We will be treated to Music Therapy at our January 11th meeting by Resounding Joy. Resounding Joy enhances the human experience with therapeutic applications of music. We uplift individuals and families with challenging conditions, help them achieve their goals, and support health and wellness throughout the community. Our music therapists are trained professionals, who after graduating complete a 1,200-hour internship and a challenging national board certification. Music therapists’ education encompasses biology, psychology, and neurology, as well as training in voice, guitar, piano, percussion, and often other instruments to accommodate various evidence-based interventions. Please join us on January 11th for this fun event!
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.

**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>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>
</tr>
<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>
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!

January Support Group Meeting:
Date & Time TBD
Ronald Mc Donald House - San Diego
2929 Children’s Way, San Diego, CA 92123

Rady Children’s Hospital Heart Party:
Saturday, February 15, 2020
11:00am to 2:00pm
Outside Rady Children’s Hospital - Education and Office Building (EOB)
3020 Children’s Way, San Diego, CA 92123
https://www.rchsd.org/programs-services/heart-institute/events/heart-party/

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)

Download the Digital Little Heart Guide: https://mendedhearts.org/heart-guides/
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

January 2020

“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. 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.

“IT’S GREAT TO BE ALIVE AND TO HELP OTHERS”
Crescent pastry
(The headline is a clue to the answer in the diagonal)

Across
1. Spanish sparkling wine
5. Muslim holy man
9. Buffalo's lake
10. Showy flower
11. Last name in fashion
12. Ancient Peruvian
13. Oval-shaped figure
15. Volcanic spew
16. Not idealized
22. Wrinkly fruit
23. Trig function
24. Soccer ___
25. Lab item
26. Furtive summons
27. Left on a map

Down
1. Formally surrender
2. Seed covering
3. Six-stringed instrument
4. Trapeze artist
5. Hearty pub meal
6. Pre-stereo
7. Fungal spore sacs
8. "Beowulf" beverage
14. Last Greek consonant
16. Backside
17. Freudian topics
18. Charity
19. London art gallery
20. Places to overnight
21. Talk

Answers can be found on page 13.

Word Search Puzzle: African Countries

ALGERIA
ANGOLA
BOTSWANA
BURUNDI
CHAD
CONGO
DJIBOUTI
EGYPT
ETHIOPIA
GABON
GAMBIA
GHANA
GUINEA
KENYA
LESOTHO
LIBERIA
LIBYA
MADAGASCAR
MALI
MOROCCO
MOZAMBIQUE
NIGERIA
RWANDA
SENEGAL
SUDAN
TUNISIA
UGANDA
ZAMBIA

“IT'S GREAT TO BE ALIVE AND TO HELP OTHERS”
Where there's soot, there may soon be fire. Professional chimney cleaners say any soot deposits more than a quarter-inch thick present a fire hazard.

The soot, called creosote, is one of the top reasons for the thousands of fires involving fireplaces each year, according to the National Fire Protection Association. Creosote is flammable and should be cleaned out annually if the fireplace is used very much. Find a National Chimney Sweep Guild Certified chimney sweep.

• Have a cap installed at the top of the chimney to keep it from becoming blocked by birds, animals, or debris.
• Use clean-burning wood. Hardwoods like oak burn cleaner than softwoods like pine. Dried wood burns cleaner than green.
• Follow directions when using manufactured firelogs. Use one at a time. Don't crack or break manufactured logs. This will release energy at a high rate, resulting in a shorter burn time. Firelogs create less creosote than wood.
• Make a fire that fits the fireplace. If it's too big or too hot, it wastes fuel and can crack the chimney.
• If the fireplace has glass doors, leave them open while burning a firelog to allow air circulation and cleaner burning.
• Always use a fireplace screen.
• Keep a fire extinguisher on hand and have smoke detectors throughout the house.
• Use kindling to start a fire. Never use flammable liquid.
• When building a fire, place logs at the rear of the fireplace, preferably on a grate.
• Don't burn anything but wood in the fireplace. Never burn a Christmas tree.
• Keep the area around the fireplace and chimney clear of flammables.
Watch for early signs of 'frozen shoulder'

Doctors are concerned that cases of frozen shoulder are on the rise. Surgeons at the Mayo Clinic in Rochester, Minn., say that because of increases in obesity, diabetes, and an aging population, the increase is a continuing concern. Frozen shoulder is a condition in which the shoulder capsule contracts or becomes inflamed, causing adhesions and scarring that "freeze" the shoulder. Inactivity after even a minor injury can bring it on, though it usually begins spontaneously. Symptoms include pain in the shoulder, especially when attempting to raise the arm.

When raising an arm straight up, normal range of motion allows the arm to be raised as high as top of the head. A person with severe frozen shoulder can move a straight arm only waist high or lower.

Orthopedists say that if patients and doctors understood the risks and symptoms, the disorder could be successfully treated by physical therapy. Early diagnosis when the condition is still "freezing" is the key. Early therapy lessens the severity and lifespan of the disease.

The National Center for Biotechnology Information, estimates that 2 percent to 5 percent of the population are affected by frozen shoulder at some point. It is most common in people between the ages of 40 and 60 and somewhat more common in women. About 10 percent to 20 percent of people with diabetes are likely to develop the condition.

Shoulder ligaments are normally elastic and tighten when you reach up high. In a frozen shoulder, the joint gets smaller. Ligaments adhere to the shoulder or tighten at its resting position. Movement becomes painful and difficult, or even impossible.

Doctors have also found that a shot of cortisone into the shoulder may prevent a full-blown case of the disease.

For severe cases, surgery may be required, although the NCBI says it is unclear whether surgery actually helps relieve pain.

Stretching and physical therapy
can improve joint mobility in early phases. But these exercises must be done carefully, without force or excessive pain.

The good news is that frozen shoulder can get better without treatment, but it can take a while. The first phase of the condition may last from 2 to 10 months with pain as you move the shoulder upward and back. In the second phase, the shoulder freezes with less pain by limited movement. This could last a year. In the third phase, the pain goes away and the shoulder gradually improves. It can take months or years for flexibility to return.

Start the New Year with a survey of your fitness levels: These four numbers give you a snapshot of your health

With so much health advice in the news today, just thinking about what you should or should not be doing can be a dizzying prospect. Harvard doctors agree that health can be an overwhelming topic. But they say that if you have a handle on these four numbers, you can have a pretty good idea of where you stand and what to do about it.

1. Your body mass index (BMI). Many people are overweight and don't think they are. The health risks climb when you reach the overweight level. Here's what they mean:
   - Underweight is a BMI of less than 18.5, and normal weight is a BMI of 18.5 to 24.9.
   - Overweight is a BMI of 25 to 29.9, and obesity is a BMI of 30 or over. If your calculation shows more than 24.9, it's time to lose weight. To get a fast BMI rating, see nhlbisupport.com/bmi/bmicalc.htm. Just enter your height and weight.
   - 2. Your blood pressure. Ideally, it should be 120/80 or below. Starting at 115/75, the risk for heart attack, stroke, and other cardiovascular disease doubles with each increment of 20/10.
   - People with systolic blood pressure (the first number) of 120 to 139 or a diastolic of 80 to 90 are "prehypertensive." Changes in diet and activity patterns can help prevent cardiovascular disease at this level.
   - 3. Your fasting glucose. If you have two fasting plasma glucose measurements of 126 mg/dL or greater, you have diabetes.
   - 4. Your LDL cholesterol level. Your bad cholesterol reading should be below 100, but 70 is better. Diet, exercise, and medications like statins, or all three, can lower your LDL, reducing your heart disease risk by about a third.

Five types of glaucoma tests

If you visit the eye doctor regularly, you're probably familiar with the puff of air test. It's a standard glaucoma screening that takes only a moment to perform.

But did you know there are five common glaucoma tests? Here's a brief description of them courtesy of glaucoma.org:

   - Tonometry: This test measures the pressure within your eye. Eye drops are used to numb the eye, then a doctor or
technician uses a device called a tonometer to measure the inner pressure of the eye; a small amount of pressure is applied to the eye by a tiny device or by a warm puff of air.

Ophthalmoscopy: Another one you may be familiar with. The doctor uses eye drops to dilate your pupils so he can examine the shape and color of the optic nerve.

Perimetry: A visual field test used to map your complete field of vision. During the test, you look straight ahead and indicate when a moving light passes your peripheral vision. After a glaucoma diagnosis, visual field tests are done once or twice a year to check for changes in vision.

Gonioscopy: During this exam, the eye is numbed with eye drops, and then a contact lens is placed on the eye. The contact lens has a mirror that shows the doctor if the angle between the iris and cornea is closed and blocked or wide and open, each of which can be signs of different types of glaucoma.

Pachymetry: This test measures the thickness of your cornea using a probe called a pachymeter, which is placed on the front of the eye (cornea).

**Ski fever: The highest slopes can cause mountain fever**

For doctors and nurses at Colorado's highest elevations, ski season means a steady flow of casualties from a little-understood problem: acute mountain sickness.

Skiers are ready for the risk of broken bones and frostbite, but they often don't know how mountain sickness works, and resorts don't tell them. The condition is caused by a decrease in oxygen in the blood at higher altitudes. It affects people who travel rapidly from sea level to elevations over 8,000 feet. A more serious condition, high-altitude pulmonary edema, is fatal in 1 percent of cases.

Thousands of skiers experience symptoms within a day of arriving: headaches, nausea, dizziness, fatigue, insomnia, loss of appetite, and vomiting. About 25 percent to 40 percent of visitors experience symptoms of mountain sickness. Copper Mountain Ski Resort warns would-be visitors about it. Their flier says it creates a "hangover" feeling and pregnant women, people with anemia, or chronic lung and heart conditions should be cautious.
Aspen, Vail, and some other Colorado mountains have bases at or above 8,000 feet, but people at hotels experience less altitude sickness. The hotels lie at lower elevations, allowing visitors' bodies more time to adjust. The peak at Aspen rises to 12,510 feet. At Telluride, the peak is 12,255. Breckenridge peaks rise to 12,998 feet, and Copper Mountain's peak is 12,313 feet.

Skiers coming from sea level locations such as Chicago (668 feet) or Michigan (839 feet) should allow time for their bodies to adjust before going to the higher peaks.

Turn your favorite picture into a puzzle!

So satisfying to finish an enormous jigsaw puzzle. But, all that effort and then what? You can glue it together. But maybe you really don't want a picture of a strange farm in winter on your wall.

How about this for an alternative? Find your favorite picture of something you love and then turn it into a jigsaw puzzle.

There are dozens of places that will do just that for you from your local Walgreens to custom puzzle websites like collage.com.

And, they aren't that expensive. A 20x30, 1,000-piece picture puzzle usually costs about $30. But you can often find a sale around the holidays when such a puzzle can be half price.

If you use an online company, you'll be able to choose a picture right from your Facebook or Instagram account. Or, you can choose something from photos on your phone, for example.

If you want to select an old photo on paper, you can get it scanned at a high resolution from at a place like Walmart, where they will enlarge that photo and make a puzzle for you.

Keep in mind that very small photos on paper may well lose clarity if you blow them up too large.

Small puzzle postcards can be a great greeting card. For example, get a nice picture of yourself waving to the camera, then have a puzzle company add the words "Happy Birthday to You, from Grandma." How fun!
A WARM THANKS!

Our Chapter extends its warm thanks to Frank Andrews. For the last two years Frank has served as our Satellite Coordinator as well as hospital visitor and other positions. Frank has stepped down as Satellite Coordinator due to health and other concerns. He will continue to visit patients at Scripps. Our thanks to Frank for his commitment to San Diego Mended Hearts!

Answers to crossword & word search puzzles

```
WEST
MENA
UGLI
AN
IC
OL
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CA
IM

POST
MOM
TH
N

REALISTIC
ASH
ELL
POL
IR
RO

MOROCCO
UGANDA
AQWA
ZAMBIA
EG
DJIBOUTI
GA
TUNISIA
GI
GLOFE
GB
ARGWEN
BIA
SS
EM
ML
WD

COPERNIC
IMAL
SA
OKA
OE
RHBB
CH
PR
XOMEFT

GHANA
AM
BL
A
CT
MANN
EGY
CHO
GUINE
AM
N
DORA
EK
SUDAN
```
From what we get, we can make a living; what we give, however, makes a life.
Arthur Ashe

In any contest between power and patience, bet on patience.
W. B. Prescott

I've always wanted to be somebody, but I see now I should have been more specific.
Lily Tomlin

Whoever said, "If it ain't broke, don't fix it," probably never heard of preventative maintenance.
Steven Kasper

Just because the river is quiet does not mean the crocodiles have left.
Malay Proverb

What lies behind us and what lies before us are tiny matters compared with what lies within us.
Oliver Wendell Holmes

Moral indignation is jealousy with a halo.
H.G. Wells

Without civic morality communities perish; without personal morality their survival has no value.
Bertrand Russell

Our ego is our silent partner _ too often with a controlling interest.
Cullen Hightower

The best thing about the future is that it comes only one day at a time.
Abraham Lincoln

A man's worth is what he is, divided by what he thinks he is.
Eric Hoffer

It is curious that physical courage should be so common in the world and moral courage so rare.
Mark Twain

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

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

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
Position available

Happy New Year 2020!

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

“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>
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</tr>
<tr>
<td>VA San Diego Healthcare System</td>
<td>Pat Egan</td>
<td>Boyd Applegate, Frank Andrews</td>
</tr>
</tbody>
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## Telephone Visitors

<table>
<thead>
<tr>
<th>Pat Egan</th>
<th>Claudio Reserva</th>
<th>Art Curtis</th>
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</thead>
<tbody>
<tr>
<td>Alex Silva</td>
<td>Bruce Macklin</td>
<td>Beverly Tenny</td>
</tr>
<tr>
<td>Joe Tash</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Internet Visitors

Karen Christian  
Kchristian@nctg.com
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.) ________________________________
Address ________________________________
City / ST / Zip ________________________________
Email address ________________________________

Chapter/Group 62 Member-at-large

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.

### 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
  - Yearly 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 of a Backpack or ___ MH/MLH Notecards (10 pk)
  - 5% off registration of any National (not regional) MH/MLH Conference or Symposium

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

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

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

### FAMILY MEMBERSHIP

For members of one household with one mailing address only

- **Family Membership — $40 annual donation**
  - All 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 the benefits of a Family Membership, PLUS
  - One Membership Pin per member
  - Choice of ___ Drawing of a 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.

**PLEASE PRINT INFORMATION TOP OF FORM**

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 $ _________

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