We will meet electronically using the Zoom Platform on October 10 at 10am. Angela Manriquez, our Western coordinator and Ron Manriquez, Mended Hearts National President, will speak at the meeting. Refer to the September 26 email from Ed Marrone for instructions on how to participate in our Zoom meeting. Join us for this fun event!

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“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.

**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>October 10 2020</td>
<td>Zoom Meeting; See page 1</td>
</tr>
<tr>
<td>November 14 2020</td>
<td>Upstairs Conference Room, Suite 200</td>
</tr>
<tr>
<td>December 12 2020</td>
<td>Upstairs Conference Room, Suite 200</td>
</tr>
</tbody>
</table>

“IT’S GREAT TO BE ALIVE AND TO HELP OTHERS”
On Saturday, October 10 our chapter is hosting a zoom meeting starting at 10 a.m. Ed Marrone is the Zoom host. Refer to the September 26th email Ed sent out for instructions on how to participate in our Zoom meeting. Angela Manriquez, our Western coordinator and Ron Manriquez, our national president, will speak at the meeting. Please tune in.

“There are two ways to be fooled. One is to believe what isn’t true; the other is to refuse to believe what is true.” — Soren Kierkegaard.

After a heart event we need to critically evaluate commercial messages. After a heart event it is important to live an examined life. When we were young many of us felt we were invincible and if it tasted good it would be okay to eat. Between traditional advertising, online advertising, and product placement it is estimated that the average consumer is exposed to more than 5,000 commercial messages per day. Of course, their sponsors expect a monetized return on their investment. As consumers we need to filter these messages to determine which ones are harmful and which ones are beneficial to our health. Remember the bygone days when we were inundated with cigarette advertisements positioning smoking as healthy and desirable? Smoking affects everyone. Cigarettes are toxic. They impact even non-smokers. According to the CDC, as of 2015, a total of 15% of U.S. adults still smoke.

Pictured is a can of soda that proudly says it contains 300 mg of caffeine. Diet sodas also contain caffeine. A 12 oz. can of Diet Coke contains 46 grams of caffeine, so this Cotton Candy sugar-free soda contains more than 6 times the amount of caffeine than a Diet Coke. We know that coffee also contains caffeine. Caffeinated soda tastes great but if you have a-fib or are susceptible to a-fib is it safe for you? What is the effect of caffeine on your heart? Consult your cardiologist. Now that we have had a heart event it is smart to lead an examined life. We need to ask, learn, and implement reliable advice.

Remember your medication and don’t miss. Better health through better nutrition and daily exercise approved by your cardiologist. The most valuable commodity is your good health. Getting it and keeping it should be a lifelong process.

Yours truly,
Art Curtis, President Mended Hearts Chapter 62, San Diego County
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 soon!

Sadly we had to cancel all in-person meetings and events for the near future. We look forwards to seeing you once we are able to resume a more usual schedule of events!

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/
Become a member at: https://mendedhearts.org/connect/member-enrollment/
SAVE THE DATE MLH CHD SYMPOSIUM

Mended Little Hearts is excited for our 7th Annual National CHD Symposium—The Heart-Mind Connection at Texas Children’s Hospital on October 23-24. This year, we will be partnering with the Cardiac Neurodevelopmental Outcomes Collaborative (CNOC) for this important educational program for parents, families, patients and healthcare professionals. We know that educated people can make better, more informed choices, and the CHD Symposium is an excellent source of information from experts from top children’s hospitals and CHD organizations.

The CHD Symposium will start Friday night with a social open to all families with fun, games (CHD Bingo with prizes), and even some dancing because a little exercise is good for all of us. On Saturday, we will begin with innovations in CHD surgery, cardiac cath, screening and genetics, including information on neurodevelopmental impact. Next, we will have information about advocating, raising awareness, and helpful information for CHD patients on higher education and/or a career. This will be followed by joint sessions on working together to improve outcomes, including information on resiliency, parent education, and caring for the whole family. Finally, our CHD According to Me panel will be turned into a friendly competition this year. Who will win—the medical professionals, parents, or the CHD patients themselves?

We hope you will hold these dates on your calendar, and we look forward to seeing you there.
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

“The eye of newt is from free range newts.”
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 Edwina Curtis 619 481-2411 or esjt26@cox.net.

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.

“Alex won for the scariest costume. He wasn’t wearing a mask.”
COVID-19 vaccine could save many lives, despite rampant myths

Most people know by now that Bill Gates is not going to give you money or a free computer if you respond to a Facebook post.

He's also not going to give you a secret microchip in a COVID-19 vaccine. This is one of the many myths madly circulating about a COVID-19 vaccine that have prompted about a quarter of Americans to say that they would decline a vaccine when it becomes available.

The Gates myth started in March 2020, when a widely shared article announced, incorrectly, "Bill Gates will use microchip implants to fight coronavirus." Gates actually said in an interview that digital certificates could be used to show who has recovered, who has been tested and who received the vaccine. According to the BBC, one study, funded by The Gates Foundation, suggested that a special invisible tattoo mark could be used to show who has been vaccinated. Like a small pox vaccination scar, it would not be tracked and personal information would not be entered into a database.

Even so, the Microsoft billionaire does not control public health policy in the U.S.

Another myth in high circulation is that a DNA-based vaccine will genetically modify humans.

According to Mark Lynas, a visiting fellow at Cornell University’s Alliance for Science group, no vaccine can genetically modify human DNA.

In an interview with Reuters, Lynas said that the DNA in DNA vaccines does not integrate into the cell nucleus, so there is no genetic modification. When cells divide, they will only include your natural DNA. But DNA-based vaccines are promising for COVID-19 because DNA sequences could match the required bits of genetic code in the virus.

COVID-19 vaccine success hinges on vaccine acceptance

The number of Americans willing to be vaccinated against COVID-19 may be as low as 50 percent, according to Science Magazine, the official publication of the American Association for the Advancement of Science.

Another poll, released in July, suggested that only about a third of Americans say they would be “very likely” to get a vaccine to prevent COVID-19, according to USA Today.

Experts say that the threshold for
population immunity against COVID-19 may require between 50 and 82 percent of the population to receive a vaccine, according to the Journal of the American Medical Association.

A COVID-19 vaccine may be months or years away from availability to the public as researchers race to develop and test viable options. While the public waits for breakthroughs, communications experts advocate that public health officials should start educating the public now to combat misinformation campaigns and promote vaccine acceptance, according to Science Magazine.

Peter Pitts, who oversaw public outreach efforts for the Food and Drug Administration during the George W. Bush administration, expressed his concern that no organized government strategy appears to exist to educate the public about the importance of the COVID-19 vaccine, according to USA Today.

According to Science Magazine, medical misinformation regarding COVID-19 and vaccines has proliferated on social media since the start of the pandemic. Damon Centola, a sociologist at the University of Pennsylvania, told the publication that social media posts can mislead people into believing that doing nothing to protect themselves against the novel coronavirus is a safer course of action.

Vaccine skepticism has grown increasingly widespread. In a 2020 study, researchers found that some people may believe vaccines are risky because they overestimate the likelihood of rare adverse side effects, according to Science Daily.

**Raking leaves: Not a chore, it's exercise!**

Variety is not only the spice of life, it's close to inspirational when it comes to regular exercise. So here it is, the exercise you can get during only a week or two of the year: Raking leaves.

Raking on a beautiful fall day gives you a chance to work out in nature's health club. No fancy gear needed. No trip to the court or the health club, just put on an old shirt and jeans.

According to Fitness, The Dynamic Gardening Way (Bonds of Nature Publishing) and author Jeffrey Rustuccio, just 30 minutes of rigorous raking burns up about 200 calories.

Here's how to do it:

* Before starting, loosen up your arms, legs and back with some stretching exercises so you won't get sore muscles.

* Keep knees slightly bent and use your arms and legs, not your back, for movement.

* Rake with a sweeping motion, breathing in as you extend the rake and out as you sweep it back toward yourself.

* Work in repetitious movements. Numbers don't matter, but pattern does.

When you get tired, quit and save the rest for tomorrow.
October is Breast Cancer Awareness Month

Is it time to get your annual breast exam?

Breast cancer remains a major health concern for women, ranking as the second leading cause of cancer death in women (only lung cancer kills more women each year), according to cancer.org.

The chance that a woman will die from breast cancer is about one in 38 (about 2.6 percent). Breast cancer, especially when caught early, is often treatable. Currently, there are 3.5 million breast cancer survivors in the U.S.

You can do some things to catch breast cancer early and minimize your risk.

1. Live a healthy lifestyle. Maintain a healthy body mass index (BMI). Don't smoke. Avoid alcohol.

2. Be physically active. Participate in at least 30 minutes of moderate physical activity each day and take steps to stay within your healthy weight range.

3. Self-examination. All women over age 20 should perform breast self-examination each month. All lumps are not cancerous, but only a doctor can tell the difference. If you find a lump, see your doctor.

4. Mammograms. Scientific studies show that for women over age 50, routine mammography can find breast cancer at an early, treatable stage.

The National Institutes of Health have provided these pros and cons for women in their 40s to consider.

Some factors are out of a person's control, but these known risk factors should make women more vigilant.

* Family history. If your mother or sisters have had breast cancer, you might also have a higher risk. Only about five to 10 percent of breast cancer is hereditary. Talk to your doctor about genetic counseling and advanced screening.

* Breast density. Women with high breast density have a higher risk of getting breast cancer. This could be in part because the more dense the breast tissue, the more difficult it is to detect small abnormalities.

* Hormone replacement therapy at menopause can be a risk factor for breast cancer.

One key idea: Don't let COVID-19 fears stop you from getting your annual mammogram.

Celebrating Columbus Day, day of discovery, Oct. 12

It was 528 years ago, in 1492, that Christopher Columbus discovered the new world.
But Columbus remains a mysterious and controversial figure who has been variously described as one of the greatest mariners in history, a visionary genius, a mystic, but also called some not so flattering names.

Columbus's enterprise to find a westward route to Asia grew out of his practical experience as well as his considerable reading in geographical and theological literature. He settled for a time in Portugal, but was unable to enlist support for his project.

He moved to Spain, where, through a combination of good luck and persuasiveness, he gained the support of the Catholic monarchs, Isabel and Fernando.

The widely published report of his voyage of 1492 made Columbus famous throughout Europe and secured for him the title of Admiral of the Ocean Sea and further royal patronage. Columbus, who never abandoned the belief that he had reached Asia, led three more expeditions to the Caribbean.

A great navigator and mariner he was, but Columbus had his shortcomings. Later in his life, he was known as a failed administrator and a naive entrepreneur.

Whatever his greatness and shortcomings were, he remains one of the most daring and successful mariners of all time.

Trick-or-treaters still roam, but not widely
Halloween night and the hopeful children of the 1960s and 1970s put out jack-o'-lanterns and turn on the porchlights, a bowl full of treats on the table.

But the expected ghouls and goblins never materialize.

Where have they gone? Is Halloween over?

No, but the door-to-door tradition, mainly reserved for the suburbs anyway, has been replaced by more organized treating, and never tricking.

Trunk-or-treating is popular now, held at churches and community centers where parents circle up and open their trunks. Kids parade from car to car.

Halloween historian Lesley Bannatyne told The Atlantic that kids in cities have always treated in apartment buildings. In rural areas, where houses are more spread out, families may drive to houses. Or in some cases, farmers take kids on hayrides to houses where they treat -- and trick, by 'borrowing' jack-o'-lanterns or decorations.

As neighbors become less friendly with each other than in years past, trick-or-treaters simply bypass some suburban neighborhoods. Others, with widespread neighbor participation, are visited by kids from all over.
Vietnamese Marinated Grilled Chicken with Corn-and-Avocado Salad

Calories: 404 Per Serving
Protein: 26g Per Serving
Fiber: 9g Per Serving
Servings: 6
Serving Size
3 ounces chicken and 1 cup salad

1 1/2 pounds boneless, skinless chicken thighs (all visible fat discarded)

Marinade Ingredients
3 tablespoons honey
3 tablespoons fresh lime juice
3 tablespoons soy sauce (lowest sodium available)
2 tablespoons canola or corn oil
2 teaspoons minced garlic
1 teaspoon ground ginger
1/2 teaspoon crushed red pepper flakes (optional)

Salad Ingredients
6 large ears of corn, husks and silk discarded
2 medium avocados (halved, pitted, diced)
2 medium tomatoes, chopped (about 2 cups)
3/4 cup finely chopped fresh basil
2 tablespoons chopped red onion
1 tablespoon canola or corn oil
1 tablespoon plain rice vinegar or white vinegar
1/4 teaspoon salt
1/8 teaspoon black pepper

Directions
• In a shallow glass dish, whisk together the marinade ingredients. Add the chicken, turning to coat. Cover and refrigerate for 4 to 24 hours, turning occasionally.
• When the chicken has marinated, preheat the grill on medium high. Drain the chicken, discarding the marinade. Let the chicken stand at room temperature for 15 minutes.
  • Meanwhile, wrap each ear of corn in heavy-duty aluminum foil.
  • Grill the corn for 15 to 20 minutes, or until tender, turning occasionally. Remove from the grill. Let cool. Using potholders, carefully remove the corn from the foil.
  • Meanwhile, grill the chicken for 5 minutes on each side, or until it registers 165°F on an instant-read thermometer.
  • When the corn is cool enough to handle, using a knife, cut off the kernels from each cob. Transfer to a large bowl.
  • Stir in the remaining salad ingredients, tossing gently to combine. Serve the salad with the chicken.

Stone Memories
(The headline is a clue to the answer in the diagonal)

Across
1. Fuel stat
2. Pretentious sort
9. "That means ___!"
10. Major artery
11. Mother Teresa, for one
12. Humidor item
13. Debate participant
15. Helium symbol
16. Irish revolutionary Robert
18. Morning, for short
20. Metrical feet
23. Dyeing technique
25. 40 winks
26. Accustom
27. In-flight info, for short
28. Dissuade
29. "Help!"

Down
1. Mimicking bird
2. Come down hard
3. Goo
4. Heartbeat regulator
5. Evening event
6. Unit of work
7. The Beehive State
8. Have the nerve
14. Strike caller
17. Color wheel display
18. In the sack
19. Equine feature
21. Western alliance
22. Pampering places
24. Egyptian boy king

Answers can be found on page 15.

Word Search Puzzle: Clive Cussler books

ARCTIC DRIFT
ATLANTIS FOUND
BLACK WIND
CRESCENT DAWN
DEEP SIX
DRAGON
FLOOD TIDE
HAVANA STORM
ICEBERG
INCA GOLD
NIGHT PROBE
ODESSA SEA
PACIFIC VORTEX
SAHARA
SHOCKWAVE
TREASURE
TREASURE OF KAHN
VIXEN

Answers can be found on page 15.

“IT’S GREAT TO BE ALIVE AND TO HELP OTHERS”
2021 Election of MHI National Officers & Regional Directors

Dear Chapter Officers & Group Coordinators,

Elections for MHI National Officers and Regional Directors (both MH and MLH) will be held January-February 2021. **ALL COMMUNICATIONS, APPLICANT SUBMISSIONS AND VOTING WILL BE DONE ELECTRONICALLY.** The timeline is as follows:

- **May 5, 2020:** Notification of forthcoming election, procedures for nominating and application process are sent to Chapter Officers and Group Coordinators.
- **May 5-September 14, 2020:** Candidate application period. **All documents as required in MHI Election Procedures (Candidate Intent to Serve and Consent Form, Candidate Resume) must be received no later than September 14, 2020.**
- **December 2020:** Election ballot packets and candidate resumes sent to Chapter members, Group members, and At-Large members.
- **January-February 2021:** Chapters/Groups conduct elections. Meet-the-Candidate Webinars. (Information to follow.)
- **February 28, 2021:** Deadline for Chapters/Groups and Members-At-Large to submit ballots.

Please refer to the attached documents carefully, as changes have been made:

- **MHI Election Procedures** (criteria, process, etc.)
- **Candidate Intent to Serve and Consent Form** (PDF)
- **Candidate Intent to Serve and Consent Form** (Word)
- **Candidate Resume** (PDF)
- **Candidate Resume** (Word)

We ask that you please share this election information and procedures, which include applicant criteria, with your chapter/group members.

Applicants seeking candidacy for National Office or Regional Director positions must complete and submit both the **Candidate Intent to Serve and Consent Form** and **Candidate Resume** no later than **September 14, 2020.**

Copies of all documents provided here are also available on our website. Chapter officers can access them [HERE](#). Group coordinators can find them [HERE](#). Please submit completed documents to:

Denise Duch Widzgowski, Chairperson  
MHI Election Committee  
ddwidz.mendedhearts@gmail.com

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

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 and Web Master Positions are Available

Answers to crossword & word search puzzles

“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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<tr>
<th>Hospital</th>
<th>Coordinators</th>
<th>Visitors</th>
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<tbody>
<tr>
<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>
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<td>Tri-City Medical Center</td>
<td>Bruce Macklin</td>
<td>Bruce Macklin, Ron Buccellato</td>
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<tr>
<td>VA San Diego Healthcare System</td>
<td>Frank Andrews</td>
<td>Visitor: Boyd Applegate</td>
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<tr>
<td></td>
<td>Pat Egan</td>
<td>Pat Egan</td>
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<td>Claudio Reserva</td>
<td>Beverly Lynn, Claudio Reserva</td>
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<td>Bruce Macklin, Ron Buccellato</td>
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Telephone Visitors
Pat Egan Claudio Reserva
Art Curtis Alex Silva
Bruce Macklin Beverly Tenny
Joe Tash
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.
# CARDIOACTIVITIES

**MEMBERSHIP FORM**

- **NEW MENDED HEARTS**
- **NEW MENDED LITTLE HEARTS**
- **RENEWAL**

**DATE**

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

**Address**

**City / ST / Zip**

**Email address**

**Chapter/Group**

**Member-at-large**

**Phone**

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

**I am interested in CHD Parent Matching:**
- Yes
- No

**Race:**
- Caucasian
- Black
- Asian
- Am. Indian
- Other

**Gender:**
- Male
- Female

**Optional Information:**

**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 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 MHMLH Notecards (10 pk)
  - 5% off registration of any National (not regional) MHMLH 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 of the benefits of a Gold Member FOR LIFE, PLUS
  - 15% off registration fees at National MHMLH 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

- **Family Membership — $40 annual donation**
  - All of the benefits of an Individual Membership, PLUS
  - One Membership Pin per member
  - Choice of Drawing Backpack or MHMLH Notecards (10 pk)
  - 5% off registration of any National (not regional) MHMLH Conference or Symposium

**Family Members:**

- Spouse
- Child
- Heart Patient

### PLEDGE INFORMATION

**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**

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**IT'S GREAT TO BE ALIVE AND TO HELP OTHERS**