Dr. Sam Baradarian, MD, Cardiothoracic Surgeon, Scripps Clinic will speak at our December 14th 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!

| General and Meeting information, Newsletter Index | 1-2 |
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| Mended Little Hearts (MLH) Information / Upcoming Events | 4 |
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| Crossword and Word Search Puzzles | 7 |
| In 1776, the fate of the America turned on the Christmas Crossing. | 8 |
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| Answers to crossword and word search puzzles | 13 |
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| Chapter 62 Officers, Committees/Directors, Hospital Visitors & Visitor Thanks! | 15-16 |
| New Member Information and Sign-Up Form | 17-18 |

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

<table>
<thead>
<tr>
<th>DATE</th>
<th>PLACE (San Diego Cardiac unless noted)</th>
</tr>
</thead>
<tbody>
<tr>
<td>December 14 2019</td>
<td>Upstairs Conference Room, Suite 200</td>
</tr>
<tr>
<td>January 11 2020</td>
<td>Upstairs Conference Room, Suite 200</td>
</tr>
<tr>
<td>February 8 2020</td>
<td>Upstairs Conference Room, Suite 200</td>
</tr>
<tr>
<td>March 14 2020</td>
<td>Upstairs Conference Room, Suite 200</td>
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<tr>
<td>April 11 2020</td>
<td>Upstairs Conference Room, Suite 200</td>
</tr>
<tr>
<td>May 9 2020</td>
<td>Upstairs Conference Room, Suite 200</td>
</tr>
</tbody>
</table>

**“IT'S GREAT TO BE ALIVE AND TO HELP OTHERS”**
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 December 10, 10:30am - noon at:
TRI-CITY Wellness Center
6250 El Camino Real, Carlsbad
GUESTS AND MEMBERS ARE WELCOME! No cost to attend.

OUR DECEMBER 10th MEETING will feature an open forum. Patients and family members are welcome to discuss and share all things heart related, with an emphasis on stress. We are also sharing in a potluck. All are welcome. For questions call 760 846 0626 or visit 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.
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!

Heart Dad Meet Up:
Sunday, November 17, 2019
Kick off at 1:25 pm
Pacific Social
6025 Village Way
San Diego, CA 92130

MLH of San Diego Ice Skating:
Sunday, December 8, 2019, 4:00 pm
Rady Children’s Ice Rink at Liberty Station
2875 Dewey Rd, San Diego, CA 92106
https://www.radyfoundation.org/icerink
MLH group discounted tickets are $10

December Holiday Potluck:
Sunday, December 15, 2019
4:00 pm to 6:00 pm
4942 Concannon Ct
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:

Lead Coordinator: Julie Marshall (760-583-8515 or mlhofsd@gmail.com)
Bravery Bag Coordinator: Cindy Edgerly (edgerlycynthia@gmail.com)
Heart Dad Coordinator: Gavin Hirst (hirstg@gmail.com)
Teen Coordinator: Isabella Hirst (izzyrose07@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/](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/](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

**Happy Holidays!**

“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 role. 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: andrewsfdd@att.net

Volunteers Needed to serve as Visiting Chair and Webmaster:
Our club has opened positions for both Visiting Chair and for Webmaster. 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.

“Tell Santa that Rudolph’s check engine light is on.”
Stuffing Ingredient
(The headline is a clue to the answer in the diagonal)

Across
1. Attend
5. While lead-in
9. Tennessee's state flower
10. Indian butter
11. Stanzas units
12. Affirmative votes
13. Ripped to pieces
15. Polo Grounds legend
16. Composers of sacred songs
22. "Beat it!"
23. Water buffalo
24. Caroled
25. Hounds
26. Plural pronoun
27. Healthful retreats

Down
1. Present
2. Hydrox rival
3. Cake layer
4. Medical students might bone up on this course?
5. People from Cairo
6. Perlman of "Cheers"
7. Burn the surface of
8. Reason to cram
14. Money dispenser
16. Call to attention
17. Former Iranian ruler
18. Top-notch
19. Polaroid
20. Forum wear
21. Back talk

Answers can be found on page 13.

Word Search Puzzle: Christmas Cookies!

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S U G A R C O O K I E S K
H P S P E C U L A S P F M
O R E H O V K I K S E O E
R Y I K P P M E E I P S L
T A U P L Q K N A A P S O
B N N I R R I B L B E P M
R I E Z E E G I F K R O A
E K L Z L S T S A O K L K
A I N E E H G C J L A V A
D I D L D L G O O A K O R
L A B L D N W T R C O R O
M A P E I H C T E H R O N
S X D D E J D I S Y C N O
V P D S P R I N K L E E S
L E B K U C H E N V D S X
W F L O R E N T I N E X R
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ALFAJORES
BISCOTTI
FLORENTINE
KOLACHY
LEBKUCHEN
LINZERKEKSE
MADELEINES
MELOMAKARONO
OREHOVKI
PEPPERKAKOR
PIZZELLE
POLVORONES
PRYANIKI
SABLES
SHORTBREAD
SPECULAS
SPRINKLE
SUGAR COOKIES
WEDDING CAKES

“IT'S GREAT TO BE ALIVE AND TO HELP OTHERS”
In 1776, the fate of America turned on the Christmas Crossing

At Christmastime in 1776, George Washington's troops were in retreat, barely keeping ahead of the Redcoats. The Revolution was in great danger of collapsing. Washington's troops had reached Trenton on the Delaware River on Dec. 2. Gathering every boat they could find so the British couldn't follow, they crossed the river into Pennsylvania. Washington expected the British to attack when the river froze, but they delayed.

The American troops were described by an enemy officer as "dying of the cold, without blankets, and very ill-supplied with provisions." Meanwhile, some 1,000 Hessians, professional soldiers, had arrived in Trenton.

With morale crumbling, one fiery supporter of the Revolution refused to despair. Thomas Paine, author of Common Sense, had written a new essay, the first in a series he called The American Crisis. It was published on Dec. 19. The troops read: "These are the times that try men's souls. The summer soldier and the sunshine patriot will, in this crisis, shrink from the service of their country; but he that stands it now, deserves the love and thanks of man and woman."

Washington formed an audacious plan. He would cross the Delaware some nine miles north of Trenton and surprise the garrison. The Hessian commander said the Patriots were just farmers, and he never prepared for an attack.

The crossing began at 6 p.m. on Dec. 25. After nine hours, the last boatload of men and cannons were on the shore. Then came the nine-mile ordeal through freezing wind and hail to reach Trenton.

Washington and his men attacked the Hessians shortly after dawn, surprising them completely. It was over in two hours with nearly 900 taken prisoner. The Americans suffered few casualties.

The Christmas victory at Trenton marked a turning point of the American Revolution. The effect on troop morale was tremendous, because they had taken on the King's forces and won. As word of the victory spread, confidence in Washington and in the Revolution was revived. Once written off as beaten, Americans fought on and won.
Entrepreneur: From Chili Dog Lunch to Global Military Intelligence

Angie Lienert was 19 when she took the lunch break from her job at a gas station in Frankfort, Ky., to join some high school friends who were home from college. And it was there, at a picnic table with a chili dog in hand, that it dawned on her:

Gas station. Chili dog. Friends soon returning to college. It was time to start her real life.

After a talk with her father, Angie called the local Air Force recruitment office the next day.

Within a month, she was in Texas for basic training, then headed to California to study Arabic. After six years of working as a linguist in the Air Force, she got her MBA and took a job with a British defense contractor in the U.S. intelligence community.

In 2007, according to Inc., she and nine colleagues took a deep breath and started a workplace founded on transparency, a moral compass, and a culture in which "We want to work every day."

Today their big-data analytics and cybersecurity firm, IntelliGenesis, boasts the U.S. Department of Defense as its primary client. Moreover, it has helped the entire U.S. military make sense--and develop critical intelligence--from tons of complex data.

As Angie Leinert says now, "We help the good guys catch the bad guys."

Her firm's mission-driven perception of government contracting--defend your country, earn a good living--has spawned offices in Maryland, Georgia, and another to come in Texas. And of course, it's a lodestone for veterans and their families. Almost 95 percent of IntelliGenesis employees have government security clearance.

Lienert's company benefits for her workers and their families are not redundant with those carried by 65 percent of her workforce who are veterans. Those who opt-out of her health benefits because of their continuing military benefits get a $10,000 bonus each year. She also offers unlimited education-expense reimbursement--which can be used in tandem with G.I. Bill benefits.

As a government contractor with headquarters in two states and so many employees embedded in the DOD, Angie Leinert's IntelliGenesis prospers with a culture inspired by deliberate communication, continuous online chitchat, numerous social functions--and the occasional on-the-house, corporate escape for all.
Heart attack on a stick or just good eating? Lard makes a comeback!

If you are over 60 years old, chances are you saw your mother or grandmother use lard in cooking. But if you are younger, the practice might seem strange and unhealthy, like cooking up a heart attack.

Not so fast. Lard is rendered pig fat. It happens to be great for cooking, making the flakiest pastries and biscuits, and the crispiest fried foods. It cooks at higher temperatures without burning or smoking. It doesn't leave a flavor in cooked foods.

Plus, it does have some reasonable nutrition. According to Prevention, saturated fat makes up only about 40 percent of the fat in lard. Nutritionists are increasingly saying that saturated fat isn't as bad as once thought.

In fact, some recent studies have found that eating saturated fat doesn't increase the risk of heart disease. Other studies find that saturated fats can raise good cholesterol when combined with a low-carb and low-sugar diet.

Compared to other animal fats, lard is lower in saturated fat than butter or tallow (beef fat), and higher in monounsaturated fats like those found in Olive Oil.

Lard is 50 percent monounsaturated fat, whereas butter is 32 percent and coconut oil is 6 percent. Lard also has no trans fats.

Some sources say lard got a bad rap from campaigns advertising shortening as a healthier alternative to animal fats. Bright, white shortening certainly looked prettier than off-white lard. But originally, shortening was made of cottonseed oil, which had little nutritional value. Now shortening is usually made with vegetable oils.

Not everyone gave up lard in the 1940s, though. Beans, tamales, pastries, and pies at restaurants have usually been cooked with lard.

In the U.S., you could wait a long time for this Christmas dish

Oh, bring us some figgy pudding! We won't go until we get some!

If anyone recalls Christmas carols these days, the one they usually remember is "We Wish You a Merry
Christmas," which is pretty easy until the second verse.

At that point, the song mysteriously demands figgy pudding -- and right now. In the U.S., that demand may be kind of like the lyrics to Louie Louie: no one knows what they mean.

Figgy pudding, or Christmas pudding, is a tradition that didn't cross the Atlantic. It remains an English Christmas dessert, primarily made by fancy bakers and purchased at Christmas for enjoyment all year long.

At one time, the making of The Pud was as laden with tradition as the pudding itself. It took a month to get the ingredients settled into the cake-like mound. Moms mixed it up on the Sunday before Advent, when the Church of England proclaimed: Stir Up Our Hearts, Oh Lord! Brits, who make everything into a tradition, called this Stir Up Sunday.

Recently, an informal survey of Brits on Facebook showed that none had ever heard of Stir Up Sunday. Though one person did point out that his grandma used to put silver coins in the Christmas Pudding mix and if you found one, you got a reward. He didn't realize it, but that actually is part of the tradition of Stir Up Sunday.

Nonetheless, the Christmas pudding has survived and people do compete to buy (not bake) the best ones from the best outlets.

These puddings are very dark, thick, cake-like creations filled with dried fruit (usually raisins) and held together with suet. It is much like the American fruit cake. Typically, it is molded into a mound and served with brandy that should be set afire at the table.

The key to the Christmas pudding is that it must be steamed for hours then allowed to age a month in a cool, dark place. Once it is sufficiently seasoned, it can be steamed for serving and enjoyed year round, if there are leftovers.

For the recipe, look at several examples online to find your best mix of tradition and ease.

First, a traditional recipe that can be used with an InstaPot: melissaknorris.com/traditional-christmas-pudding-recipe/.

Next, the BBC, which even features a video about steaming the pud: bbc.co.uk/food/recipes/christmas_pudding_41498
10 prostate cancer risks
It is the second most-common cancer for men, and a cancer that almost always attacks older men: Prostate cancer.

According to cancer.net, skin cancer is the only type more common in men than prostate cancer.

An estimated 174,650 men in the United States will be diagnosed with prostate cancer. About 60 percent of cases are diagnosed in men over 65. The average age of diagnosis is 66. The disease rarely occurs before age 40.

Here are 10 risk factors for prostate cancer, according to Duke University News.

- Race: African-American men are more likely to develop prostate cancer and die from it than Caucasian men.
- Family history: Having a father or brother with prostate cancer increases your prostate cancer risk by as much as two or three times.
- History of another cancer: Melanoma, thyroid cancer, bladder cancer, lung cancer, or kidney cancer slightly increases your risk.
- Height and weight: Obese men are at risk of developing aggressive prostate cancer and of dying from their cancer.
- Tall men have an increased risk.
- Smoking: Heavy smokers have the highest risk.
- Vitamin E supplements: One study showed that men who took vitamin E supplements alone had a 17 percent increased risk of prostate cancer.
- Geography: Men living in North America, the Caribbean, northwestern Europe, and Australia have a higher incidence of prostate cancer.
- High-calcium diet: High dietary intake of calcium from dairy products is implicated, though not in men whose calcium came from non-dairy sources.
- High-in-fat diet: Animal fat may increase risk of prostate cancer.
- Abnormal changes in the prostate cells: Abnormal cells that are not cancerous can suggest cancer elsewhere in the prostate, or be a precursor to prostate cancer. Some men with cells that have become smaller or inflamed could be susceptible to prostate cancer.

Unfortunately, prostate cancer symptoms occur only when it has reached an advanced stage. The symptoms can include trouble starting to urinate or an inability to urinate, increased urinary frequency, burning or painful urination, blood in the urine or

(see pg 15, bottom)
No new members this month
(sad face here)

Answers to crossword & word search puzzles

“IT’S GREAT TO BE ALIVE AND TO HELP OTHERS”
Unless we make Christmas an occasion to share our blessings, all the snow in Alaska won't make it 'white'.
- Bing Crosby, famed for his rendition of the song, White Christmas.

The best of all gifts around any Christmas tree: the presence of a happy family all wrapped up in each other.
— Burton Hills

Like snowflakes, my Christmas memories gather and dance — each beautiful, unique, and gone too soon.
- Deborah Whipp

When we grew up, especially when we were kids, we always worried about how we would have a nice Christmas, how our parents and grandparents would put nice gifts under the Christmas tree. What is so weird now is I am a lawyer; now I work as an investor in Silicon Valley. There are all these programs where people provide Christmas gifts for our nation's poor, and I think the programs are really good, but coming where I came from, it is an interesting juxtaposition that I have gone from worrying about how to provide for Christmas to thinking about a different way. That is a worry itself.
- JD Vance, author of Hillbilly Elegy

And the Grinch, with his Grinch-feet ice cold in the snow, stood puzzling and puzzling, how could it be so? It came without packages, boxes or bags. And he puzzled and puzzled 'til his puzzler was sore. Then the Grinch thought of something he hadn't before. What if Christmas, he thought, doesn't come from a store. What if Christmas, perhaps, means a little bit more.
- Dr. Seuss

Merry Christmas to all!
Officers

President
Art Curtis  
312 909-3333 cel  info.art.curtis@gmail.com
619 481-2411

Vice President
Edwina Curtis  
619 481-2411  esjt26@cox.net

Treasurer / Membership
Robin Caires  
858-551-8654  rwcaires@gmail.com

Secretary
Sharron Watson  
858-486-7033  bswatson@cox.net

Satellite Coordinator
Frank Andrews  
760 846-0626  andrewsfd@att.net

Committees

Sunshine Co-Chair: Hospitality / Cards
Linda Hardy  
760-297-8773

Newsletter Publisher / Editor, Board Member
Ed Marrone  
858-524-5611  sdmhchap62@yahoo.com

Board Member
Bruce Macklin  
760 434-5555  bruce@macklinappraisal.com

Speaker Relations,
Position Available

Media Relations, Board Member
Art Curtis  
619 420-8759  info. art.curtis@gmail.com

Visiting Chair
Position Available

Web Master
Position Available

from pg 12: semen, painful ejaculation, erectile dysfunction, and pain in the lower back, hips, or thighs, according to Duke University. These symptoms can occur from a condition other than prostate cancer. Especially if you have prostate cancer in first degree family members, see a physician for testing and cancer screening.

“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

<table>
<thead>
<tr>
<th>Hospital</th>
<th>Coordinators</th>
<th>Visitors</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scripps Memorial</td>
<td>Mary Pat DesRoches [858-456-8668]</td>
<td>Frank Andrews, Jim Bischoff, Boyd Applegate, Andrea Broding,</td>
</tr>
<tr>
<td>Scripps Mercy</td>
<td>Pat Egan</td>
<td>Pat Egan</td>
</tr>
<tr>
<td>Sharp Grossmont</td>
<td>Beverly Lynn</td>
<td>Beverly Lynn, Claudio Reserva</td>
</tr>
<tr>
<td>Sharp Chula Vista</td>
<td>Art Curtis</td>
<td>Art Curtis</td>
</tr>
<tr>
<td>Sharp Memorial</td>
<td>Alex Silva</td>
<td>Alex Silva</td>
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<tr>
<td>Tri-City Medical Center</td>
<td>Bruce Macklin</td>
<td>Bruce Macklin, Ron Buccellato</td>
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<tr>
<td>UCSD– Sulpizio Cardiovascular Center</td>
<td></td>
<td>Boyd Applegate, Frank Andrews</td>
</tr>
<tr>
<td>VA San Diego Healthcare System</td>
<td>Frank Andrews</td>
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</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

Thanks to Stan Diengott
For his years of devoted service as a SDMH visitor!
Stand has had to forgo patient contact due to health issues. If you were a heart patient at Scripps chances are you heard Stans’ comforting words of wisdom and support. We at SDMH offer Stan our best and deepest thanks!

“Dear, do I take Holly or Jolly with food?”

“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

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

Name (Mr./Mrs./Ms.)
-------------------
Address
-------------------
City / ST / Zip
-------------------
Email address
-------------------

Chapter/Group: 62 Member-at-large

Phone
-------------------
I want to be a MH support volunteer: □ Yes □ No

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.

<table>
<thead>
<tr>
<th>INDIVIDUAL MEMBERSHIP</th>
<th>FAMILY MEMBERSHIP</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Associate Member — FREE</strong></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 year annual subscription to Heartbeat magazine ($30 value)</td>
<td></td>
</tr>
<tr>
<td>Bronze Member — $45 annual donation per person</td>
<td><strong>Bronze Family Membership — $75 annual donation</strong></td>
</tr>
<tr>
<td>* All of the benefits of a Full Individual Member, PLUS</td>
<td></td>
</tr>
<tr>
<td>* Membership Pin</td>
<td></td>
</tr>
<tr>
<td>* Choice of Drawing Backpack or MHMLH Notecards (10 pk)</td>
<td></td>
</tr>
<tr>
<td>* 5% off registration of any National (not regional) MHMLH Conference or Symposium</td>
<td></td>
</tr>
<tr>
<td>Silver Member — $100 annual donation per person</td>
<td><strong>Silver Family Membership — $150 annual donation</strong></td>
</tr>
<tr>
<td>* All of 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><strong>Gold Family Membership — $300 annual donation</strong></td>
</tr>
<tr>
<td>* All of 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><strong>Heart of Gold Family Membership — $3000 annual donation</strong></td>
</tr>
<tr>
<td>* A one-time donation per individual</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 MHMLH 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>

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 #:  
Annual Chapter Dues: $  
Additional Chapter Donation Amount: $  
TOTAL Paid to Chapter: $  

PLEASE PRINT INFORMATION TOP OF FORM

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