</td>
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<tr>
<td>(Including H.R.)</td>
<td></td>
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<tr>
<td>Home Recovery</td>
<td>12</td>
</tr>
<tr>
<td>Family</td>
<td>67</td>
</tr>
<tr>
<td>Pre-Op</td>
<td>21</td>
</tr>
<tr>
<td>Post-Op</td>
<td>291</td>
</tr>
<tr>
<td>Hours</td>
<td>181</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Date</th>
<th>Name</th>
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</thead>
<tbody>
<tr>
<td>7/25/20</td>
<td>Dave Blackburn</td>
</tr>
<tr>
<td>9/24/20</td>
<td>Cindy Wood</td>
</tr>
<tr>
<td>10/22/20</td>
<td></td>
</tr>
<tr>
<td>11/19/20</td>
<td>Nelson Davis</td>
</tr>
<tr>
<td>12/12/19</td>
<td>Dan Cousins</td>
</tr>
</tbody>
</table>

Need more volunteers, please see Dallas Scott.

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July 25, 2020 Picnic Social 12:00 to 2:30 pm, Forest Alliance Church, Route 811, 1562 Thomas Jefferson Rd.
Consider more than amenities when changing business bank accounts

Suppose business is slow and you look at your checking account. Suddenly that monthly 'Analysis Charge' (service fee), looks totally unnecessary and is a burden. Time to change banks?

These days plenty of online banks have free or low-cost business checking accounts.

Before you make the move, remember it won't be easy switching all the automatic withdrawals to a new bank and it might not be worth it to take your business online.

**No fee banking.**

You can get this with many online banks: Azlo, Chase, NOVO, BBVA, and many more.

Before you move for no fees, consider these possible problems:

- **Cash deposits.** Online banks with no branches don't accept cash.
- **Transaction fees.** Some banks offer just a few free transactions. Some charge deposit fees.
- **Checkbooks.** Some online banks may not offer checkbooks.
- **Minimum deposit.**
- **Transaction limits for deposits and checks.**

**Amenities.**

Some of these include:

- Online checking payments.
- Connect to accounting software.
- Mobile deposits.
- Built-in invoicing.
- Free incoming wires.
- Integrations with mobile credit systems.
- No in-person signup.

**The advantage of being known locally.**

Small business people might not play golf with the bank manager every week (or they might), but having a history with your bank can make a huge difference. When the banker knows your name, your history, your lawyer, your accountant, the bank can be an asset in unforeseen business circumstances.

**Account history.**

Before you move accounts, make sure you download or get a copy of your entire account history. You'll need that for tax purposes and, possibly, for the purposes of company history.
Board Meeting Happenings: June 2020

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

The minutes of the May 9 meeting were approved.

Dave Blackburn has the plaques and jewelry for the Hearts of Fame Awards. He also has the quilt that will be auctioned. The Alliance church has allowed us to have our picnic on their property July 25.

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

The Regional Conference is on hold for now.

The Anniversary Dinner has been moved to the Christmas Social on December 12 6:00 pm at Charlie’s Restaurant.

The next Board meeting will be September 24, 2020 at 7:00 pm to 8:30 pm on the Zoom program unless the Cancer Center opens for meetings.

June 2020 General Meeting

There was no June General Meeting held for Mend- ed Hearts Chapter 16.

What I Know: The Value of Fasting in Today’s Obesity Epidemic: Elmer Towns

Finger food, party food, desserts. We are eating, eating not because we are hungry but because food is served wherever people gather. Eating has become a social event. No wonder obesity is epidemic. We just can’t stop eating, eating, eating.

No one has more convincingly presented the value of fasting than Dr. Elmer L. Towns in his stimulating book, Fasting For Spiritual Breakthrough. When we discipline ourselves enough to fast for physical well-being, God will touch our bodies and enrich our souls. Prove Him. Vow before God that we will refuse to eat rich food and desserts for a ten day test period and instead eat only vegetables and drink only water. This is the Daniel Fast. This Daniel Fast requires a spiritual equation, not just a physical solution. Combine this fast with prayer and a disciplined lifestyle. Make a spiritual commitment to God.

“Faith is foundational to the Daniel Fast. Do not minimize the role of faith in healing your body. There is a strong tie between mental and physical health. Those who have strong self-esteem and who feel good about themselves help their bodies make better use of food, leading to better physical health,” writes Dr. Towns. “A merry heart makes a cheerful countenance.” (Proverbs 15:13).

Did you know that faith can be defined as an affirmation of what God has said in His Word? "Daniel was making a statement of faith when he asked for only vegetables to eat and water to drink, then dared to ask the overseer to compare the appearance of the four sons of Israel with the young men who ate the royal food (see Dan. 1:13). Daniel’s statement of faith, therefore, was not just a private act. Faith is acting on God’s Word. When you modify your diet for a biblical goal to accomplish the will of God, you are acting on faith, and expressing your willingness for it to be a public act,” writes Dr. Elmer Towns.

The Daniel Fast is longer than one day. We achieve poor health over a long period of time, therefore, it takes a long time in diet modification to produce a renewed state of health. The Daniel Fast is a partial fast. Moreover, the Daniel Fast includes healthy food. Finally, the Daniel Fast requires abstinence from “party food” and a return to basic nutritional necessities. In the life of Daniel, what were the results of his fast? “At the end of the 10-day test period, Daniel and his friends were healthier in body and mind than the men who were served food from the royal palace. As a result of his faithfulness, Daniel lived a long and useful life. He was over 90 years old when he died,” notes Elmer L. Towns

Contributed by Carolyn Lee Peerman

LIVING LIFE TO THE LIMIT

A wise friend would tell you right at the start that all of us are dying. Then you and I would be more inclined to live life to the limit every moment of every day.

Your life is a journey, not a destination. In planning for tomorrow and in building your dreams, be careful not to squander the present.

“Boast not thyself of tomorrow; for thou knowest not what a day may bring forth.” Proverbs 27:1. You and I should discern everything according to how it matches up to God’s Word. If you find something is in conflict with the Word, you know better than to get involved, even if everyone else is doing it. “Thy Word is a lamp to my feet, a light to my path.’ Psalm 119

Contributed by Carolyn Lee Peerman

Congratulations
2020 Grads!
What I Know: You Have to Take 100 Percent Responsibility for Your Life

“You have to take 100 percent responsibility for everything that you experience in life,” writes Jack Canfield, bestselling co-author of Chicken Soup for the Soul. Forget about the myth that someone, somewhere is responsible for filling your life with continual happiness. The person responsible for the quality of your life is you. Stop blaming something outside of yourself. Give up all of your excuses. The real source of your problem is you.

Ask yourself these questions when something doesn’t turn out as planned: “How did I create that? What was I thinking? What did I say or not say? What did I do or not do to create that result? How did I get the other person to act that way?” What do I need to do differently next time to get the result I want?” In other words, according to Jack Canfield every outcome that you experience in life is the result of how you responded to earlier events in your life.

You are thinking limiting thoughts and engaging in self-defeating behaviors. You are ignoring useful feedback and failing to learn new skills. Instead you can change your responses to the way things are until you get the outcome that you really want. Changed thinking means changed behavior.

Making a change means taking effort, money, and time. A change means a difficult, uncomfortable, or confusing time. So to avoid being uncomfortable you stay put and complain about it. Are you unwilling to take the risk of creating something better or have you made the choice to stay where you are?

Change involves taking risks. You can get a better job, make more money, live in a nicer house, live in a better neighborhood, and eat healthier food. However, all of these things require you to change. Above all, stop spending time with complainers and get on with creating the life of your dreams.

“If you keep on doing what you’ve always done, you’ll keep on getting what you’ve always got. The day you change your responses is the day your life will begin to get better! If what you are currently doing would produce the MORE and BETTER that you are seeking in life, the more and better would have shown up! If you want something different, you’ll have to take responsibility for doing something different!” wrote Canfield in “The Success Principle. You have to give up blaming. You have to give up complaining. You have the freedom to choose-the freedom to think, say, and do differently, the freedom to take responsibility for creating your life,” said Jack Canfield.

Contributed by Carolyn Lee Peerman

What I Know: “You Cannot Shake Hands With A Clenched Fist”

“Good people, like clouds, receive only to give away,” is an Asian Indian saying. How true for today as you and I face a tightened economy! “What you do to others will bear fruit in you,” say the Singhalese. In other words, what goes around comes around. “If you have, give; if you lack, seek,” is a saying from Malay.

A friend gives you confidence for life and makes you outdo yourself. What is friendship? “Friendship is a strong and habitual inclination in two persons to promote the good and happiness off another,” said Eustace Budgell. Furthermore, a valuable friend is one who will tell you what you should be told, even if it offends you. “That is because the essence of true friendship is to make allowance for another’s little lapses.” In addition, a friend is one who incessantly pays you the compliment of expecting from you all the virtues.

Do you realize that the better part of your life consists of your friendships? Take note that people who have won the highest honors in business and professional life have found it necessary to cultivate the attitude of friendliness. Stretch out your hand to one who is unfriended and you will not be lonely. If you indicate your willingness to be friendly, people are bound eventually to reciprocate by manifesting a spirit of friendliness towards you. Are you interested in other people? “You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you,” noted Charles Gow.

How can you tell if a person is a real friend? First of all, a real friend can be trusted. Did you know that to be trusted is a greater compliment than to be loved? When you make a fool of yourself, a real friend does not feel that you have done a permanent job. With a real friend, friendship is made more sacred by adversity. “True friendship is a plant of slow growth, and must undergo and withstand the shocks of adversity before it is entitled to the appellation,” said George Washington. True friendship is rare. True friendship improves happiness, and abates misery, by doubling your joy and dividing your grief. A best friend would not think of doing hurtful things to you or of being untrue. A true friend goes around saying nice things about you behind your back. Your relationship with a true friend flourishes at the fountain of forgiveness. Remember that a true friend walks in when others walk out.

“You cannot shake hands with a clenched fist,” said Golda Meir, so open your hands, dear Readers, and give. These words cannot express the joy that your friendship imparts. Your friendship brings sanctuary to calamities and clarity to mind. Let me join you in the open hand of friendship.

Contributed by Carolyn Lee Peerman
Recipes for Healthy Living

FOR YOUR 4TH OF JULY FEAST: A BLUEBERRY TRIFLE

Copied from pagesmag.com

It's that time of year when berries explode with color. The reds, the blues, and the blacks attract us, but there's far more to berries than meets the eye. They're loaded with compounds that keep your body and brain working right and staying young. So impressed were researchers at Ohio State University that they recommend everyone eat berries every day. When it comes to total antioxidant power, four of the top 10 fruits and vegetables are blueberries (ranked number one), strawberries, raspberries, and blackberries. They are rich sources of quercetin, a potent antioxidant.

Another thing that makes berries so special is a compound called ellagic acid, which is believed to prevent cellular changes that can lead to cancer. All berries have some of it, but strawberries and blackberries have the most.

All berries are also rich in vitamin C, one of the best antioxidants. It is particularly important in preventing cataracts. A half-cup of strawberries has 42 milligrams of C. And berries contain large amounts of insoluble fiber, which keeps bowels moving.

Want to feed your brain? Researchers at Tufts University found that compounds in blueberries have actually improved the memories of aging lab animals. Fortunately, blueberries are not only good for you but delicious.

Here is a recipe for a pretty blueberry trifle that will look fantastic on your 4th of July table:

Blueberry Trifle Recipe

Ingredients

1 Angel Food cake
1 bag frozen blueberries, thawed and drained OR 1-2 pints fresh berries
1 box dry instant vanilla pudding (3.4 oz)
1 can sweetened condensed milk
1 8-oz. block cream cheese
12 oz. Cool Whip

Directions

Break angel food cake into large chunks. Put 1/2 of cake on bottom of trifle bowl. Sprinkle 1/2 of blueberries on top of cake. Beat cream cheese until smooth, then add dry pudding mix and condensed milk. Beat until creamy. Stir in about 2/3 of the Cool Whip, reserving the rest for later.

Gently spread 1/2 of mixture over cake and blueberries in bowl. Layer again as before, keeping a few blueberries aside for garnish. Top with remaining Cool Whip and garnish with leftover blueberries. Keep refrigerated until ready to serve.
Blue Ridge Mended Hearts Chapter 16

Visiting Program Chair: Dan Cousins

Visiting Committee:

Visiting Assignments: Dan Cousins
Patient Packs: Visitors
Follow Up Telephone Calls: Visitors
Training: Dan Cousins
Data Collector: Dan Cousins

Ad Hoc Committees:

Anniversary Dinner Ruby Davis
Bylaws Betty Drinkard
Celebrations & Concerns Judy & Wayne Toler
Finance Debbie Sipes
Health Fairs Dave Blackburn
Hearts of Fame Awards Dave Blackburn
Historian Dallas Scott
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

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

Advisory Board Members:

Dr. Kenneth Saum, Cardiology Surgeon
Betsy Howard, Volunteer Office Liaison
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

Chapter 16 Leaders

President Laurel Dodgion 434-610-6812
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
Publicity Betty Drinkard 434-525-2852
Health Fairs Dave Blackburn 434-525-0528
Cardiac Staff Advisor Cindi Cole 434-200-6701
Staff Editorial Advisor Michelle Adams 434-200-7062
Immediate Past Pres Betty Drinkard 434-525-2852
Newsletter Editor Dallas Scott 434-610-4314
Volunteer Coordinator - LGH Sue Spencer 434-200-3223

Medical Advisor:
Ken Saum, M.D. 434 528-2212

National Mended Hearts

National President: Ron Manriquez
www.mendedhearts.org
Mid-Atlantic Regional Dir: William (Bill) Carter 803-270-2496
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

Cancelled

It’s just fireworks. Happy 4th of July anyway!
“Your cubicle is on back order, so for the time being, work within these chalked lines.”

“I’ll say it was good. There were times I even stopped looking at my phone.”

**Might as well laugh**

How could a baseball team get 45 hits without a man scoring? It was a girls’ team.

What kind of boats should always be docked in a straight line? Row boats.

What did the big firecracker say to the little firecracker? "My pop's bigger than your pop."

What's the best thing to order when there's gravy on the menu? A new menu.

What will always make ma mad? Adding the letter d.

How come some doctors get all the breaks? They're orthopedists.

Why did the farmer plant sugar cubes? He wanted to raise cane.

Why are gypsies never angry? They're no-mads.

How do you make an eggroll? Push it.

Why is the mayonnaise never ready? It's always dressing.
## JULY 2020 - Mended Hearts Schedule of Visits

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<th>Sunday</th>
<th>Monday</th>
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<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>MH Visiting Schedule</td>
<td>Laurel Dodgion</td>
<td>434-610-6812</td>
<td>&amp; Dan Cousins</td>
<td>434-944-5898</td>
<td>1</td>
<td>2</td>
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<tr>
<td>1</td>
<td>HR &amp; All Stinnette</td>
<td>1</td>
<td>HR &amp; All Dodgion</td>
<td>6</td>
<td>HR &amp; All Scott</td>
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<tr>
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<td>All Blackburn</td>
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**Visitations Cancelled**

**MH Visiting Schedule**
- Laurel Dodgion: 434-610-6812
- Dan Cousins: 434-944-5898
MEMBERSHIP FORM

☐ NEW MENDED HEARTS ☐ NEW MENDED LITTLE HEARTS ☐ RENEWAL

DATE: ______________________

Name (Mr./Mrs./Ms.) ____________________________

Address ______________________________________

City / ST / Zip ________________________________

Chapter/Group __________________ Member-at-large ________

Email address ________________________________

Phone __________________________

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

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 Note cards (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 / Symposia
* 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 the benefits of a Family Membership, PLUS
* One year annual subscription to Heartbeat magazine ($30 value)

☐ 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 24591

PAYMENT INFORMATION:

Membership Level ____________ $ ____________

Additional tax-deductible Donation to

☐ Mended Hearts ☐ Mended Little Hearts $ ____________

Chapter # 16 Annual Chapter Dues $ ____________

Additioanl Chapter Donation Amount $ ____________

TOTAL $ ____________

For Credit Card payments, call 1-888-432-7899 (1-888-HEART99)
MISSION STATEMENT: Dedicated to inspiring hope, encouragement and support to heart disease patients and their families! We achieve this in the following manner:

- to visit, with physician approval, and to offer encouragement and support to heart disease patients and their families;
- to distribute information of specific educational value to members of the Mended Hearts, Inc. and to heart disease patients and their families;
- to establish and maintain a program of assistance to physicians, nurses, medical professionals and health care organizations in their work with heart disease patients and their families;
- to cooperate with other organizations in education and research activities pertaining to heart disease;
- to assist established heart disease rehabilitation programs for members and their families;
- to plan and conduct suitable programs of social and educational interest for members, and for heart disease patients and their families.