PRESIDENT’S COLUMN—Laurel Dodgion

I can’t believe that it’s August already. Time is just flying by so quickly. August has a lot going on with Mended Hearts, we have our “Leadership Training” that will take place online starting Monday, Aug. 10 through to Saturday, Aug. 22. All Board Members & Chair Committee Members, are asked to attend one leadership training session each. So each of the officers need to pick the session they want to attend, and let me know, ASAP.

I want to thank all those who attend the Summer Social Picnic we had at the Alliance Church on 811 Saturday July 25. We had such a good time to catch up with everyone. There was about 20 of us, well spaced out, with masks on, and good food. It was nice to see all staying healthy. I think everyone enjoyed themselves.

We are looking into different ways to help present our monthly program to members and guests. The May monthly program used the Zoom platform, that turn out ok, but some people were not able to get on it. Our next program will be Sept. 24, 12pm, to 2pm. We are looking into other ways if we can’t get into the Pearson Cancer Center. We might go to the Jamerson YMCA for David Seaver, Exercise Physiologist on “Move”. or back on Zoom. We will let everyone know where, before then.

All those who are Accredited visitors or would like to be accredited visitor please get with Dan Cousins or with me Laurel Dodgion. Everyone will need to be accredited through the Virtual training. Kacie Pan-tana, RN will be our coordinator in LGH to inform the patient’s and families with the iPad that has all the information about Mended Hearts & Mended Little Hearts content-only and will connect users to our new “My Heart Visit” site. This is a new way we will do our visiting since we can’t get in the hospitals to see patient. This is very important to all the MH visitors. Hope all have a good August.

It’s Great to be Alive and Help Others

Laurel Dodgion
President

Jackie Carver—Program Chair

2020 Program Calendar

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

August is National Immunization Awareness Month

Inside this issue

- Cares & Concerns
- Editor’s Page
- Mended Hearts Chapter #16 Visiting Reports
- Donations
- Birthdays and Surgery Anniversaries
- Mended Hearts Prayer
- News from the Board Meeting
- General Meeting Notes
- Member Prepared Articles
- Pages Magazine Article
- Recipes for Healthy Living
- Chapter #16 Leaders
- Pictures from the General Meeting
- Visiting Schedule
- Member Enrollment Form
- Mission Statement
What I Know: Books are the Carriers of Civilization

“I find television very educational. Every time someone switches it on I go into another room and read a good book,” said Groucho Marx, (1890-1977) American comic actor. What about you? Have you discovered the joy of day by day turning off the TV in order to free up time for you to read a good book?

In books, you have the choicest thoughts of the ablest men. In books, you have the accumulated wisdom of the ages; in books, you have consolation from the troubles of life; in books you have nourishment for the mind; in books you have thoughts that excite you to self activity; in books, you have counsel as to how to live; in books, you have help for overcoming the problems of life; in books, you find more real wealth than is contained in a good bank.

“The real purpose of books is to trap the mind into doing its own thinking,” wrote Christopher Morley. People who read books are trapped into thinking for themselves instead of following the herd. Readers are thinkers and thinkers are leaders. Thinking is something that you have to do for yourself; no one can do it for you. You read the thoughts of other people in the best books and then make a judgment for yourself as to whether you should follow their suggestions. “I think and think, for months, for years; ninety-nine times the conclusion is false. The hundredth time I am right,” said Albert Einstein.

“I would rather be a poor man in a garret with plenty of books than a king who did not love reading,” said Macaulay. Do you have a personal library in your home? Do you choose the books you read as carefully as you would choose a friend? Remember a library is not a luxury but a necessity. “A room without books is as a body without a soul,” noted Sir John Lubbock. Turn the page of a book and you are traveling down the road of knowledge. Every good book is a magic force that lifts you out of yourself and your work a day world. No structure ever built by man outlives the influence of a book. “Some good book is usually responsible for the success of every really great man,” said Roy Smith. Great men talk to you through books giving you their precious thoughts.

“Everywhere I have sought rest and not found it, except sitting in a corner by myself with a little book,” wrote Thomas a Kempis. It is so comfortable to be alone in your room with a book. It is a delight. It is wonderful. The words on those little sheets of paper from a book speak to you, amuse you, with messages from human souls you never saw and who perhaps lived thousands of years ago. Reading a book is like having a silent conversation with someone who lives miles away. Let a book like a lighthouse shine on your life.

Contributed by Carolyn Lee Peerman

Editor’s Page—Dallas Scott

August is here! We had a great picnic at The Alliance Church hosted by Dave and Nancy Blackburn. President Laurel did the purchasing at Sam's Club and all went home over weight. The food was wonderful but the best was to see everyone again. I look forward to when this can again be a monthly occurrence.

Changes at the hospital include Chapter 16 being removed from our office. I guess since we are not able to do in-person visits, we no longer rate a office. Our continued existence seems to be being challenged. We will be starting remote visitations but will have to rely on LGH staff to get packets to the patients. Life is changing for Mended Hearts all over the country.

Leadership training for Board members and Chair persons will take place online in August. Contact President Laurel with the sessions you plan to attend. Don't forget to register.

This has been a very hot and uncomfortable month. It doesn't look like it is going to cool down anytime soon.

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

The cornerstone for the Statue of Liberty was laid
August 5, 1884

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.
VISITING REPORTS

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- Patients visited — (Including H.R.) | 0 | 291 |
- Home Recovery — | 0 | 12 |
- Family — | 0 | 67 |
- Pre-Op — | 0 | 21 |
- Post-Op — | 0 | 291 |
- Hours — | 0 | 181 |

These numbers have not been updated due to SOCIAL ISOLATION. We hope to be able to start visitations 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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<th>Date</th>
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<tr>
<td>11/19/20</td>
<td>Nelson Davis</td>
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<td>12/12/19</td>
<td>Dan Cousins</td>
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Need more volunteers, please see Dallas Scott.

God’s Minute

I have only just a minute,
Only sixty seconds in it,
 Forced upon me—can’t refuse it,
 Didn’t seek it, didn’t choose it--
 But it’s up to me to use it,
 I must suffer if I lose it,
 Give account if I abuse it,
 Just a tiny little minute.....
 But eternity is in it.

Contributed by Carollyn Lee Peerman

***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.
August Birthdays
Nelson Davis
Betty Drinkard
James Lee Moore

August Surgery Anniversaries
Wade Thomas Wright 2009

Mask update: Beware unexpected results of wearing masks

Wearing a homemade mask is not perfect protection, but researchers say it is probably better than nothing.

Be sure mask-wearing does not give false confidence about protection. Social distancing and regular hand washing are still essential.

A proper mask fit should have a bendable edge at the top that can be pinched tightly to the upper nose. It should fit closely to the mouth, and snuggly under the chin. Wear at all times in public.

A scarf tied loosely around the nose provides no protection to the wearer or the public.

Don’t reuse masks before disinfecting.

Masks that become wet during use must not be casually left around the home or in public places. Do not drop masks as litter in public spaces.

If the mask is not removed properly, it becomes another virus transmission route.

Remove by the straps only, place in a pillowcase, then wash in a machine using hot water. Dry on high heat.

No one has yet studied the effectiveness of masks in a clinical setting during the coronavirus pandemic, but studies prior to the pandemic suggest cloth masks are less effective than surgical masks.

The only randomized clinical study on the subject was in 2015. Researchers in Vietnam tested the efficacy of surgical masks versus homemade cloth masks on hospital workers as prevention of influenza. Researchers found that hospital workers wearing cloth masks had a higher rate of infection compared to those wearing surgical masks. Particle infiltration was about 97 percent compared to medical masks.

A number of later studies have both reviewed literature or set up limited tests for effectiveness of cloth masks. At least one study found that three layers of cloth on masks appeared to limit infection of influenza.

Most studies concluded that cloth masks should only be used as a last resort, but they are better than nothing.

Copied from pagesmag.com
Board Meeting Happenings: July 2020

There was no Board of Directors Meeting for July 2020.

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.

What I Know: Books are the Carriers of Civilization

“I find television very educational. Every time someone switches it on I go into another room and read a good book,” said Groucho Marx, (1890-1977) American comic actor. What about you? Have you discovered the joy of day by day turning off the TV in order to free up time for you to read a good book?

In books, you have the choicest thoughts of the ablest men. In books, you have the accumulated wisdom of the ages; in books, you have consolation from the troubles of life; in books you have nourishment for the mind; in books you have thoughts that excite you to self activity; in books, you have counsel as to how to live; in books, you have help for overcoming the problems of life; in books, you find more real wealth than is contained in a good bank.

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Contributed by Carolyn Lee Peerman

July 2020 General Meeting

There was no July General Meeting held for Mended Hearts Chapter 16.

What I Know: You Are Known By The Company You Keep

“Tell me what company thou keepest, and I’ll tell thee what thou art,” said the Spanish writer Miguel Cervantes (1547-1616). The admonition to choose your companions carefully has been around for a long time passed from mother to daughter and father to son throughout the generations. Simply put, your companions influence you and you in turn influence them. Rowland Watkyns expressed that thought this way: “Bad company is a disease; who lies with dogs, shall rise with fleas.” On the other hand, George Eliot expressed it this way: “Blessed is the influence of one true, loving soul on another.” Izaak Walton said, “Good company and good discourse are the very sinews of virtue.” Do you see how important it is to choose your companions wisely?

“Endeavor as much as you can to keep company with people above you,” advised Lord Chesterfield. When you associate with people more experienced and knowledgeable than you, you can learn from them and benefit from their experience. Your life will be enriched. However, friendship is like a bank account. You can’t continue to draw on it without making deposits. Give something back to your friends. You may know something that they don’t know. Render to them some service that they may need. Above all, make your friends feel better about themselves. Build up their ego and self-esteem.

“A hard stretch of road is always made easier by a good traveling companion. What does one do when one finds oneself unavoidably thrown into bad company? Hold your tongue and use your legs,” said A. P. Gouthey. Keep your mouth shut and run away. It is just so important to be in good company that if you find yourself in bad company, say nothing and leave the situation as soon as possible. Flee negative influence before it poisons your own attitude. It is far better to be lonely than to be with bad companions. That is because you imitate the company you keep. “The rotten apple spoils his companion,” says Benjamin Franklin. A faithful friend with integrity is a sure anchor. No possession is gratifying without a companion to share it with. You are careful with your time. Why not be careful in your choice of company?

“I look upon everyday to be lost, in which I do not make a new acquaintance,” said Samuel Johnson. He treasured his acquaintances and friends and he knew the difference. It is better to have one true friend than all the acquaintances in the world. “Sometimes being a friend means mastering the art of timing. There is a time for silence. A time to let go and allow people to hurl themselves into their own destiny. And a time to prepare to pick up the pieces when it’s all over,” wrote Octavia Butler. Are you this kind of a friend?

True friendship is seen through the heart not through the eyes.

Contributed by Carolyn Lee Peerman
What I Know: “The Wisest Mind Has Something Yet To Learn”

Are you wise enough to learn something from everyone you meet? Are you listening attentively to them? “The greatest gift you can give another is the purity of your attention,” said Richard Moss. What a thought! What person is more desired than a good listener? Do you remember General George Marshall’s formula for handling people? First, “listen to the other person’s story; second, “listen to the other person’s full story; third, “listen to the other person’s full story first.” By developing the art of listening you can learn a great deal. Furthermore, listening is one of the best ways to persuade others. A good listener is popular everywhere.

“The greatest lesson in life is to know that even fools are right sometimes,” wrote Winston Churchill. Are you wise enough to learn something from a fool? Why lose out on a learning experience simply because you have not asked? “He who asks is a fool for five minutes, but he who does not ask remains a fool forever,” is a Chinese proverb. Moreover, are you wise enough to learn even from an enemy? “I make it my rule to lay hold of light and embrace it, though it be held forth by a child or an enemy,” noted Jonathan Edwards. What about learning from the errors or experience of others? “From the errors of others a wise man corrects his own,” wrote Publilius Syrus.

“The wisest mind has something yet to learn,” said George Santayana. You can learn from the books you read and the people you meet. Sometimes you have to learn, unlearn, and relearn. Sometimes when you are learning something you stagger about making a fool of yourself. Staggering about discovering truth for yourself influences your behavior and lasts a lifetime. It becomes your own. It rejuvenates you. You become full of new ideas. Don’t just hatch out new ideas; hitch them into action. Henry Ford said, “The greatest thing in life is to keep your mind young.” Make learning a lifelong habit and you will lengthen your life. Why not use the thoughts of other men and women’s brains? After all the East Africans say, “one head cannot hold all wisdom.” In other words, two heads are better than one.

“Learning is the discovery that something is possible,” said Fritz Perls. Learning makes opportunities and opens doors. Seize the moment and capture that opportunity. Don’t let it escape but make the most of it. Opportunity usually knocks early in the morning. Are you an early riser or do you sleep late? Why not rise up early and open the door of opportunity first thing in the morning? When you hear opportunity knocking, open the door and welcome it. Opportunities come but they do not linger. All life is a chance. So take it! Dare.

Contributed by Carolyn Lee Peerman

What I Know: “America Is Too Great For Small Dreams.” Ronald Reagan

Do you know what the U.S. Supreme Court wrote in 1892? “Our laws and our institutions must necessarily be based upon the teachings of the Redeemer of Mankind. It is impossible that it should be otherwise; and in this sense and to this extent, our civilization and our institutions are emphatically Christian.”

That’s right. America’s Founding Fathers believed that a widespread faith in God was the true source of America’s greatness. They would see today’s war against Christianity by our government, our educational institutions, the media and throughout our popular culture as a grave threat to America’s survival as a free nation.

Listen to the last dying words of Alexander Hamilton on July 12, 1804: “I have a tender reliance on the mercy of the Almighty; through the merits of the Lord Jesus Christ. I am a sinner. I look to Him for mercy; pray for me.”

Listen to Patrick Henry in his “Last Will” written November 20, 1798: “This is all the inheritance I give to my dear family. The religion of Christ will give them one which will make them rich indeed.”

John Adams, 1756, America’s Second President, wrote: “Suppose a nation in some distant region should take the Bible for their only Law Book, and every member should regulate his conduct by the precepts there exhibited...What a paradise would this region be!”

Abraham Lincoln, National Day of Prayer and Fasting, Battle of Bull Run: “It is fit and becoming in all people, at all times, to acknowledge and revere the Supreme Government of God; to bow in humble submission to His chastisement; to confess and deplore their sins and transgressions in the full conviction that the fear of the Lord is the beginning of wisdom; and to pray, with all fervency and contrition, for the pardon of their past offenses, and for a blessing upon their present and prospective action.”

George Washington, October 3, 1789, National Day of Prayer & Thanksgiving: “It is the duty of all nations to acknowledge the Providence of Almighty God, to obey His will, to be grateful for His benefits, and to humbly implore His protection and favor.”

Thomas Jefferson, 1781: “God who gave us life gave us liberty...a conviction that these liberties are a gift of God...That they are not to be violated but with His wrath? Indeed, I tremble for my country when I reflect that God is just.”

Contributed by Carolyn Lee Peerman
Recipes for Healthy Living
Easy Garlic-Lemon Scallops

Ingredients:

- 3/4 cup butter
- 3 tablespoons minced garlic
- 2 pounds large sea scallops
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 2 tablespoons fresh lemon juice

Directions:

Melt butter in a large skillet over medium-high heat. Stir in garlic and cook for a few seconds until fragrant. Add scallops and cook for several minutes on one side, then turn over and continue cooking until firm and opaque.

Remove scallops to a platter, then whisk salt, pepper and lemon juice into butter. Pour sauce over scallops to serve.

Recipe by Button on allrecipes.com

Optional:

Add white wine during cooking and/or garnish with parsley, thyme, chives or other herbs.
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

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

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

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
Pictures from July 25, 2020 Picnic
### AUGUST 2020 - Mended Hearts Schedule of Visits

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<th>Sunday</th>
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<td>434-610-6812 &amp; Dan Cousins</td>
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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 ______________________________________________________________________________________________

Email address _________________________________________________________________________________________

(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
* Choice of ____ Decal or ____ MLH Notecards (10 pk)
* 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 ____ MLH/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
* Recognized 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 a Family 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 ____ MLH/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 check all that apply) I want to be a MH support volunteer: ☐ Yes  ☐ No

I am interested in CHD Parent Matching: ☐ Yes  ☐ No

PAYMENT INFORMATION:

Membership Level ____________________________  $ ______________  

Additional tax-deductible Donation to

☐ Mended Hearts ☐ Mended Little Hearts  $ __________________

Chapter # 16  Annual Chapter Dues  $ _______  5.00

Additional Chapter Donation Amount  $ __________________

TOTAL  $ __________________

For Credit Card payments, call 1-888-432-7899 (1-888-HEART99)

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
THE MENDED HEARTS, INC.

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.