President’s Message

So, we are now into a full three months of Covid-19 shutdown for our members who visit patients at Health Park, and for sure it looks like we will be in this state for at least another month. For very good reasons, both Lee Health officials and the Mended Hearts national board state it’s not safe to visit patients in-person or to hold monthly support meetings, unless they are virtual – either telephone- or internet-based.

The national office is about to release information to us for how local chapters can get a license, through them, to use Zoom cloud meeting software for virtual group meetings, such as visitor training sessions, for example. We’re not ready yet to conduct our monthly meetings using Zoom, so all our members could attend from home. Of course, everyone wanting to attend a meeting would need to be trained on the software. Our chapter officers are looking into this. It sounds exciting, with lots of potential.

At a doctor appointment this morning I saw a sign posted, saying the Governor has allowed elective surgeries again, which is a positive sign that things may be starting to return to normal.

So, with this positive news, make sure you avoid worrying, and be as active as you can...things will get better, and Florida is one of the states leading the way, to let us all live our lives the way we prefer.

In the meantime, stay healthy and well!

Ray

Local Covid-19 Update

The past three months have been tough. It was stunning to see most of our society come to a screeching halt. Things we do almost every day suddenly stopped; and we’re not alone. Almost everyone is experiencing the same things.

Within Lee County, as of May 20, 1,542 people have contracted Covid-19 virus, and 89 died. Our close friends in local hospitals have been working heroically to save as many lives as possible. We thank them for all that they do.

Disturbingly, hospitals across the country, including those in Florida, have seen a sharp decline (about 50%) in patients coming to the hospital with heart attack, stroke, and cardiac arrest, most likely due to fears about contracting Covid-19. As those of us in Mended Hearts know, heart or stroke symptoms must be treated immediately. The sooner patients receive treatment, the better their outcome. Later in this issue (p.9), we have a flyer from the American College of Cardiology warning not to ignore heart symptoms during the Covid-19 outbreak.

Lee Health’s six emergency rooms are all open and continue to provide lifesaving care for heart patients. Covid-19 patients are isolated in these facilities, and stringent safety measures are in place and enforced.

To stay healthy in these stressful times – stay active. If you have time to sit, you also have time to stand up and do something. Other good recommendations – maintain a regular routine, get plenty of quality sleep, go outdoors and get some exercise, stay in touch with family and friends, take your meds, think positive, find something to laugh about, maybe even plan ahead for a fun vacation after this all ends.
Officers
President: Ray Ochester  415-4627  ray@ochester.com
Vice President: Ed Siemienas  466-9244  edsiemienas@yahoo.com
Secretary: Joe Jansen  461-0980  jfjansen@aol.com
Treasurer: Mary McGhee  437-4580  marymcghee@hotmail.com

Hospital Visitors
Bob Glos
Charles & Faye Norris
Dan & Mandy Beran
Dick Scott
Don & Judy Hale
Ed Siemienas
Joe Jansen
John Ippensen
Kathy Taylor
Lloyd Otto
Mark Howard
Myron Bancroft
Ray & Anne Ochester
Tom & Mary McGhee

“IT’S GREAT TO BE ALIVE – AND TO HELP OTHERS!”

To express interest in assisting Mended Hearts as a volunteer, clip out this form and mail to:
Mended Hearts
9190 Southmont Cove #103
Fort Myers, FL 33908

Visitation Committee
Scheduling – Joe Cramer, 609-618-1815
Training -- Ray Ochester, Ed Siemienas

Newsletter Committee
Jim Plummer, Editor, 337-2721
Assistant Editor (Vacant)

Phone Committee
Herb Gallop
Kathy Taylor

Programs Committee
Joe Jansen

Sunshine Committee
(Vacant)

Webmaster
Joe Cramer, 609-618-1815
Assistant Webmaster (Vacant)

I am interested in these areas of service:
- ☐ Hospital Visitor
- ☐ Telephone Visitor
- ☐ Email Visitor
- ☐ Assistant Webmaster  ☐ Assistant Newsletter Editor

Name____________________________________
Phone____________________________________

2
Chapter News

We’re sad to report that one of our best friends and a charter member of our chapter, Eileen Roulston, passed away on April 18, 2020 at Hope Hospice, after a short battle with cancer. Eileen joined with her husband Lex in organizing the new chapter of Mended Hearts in South Fort Myers back in 2003 and served as an accredited hospital visitor at HealthPark, along with Lex, for more than ten years.

She touched many lives through these visits, with her beautiful Irish brogue, happy smiling face, and positive attitude. Remembering the many blessings that she received in her long life, Eileen believed in giving back to others, through Mended Hearts, the American Heart Association, and through the Lee Health Foundation.

Eileen will be greatly missed. A celebration of her life will be held later this year, most likely in October.

❖ Visitor Training and Annual Re-Certification

Visitor training has been delayed so far this year, due to the Covid-19 pandemic. All Mended Hearts hospital visitors must attend annual re-certification before returning to the patient visiting schedule, when the hospital clears us to do so.

Without doubt, there will be new procedures in place, and the hospital setting may be changed. We will notify everyone when we schedule training, after our chapter officers meet with hospital staff to coordinate on what’s new. In the meantime, we might be able to do some training via Zoom video conference, to stay in touch with each other and answer any questions you might have. It would also be useful to discuss things you may have experienced during your visits that you’d like to talk about or encourage others to consider.

❖ Recent New Chapter Members

Mended Hearts of Fort Myers is happy to welcome the following new members:

- **Mark D. Howard**
  Estero 33928
  Fort Myers 33913

- **William Lentulay**
  Fort Myers 33913

- **Victor Rosenberg**
  Sanibel 33957

- **Edward Tyson**
  Sanibel 33957

❖ Annual Elections

According to the by-laws of our chapter, we should have staged an election of officers at our monthly meeting in April. But, due to the pandemic, we’ve been unable to do that. At an executive team meeting, the current slate of officers (see p.2) agreed to continue to serve in office for an additional year.

❖ Volunteer Opportunities

Our local Mended Hearts chapter is managed and run totally (100%) by volunteers. We’d love to have you participate. Here are some opportunities for you to help others. Mail in the small form on p. 2 or contact a chapter officer who will be glad to explain what’s involved.

- Hospital visiting
- Phone visiting
- Internet and email visiting
- Assist with bimonthly newsletter
- Assist chapter webmaster with our homepage and email messaging
A Short Primer on Valvular Heart Disease

Your editor is a survivor of open-heart aortic valve replacement surgery, done successfully 13 years ago. If you want to know more about that, read the Testimonies section of our chapter newsletter (www.mendedheartsftmyers.org). Since that experience, I’ve been interested in how the heart “works” and especially the critical role of heart valves.

The heart is an incredibly efficient organ that pumps blood throughout our bodies to sustain life. An adult’s heart beats, on average, 72 times per minute which is about 100,000 times per day – 2½ billion times in a lifetime, pumping five to six quarts of blood each minute.

The heart has four valves – tricuspid, pulmonary, mitral, and aortic – that work as one-way gates, opening and closing in a perfectly timed sequence to propel blood flow through the heart. Each of the valves depends on thin, strong tissue flaps (called leaflets) that open and close once during each heartbeat. The flaps make sure the blood flows in the correct direction through the heart’s four chambers and doesn’t flow backward. For pictorial views and explanations on how blood flows through the heart, go to your computer and watch these two videos:

How do Heart Valves Function? – https://www.youtube.com/watch?v=agePsMW5f5A
Heart Valves are for Life – https://www.youtube.com/watch?v=AO_aIsWpSkI&t=3s

Diseased heart valves might not function correctly, due to problems generally categorized as either stenosis (narrowing) or regurgitation (leakage). These heart valve problems occur primarily in the aortic and mitral valves.

Valvular heart disease is more common in older adults. The CDC (Centers for Disease Control and Prevention) states that about 13 percent (one in eight) of people age 75 and above have valvular heart disease.

Aortic Valve Stenosis. The aortic valve controls blood flow between main pumping chamber (left ventricle) and the aorta, the main artery that delivers blood from the heart throughout the body. Aortic stenosis is a very serious problem, and one of the biggest risk factors for it is aging. We’ve seen estimates that there as many as 2.5 million people over the age of 75 who are living with aortic stenosis.

Aortic stenosis develops over time, as calcium builds up on the valve’s leaflets, causing them to become stiff and thickened. It may even cause the leaflets to fuse together. The result is that the valve doesn’t open as wide, restricting the amount of blood flowing out of the heart into the aorta to the rest of the body. The heart must then pump increasingly harder to push blood through the aortic valve. Eventually, blood flow may be blocked by the stenotic aortic valve altogether – a life-threatening emergency.

One cause of aortic stenosis is the presence of a bicuspid aortic valve, a congenital birth defect (often inherited) in which the aortic valve has only two leaflets instead of the normal three. With this defect, the valve doesn’t function perfectly, and calcification leading to aortic
stenosis may happen at an earlier age. Statistics tell us that about two percent of people are born with bicuspid aortic valves, and it’s twice as common in males as in females. This was the root cause for your editor’s aortic stenosis and open-heart surgery back in 2007.

Without timely treatment, survival rates in patients with severe aortic stenosis may be as low as 50% at two years after diagnosis, and 20% five years after diagnosis. The most commonly seen form of heart valve disease is Mitral Valve Regurgitation, a condition in which the mitral valve doesn’t close properly, allowing blood to flow backward. As shown on the left, the mitral valve regulates the flow of oxygen-rich (red) blood from the left atrium, to the left ventricle, the main pumping chamber of the heart.

This type of regurgitation may begin suddenly, for example after a heart attack; however, it more often occurs when the mitral valve’s leaflets are deformed or elongated, and the leaflet may slip backward into the left atrium during the heart’s contraction—a condition called Mitral Valve Prolapse (MVP). MVP can run in patients’ families (heredity) and is usually a lifelong disorder. Younger people with the defect may have only trace amounts of blood leaking backward through the mitral valve, and experience no symptoms or health problems. Over time, however, some may develop more severe regurgitation, along with symptoms including fatigue, shortness of breath, or lightheadedness.

Aortic Stenosis and Mitral Regurgitation are the two most common valvular heart diseases. However, aortic valve regurgitation, mitral valve stenosis, tricuspid valve stenosis or regurgitation, and pulmonary valve defects are also possible, but in far lesser numbers.

❖ Diagnosing and Treating Heart Valve Problems

Heart valve problems may endure throughout a person’s life and gradually worsen over time. Symptoms may not appear until middle age or older. First detection of a heart valve problem may be when the primary health care provider hears abnormal sounds, such as a heart murmur, through a stethoscope. A heart murmur indicates a valve dysfunction, but not necessarily a major problem yet. This diagnosis is often a big surprise for the patient (as it was for your editor). The family doctor or primary care provider will refer the patient to a cardiologist (heart specialist) for further evaluation.
Specific heart valve problems (stenosis, regurgitation, prolapse, etc.) produce specific types of murmur sounds. The cardiologist orders special testing, if necessary, after a preliminary diagnosis, based on the murmur sounds. The main test for diagnosing heart valve disease is an echocardiogram (ultrasound of the heart), which uses sound waves to produce video images of a heart in motion. This test can reveal many things, including size and shape of heart valves and chambers, how well blood is flowing through the heart, and whether valves have narrowed or if there is regurgitation. Follow-on testing often includes chest x-ray, blood tests, exercise stress test, and sometimes cardiac catheterization.

Valve Repair or Replacement

If tests find no problems, or problems are mild, the cardiologist may schedule periodic follow-up visits, to monitor the condition over time. Eventually, symptoms of valve dysfunction may become severe, and the abnormal valve will require repair or replacement for the heart to function properly. Locally, the cardiologist will contact the Shipley Cardiothoracic Center, located inside HealthPark Medical Center, to set up a meeting for the patient with a specialized heart team – cardiothoracic surgeon, invasive cardiologist, and clinical staff – to review health records and test results, and to recommend the best treatment or alternatives.

Shipley Cardiothoracic Center is one of the busiest valve treatment centers in Florida, ranked in the top 10% of the United States for valve surgery volumes. The four cardiothoracic surgeons (Doctors Buss, DeFrain, DiGirorgi, and Hummel), along with their dedicated surgical teams, performed 365 aortic valve surgeries and 145 mitral valve surgeries in 2018, as well as 64 aorta repairs or replacements (often in conjunction with an aortic valve procedure). Additionally, these same four surgeons performed 562 coronary artery bypass surgeries in 2018. This is an experienced staff who conduct high volumes of valve procedures – they’ve seen it all.

The Shipley Center heart team will present options and recommendations, based on condition of the patient’s valve, complexity of the required procedure, and the patient’s age and health. The first decision is whether the valve should be repaired or replaced. Of course, repair is preferred, as it preserves native heart functions. This is most often the case with leaky mitral valves, where a high percentage are repaired rather than replaced. The opposite is true for aortic valve stenosis, where the aortic valve is usually replaced. The team will make a recommendation based on the patient’s unique situation.

Replacement of Aortic Valves

The native (original) valve is removed and a new valve implanted. There are three alternatives for aortic valve replacement: mechanical, bioprosthetic (tissue), or TAVR. Each has pluses and minuses. It’s an important and complex decision. There are many options – the patient should talk frankly with their surgeon and cardiologist about all the choices.

- Mechanical heart valves are made completely from artificial materials, such as titanium and silicone. They are reliable and can last a lifetime but require a lifelong
commitment from patients to take anti-coagulant (blood thinner) medications, such as Warfarin, to prevent blood clots from forming on the valve.

- **Bioprosthetic (tissue) valves** are made from animal tissue -- normally cow (bovine) or pig (porcine). They don’t require anti-coagulant treatment but eventually may need to be replaced, as they generally last 15-20 years, not as long as mechanical valves.

**Valve Replacement Procedure Options**

Installation of either of the above two valve types (mechanical or tissue) is done surgically –

- **Traditional open-heart surgery** involves a long 6” - 8” cut in the chest and through the sternum (breastbone) to expose the heart. A heart-lung bypass machine is normally used to provide blood circulation throughout the body while the heart is stopped and the surgeon is operating on it.

- **Minimally invasive heart surgery** involves making small incisions in the right side of the chest to reach the heart between the ribs. This avoids cracking the sternum and using the heart-lung bypass machine. Minimally invasive heart surgery isn’t an option in all situations, but patients could ask the surgeon if it’s possible in their case.

For more than 10 years, Health Park and the Shipley Cardiothoracic Center have been a center of excellence for minimally invasive heart surgery. However, specific circumstances may necessitate open-heart surgery.

A third option is **Transcatheter Aortic Valve Replacement (TAVR)**, a much less invasive procedure, in which the diseased aortic valve is replaced without opening the chest. A multidisciplinary heart team (surgeons, cardiologists, and highly specialized staff) feeds a “crimped down” tissue valve by catheter through an artery in the chest or groin to the heart. Once placed in the correct position within the old/native valve, a team member opens the TAVR valve remotely, which pushes the old valve leaflets out of the way, and the new valve begins the job of regulating blood flow. This procedure can often be done under “moderate sedation,” reducing procedure time and length of recovery time in the hospital.

HealthPark and the Shipley Center have been in the forefront of rapid growth in use of the TAVR procedure and recently completed their 1,000th TAVR insertion. TAVR has advantages in replacing the aortic valve without the risks involved in fully invasive open-heart surgery. Speak to the Shipley Center’s Structural Heart Program Coordinator about current TAVR restrictions and whether you would be a candidate. This coordinator is a patient resource to answer patient questions before, during, and after TAVR procedures.

Similar options and procedures to those described above are available for other valve defects and diseases. For example, mitral valve repairs are common procedures for the Shipley Cardiothoracic Center.

Two websites recommended for education and conversations with other valve patients –

Answers to Puzzle Challenge in March-April Issue

Across
4. A term for when heart rate is less than 60 BPM
7. Humorist Dave Berry, “The most powerful force in the universe is ______.” (May/June 2019 issue)
9. An ____ cardiogram uses high frequency sound waves to evaluate a heart's chambers, valves, & pumping function
10. ________ (2 words) Medical Center is site of the Comprehensive Stroke Center for Lee Health
12 _______ Cardiothoracic Center opened at HealthPark Medical Center in Jan 2019
15. A medical term for heart attack (2 words)
17. Atrial ________ occurs when the heart beats irregularly in upper chambers of the heart.
19. Increased risk for _____.is one of the biggest concerns with atrial fibrillation
20. Two of our chapter members visited _______ Lifesciences, to attend a Patient Experience event for heart valve patients.
21. People with Coronary Artery Disease can experience a buildup of ______ on the insides of their coronary arteries.

Down
1. Surgical procedure needed when coronary arteries supplying blood to heart tissue are narrowed or blocked
2. The branch of internal medicine that deals with the study, diagnosis, and care of the heart and its functions
3. (ACRONYM) used in evaluating signs of a stroke
5. ________ Health named Health Park one of the top 50 hospitals for cardiovascular care in the U.S. (2 words).
6. Two Blood pressure values, _____ and diastolic.
8. Most common heart attack symptom for both men and women (2 words)
11. A medically supervised exercise & education program to help patients recover from heart surgery, improve health, and reduce the risk of future heart problems. (2 words)
13. Lee Health has ____ acute care hospitals and two specialty hospitals.
14. Largest artery (blood vessel) in the human body
16. Cardiac ______ occurs when heart's electrical system malfunctions and heart suddenly stops beating.
18. Four cardiothoracic surgeons at HealthPark – Dr. _____, Dr. DeFrain, Dr. DiGiorgi, and Dr. Hummel
CORONAVIRUS AND YOUR HEART

Most of us are worried about the new coronavirus. DON'T IGNORE HEART SYMPTOMS, ESPECIALLY IF YOU HAVE A HEART CONDITION.

GETTING CARE IS CRITICAL

You’ll get better faster.
You’ll limit damage to your health.

HEART ATTACK

- Chest pain
- Difficulty breathing
- Discomfort in chest, arms, back, neck, shoulder or jaw

STROKE

- Numbness, weakness or loss of movement in your face, leg or arm, especially on one side
- Confusion, trouble speaking or understanding
- Loss of balance

CALL 911

If you think you are having a HEART ATTACK or STROKE.
Heart attacks and strokes don’t stop during a pandemic.
Hospitals have safety measures to protect you from infection.

CALL YOUR DOCTOR if you have a heart condition and have questions or think you need a health visit.

DON'T DELAY routine care. You may be able to get advice over the telephone or use telehealth for a virtual visit.

For more information about the new coronavirus for people with heart conditions, visit CardioSmart.org/Coronavirus

@CardioSmart

Information provided for educational purposes only. Please talk to your health care provider about your specific health needs.

To download or order posters on other topics, visit CardioSmart.org/Resources
News You Can Use

❖ Making the Right Decisions to Improve Heart Health

We recently encountered a new web-based app that is informative and easy to use, condensing an abundance of information on heart disease prevention into an easy to use source. The app is produced by Cleveland Clinic and is designed to guide you into making manageable, beneficial decisions about diet, exercise and weight management. Check it out – www.ClevelandClinic.org/HealthyHeart.

There’s no one-size-fits-all path; it’s designed as an individual program, based on many factors such as age, gender, race, and your personal history. Looking at the image here, you can see there are icons (buttons) for areas of concentration, including the larger Heart Activity Calculator, which you personalize for your own use.

The Home button describes Cardiac Rehab and why it’s important to participate. The Health button is an introduction to modifiable risk factors. Exercise, Weight and Nutrition buttons open into sub-areas which will assist you with informative and helpful tips for improving heart health and for reaching your goals.

❖ Eating Breakfast – Good for Heart Health

Recent research examined association of skipping breakfast with cardiovascular and all-cause mortality. The study focused on 6,550 Americans between the ages of 40-75 for a period from 1988 to 1994; 5% of the participants stated they never ate breakfast. Health records of the 6,550 were then checked about 20 years later.

Breakfast-skippers, compared with those who consumed breakfast every day, were at a significantly (87%) increased risk for death from cardiovascular disease. The odds for stroke, in particular, were even higher. Participants who never consumed breakfast were also more likely to have obesity, and higher total blood cholesterol level than those who consumed breakfast regularly.

This trend is a big concern, because as many as 24% of young people in the U.S. today are said to be skipping breakfast every day.

❖ Marijuana and Heart Health

Growing numbers of Americans are now using marijuana, as more states are legalizing pot for both medicinal and recreational use. The American College of Cardiology now estimates there are more than 2 million Americans with cardiovascular disease who are currently using or have used marijuana, either by inhaling or by vaping. Many believe that the number of marijuana users in the U.S. are exceeding the number of cigarette smokers.

Under Federal Law, marijuana is classified as a substance that limits its use in high-quality randomized clinical trials. As a result, most available information comes from observational data. That data indicates that smoking marijuana carries many of the same cardiovascular health hazards as smoking tobacco.

Cardiologists are also concerned that marijuana use affects the metabolism of many common cardiac drugs, including statins and blood thinners such as warfarin.
LET’S SCAN THE JOURNALS

❖ Top 10 Leading Causes of Death in the U.S.

Each year, the CDC’s National Center for Health Statistics presents a detailed analysis of US mortality. According to the latest data just released (for 2018), the 10 leading causes of death remained the same. Here is the list:

<table>
<thead>
<tr>
<th>Cause of Death</th>
<th>2018 Total</th>
<th>% of Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Heart Disease</td>
<td>655,381</td>
<td>23.1%</td>
</tr>
<tr>
<td>2. Cancer</td>
<td>599,274</td>
<td>21.1%</td>
</tr>
<tr>
<td>3. Accidents</td>
<td>167,127</td>
<td>5.9%</td>
</tr>
<tr>
<td>4. Respiratory Dis.</td>
<td>159,486</td>
<td>5.6%</td>
</tr>
<tr>
<td>5. Stroke</td>
<td>147,810</td>
<td>5.2%</td>
</tr>
<tr>
<td>6. Alzheimer Disease</td>
<td>122,019</td>
<td>4.3%</td>
</tr>
<tr>
<td>7. Diabetes</td>
<td>84,946</td>
<td>3.0%</td>
</tr>
<tr>
<td>8. Flu &amp; Pneumonia</td>
<td>59,120</td>
<td>2.1%</td>
</tr>
<tr>
<td>9. Kidney Disease</td>
<td>51,386</td>
<td>1.8%</td>
</tr>
<tr>
<td>10. Suicide</td>
<td>48,344</td>
<td>1.7%</td>
</tr>
</tbody>
</table>

The 10 leading causes of death accounted for 73.8% of all deaths in the U.S. in 2018. Life expectancy for females is now 81.2 years and for males 76.2 -- still a difference of five years.

Ref: https://www.cdc.gov/nchs/products/databriefs/db355.htm

❖ Likelihood of Major Cardiovascular Event after Stroke

New research, published in the American Heart Association journal Stroke in January 2020 indicated a high risk for major cardiovascular events for both men and women with no prior heart disease, after what the authors termed “a first-ever ischemic stroke.” Note: Ischemic stroke is one caused by reduced blood flow to an artery in the brain, normally resulting from a blood clot in the artery.

Within a group of 93,627 adults over the age of 65 in Ontario, Canada, none of whom had underlying heart disease, the patients who experienced a first-ever ischemic stroke (21,931 of the 93,627) were more than 20 times more likely (than those who didn’t have a stroke) to experience a major cardiac event within 30 days after their stroke. The risk for a cardiac event dropped after 30 days, but even one year after the stroke, men and women both still had twice the risk for a major cardiac event than those who didn’t have a stroke. Major cardiac event in this study included heart attack, incident coronary artery disease, incident heart failure, or cardio-vascular death.

The study leaders were interested in whether women would have more post-stroke major cardiac events than men, knowing that historically women worldwide have more strokes than men, and that strokes kill more women than men. In fact, in this study, they found similarly elevated risks of major cardiac events in both women and men after first-ever ischemic stroke and no prior heart disease. The risk of a major cardiac event post-stroke at 30 days was 25-fold higher in women and 23-fold higher in men (than those who did not have a stroke). After one year, the risk was 2-fold in both women and men.

The study authors ended by stating that “Mechanisms of sex-specific cardiovascular susceptibility to ischemic stroke remain unknown and require further research for developing tailored preventive treatments for women and men.

https://www.ahajournals.org/doi/10.1161/STROKEAHA.119.028066
Phobias

Everyone has fears, but when the fears become so overwhelming that they interfere with normal functioning, they become known as phobias. Match the common phobia with its scientific name.

1. Fear of bats a. Arachnophobia
2. Fear of bees b. Chiroptophobia
3. Fear of blood c. Apiphobia
4. Fear of bridges d. Aerophobia
5. Fear of confined spaces e. Gephyrophobia
6. Fear of dogs f. Acrophobia
7. Fear of flying g. Cynophobia
8. Fear of germs h. Ophidiophobia
9. Fear of heights i. Mysophobia
10. Fear of needles or injections j. Claustrophobia
11. Fear of snakes k. Belonephobia
12. Fear of spiders l. Hemophobia

Words of Wisdom from Vince Lombardi

Former Green Bay Packers head football coach, who won 5 NFL Championships, including Super Bowls I and II:

- “Winning isn’t everything – but making the effort to win is.”
- “Mental toughness is essential to success.”
- “The quality of a person’s life is in direct proportion to their commitment to excellence, regardless of their chosen field of endeavor.”
- “The greatest accomplishment is not in never falling, but in rising again after you fall.”
- “Winning is a habit. Unfortunately, so is losing.”

Monthly Humor

- Why do watermelons have fancy weddings? Because they cantaloupe.
- Why did the chef have to stop cooking? She ran out of thyme.
- What do you get if you divide the circumference of a jack-o-lantern by its diameter? Pumpkin pi.
- What day do eggs hate the most? Fry Day.

What Does It Say?

another one thing end

musically historyhistoryhistory
**MEMBERSHIP FORM**

- **NEW MENDED HEARTS**  
- **RENEWAL MENDED HEARTS**  
- **DATE ____________________________**

Name (Mr./Mrs./Ms.) ________________________________________  
Chapter/Group __________ - OR - Member-at-large __________

Address ____________________________________________________  
Phone ____________________________

City / State / Zip _____________________________________________

I want to be a MH support volunteer:  
- [ ] Yes  
- [ ] No

Email address _______________________________________________

(Please check all that apply) I am a  
- [ ] Heart Patient  
- [ ] Caregiver  
- [ ] CHD Survivor  
- [ ] Physician  
- [ ] RN  
- [ ] Other Healthcare Administrator or Employee  
- [ ] Donor

**Membership Levels:** All membership levels are for ONE YEAR, renewed annually. Please choose your membership level and complete any appropriate payment information below.

<table>
<thead>
<tr>
<th><strong>INDIVIDUAL MEMBERSHIP</strong></th>
<th><strong>FAMILY MEMBERSHIP</strong></th>
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<tbody>
<tr>
<td>___ Individual Member --- $40 annual donation</td>
<td>___ Family Membership --- $60 annual donation</td>
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<tr>
<td>* Can attend any chapter meeting for MH or MLH</td>
<td>* Can attend any chapter meeting for MH or MLH</td>
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<tr>
<td>* Can join online communities</td>
<td>* Can join online communities</td>
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<td>* Can access Member Portal</td>
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<td>* Receives the National e-newsletter</td>
<td>* Receives the National e-newsletter</td>
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<tr>
<td>* Membership Card</td>
<td>* One year annual subscription to Heartbeat magazine ($30 value)</td>
</tr>
<tr>
<td>* Car Decal</td>
<td>* Membership Cards for all members of the family</td>
</tr>
<tr>
<td>* One-time 5% off coupon for purchase from the MH store</td>
<td>* 2 Car Decals – Select ___ MH or ___ MLH</td>
</tr>
<tr>
<td>* One year annual subscription to Heartbeat magazine ($30 value)</td>
<td>* Each family member receives a one-time 5% off coupon for purchase from the MH store. Use only one coupon per order.</td>
</tr>
<tr>
<td>___ Bronze Member --- $65 annual donation per person</td>
<td>___ Bronze Family Membership --- $95 annual donation</td>
</tr>
<tr>
<td>* All the benefits of a Full Individual Member, PLUS</td>
<td>* All the benefits of a Family Membership, PLUS</td>
</tr>
<tr>
<td>* Membership Pin</td>
<td>* One Membership Pin per member</td>
</tr>
<tr>
<td>* Choice of ___ Drawstring Backpack or ___ MH/MLH Notecards (10 pk)</td>
<td>* Choice of ___ Drawstring Backpack or ___ MH/MLH Notecards (10 pk)</td>
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<td>* 5% off registration of any National (not regional) Mended Hearts or Mended Little Hearts Conference or Symposia</td>
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**PAYMENT INFORMATION**

Membership Level __________ $__________

Additional tax-deductible donation to:  
- [ ] Mended Hearts  
- [ ] Chapter 312  

TOTAL $__________

Make your check payable to: Mended Hearts Chapter 312  
Mail form and payment to: M. McGhee, Treasurer  
9171 Cherry Hill Ct.  
Fort Myers FL 33908

For all annual membership categories shown above, $20 is for local Chapter 312 dues, and the remainder is dues for the national organization.

National membership dues are tax deductible less $10.

Chapter dues and all donations are fully tax deductible.

As shown to the left here, total dues (national plus local) should be paid in one check and mailed directly to the Chapter 312 Treasurer.

Please DO NOT send dues to the Mended Hearts National Resource Center.
ABOUT MENDED HEARTS

We are an international volunteer organization dedicated to helping heart patients and their families. Our trained volunteers visit patients, with doctor’s approval, while you are hospitalized. We provide literature on heart disease and your recovery from surgery.

OUR MISSION is dedicated to Inspiring hope and improving the quality of life for heart patients and their families through ongoing peer-to-peer support.

OUR PURPOSE is to offer help, support and encouragement to heart patients and their families.

OUR METHOD is to partner with medical and hospital staff to help the patient have a positive experience. Everyone who has had a heart procedure and their families are welcome at our meetings. You don’t have to join Mended Hearts to hear our speakers, but we would love it if you do join. We will send you the next three issues of our chapter newsletter following your surgery.