Dr. Sam Baradarian, MD, Cardiothoracic Surgeon, Scripps Clinic will speak at our November 9th Meeting. Dr. Baradarian cares for heart patients requiring coronary and valvular heart surgery, aortic surgery, minimally invasive cardiovascular surgery, thoracoscopic surgery, minimally invasive lung surgery, surgical correction of atrial fibrillation and left ventricular assist device (LVAD) procedures. Dr. Baradarian was the first surgeon to perform the LVAD procedure at Scripps, where the device is surgically implanted in patients with advanced and end-stage heart failure. Join us for an informative speech!

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We meet at the **San Diego Cardiac Center**, 3131 Berger Ave, 2nd Floor, San Diego. We meet on the second Saturday of every month (10am-noon) except July when we are dark. In addition to these San Diego meetings, Chapter 62 holds separate satellite meetings in Carlsbad. Please see the “**SATELLITE MEETINGS**” page for all satellite details. Other pages pertain to our San Diego Meeting location.

**Meeting Format (Typical)**

- Board Meeting 9:00 - 10:00
- Meet and Greet 10 – 10:15
- Breakout Groups - 10:15 - 10:55
- Guest Speaker 11:00 - 11:55
- End Meeting 12:00

**Directions to our Meeting**

**From East County:**
Take I-8 West to I-805 North. Take Exit 20A for Mesa College Drive and turn left at Kearny Villa Rd / Mesa College Drive. Make a U-turn at Health Center Drive / Annrae Street, then turn right at Berger Avenue.

**From South Bay:**
Make your way to State 163 North. Take Exit #6 for Mesa College Drive. Turn right at Mesa College Drive. Turn right at Berger Avenue.

**From North of Highway 52:**
Make your way to 163 South. Note: If you’re traveling on I-805 South – stay on it and exit at State 163 South. From State 163 South, exit at Genessee Avenue Exit #5. Make a left turn following the Hospital signs. Make a left on Health Center Drive. Make a right at Frost Street (Sharp Memorial Hospital). Make a left onto Berger Avenue / Children’s Way.

**Meeting Dates**

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<th>DATE</th>
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<tr>
<td>November 9 2019</td>
<td>Upstairs Conference Room, Suite 200</td>
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<td>December 14 2019</td>
<td>Upstairs Conference Room, Suite 200</td>
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<td>January 11 2020</td>
<td>Upstairs Conference Room, Suite 200</td>
</tr>
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<td>February 8 2020</td>
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<td>March 14 2020</td>
<td>Upstairs Conference Room, Suite 200</td>
</tr>
<tr>
<td>April 11 2020</td>
<td>Upstairs Conference Room, Suite 200</td>
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In addition to our San Diego meetings, Chapter 62 holds separate satellite meetings at the Carlsbad address below. These meetings are held on the second Tuesday of each month from 10:30am-Noon. This page contains all information for the satellite meetings.

**NEXT SATELLITE MEETING** is November 12, 10:30am - noon at:

TRI-CITY Wellness Center  
6250 El Camino Real, Carlsbad  
GUESTS AND MEMBERS ARE WELCOME! No cost to attend.

**OUR NOVEMBER 12th MEETING** will feature guest speaker Dr. Pashmforoush, E.P. A cardiologist practicing at Tri-City-Medical Center. Dr. Pashmforoush specializes in ablation and arrhythmias.

Patients and family members are welcome to attend. For questions call 760 846 0626 or visit [www.sdmh.org](http://www.sdmh.org).

**DIRECTIONS TO OUR SATELLITE MEETINGS:**

*From the I-5 Southbound* take exit 45 for Poinsettia Ln toward Aviara Pkwy. Turn left onto Poinsettia Ln.  In 2.1 miles, turn left onto Cassia Rd.  In 0.5 miles, turn left onto El Camino Real.  In 0.6 mile turn right into facility.  In 300 feet turn left.  Destination will be on the right.

*From the I-5 Northbound* take exit 45 for Poinsettia Ln toward Aviara Pkwy. Turn right onto Poinsettia Ln.  In 2.0 miles, turn left onto Cassia Rd.  In 0.5 miles, turn left onto El Camino Real.  In 0.6 mile turn right into facility.  In 300 feet turn left.  Destination will be on the right.
A group of our members and guests toured the Rancho Penasquitos Ranch House in October. We enjoyed its impressive history and beautiful surroundings while supporting our National Organization.
Visiting the Ranch Creatures and Feeding the Goats!

“IT’S GREAT TO BE ALIVE AND TO HELP OTHERS”
No new members this month

(sad face here)

Answers to crossword puzzle

“IT’S GREAT TO BE ALIVE AND TO HELP OTHERS”
**Mended Little Hearts** is a nationwide organization for parents, caregivers and families of children with heart defects/disease that provides resources and a caring support network to help families work through overwhelming emotions involved with having a child with a heart defect. Mended Little Hearts helps families move forward to find laughter, healing and hope.

Your local San Diego chapter members invite you to join us at any of our upcoming Mended Little Hearts of San Diego events. Community events are a great way to meet other families and caregivers in the CHD community to share resources or experiences to support each other.

**We welcome you to join us at these upcoming events!**

**November Music Therapy**:  
**Friday, November 22, 2019**  
4:00 pm – 4:30 pm  
Ocean Air Park / Rec Center  
4770 Fairport Way  
San Diego, CA 92130

**December Holiday Potluck**:  
**Sunday, December 15, 2019**  
4:00 pm to 6:00 pm  
More details TBA

**December Music Therapy**:  
**Friday, December 27, 2019**  
4:00 pm – 4:30 pm  
Ocean Air Park / Rec Center  
4770 Fairport Way  
San Diego, CA 92130

Questions about our group or just need another heart parent to talk to?

Please reach out to us by contacting our group leaders:  
Julie Marshall (760-583-8515) or Kristen Crawford (310-883-8719) or  
Email us at sandiegoca@mendedlittlehearts.org or mlhofsd@gmail.com

*For music therapy, please RSVP to mlhofsd@gmail.com*
Educational and Informational Resources

Editor’s note: As the title suggests, this section is the beginnings of a compilation of health related educational and informational resources all in the spirit of self help! As more becomes available, it will be added here.

Palomar Health offers free classes and lectures often given by medical doctors on various health subjects including Heart Health and other health topics. This is a great way to help yourself or a loved one through learning.

Find out more and sign up here:
Classes and Events

This is the site to learn everything you wanted know about Myocarditis, Causes, Symptoms, Diagnosis and Treatment. Don’t be afraid. Dive in and learn right here: Myocarditis Foundation

I haven’t spent much time on this site but it looks pretty good. Pay them a visit and let me know what you learn:
Medical and Life Sciences News

Learn all about sleep disorders from folks who understand it. Sleep disordered breathing is more common than most people think and over time can have grave heart and other health consequences.

Learn more from these great resources:
National Sleep Foundation
Tuck Sleep
Heart disease and sleep

The National Kidney Foundation has lots of educational information about your kidneys.

This site offers a variety of health topics for those who want to help themselves and learn more: https://www.verywellhealth.com/

Mended Hearts and the American Society for Preventive Cardiology have come together to bring you a six-part webinar series to help you reduce your risk of heart disease. This informative series is for patients, caregivers and anyone interested in improving their heart health. Please see the link below where you can download pdfs, watch past webinars and register for future webinars:
https://mendedhearts.org/risk-reduction-webinar-series/

Here are the titles of the six available webinars in the series:
- Controlling Risk Factors for Women
- Controlling Risk Factors for Diverse Populations
- Cholesterol Control and Diet Modifications
- Following your Treatment Plan to Reduce Your Risk of a Second Event
- Blood Pressure Control
- Preventative Exercise and Physical Activity

This webinar series is brought to you by a generous grant from Amgen

"IT'S GREAT TO BE ALIVE AND TO HELP OTHERS"
CALL FOR VOLUNTEERS!
Our club is now seeking visitors for TAVR (Transcatheter Aortic Valve Replacement) patients. The qualified visitor must also have had a TAVR procedure to be eligible for this roll. If you have had a TAVR procedure and are interested in visiting patients, please contact Karen Christian at 760 207-9779 or kc@nctg.com

Note: we are especially looking for telephone visitors, who can help new TAVR patients & families from the comfort of home.

Visitors Needed: We need at least one volunteer to visit patients at UCSD, La Jolla campus. Volunteers need to be Mended Hearts members, with hospital training, and visitor training. Visiting at our community hospitals is a great way to give back to the community and has proven to be a very rewarding way to help others in need. Frank Andrews can assist those interested with the requirements needed to become a visitor. Frank can be reached at 760 846 0626 or email: andrewsfd@att.net

Volunteers Needed to serve as Visiting Chair and Webmaster: Our club has opened positions for both Visiting Chair and for Webmaster. Karen Christian is stepping down from both positions in which she served for 10+ years. A big Thanks to Karen for her loyal service! These are important and gratifying positions that provide opportunities to serve in capacities central to the mission of Mended Hearts. Step up now and help our San Diego Mended Hearts Club continue with its mission of helping others!

Telephone Visitors Needed! We are in need of Telephone Visitors to make calls to heart patients recently discharged from Scripps Memorial Hospital. Our hospital visitors see about 60-70 patients a month and a follow up phone call is extremely important. There is nothing more comforting than talking to someone who has ‘been there’. Please consider offering a few hours a month to make some phone calls. If interested contact Mary Pat DesRoches at 858-456-8668 or exnurse12@gmail.com

Join our Mended Hearts Board of Directors! We currently have two positions open on our Board. If you are able to volunteer to join this active group of people who love, enjoy and understand how important it is to keep Chapter 62 running, please call Edwina and Art Curtis at 619 481-2412 or email us at esjt26@cox.net.

We remember.
Veterans Day – November 11

“We’re great to be alive and to help others”
AFib Awareness Month
Preventing AFib strokes

Atrial Fibrillation, or AFib, is a leading risk factor for stroke. According to the National Stroke Association, the irregular or rapid heartbeat is often caused when the two upper chambers of the heart beat unpredictably and sometimes rapidly; these irregular heartbeats cause blood to collect in the heart and potentially form a clot, which can travel to the brain and cause a stroke.

The bad news: about 15 percent of people who have strokes also have AFib, and folks with AFib have a five times greater chance of stroke. The really good news: up to 80 percent of strokes in people can be prevented.

The National Stroke Association offers tips for people to manage their anxiety and tips for stroke prevention. These include:

* The use of proper medication to manage AFib. These are used to restore the regular rhythms of the heart.
* Treatment aimed at preventing blood clots may also include blood thinners, or anticoagulants. This can be tricky and of course involves discussion with a health care provider.
* Schedule relaxation time. Stress and fatigue increase the risk for AFib, and downtime is a good idea for anybody.
* Exercise -- if allowed by your doctor.

It is 1969, on the Saturn V launch pad. Three astronauts sit atop a 300-foot rocket loaded with a liquid hydrogen bomb.

Sitting on the bomb, the astronauts are barely disturbed. Commander Neil Armstrong's heart rate rises to 110 beats per minute. Lunar Module Pilot Buzz Aldrin's heart beats at a cool 88; Command Module Pilot Michael Collins, 99.

The average resting heart rate for adults is between 60 and 100 beats per minute.

At critical points in the mission, Armstrong registers some accelerated heart beats, although Collins and Aldrin are utterly calm.

* 17 hours after launch, in space, sleeping: Astronaut heart beats in the 40s.
* Slipping into the moon’s gravitational field on the dark side of the moon: Armstrong, 106; Aldrin, 70; Collins, 66.
* While approaching the lunar surface: Armstrong, 75 beats.
* Critical manual Lunar Module Eagle descent, as fuel runs out:

“IT’S GREAT TO BE ALIVE AND TO HELP OTHERS”
Armstrong, 150.
* Module touchdown: Armstrong, 150.
* Armstrong stepping out of the Lunar Module: 125.
* On the moon's surface, vigorously loading boxes stuffed with rocks onto the Lunar Module: Armstrong, 160.
* Back in Eagle, on the moon’s surface, dozing: 45 to mid-50s.
* Lift off from the moon: Armstrong, 80s at Go order; 120 at engine ignition.
* Two days from home, the Eagle in orbit around Earth: Armstrong, 247. It's an error caused by the adhesive on his heart patch sensor drying out. Everyone laughs.

**Uncontrolled high blood pressure is cutting into heart disease progress**

An uptick in deaths due to uncontrolled high blood pressure is slowing the progress in the fight against heart disease, according to a study published in the Journal of the American Medical Association.

Deaths from heart disease overall have decreased in the past two decades, but the rate of that decline has slowed since 2010, the study found.

In addition to rising rates of deaths related to high blood pressure, rates of heart disease deaths linked to obesity and Type 2 diabetes — once declining — have leveled off.

The findings are worrying, especially given the recent medical and surgical advances in treating heart disease.

"The fact that we are not seeing that translate into improvement in death rates is concerning," study author Dr. Sadiya Khan, a cardiologist at Northwestern Medicine in Chicago, said. Khan and her colleagues searched a public Centers for Disease Control and Prevention database for death certificates from 1999 to 2017.

Death certificates don't indicate what led to the ultimate cause of death — for example, a person's cause of death may have been a heart attack, but the heart attack could have been caused in part by high blood pressure.

Uncontrolled high blood pressure, both chronic and acute, can contribute to a person's death in a number of ways. "Hypertension that is really out of control could lead to a tear in a blood vessel," said Dr. Deepak Bhatt, executive director of interventional cardiovascular programs at Brigham and Women's Hospital in Boston.

"It could also lead to swelling in the brain, heart attack, stroke, and contribute to heart failure and kidney failure," Bhatt, who was not involved in the current study, said.

Other factors that could lead to heart
disease deaths have also become more widespread in the past two decades, including obesity and Type 2 diabetes, Khan said.

The conditions are strongly linked and both are major risk factors for heart disease.

More than 93 million U.S. adults are considered obese, according to the CDC, and almost as many — 84 million — have prediabetes. An additional 30 million Americans have Type 2 diabetes. We've noticed the leading edge of an emerging re-epidemic.

"Although we have celebrated significant declines in heart disease deaths and stroke over the last several decades, what we've noticed is the leading edge of an emerging re-epidemic," Dr. Laurence Sperling, director of the Emory Heart Disease Prevention Center in Atlanta, said.

Indeed, heart disease remains the nation's No. 1 killer of both men and women — claiming more than 800,000 American lives each year, according to the American Heart Association. Sperling, who was not involved with this latest study, said the research should serve as a wake-up call.

*Article found https://www.nbcnews.com/health/heart-health/uncontrolled-high-blood-pressure-cutting-heart-disease-progress-n1046316

**Why refrigerate eggs**

In most countries, eggs are stored on an unrefrigerated shelf.

Although this can be jarring to North Americans, it isn’t that far out. After all, hens do not lay in refrigerators.

So why do we keep eggs cool? It is one way to fight salmonella contamination.

In the U.S., egg producers must wash eggs to remove contaminants. This process also removes a natural coating on the egg, leaving it porous. So the washed eggs must be immediately refrigerated and stay that way. A washed egg, if left at room temperature, may sweat, allowing the growth of bacteria that could enter the egg through the shell, according to eggsafety.org.
The Healthy Tasty Corner!!

Chunky Artichoke-y Salad

Ingredients
• 3 package frozen artichoke hearts (thawed)
• 1/4 cup canola oil
• 3 tablespoons lemon juice (from about 1 lemon)
• 1 1/2 teaspoons no-sodium Italian seasoning
• 1 teaspoon Dijon mustard
• 1/8 teaspoon ground black pepper
• 1 1/2 cups finely sliced basil leaves
• 2 Tbsp chopped black olives
• 1/4 cup sliced red onion
• 1 seeded, chopped red bell pepper
• 1 medium tomato (chopped)

Directions
Prepare the artichoke hearts: Add artichoke hearts to a heavy-duty medium pot with 3 cups water. Bring to a boil over high heat. Cover, reduce heat to medium-high, and let artichokes simmer until fully cooked and warm, about 5 minutes. Drain artichokes in a colander and run cold water over them to cool. Drain very thoroughly. Meanwhile, in a large serving bowl, add oil, lemon juice, Italian seasoning, mustard, salt, and pepper. Whisk together with a fork.

Into the bowl, add artichoke hearts into the dressing. Stir to combine. Add remaining ingredients into the bowl: sliced basil leaves, chopped olives, onion, chopped bell pepper, and chopped tomato. Stir together to combine. Serve immediately or chill in the refrigerator for a few hours and serve.

*Article found at https://recipes.heart.org/en/recipes/chunky-artichoke-y-salad

“IT’S GREAT TO BE ALIVE AND TO HELP OTHERS”
The 11th month of the year brings us Thanksgiving, Veterans Day, and every 4 years, the US Presidential Election.

In the Georgian calendar, the calendar that most of the world uses, November is the eleventh month of the year. However, in the early Roman calendar, it was originally the ninth month. Later, the Roman senate elected to name the eleventh month for Caesar. November is right between fall and winter. Almost all leaves are gone from the tree and lost their colors. The month is referred as the wind month and the bloom month by Anglo-Saxons. It is because November is the month where they killed their animals for food. Those have been harvested in the previous months are either put inside the storage or sent to processing plants or mills. In this month, the farmers will know whether that particular year was successful or not. Because of its beautiful weather, football is the main sport of the month.

Below are some fun facts about November:

1. The birthstone for November is the topaz.
2. The zodiac signs for November are Scorpio (October 23 - November 21) and Sagittarius (November 22 - December 21)
3. The birth flower for November is the chrysanthemum.
4. On November 2, 1769, a Spanish expedition reached San Francisco Bay.
5. On November 2, 1889, North Dakota became the 39th state of the United States.
6. On November 2, 1889, South Dakota became the 40th state of the United States.
8. On November 4, 1979, the U.S. Embassy was taken over by Iranian revolutionaries in Teheran and a group of U.S. citizens were seized as hostages.
9. On November 6, 1869, the first intercollegiate football game was played in the United States between Rutgers and Princeton.
10. On November 8, 1889, Montana became the 41st state of the United States.
11. On November 15, 1935, Manuel Quezon was inaugurated as the first president of the Philippines.
13. Peanut Butter Lovers Month
14. National Good Nutrition Month
15. National Pepper Month
16. National Sleep Comfort Month
17. Aviation History Month
18. Election Day - first Tuesday after the first Monday in November
19. Thanksgiving Day - fourth Thursday of November
20. November 11 - Veteran’s Day

"IT'S GREAT TO BE ALIVE AND TO HELP OTHERS"
Stuffing Ingredient
(The headline is a clue to the answer in the diagonal)

Across
1. When doubled, a dance
4. Kind of diver
9. Mythical bird
10. U.S. educator
11. "Days of ___ Lives"
12. Choleric
13. Crime scene evidence
15. Buffet's kin
19. More hot
20. Cut at an angle
23. Poetic palindrome
24. European flatfish, related to the turbot
25. Bleat
26. Ill-mannered
27. Furthermore

Down
1. Riding whips
2. Muslim nymph
3. Bitter
4. Illegal pitches
5. Desktop arrow
6. Olympics chant
7. Wager
8. Affirmative vote
14. Staircase posts
16. Amorphous creature
17. Aired again
18. Apprehension
20. Telly network
21. Drop the ball
22. By means of

"I've changed. Now I only release the flying monkeys when I'm out of coffee."

"IT'S GREAT TO BE ALIVE AND TO HELP OTHERS"
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Position Available

Media Relations, Board Member
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Visiting Chair
Position Available

Web Master
Position Available

“IT’S GREAT TO BE ALIVE AND TO HELP OTHERS”
Mended Hearts Regional Directors

Western Regional Director
Marlyn Taylor

Assistant Regional Director
Angela Manriquez  scemanriquez@gmail.com

Hospital Visitors

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<th>Hospital</th>
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<td>Scripps Mercy</td>
<td>Pat Egan</td>
<td>Pat Egan</td>
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<tr>
<td>Sharp Grossmont</td>
<td>Beverly Lynn</td>
<td>Beverly Lynn, Claudio Reserva</td>
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<td>Sharp Chula Vista</td>
<td>Art Curtis</td>
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<td>Sharp Memorial</td>
<td>Alex Silva</td>
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<td>Tri-City Medical Center</td>
<td>Bruce Macklin</td>
<td>Bruce Macklin, Ron Buccellato</td>
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<td>UCSD– Sulpizio Cardiovascular Center</td>
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<tr>
<td>VA San Diego Healthcare System</td>
<td>Frank Andrews</td>
<td>Boyd Applegate, Frank Andrews</td>
</tr>
</tbody>
</table>

Telephone Visitors
Pat Egan  Claudio Reserva  Art Curtis  Alex Silva  Bruce Macklin  Beverly Tenny
Joe Tash

Internet Visitors
Karen Christian
Kchristian@nctg.com
Stan Diengott
stanleydiengott@att.net

“IT’S GREAT TO BE ALIVE AND TO HELP OTHERS”
Join or Renew Mended Hearts... Thank You!
Help to support our mission to inspire hope through ongoing peer-to-peer support, education, and advocacy.
Thank you for all that you do for Mended Hearts.

San Diego County* Chapter 62 Yearly Dues $20
Can attend any Chapter meeting for Mended Hearts or Little Mended Hearts
Can Join online communities
Can access MH member portal on website
Will receive Chapter 62 award winning monthly newsletter
Will Receive national e-newsletter
On line access to Heartbeat Magazine: www.MendedHearts.org/magazine/

Chapter Dues and Donations are tax deductible 501 C (3)

*Carlsbad, Chula Vista, Coronado, Del Mar, El Cajon, Encinitas, Escondido, Imperial Beach, La Mesa, Lemon Grove, National City, Oceanside, Poway, San Diego, San Marcos, Santee, Solana Beach, Vista.

National Level
Anyone who joins Chapter 62 and pays $20.00 dues automatically becomes an Associate Member of National Mended Hearts, the largest cardiovascular peer-to-peer support network in the world.

If you would like to contribute an additional donation to National see the next page for more levels and amounts above your $20.00 Chapter 62 dues. These amounts will be forwarded to National.

Payment Information (next page)
Make check payable to San Diego Chapter 62. Mail to Robin Caires, 7070 Caminito Estrada, La Jolla CA 92037. Or give to a chapter officer at an event.
MEMBERSHIP FORM

☐ NEW MENDED HEARTS  ☐ NEW MENDED LITTLE HEARTS  ☐ RENEWAL  DATE ____________________________

Name (Mr. /Mrs./Ms.) ____________________________ Chapter/Group __62___ Member-at-large ______

Address ______________________________________ Phone ____________________________

City / ST / Zip ____________________________ I want to be a MH support volunteer: ☐ Yes ☐ No

Email address ____________________________ I am interested in CHD Parent Matching: ☐ Yes ☐ No

(Please check all that apply) I am a ☐ Heart Patient ☐ Caregiver ☐ CHD Parent ☐ Physician ☐ RN ☐ Healthcare Employee

OPTIONAL INFORMATION:  Race: ☐ Caucasian; ☐ Black; ☐ Asian; ☐ Am. Indian; ☐ Other ____________ Gender: ☐ Male ☐ Female

Membership Levels: All membership levels are for ONE YEAR, renewed annually, except for Heart of Gold Lifetime Sponsorship. Please choose your membership level and complete any appropriate payment information below.

INDIVIDUAL MEMBERSHIP

☐ Associate Member — FREE
  * Can attend any chapter meeting for MH or MLH
  * Can join online communities
  * Can access Member Portal
  * Receives the National e-newsletter

☐ Individual Member — $20 annual donation per person
  * All of the benefits of an Associate Member, PLUS
  * Membership Card
  * Car Decal – Select MH or MLH
  * One-time 5% off coupon for purchase from the MH store
  * One year annual subscription to Heartbeat magazine ($30 value)

☐ Bronze Member — $45 annual donation per person
  * All of the benefits of a Full Individual Member, PLUS
  * Membership Pin
  * Choice of ___ Drawing (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 of the benefits of a Bronze Member, PLUS
  * A Stainless Steel Mended Hearts Travel Mug

☐ Gold Member — $250 annual donation per person
  * All of 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 at National MH/MLH Conferences / Symposia
  * Recognition in the next Heartbeat magazine after enrolling in the Heart of Gold Lifetime Sponsorship, in all special Heartbeat issues, and on our website’s list of Heart of Gold Lifetime Sponsors

FAMILY MEMBERSHIP

For members of one household with one mailing address only

☐ Family Membership — $40 annual donation
  * All of the benefits of an Associate 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 of the benefits of a Family Membership, PLUS
  * One Membership Pin per member
  * Choice of ___ Drawing (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 ______

Note: National memberships are tax deductible less $10. Lifetime sponsorships are 100% tax deductible.

If chapter dues / donations apply, they are tax deductible. Please pay the chapter directly as shown here. Please DO NOT send chapter dues to the Resource Center.

Chapter # __62___ Annual Chapter Dues $ __20.00___

Additional Chapter Donation Amount $ __________

TOTAL Paid to Chapter $ __________

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