September has come and gone. I can’t believe time is going so fast, it is October already, and before we know it, it will be Christmas. Well October is a good time to get apples, & pumpkins, as leaves are falling, it’s a beautiful time of the year. Halloween is at the end of the month, hopefully the kids will be able to trick-or-treat. I enjoy watching the kids come around in their costumes. They get so excited and it’s a joy to watch them all dressed up in their favorite characters.

Mended Hearts will be holding a new webinar series for October. “In Control: Empowering Patients to Take Control of Their Heart Failure”. This is a four - part webinar series designed to empower you to take an active role in managing your heart failure. Starting on Oct. 8th and each Thursday throughout October, we will take a different look at heart failure. This series will cover what heart failure is, why it’s important to manage your symptoms, new ways to monitor your symptoms, and will end with a panel of experts - HEART PATIENTS who are living with heart failure.

Make sure to register for each webinar individually and save the dates. Everyone should have gotten a email from MHI if not register online at (www.mendedhearts.org).

Join us for our World of Support Virtual Walk ( other activities count too) and help us create more support for patients, caregivers, and families who have a loved one with heart disease at any age. This fun and engaging virtual event helps participants get active and healthy this Fall and also supports Mended Hearts and Mended Little Hearts programs and services at both a national and a community level. So get ready to get moving and to inspire hope in others who need it right now more than ever. Our Chapter 16 is getting together every Thursday in Oct. 1, 8, 15, 22, 29, meeting at Jamerson YMCA at 9:30 for a walk around Wyndhurst. All are welcome to join us bring a mask and good walking shoes and Social distance does apply. Hope to see you there.

We are looking for members that might like to be more involved with our Chapter 16 to be on the Board of Directors. Please let me know, we are in need of helpers.

Our next meeting will be Oct. 22, 2020, at 1:00 - 2:00 (not sure yet but think zoom ) meeting with Melvenia Lovelace, Nutritionist will be talking about “Eating Better”. Hope to see you all there. Have a Happy October.

It’s Great to be Alive and Help Others

Laurel Dodgion
President
This is my last newsletter to prepare for you. At the last Board meeting, we reviewed the new bylaws template from National. I took offense at National defining Chapters as Subordinate Organizations and National telling the “Subordinate Organizations” how they could spend the money they raised.

I contacted the Acting Regional Director via email and ask specifically if Chapter 16 could donate to Shriners’ Hospital, St. Jude Hospital or the American Heart Association. The response I received stated “No, you cannot donate to these organizations for the following reasons.

Shriners does not take patients with heart-related diseases, and therefore, it is not aligned with MHI’s mission. (Bylaws ARTICLE VIII, Section 3)

St. Jude’s does not take patients with heart-related diseases, and therefore, it is not aligned with our mission. (Bylaws ARTICLE VIII, Section 3)

The AHA is a competitive organization and cannot receive your donations (Bylaws ARTICLE VIII, Section 5).”

I will not continue associating with this type of CON-TROLLING organization. I have resigned.

Thank you for assisting me through my heart attack recovery in 2014 and for allowing me to serve as your Newsletter Editor. It has been fun.

Frances and I will continue to garden and go fishing at Smith Mountain Lake. I will still be a LGH Volunteer helping to deliver patients to their destination. I may be serving on the LGH Volunteers Board of Directors. I may see you from time to time.

Special Thanks go to Carol Bryant, Betty Drinkard, Carolyn Peerman, Judy Toler, Laurel Dodgion, Esther Tucker and Dan Cousins for all of your assistance in developing and delivering the newsletter. You each gave me the answers and time I needed from you.

Dallas Scott
Former Editor
Former Accredited Visitor
Former Historian

Opportunities to share your story

Mended Hearts currently has multiple opportunities for cardiovascular patients to share their stories! Your story is vital to improving the lives of heart patients and their families and these opportunities are available RIGHT NOW!

Please see the list of patients we are looking for and if you fit one of the categories and are interested in getting involved, please let Andrea Baer know!

- Have AFIB and were diagnosed during COVID-19 OR
- Have AFIB and were diagnosed BEFORE COVID-19 and would be willing to attend a meeting in November to share your story (Virtual meeting)
- Are Living with Heart Failure and would be interested in being a part of an advisory council and attend quarterly meetings (Virtual meetings)
- Are a stroke patient and would be willing to share your story (Virtual meeting)
- Have a leadless pacemaker implanted (Micra pacemaker) and would like to share your story via video and on a website.

If you are interested in any of the above opportunities, please reach out to Andrea Baer at andrea.baer@mendedhearts.org.

CARES & CONCERNS: Judy and Wayne Toler, Co-Chairs

⇒ David and Nancy Blackburn on the loss of their daughter Amy Joette Blackburn Molter.

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**
None

**Surgery Anniversary**
Wade T. (Tommy) Wright

**In Memory of**
None

**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

<table>
<thead>
<tr>
<th>VISITING REPORTS</th>
<th>Patients Visited</th>
<th>YTD</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>September</td>
<td>2020</td>
</tr>
<tr>
<td>Patients visited — (Including H.R.)</td>
<td>0</td>
<td>291</td>
</tr>
<tr>
<td>Home Recovery —</td>
<td>0</td>
<td>12</td>
</tr>
<tr>
<td>Family —</td>
<td>0</td>
<td>67</td>
</tr>
<tr>
<td>Pre-Op —</td>
<td>0</td>
<td>21</td>
</tr>
<tr>
<td>Post-Op —</td>
<td>0</td>
<td>291</td>
</tr>
<tr>
<td>Hours —</td>
<td>0</td>
<td>181</td>
</tr>
</tbody>
</table>

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

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

**2020 General Meeting Greeters**

<table>
<thead>
<tr>
<th>Date</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>10/22/20</td>
<td>Nelson Davis</td>
</tr>
<tr>
<td>11/19/20</td>
<td>Dan Cousins</td>
</tr>
<tr>
<td>12/12/19</td>
<td></td>
</tr>
</tbody>
</table>

Need more volunteers, please see Dallas Scott.

***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.

“The eye of newt is from free range newts.”
October Training Dates

We have training dates coming up in October for visitors interested in Virtual Visiting Training & Reaccreditation, as well as anyone interested in running support group meetings using Zoom. You do not need to register for these sessions, just click on the link to join on the appointed day and time.

**Topic: Virtual Visiting Training & Reaccreditation**

**Time: Oct 16, 2020 01:00 PM Eastern Time**

Join Zoom Meeting
https://zoom.us/j/94606748445?pwd=SjJLSkowZTdTOHVqajliM25jaEFlQT09
Meeting ID: 946 0674 8445
Passcode: 392446
One tap mobile
+13017158592,,94606748445#,,,,,,0#,,392446# US (Germantown)
+13126266799,,94606748445#,,,,,,0#,,392446# US (Chicago)

**Topic: Support Group Meetings Using Zoom**

**Time: Oct 20, 2020 04:30 PM Eastern Time**

Join Zoom Meeting
https://zoom.us/j/93727589523?pwd=MjByQnRXYnBWejZaVkxkZFpmazVXUT09
Meeting ID: 937 2758 9523
Passcode: 111529
One tap mobile
+13017158592,,93727589523#,,,,,,0#,,111529# US (Germantown)
+13126266799,,93727589523#,,,,,,0#,,111529# US (Chicago)

Two types of visitors are needed:

1. **Heartline (phone) Visitors** - These visitors will support patients, parents who have children with CHD and caregivers over the phone. We would like people who can commit to 4 hours a month (either one hour a week or two every other week).

2. **Virtual Visitor** interested in visiting over the phone, email AND through video chat and/or web chat.

If you are interested in becoming a Heartline (phone) visitor only, please click [HERE](#).

If you are interested in becoming a virtual visitor who provides support over the phone, through email, through video chat and through web chat, please click [HERE](#).

**Visit Me Visitors Needed**

We are in need of Visit Me visitors! If you, or a visitor for your chapter or group, are interested in supporting patients, parents or caregivers by phone, email, or video chat, please consider becoming a visitor for this exciting program. As news of the program spreads across the nation, we have more people contacting us for support. We want to be able to meet the needs of all who reach out to us, but we can't do it without your help.

Two types of visitors needed:

- **Heartline (phone) Visitors**
- **Virtual Visitor**

If you have questions, please email Mandy Sandkuhler at mandy.sandkuhler@mendedhearts.org or Jodi Smith at jodi.smith@mendedlittlehearts.org.

**Patient Stories Needed**

If you are a patient who has aortic stenosis, and you are interested in sharing your story in an upcoming feature for Heartbeat Magazine, we would love to hear from you. To find out more, please email Paula at paulaf@madisonmilesmedia.com.

Heartfully,

Mended Hearts
Board Meeting Happenings: August 2020

The Board of Directors Meeting for September 2020 took place on 9/24/2020 at President Laurel’s home from 10:00 am to 12:30 pm. The new MHI and Chapter Bylaws were discussed.

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: ‘Tis the Gift To Be Simple

“Less is more,” wrote the poet Robert Browning. “What a breath of fresh air it is to live a simple uncomplicated uncluttered life in a world that continually screams at you and I that more is more!” “The ability to simplify means to eliminate the unnecessary so that the necessary may speak,” wrote Hans Hofmann in 1967 in his book, *Search For The Real*. In his book, *Journal of a Soul*, Pope John XXIII wrote, “I must strip my vines of all useless foliage and concentrate on what is truth, justice and charity. The older I grow, the more clearly I perceive the dignity and winning beauty of simplicity in thought, conduct and speech; a desire to simplify all that is complicated and to treat everything with the greatest naturalness and clarity.” Pope John longed to sing the traditional Shaker hymn, ‘Tis the gift to be simple. ‘Tis the gift to be free.

Are you searching for a way to simplify your life? Is this your goal? What a blessed relief it is to achieve the inner grace of being single-hearted! When genius explains itself there is power, force, unity, and an underlying simplicity of thought. What is the reward of achieving this inner grace of being single-hearted? Listen to the words that French mystic Francois Fenelon wrote, “When we are truly in this interior simplicity our whole appearance is franker, more natural. This true simplicity makes us conscious of a certain openness, gentleness, innocence, gaiety and serenity.” Do the inner and outer aspects of your life match so that you are transparent to others? Are you uncluttered by any self-importance within and unthreatened from without?

You and I cannot simplify the world but we can simplify ourselves. Why not focus your attention on deeper things by turning off the television and reading great books? Another way to simplify your life is to undertake life’s journey one step at a time. Don’t try to solve a problem until you must. Cut away the thousand and one hindrances that make your life complex. Do it now.

Still another way to simplify your life is to pare down your desires. I find I want so much and need so little. I am happiest when my boat of life is light carrying only the things I need: a homely home and simple pleasures.

Simplify your life so that you can live more intensely in the moment and concentrate on what is most important. Why frittered your life away with detail? “Let your affairs be as two or three,” wrote Thoreau from Walden Pond in 1854. Hear the voice of Zorba the Greek (1946) by Nikos Kazantzakis: “How simple and frugal a thing is happiness: a glass of wine, a roast chestnut, the sound of the sea. All that is required to feel that here and now is happiness is a simple, frugal heart.” Do you have that simple, frugal heart?

Contributed by Carolyn Lee Peerman

September 2020 General Meeting

The September General Meeting held at the Jamerson YMCA September 24 from 1:30 to 2:30. There were 9 members and the guest speaker present. David Seager, a CENTRA Exercise Physiologist talked to use about moving and reasonable exercise.

As can be seen from the pictures on page 9, he kept us going for almost the whole hour. He at least lets you do it our way not trying to hurt anyone.

The October 22 Meeting will be held at the Jamerson Y at 1:30 PM to 2:30 PM.

World of Support is Back

Register - Donate - Join a Team - Start a Team

For a world that needs support now more than ever

We are counting down the days to World Heart Day AND the first day of our World of Support Virtual Walk (and other activities). With your participation you'll be helping to support National programs, you'll be financially giving back to your local chapter or group, AND you'll be doing something good for your heart!

We ask that you share this campaign with your friends and family (it’s easy to do once you register) so that we can spread the word about the importance of heart health and the impact of heart disease. We are asking everyone to send a message of support to at least two people so we can kick this event off by creating support around the world.

There are many ways you can complete your miles - whether it’s climbing stairs, vacuuming, walking the dog, lifting weights or more - almost anyone can join in this campaign.

Here are some important things to remember

- The event begins on September 29th, World Heart Day and runs through October 29th.
- People can choose their distance (5K, 10K, 13.1 or 26.2 miles)
- Adults are $20 and Children are $10
- All participants will receive a red awareness bracelet
- You can create a team, create a fundraiser and participate by donating to a team
- If you create a team, include the name of your chapter or group in that name so you can raise money for your chapter or group too

For questions, please email Mandy at Mandy.Sandkuhler@mendedhearts.org or Jodi at Jodi.Smith@mendedlittlehearts.org.

Sincerely,

Mended Hearts and Mended Little Hearts
What I Know: “The Dogs Bark But The Caravan Moves On”

“It is easier to criticize than to do better,” is a Swiss saying. How easy it is to criticize a person, place, or thing without coming up with a better solution to the problem at hand. Have you ever noticed that people who don’t know how to ring the bell do the most knocking of others? Why does the person who can’t dance say that the music is no good? The person who constantly criticizes his inferiors hasn’t any. “The bad plowman quarrels with his ox,” say the Koreans. Worthless people blame their circumstances for their misfortunes instead of taking a good look at themselves. If you continually run somebody down you will never move up. Blowing out somebody else’s candle won’t make your own shine brighter. In other words, if you throw dirt you will lose ground so why take the chance. Kind words conquer and uplift.

“The human tongue is more poisonous than a bee’s sting,” is a Vietnamese saying. How much mischief an unruly tongue creates! How much harm it does! When you speak ill of another person you are really speaking ill of yourself. How difficult it is to govern the tongue! Do you know how to be silent even though you may be in the right? Do you know how to think before you speak? Loose lips not only sink ships they create animosities and resentments than can last for years.

“The dogs bark but the caravan moves on,” wrote Albert Camus. Daily criticisms and irritations are like jackals snapping at the heels of the camels in the caravan. “The important point is not to let the caravan stop and try to fight it out with the dogs. Rather one must keep the caravan moving. Think of the President of the United States and all of the endless snapping and jackals barking at his heels every day. You can’t stop and snap back or you risk being overwhelmed. Still more dogs will run out and start snapping if you stick around to argue. Just keep moving along!” wrote Richard H. Jenrette in his book The Contrarian Manager. Is your caravan moving along in spite of the criticism or has the sting of criticism got you stuck in the mud? Do you know how to handle criticism? If it is untrue, disregard it; if it is unfair, keep it from irritating you; if it is ignorant, just smile; if it is justified, then learn from it. Only those who help improve the situation have a right to criticize. Remember that famous line of Harry Truman? “He who cannot stand the heat should stay out of the kitchen.” If you are not a big enough person to stand criticism, then you are too small to be praised. It takes a big person to let the dogs bark but keep the car famous line of Harry Truman?”

Contributed by Carolynn Lee Peerman

What I Know: “Above All, Have A Good Time” Julia Child

“Oh, how I laugh when I think of my vague indefinite riches! No run on the bank can drain it, for my wealth is not possession but enjoyment,” wrote an unknown author. This philosophy must have worked for Julia Child for she lived a long and happy life and died just three days short of her ninety-second birthday. She knew what wealth there is in having a good time. It kept her going. She loved her work. Cooking up a nutritious tasty meal was fun for her. What about you? What keeps you going day by day?

“The road to happiness lies in two simple principles; find what it is that interests you and that you can do well, and when you find it put your whole soul into it—every bit of energy and ambition and natural ability you have,” said John D. Rockefeller, III. Have you found the work that you love to do?

What gives life meaning for you as you begin each fresh new day? Have you sought and found how best to serve others? Do you think happy thoughts? Are you fun to be around? Do others want to be with you? Greet the dawn of morning with enthusiasm and you will be satisfied at sunset. “A man can succeed at almost anything for which he has unlimited enthusiasm,” noted Charles Schwab. Enthusiasm is contagious and conquers the world. Enthusiasm is powerful; it turns fear into faith. Its value is beyond price.

“How much is a sunset worth? There are things such as a sunset or a beautiful sunrise that has no price. Their only value is what they do for you or to you. Each one of us has only so many sunsets and sunrises. Let us learn to enjoy them each day to the fullest,” said Alfred Armand Montapert. How quickly fly the days, the weeks, and the years! Life is short; seize the day. Why not enjoy what little you have instead of playing the fool and hunting for more? Are you making such thorough preparation for a rainy day that you are missing out on enjoying today’s sunshine?

“What I Know: “Above All, Have A Good Time” Julia Child

“Slow down and enjoy life. It’s not only the scenery you miss by going too fast — you also miss the sense of where you’re going and why,” noted Eddie Cantor. Haste makes waste. A steady even pace is conducive to a calm and quiet spirit. Evaluate your goals and take stock of what is important to you and what is not. Eliminate the unimportant and you will be much happier. Do your most important work first while your mind is fresh and full of creative ideas.

The thing that counts the most in the pursuit of happiness is choosing the right traveling companion. In other words, it is not where you go that counts but whom you have beside you. The more you spread happiness around, the more it increases. Happiness is like a potato salad — when shared with others, it’s a picnic. Julia Child would like that. She made life a picnic for others.

Contributed by Carolynn Lee Peerman
Recipes for Healthy Living

Seasonal treat takes full advantage of apple season

Copied from pagesmag.com

Apple season can vary depending upon the weather and the region of the orchard. A harsh and long winter can slow the blossoming of trees in the spring and an unexpected freeze can zap the buds and delay the growth and production.

That’s why National Apple Month begins in late September and extends through November.

Apples are grown in every state except Hawaii and Alaska and include 2,500 known varieties. Whatever region we live in, apple-picking, roadside stands and markets featuring a dozen varieties are usually good sources because we’ve got special family recipes that taste best with apples fresh from the tree.

About 100 apple varieties are grown commercially in the United States, but 90 percent consist of the 15 most popular, including Gala, Granny Smith, and Red Delicious. Though our recipes tend to focus on desserts or salads, here’s one that combines the savory taste of sausage with the sweet flavor of apple, perfect for any meal.

**Sausage-filled baked apples**

1 pound bulk pork sausage
6 large tart baking apples (Braburn, Macintosh, Honey Crisp)
1 small apple
2 tablespoons brown sugar
1 teaspoon ground cinnamon
1/4 teaspoon grated lemon rind
2 tablespoons light or dark raisins
Extra brown sugar, ground cinnamon, grated lemon rind.

Preheat oven to 375 degrees F.

Brown the sausage in a large skillet. Wash the apples; cut a slice from the tops; scoop out the cores and enough flesh to leave a 1/2 inch shell. Peel and finely dice the smallest apple.

To the sausage, add the diced apple, raisins, brown sugar, cinnamon, and lemon rind and mix well. Fill the apple shells with the mixture.

Sprinkle the tops with additional brown sugar, cinnamon, and lemon rind. Place in a baking dish, cover with foil, and bake until tender, about 40 minutes. Then serve with biscuits or croissants and apple jelly.

Happy Thanksgiving, Canada!
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 Ruby and Nelson Davis
Hospitality Dan Cousins
Membership Newsletter
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

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 Betty Drinkard 434-525-2852
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:

Mid-Atlantic Asst RD: Bill Voester 704-310-8354
mendedheartsbillv@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 TRICKS. NO TREATS.
HALLOWEEN IS CANCELLED!
Pictures from 9-24-2020 General Meeting
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>MH Visiting Schedule</td>
<td>Laurel Dodgion</td>
<td>434-610-6812 &amp; Dan Cousins</td>
<td>434-944-5898</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>HR &amp; All</td>
<td>All</td>
<td>HR &amp; All</td>
<td>HR &amp; All</td>
<td>All</td>
<td>All</td>
<td>All</td>
</tr>
<tr>
<td>Dodgion</td>
<td>Wright</td>
<td>Scott</td>
<td>Krishnamoorthy</td>
<td>Stinnette</td>
<td>Stevens</td>
<td>Cousins</td>
</tr>
<tr>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td>All</td>
<td>All</td>
<td>HR &amp; All</td>
<td>HR &amp; All</td>
<td>All</td>
<td>All</td>
<td>All</td>
</tr>
<tr>
<td>Blackburn</td>
<td>Dodgion</td>
<td>Dodgion</td>
<td>Dodgion</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td>All</td>
<td>All</td>
<td>HR &amp; All</td>
<td>HR &amp; All</td>
<td>HR &amp; All</td>
<td>HR &amp; All</td>
<td>All</td>
</tr>
<tr>
<td>Wright</td>
<td>Wright</td>
<td>Scott</td>
<td>Scott</td>
<td>Stinnette</td>
<td>Dodgion</td>
<td>Cousins</td>
</tr>
<tr>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
</tr>
<tr>
<td>All</td>
<td>All</td>
<td>All</td>
<td>All</td>
<td>HR &amp; All</td>
<td>All</td>
<td>HR &amp; All</td>
</tr>
<tr>
<td>Cousins</td>
<td>Cousins</td>
<td></td>
<td></td>
<td>Scott</td>
<td></td>
<td>Dodgion</td>
</tr>
<tr>
<td>29</td>
<td>30</td>
<td>31</td>
<td>32</td>
<td>33</td>
<td>34</td>
<td>35</td>
</tr>
<tr>
<td>All</td>
<td>All</td>
<td>All</td>
<td>All</td>
<td>HR &amp; All</td>
<td>All</td>
<td>All</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Dodgion</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
MEMBERSHIP FORM

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

Name (Mr./Mrs./Ms.) ____________________________________________  Chapter/Group _______  Member-at-large _______

Address  ____________________________________________________  Phone ____________________________

City / ST / Zip ___________________________________________________________________________________

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

(Please check all that apply) I am a ☐ Heart Patient  ☐ Caregiver  ☐ CHD Parent  ☐ Physician  ☐ RN  ☐ Healthcare Employee  I am interested in CHD Parent Matching: ☐ Yes  ☐ No

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.

<table>
<thead>
<tr>
<th>INDIVIDUAL MEMBERSHIP</th>
<th>FAMILY MEMBERSHIP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Associate Member --- FREE</td>
<td>For members of one household with one mailing address only</td>
</tr>
<tr>
<td>* Can attend any chapter meeting for MH or MLH</td>
<td></td>
</tr>
<tr>
<td>* Can join online communities</td>
<td></td>
</tr>
<tr>
<td>* Can access Member Portal</td>
<td></td>
</tr>
<tr>
<td>* Receives the National e-newsletter</td>
<td></td>
</tr>
<tr>
<td>Individual Member --- $20 annual donation per person</td>
<td>Family Membership --- $40 annual donation</td>
</tr>
<tr>
<td>* All of the benefits of an Associate Member, PLUS</td>
<td></td>
</tr>
<tr>
<td>* Membership Card</td>
<td></td>
</tr>
<tr>
<td>* Car Decal — Select ___ MH or ___ MLH</td>
<td></td>
</tr>
<tr>
<td>* One-time 5% off coupon for purchase from the MH store</td>
<td></td>
</tr>
<tr>
<td>* One annual subscription to Heartbeat magazine ($30 value)</td>
<td></td>
</tr>
<tr>
<td>Bronze Member --- $45 annual donation per person</td>
<td>* All of the benefits of a Family Membership, PLUS</td>
</tr>
<tr>
<td>* All the benefits of a Full Individual Member, PLUS</td>
<td></td>
</tr>
<tr>
<td>* Membership Pin</td>
<td></td>
</tr>
<tr>
<td>* Choice of ___ Drawstring Backpack or ___ MH/MLH Notecards (10 pk)</td>
<td></td>
</tr>
<tr>
<td>* 5% off registration of any National (not regional) MH/MLH Conference or Symposium</td>
<td></td>
</tr>
<tr>
<td>Silver Member --- $100 annual donation per person</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>* All the benefits of a Bronze Member, PLUS</td>
<td></td>
</tr>
<tr>
<td>* A Stainless Steel Mended Hearts Travel Mug</td>
<td></td>
</tr>
<tr>
<td>Gold Member --- $250 annual donation per person</td>
<td>Bronze Family Membership --- $75 annual donation</td>
</tr>
<tr>
<td>* All the benefits of a Silver Member, PLUS</td>
<td></td>
</tr>
<tr>
<td>* A Red Fleece Blanket</td>
<td></td>
</tr>
<tr>
<td>* 10% off registration of any National Conference or CHD Symposium</td>
<td></td>
</tr>
<tr>
<td>Heart of Gold Lifetime Sponsor --- $1500 donation</td>
<td></td>
</tr>
<tr>
<td>* All the benefits of a Gold member FOR LIFE, PLUS</td>
<td></td>
</tr>
<tr>
<td>* 15% off registration fees at National MH/MLH Conferences / Symposium</td>
<td></td>
</tr>
<tr>
<td>* 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</td>
<td></td>
</tr>
</tbody>
</table>

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.

Blue Ridge Chapter #16 of Mended Hearts, Inc. expresses our appreciation for the generous support of Centra in providing printing costs for this newsletter.

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

October 2020