Jackie Carver— Program Chair

2020 Program Calendar

September 24, 2020 1:10 p.m. to 2:10 p.m., Jamerson Y - 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

One COVID Drug in Approval Phase

As of the end of July, one vaccine from China had received limited approval from the Chinese government. CanSinoBIO demonstrated in Phase II trials that its AD5 adenovirus vaccine produced a strong immune response. The Chinese military approved the vaccine July 25 for soldiers.

Inside this issue

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What I Know: “If You Want Your Eggs Hatched, Sit On Them Yourself”

"Food tastes best when you eat it with your own spoon,” say the Danish. So grab your spoon and eat. You will be well fed as long as you are self-reliant and self-sufficient. Why depend upon others for your daily bread? The Nepalese say, “Depend on others and you’ll go hungry.”

Plant and cultivate your own vegetable garden and you will have enough to feed your family and share with others. Lean on your own ingenuity. Let your happiness be born of self-reliance. No one else will fight for you as you do. You are a lion fighting for your own survival. Simply put, self-reliance is the master key that unlocks the door of opportunity. It is essential to success. Be your own teacher. “If you want a thing done well, do it yourself,” said Napoleon I.

"Be yourself and think for yourself; and while your conclusions may not be infallible they will be nearer right than the conclusions forced upon you by those who have a personal interest in keeping you in ignorance,” wrote Elbert Hubbard, in The Note Book (1927). Why let other people impose their views on you? Think for yourself and express your views out of the depths of your soul. Do you realize how much time you will gain if you are not constantly looking to see what your neighbor says or does or thinks? Be concerned with what you do and whether it is holy, just, and true.

“I do my intellectual work inside myself, and once I am with my fellow creatures it is more or less a matter of indifference to me whether or not they are intelligent as long as they are kind, sincere, etc.,” wrote Marcel Proust. Once you have formed with perfect sweetness your own ideas and opinions in the independence of solitude, then you have something original and unique to give others. That uniqueness is a priceless gift. Cherish it. You are one of a kind. “A wise man never loses anything if he have himself,” noted Montaigne.

“Any man who is really a man must learn to be alone in the midst of others, to think alone for others, and, if necessary, against others,” wrote Romain Rolland. Are you mature enough to stand upon your own ideas even in a crowd of people who do not agree with you? Are you strong enough to not be swayed by the crowd? “Independence is for the very few; it is a privilege of the strong,” wrote Nietzsche. You and you alone are the architect of your own fortune. Are you building a house of sand or a palace that will endure? Are you springing up under every disadvantage working your solitary but irresistible way through a thousand obstacles to create a life for yourself? Are you following your own direction instead of letting others direct you? Who is going to improve your lot in life, if you do not do it yourself? As the Haitians say, “If you want your eggs hatched, sit on them yourself.”

Contributed by Carolyn Lee Peerman

Editor’s Page—Dallas Scott

September 22 is the first day of Fall (Autumn). That means it is time for yard cleanup before winter hits. Time seems to fly by much faster as I get older. I know it really doesn’t but I remember when it took forever to be Summer and waiting for Spring Break was an eternity. I guess it is just my perspective that has changed. When I was younger I had big plans for my future and dreams that could not wait to be fulfilled. Now, most of my “future” days have passed although I hope to have a few more to look forward too. My hopes and dreams have mostly been fulfilled. I have new hopes and dreams to anticipate. I hope I make it to the bathroom on time. I hope I wake up in the morning. I hope the aquaponics system I designed works for Frances. I hope the fish are biting next time we go to the lake. I hope all my friends are making new hopes to give them something to look forward to and dream about.

It is with a heavy heart that we learned of the death of Amy Joette Blackburn Molter. I know that she is in a better place with our Lord. I also know Dave and Nancy are carrying a heavy burden. Please keep them in your thoughts and prayers.

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 Lighter Side

Did you hear about the guy who married an Amish woman? In less than a week, he drove her buggy.

Did you hear about the girl who was dating a poet and a farmer? Couldn’t decide whether to marry for butter or verse.

Did you hear about the guy who painted the church with watered down paint? He heard a voice that said “Repaint and thin no more.”

We have enough youth, how about a fountain of smart?

Where there’s a will, I want to be in it.

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
Dodson Pest Control
Miller Associates P.C.
Mr. and Mrs. Greg A Graham

Surgery Anniversary
None

In Memory of
Amy Joette Blackburn Molter by Chapter 16 sent to MHI

In Honor of
None

Membership
None

Regional Meeting Payments
Dallas and Frances Scott
Mandy Sandkuhler
Dan and Janie Cousins
Carlos Santillan
Michael S. Kolansky
Chris Maxwell
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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<th>VISITING REPORTS</th>
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<td>Patients Visited</td>
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These numbers have not been updated due to SOCIAL ISOLATION. We hope to be able to start visits in the near future. Make sure your accreditations are up to date. They can be done on-line at www.mendedhearts.org. Login then go to Visitor Training in the left column.

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

2020 General Meeting Greeters

<table>
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<tr>
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<tbody>
<tr>
<td>9/24/20</td>
<td>Cindy Wood</td>
</tr>
<tr>
<td>10/22/20</td>
<td>Dan Cousins</td>
</tr>
<tr>
<td>12/12/19</td>
<td>Dan Cousins</td>
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</table>

Need more volunteers, please see Dallas Scott.

"Oh, no – it’s a panda-emic!"
Time for Furnace Inspections

A little frost on the pumpkin will call for some heat in the house. So before the chill hits, inspect your furnace, especially if it burns fossil fuel.

All appliances that burn propane, natural gas, wood or heating oil, are potential sources of carbon monoxide (CO) leaks. CO, a colorless, odorless gas, is produced by incomplete combustion of fuel.

A qualified technician can check your heating system for these problems: A cracked heat exchanger, inadequate fresh air, blocked chimneys or flues, or blocked appliance vents.

Carbon monoxide poisoning is a form of slow suffocation. The gas attaches itself to hemoglobin, the oxygen-carrying protein in blood. The blood carries less oxygen and the body suffocates. CO poisoning symptoms begin with sluggishness and headache. Later there is dizziness and loss of consciousness.

Although CO poisoning has been getting a lot of publicity lately, the fact is that CO poisoning leading to death is unusual. In fact, in the U.S. (with a population of more than 250 million), there are only 800 to 1,000 people who die from it each year, according to the Mayo Clinic Health Letter.

Nonetheless, if you use any appliance that burns fossil fuel, a CO detector is a good idea. Be sure to buy an Underwriter Laboratories approved detector that has some of the following features:

- An audible alarm.
- Power-on light.
- A manual reset button to silence alarm briefly.
- Test button to verify that it works.

Labor Day is still called the great seasonal divide

During the last couple of decades of what we have called change, all of the old boundaries of custom have been crossed and crisscrossed until they are blurred in our perception.

But, one still stands, as firm (and arbitrary) as ever: Summer is the time to play. And summer ends on Labor Day.

Labor Day seems as final as the midnight chime for Cinderella. The ball is over. It's back to school, back to work.

This year, with virus lockdowns, many of us didn't even get to vacation and we may not even be back to school.

So, let's forget the great divide. We will still have time to take vacations and enjoy ourselves even if we do it in months other than summer.

Your efforts to keep things running smoothly during COVID lockdowns and work interruptions are sincerely appreciated!

The one thing time and change have not blurred is our right to have a great Labor Day weekend. So have a good one. Have a great time, but stay safe.

September Birthdays
Andrew Hoard
Beryl Martin
Margaret Mundy
Tony Tucker

September Surgery Anniversaries
Andrew Hoard 2011

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Board Meeting Happenings: August 2020

There was no Board of Directors Meeting for August 2020.

The next Board meeting will be September 24, 2020 at 11:00 pm to 12:30 pm at President Laurels home, 216 Paulette Circle, Lynchburg, VA.

What I Know: “Adventure Is The Champagne Of Life”

“Adventure is not outside a man, it is within,” said David Grayson. Every morning is a fresh opportunity to make of your life a courageous act of daring. That adventure begins in your mind as you learn something that you never knew before. Adventurous people accomplish great things and make new discoveries because they are bold enough to break the chain of routine through reading dynamic books, traveling to exotic places, taking up an enterprising hobby, and adopting a revolutionary viewpoint. They agree with Helen Keller that “Life is either a daring adventure or nothing.” Adventurous people go wherever there is no path and leave a trail.

“They sicken of the calm, who know the storm,” wrote Dorothy Parker in “Fair Weather.” It is the storms of life that make our days interesting. Sunshine all of the time can be monotonous. Adventurous people can take an ordinary day and make it special; adventurous people see clearly the miracle in a single flower. They give close attention to a blade of grass and it becomes a mysterious, awesome, indescribably magnificent world in itself. They know that a wasted day is one in which they have not laughed. They see with today the eyes of tomorrow. They climb more mountains, swim more rivers, watch more sunsets, and pick more daisies.

“The follies which a person regrets most in his life are those he didn’t commit when he had the opportunity,” noted Helen Rowland (1876-1950). In other words, a legitimate adventure came along and the person passed up the opportunity to grasp it. Now the opportunity is gone. Maurice Chevalier knows the experience of a missed opportunity. He said, “My own experience has taught me this: if you wait for the perfect moment when all is safe and assured it may never arrive. Mountains will not be climbed, races won or lasting happiness achieved.” There is no perfect moment. Seize the day. After all, time is infinitely more precious than money. You can accumulate money but you can never accumulate time. Time is life. A fool hesitates then loses.

“A person will be called to account on Judgment Day for every permissible thing he might have enjoyed but did not,” notes the Talmud. What glorious adventure could you have enjoyed but did not? Have you taken for granted the miraculous dance of creation? Have you not taken time to stop and smell the roses? “What is alive, and open, and active is good. All that makes for inertia, lifelessness, dreariness, is bad. This is the essence of morality,” writes D.H. Lawrence. Do you realize that there will come a day when you’d trade all of your tomorrows for a single yesterday? “Oh, to be seventy again!” said Oliver Holmes, Jr. in his 87th year while watching a pretty girl. Live your today!

Contributed by Carolyn Lee Peerman

August 2020 General Meeting

There was no August General Meeting held for Mended Hearts Chapter 16. The September 24 Meeting will be held at the Jamerson Y at 1:00 PM to 2:30 PM.

What I Know: “I Am Wealthy In My Friends”

“What is a friend? A single soul dwelling in two bodies,” wrote Aristotle. He added, “Without friends no one would choose to live, though he had all other goods.” Do you have friends? Do you see them as your greatest wealth?

To have a good friend is one of the highest delights of life. Remember, no man is a failure who has friends.

Do you recognize the difference between an acquaintance and a true friend? “From acquaintances, we conceal our real selves. To our friends we reveal our weaknesses,” noted Basil Hume. A true friend is one who knows all about you and cares for you anyway. True friendship is seen through the heart not through the eyes.

Friendship is like a bank account. You can’t continue to draw on it without making deposits. In other words, friendship is a responsibility, never an opportunity. “A friend should bear his friend’s infirmities,” wrote Shakespeare in Julius Caesar. “A true friend never gets in your way unless you happen to be going down,” noted Arnold H. Glasow. A true friend will bring out the best in you. With a true friend, you may be sincere and think aloud your thoughts.

“True friendship is a plant of low growth, and must undergo and withstand the shocks of adversity before it is entitled to the appellation,” said George Washington. This is the friendship that is built on caring, sharing, and trust.

This is the friendship that is based on loyalty. “A true friend is someone who is there for you when he’d rather be anywhere else,” noted Len Wein. “A true friend stabs you in the front,” noted Oscar Wilde.

How do you make a friend? “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,” wrote Dale Carnegie. “The only way to have a friend is to be one,” noted Ralph Waldo Emerson. Listen to the words of Frederick W. Faber on how he made a friend: “Many a friendship—long, loyal, and self-sacrificing—rested first upon no thicker a foundation than a kind word.” Are you giving out kind words? Are you extending yourself when you see a need?

Like Shakespeare, Dear Readers, are you wealthy in your friends?

Contributed by Carolyn Lee Peerman

Contributed by Carolyn Lee Peerman
"Cast me not off in the time of old age; forsake me not when my strength faileth." Psalm 71:9

“To every thing there is a season; and a time to every purpose under the heaven: A time to be born, and a time to die” Ecclesiastes 3: 1,2a

“Jesus said unto her, I am the resurrection, and the life: he that believeth in me, though he were dead, yet shall he live: And whosoever liveth and believeth in me shall never die. Believest thou this?” John 11:24,25

“Precious in the sight of the LORD is the death of his saints.” Psalm 116:15

“For I know that my redeemer liveth, and that he shall stand at the latter day upon the earth: And though after my skin worms destroy this body, yet in my flesh shall I see God: Whom I shall see for myself, and mine eyes shall behold, and not another; though my reins be consumed within me.” Job 19:25,26,27 “As for me, I will behold thy face in righteousness: I shall be satisfied, when I awake, with thy likeness.” Psalm 17:15

“Beloved, now are we the sons of God, and it doth not yet appear what we shall be: but we know that, when he shall appear, we shall be like him; for we shall see him as he is. And every man that hath this hope in him purifieth himself, even as he is pure.” I John 3: 2,3.

Contributed by Carollyn Lee Peerman

WHY PRAY?

When the evangelist Billy Graham was asked the question, “What is life’s biggest surprise for you?” He answered, “The brevity of it.” This is the reason why you should pray. You need to ask Almighty God for His wisdom and strength right now as you face the challenges of life. Do not delay. You are not promised tomorrow.

What are the benefits of praying? “Call unto me, and I will answer thee, and show thee great and mighty things, which thou knowest not.” Claim these words in Jeremiah 33:3. They were true for Jeremiah and they will be true for you day by day. God longs to answer your prayer and to bless you.

What is God like? “The eternal God is thy refuge, and underneath are the everlasting arms.” God is your heavenly Father. He will answer your prayer requests in ways that your earthly father cannot answer. God is all powerful and all knowing. “For my thoughts are not your thoughts, neither are your ways my ways, saith the LORD. For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts are higher than your thoughts.”

Contributed by Carollyn Lee Peerman

Grandparents Day

September 13, 2020
Recipes for Healthy Living
The Classic French Chateaubriand

Copied from pagesmag.com

This tenderloin of beef with sauce has been the delight of food lovers for more than century.

Named for (or some sources say invented by) the French romantic period novelist Francois-Rene, vicomte de Chateaubriand, the beef dish is roasted and served on a silver or oak tray, with wine sauce.

**Ingredients**

1 pound beef tenderloin (center cut)
Salt (to taste)
Freshly ground black pepper (to taste)
3 tablespoons unsalted butter (softened and divided)
2 tablespoons olive oil
1 medium shallot (finely chopped)
1/2 cup dry red wine (medium-bodied)
1/2 cup demi-glace
1 tablespoon fresh tarragon (chopped, or 2 teaspoons dried)

**Steps to Make It**

Gather the ingredients.

Preheat oven to 375 F.

Evenly season the beef with salt and pepper.

Melt 2 tablespoons of the butter with the olive oil in a large skillet (preferably cast-iron) set over medium-high heat until cloudy and bubbly.

Place the seasoned meat in the pan and brown for 3 minutes without moving the meat. Using tongs, carefully turn the tenderloin on its side and brown for 3 minutes more. Repeat the same browning process on all exposed surfaces of the meat.

Transfer the tenderloin to a rack placed in a roasting pan and transfer to the oven. (Set aside the skillet with any accumulated juices for making the sauce.) Roast the beef to your desired doneness about 15 minutes for medium rare, 20 minutes for medium, and 23 minutes for medium-well.

Remove the meat from the oven and transfer to a warm serving platter. Lightly tent the meat with foil and let it rest for 15 minutes.

While the tenderloin is resting, make the wine sauce. Combine the shallot with the juices in the skillet and saute over medium heat until the shallot is soft and translucent.

Pour the wine into the skillet and bring the sauce to a boil, scraping up any browned bits on the bottom of the pan.

Continue boiling the sauce until it reduces by half.

Add the demi-glace to the sauce and continue boiling the mixture until slightly thickened.

Remove the sauce from the heat and stir in the remaining 1 tablespoon softened butter and tarragon. Taste and season with salt and black pepper as needed.

Slice the meat on the diagonal and serve with the wine sauce. Enjoy.

Recipe by Rebecca Franklin on thespruceeats.com
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 Leaders

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<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Phone</th>
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<tbody>
<tr>
<td>President</td>
<td>Laurel Dodgion</td>
<td>434-610-6812</td>
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<tr>
<td>Vice President</td>
<td>Dave Blackburn</td>
<td>434-525-0528</td>
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<tr>
<td>Secretary</td>
<td>Esther Tucker</td>
<td>434-239-4587</td>
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<tr>
<td>Treasurer</td>
<td>Debbie Sipes</td>
<td>434-546-0808</td>
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<tr>
<td>Asst. Treasurer</td>
<td>Nelson Davis</td>
<td>434-845-5245</td>
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<tr>
<td>Publicity</td>
<td>Betty Drinkard</td>
<td>434-525-2852</td>
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<tr>
<td>Health Fairs</td>
<td>Dave Blackburn</td>
<td>434-525-0528</td>
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<tr>
<td>Cardiac Staff Advisor</td>
<td>Cindi Cole</td>
<td>434-200-6701</td>
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<tr>
<td>Staff Editorial Advisor</td>
<td>Michelle Adams</td>
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<td>Immediate Past Pres</td>
<td>Betty Drinkard</td>
<td>434-525-2852</td>
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<td>Newsletter Editor</td>
<td>Dallas Scott</td>
<td>434-610-4314</td>
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<td>Volunteer Coordinator - LGH</td>
<td>Sue Spencer</td>
<td>434-200-3223</td>
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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:

Mid-Atlantic Asst RD: Bill Voester 704-310-8354
mendedheartsbilly@gmail.com

National Executive Dir: Andrea Baer 724-396-7820
Andrea.baer@mendedhearts.org

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

No man can put a chain about the ankle of his fellow man without at last finding the other end fastened about his own neck.

Frederick Douglass

175 years ago on September 3, 1838, Frederick Douglass escaped to freedom.
“I’m not having palpitations right now, but I think we can recreate them by you telling me my copay.”

“I don’t think the Wilsons wash their hands much. They still have winter-themed hand soap in their bathroom.”

The idea of Twitter started with me working in dispatch since I was 15 years old, where taxi cabs or firetrucks would broadcast where they were and what they were doing.

Jack Dorsey, cofounder and CEO, Twitter
# SEPTEMBER 2020 - Mended Hearts Schedule of Visits

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<td>MH Visiting Schedule</td>
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Visitation Cancelled
MEMBERSHIP FORM

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

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

Address __________________________

City / ST / Zip __________________________

Chapter/Group _______ Member-at-large ________

Phone __________________________

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

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
* Car Decals – Select ___MH or ___MLH
* One-time 5% off coupon for purchase from the MH store
* One year annual subscription to Heartbeat magazine ($30 value)

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

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

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

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

FAMILY MEMBERSHIP

For members of one household with one mailing address only

☐ Family Membership --- $40 annual donation
* All 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 ___MH/MLH Notecards (10 pk)
* 5% off registration of any National (not regional) MH/MLH Conference or Symposium

Family Members:

Spouse ___ Child ___ Heart Patient ___

Spouse ___ Child ___ Heart Patient ___

Spouse ___ Child ___ Heart Patient ___

Spouse ___ Child ___ Heart Patient ___

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

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

PAYMENT INFORMATION:

Membership Level ____________________ $ ___________ ______

Additional tax-deductible Donation to

☐ Mended Hearts ☐ Mended Little Hearts $ ____________

Chapter # 16 Annual Chapter Dues $ ______ 5.00

Additional Chapter Donation Amount $ ___________ 

TOTAL $ ____________

For Credit Card payments, call 1-888-432-7899 (1-888-HEART99)
“It’s Great to be Alive - and to Help Others!”

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.