We will meet electronically using the Zoom Platform on November 14 at 10am. Look for the upcoming invitation via email and join us for this fun event! Last month marked the 50th Anniversary for our chapter! See page 2!

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“IT’S GREAT TO BE ALIVE AND TO HELP OTHERS”
HAPPY 50TH ANNIVERSARY

TO

OUR SDMH CHAPTER 62

(October 2020)

IT’S GREAT TO BE ALIVE
AND TO HELP OTHERS
Important Meeting Information

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**

**DATE**
November 14 2020
December 12 2020
January 9 2021
February 13 2021

**PLACE (San Diego Cardiac unless noted)**
Zoom Meeting; See page 1
Upstairs Conference Room, Suite 200
Upstairs Conference Room, Suite 200
Upstairs Conference Room, Suite 200

“IT'S GREAT TO BE ALIVE AND TO HELP OTHERS”
What are some of the best things you can do for your heart?
Commit to following exactly the advice of your cardiologist. If you have questions about his or her advice, research the question and go back to the cardiologist to resolve.
Commit to lifelong learning about keeping your heart healthy. After a heart event realize we are a new person with new responsibilities to keeping ourselves healthy.
Commit to never missing a day the medications prescribed by your cardiologist. Prepare a list on your computer of all your medications with the dose level along with all of the supplements you take listed separately. Keep your list up to date and bring it with you when you meet with your doctor and when you pick up your medications with the pharmacist.
Commit to better health through better nutrition. Start by reducing your intake of red meat, fried foods and desserts or snacks with sugar. Eat smaller portions with the emphasis on fresh vegetables, fruits, nuts, poultry, fish and if bread, whole grain. Fried foods and pizza should be extremely limited. Learn more about the foods you eat. For example, a September 25, 2020 AP article warned against black licorice. The problem is glycyrrhizic acid, found in black licorice and in many other foods and dietary supplements. Just a small amount can cause a-fib and raise your blood pressure. Who knew? Discuss with your cardiologist or nutritionist.
Commit to daily exercise. Consult with your cardiologist about what is appropriate for you. Consider a regular program of walking supplemented with using a peddler while you are watching television. Information on peddler 619-481-2411.
Commit to weighing yourself as soon as you rise and keeping a written log of your weight to review with your doctor.
Commit to lasting change. Mended Hearts participation will help to remind you of desirable changes and provide you with new information.
Better health results from knowing the truth and changing our behavior accordingly. “Human behavior flows from three main sources: desire, emotion, and knowledge.” - Plato
“Belief that influences behavior influences results.” - Tom Herman
Let us be thankful. Thanks that we live in the world’s finest city with great doctors, great nurses and great hospitals. Thanks that we recognize that our thoughts and attitudes mold our behavior for better health. I start every day with the affirmation that “Today is the best day of my life.” Tell yourself why this will be the best day of your life. Be true to yourself and persistent in improving your health.

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 mholofsd@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/

Happy Thanksgiving!

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

“Wow, that’s a lot of channels for such a little TV.”
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.

Lewis and Clark Expedition Reached the Pacific Ocean
November 16, 1805

Lewis and Clark’s Corps of Discovery glimpsed the Pacific on Nov 7, moving Clark to write in his journal: “Great joy in camp! We are in view of the Ocean, this great Pacific Ocean which we have been so anxious to see. And the roaring or noise of the waves breaking on the rocky shores . . . may be heard distinctly.”

“IT’S GREAT TO BE ALIVE AND TO HELP OTHERS”
Virtual screening for pulmonary hypertension may help save lives

As telemedicine continues to explode as a result of the COVID-19 pandemic, Temple University physicians have developed a new tool to virtually screen for pulmonary hypertension, according to the Temple University Lewis Katz School of Medicine.

The screening method uses an existing echocardiogram. Physicians analyze specific key measures in echocardiogram data, minimizing the number of in-person visits needed to diagnose pulmonary hypertension, according to Temple University.

The advance comes as physicians and patients alike work to minimize in-person visits to prevent the spread of the novel coronavirus. For pulmonary hypertension patients, access to a virtual screening tool is especially important, as they face elevated risk for hospitalization and death from COVID-19, according to the American College of Cardiology.

The new screening method is called the virtual echocardiography screening tool, or VEST. According to Anjali Vaidya, M.D., co-director of Temple University’s Pulmonary Hypertension Program, VEST allows physicians to quickly evaluate patients for pulmonary hypertension with non-invasive echocardiogram images. Since the screening method is entirely virtual, vulnerable patients can continue to socially distance and avoid the risks associated with in-person clinic visits.

According to Vaidya, VEST makes it easier to recognize pulmonary hypertension early, which gives patients more time to access further evaluation and treatment.

Critically, VEST is effective at distinguishing between the two most common subtypes of pulmonary hypertension, pulmonary arterial hypertension (PAH) and pulmonary hypertension due to left heart disease. Patients with PAH in particular face poor outcomes, which are exacerbated by frequently delayed diagnoses and treatment, according to Temple University.

Pulmonary hypertension is a type of high blood pressure that affects arteries in the lungs and the right side of the heart. For some pulmonary hypertension sufferers, including pulmonary arterial hypertension patients, the condition worsens over time and can become life-threatening, according to the Mayo Clinic.

Freshwater fish have omega-3s

If you're a fisherman or have
friends who share their catch with you, here's good news: Ocean-going fish may be rich in those important omega-3 fatty acids, but salmon, tuna, mackerel and herring are not the only sources.

Freshwater game fish have omega-3s, as well. Lake Superior lake trout are actually richer in this nutrient than Atlantic salmon or Atlantic mackerel. The trout has 3 grams per 3.5-ounce serving as opposed to 1.84 for the salmon and 1.2 for the mackerel.

Other freshwater game fish with omega-3s include whitefish with 1.6 grams per 3.5 ounce serving, chub with 1.5, herring with 1.1, bass with 0.9, smelt with 0.5, walleye at 0.4, and northern pike with 0.1 ounces per serving.

Doctors at the Mayo Clinic say it's true that the content of most game fish isn't as high as that of ocean-going cold-water fish. But fish, as long as it's not fried or prepared with a lot of added fats, is still a better choice than meat. Meat is typically higher in undesirable saturated fats and cholesterol.

**Lung Cancer Awareness Month: Lung cancer deaths decline with treatment advances**

Lung cancer is responsible for more deaths than any other cancer among Americans. More people die from lung cancer than breast, colon and prostate cancers combined—about 150,000 deaths in 2018, according to the Cancer Research Institute.

But lung cancer deaths, particularly from non-small cell lung cancer, which occurs more commonly in non- and never-smoking patients, are decreasing. These improvements in mortality are likely due to lower incidence overall and critical advances in treatment, particularly targeted therapies, according to the New England Journal of Medicine.

Mortality from small cell lung cancer, which occurs almost exclusively in smokers, has declined almost completely as incidence continues to dwindle, according to the New England Journal of Medicine.

The bottom line: Fewer people are being diagnosed with lung cancer and those who are diagnosed are more likely to survive longer, said Xiuning Le, M.D., Ph.D., of the University of Texas MD Anderson Cancer Center in Houston, according to Cancer Therapy Advisor.

Vamsidhar Velcheti, M.D., director of thoracic medical oncology at New York University’s Langone Perlmutter...
Cancer Center, said that lung cancer treatment has made tremendous strides in the last four years, according to Healthline. Velcheti credited targeted therapies and immunotherapies for the improvements.

Targeted therapies use specific drugs to attack certain types of cancer cells, disrupting the signals that cause them to grow, according to Lungevity. Immunotherapies alter the body’s immune system to target and destroy cancer, according to Oncology Nurse Advisor.

According to the Cancer Research Institute, recent clinical studies have shown that patients treated with immunotherapies, either alone or concurrently with other therapies, showed significant improvements. As a result of these clinical trials, the FDA approved more immunotherapy treatment options for lung cancer patients, including immunotherapy, as a first-line option instead of a secondary option after conventional treatments.

As more is understood about lung cancers, researchers are optimistic that physicians will be able to continue to refine and personalize lung cancer treatments for individual patients, according to Healthline.

**American Diabetes Month: Researchers work to improve current diabetes treatment options**

Diabetes is one of the world’s most common chronic diseases, affecting about 463 million adults worldwide—a number that is expected to increase to 700 million by 2045, according to the International Diabetes Federation.

About 90 percent of these cases are type 2 diabetes, according to Nature Reviews Endocrinology. Patients with type 2 diabetes are resistant to the effects of insulin, a hormone that regulates blood sugar, or do not produce enough insulin to maintain normal blood sugar levels, according to the Mayo Clinic.

Patients who are unable to regulate their blood sugar with diet and exercise alone are usually prescribed metformin, which lowers blood sugar. However, about 30 percent of patients with type 2 diabetes do not respond to metformin and are vulnerable to other complications while their blood sugar remains elevated, according to Science Daily. Between 20 and 30 percent of patients experience side effects that are difficult or impossible to tolerate, according to Genome Web.

Swedish researchers have identified biomarkers that can show in advance, via a simple blood test, how a patient will respond to metformin, according to Science Daily. The researchers hope that this research can be further developed to help inform prescribing decisions for health care providers so patients can receive appropriate medications immediately, according to Science Translational Medicine, a publication of the American Association for the Advancement of Science.
Further research is needed before a blood test goes into wider use for diabetic and pre-diabetic patients, however. The next step for the researchers: A larger clinical study with 1,000 patients from around the world, according to Science Daily.

**A little fat makes vegetables more nutritious, helps prevent cancer**

Having corn on the cob with dinner? Adding a little butter will enhance your nutrient absorption. Having a salad for lunch? Adding full-fat salad dressing will have the same effect.

Many of the healthful compounds in vegetables are fat-soluble. That means your body can't easily absorb them unless fat is present at the same time.

Researchers at Ohio State University Comprehensive Cancer Center in Columbus checked for nutrients that were especially important for cancer prevention. Some of affected nutrients:

- Lutein and zeaxanthin, found in spinach and kale, are important for eye and heart health.
- Lycopene, the red carotenoid found in tomatoes and watermelon, is a potential cancer fighter.
- Alpha and beta carotene, the orange pigment in carrots and cantaloupe, help to reduce cancer rates.
- Vitamin E, found in mango, broccoli and spinach, is a powerful antioxidant that neutralizes free radicals that cause tissue and cellular damage.

When some avocado was added to salads, blood tests showed the absorption of lutein was 18 times greater than without the fatty avocado. Absorption of lycopene increased by 4.4 times. Beta carotene absorption increased 2.6 times.

Fortunately, the amount of fat in the entire meal can aid nutrient absorption. Nutritionists say you should choose at least one food per meal with a high fat content. That means if you have a small steak or hamburger with dinner, you'll be fine.

**The first 'Thanksgiving'**

After the dark days of 1620, the Pilgrim's 1621 harvest festival was their first celebration of plenty. It has become a model for present day Thanksgiving feasts. Their festival is described in a letter by Edward Winslow to friends in England:

"Our harvest being gotten in, our governor sent four men on fowling, that so we might after a special manner rejoice together after we had gathered the fruit of our labors. They four in one day killed as much fowl as, with a little help beside, served the company almost a week. At which time, amongst other recreations, we exercised our arms, many of the Indians coming amongst us, and among them rest their greatest King Massasoit, with some ninety men, whom for three days we entertained and feasted, and they went out and killed five deer, which they brought to the plantation and bestowed on our governor, and upon the captain and others. And although it be not always so plentiful as it was this time with us, yet by the goodness of God, we are so far from want that we often wish you partakers of our plenty."
**Holiday Goal**  
*(The headline is a clue to the answer in the diagonal)*

**Across**
1. Movie SFX
4. Short snooze
7. Neural network
9. Cheek
10. Scream
11. Eagle's nest
12. In a smooth manner
14. Wharton degree
15. Facial feature
19. Reach across
20. Peacock's pride
22. Bridge, in Bretagne
23. ___ Spumante
24. Inquire
25. Café alternative

**Down**
1. Weep
2. The Bee ___
3. "___ have to do"
4. Christmas carol
5. Not straight
6. Thickness
8. Periodic table listing
9. Capital of Indonesia
13. "Chicago" lyricist
15. Heroic poem
16. Tug sharply
17. Brewer's equipment
18. Accompanying
19. Hot springs
21. Fanciful stor

**Word Search Puzzle:  Raptor Search**

```
ACCIPITERS      LARGE
BIRD OF PREY     OSPREY
BROAD WINGS     OWLS
BUTEOS          POWERFUL
BUZZARDS         QUIET
CARNIVOROUS     SERIEMAS
EAGLES          SHARP BEAKS
FALCONS         SOLITARY
HARRIERS        VULTURES
HAWKS
HUNTERS
KITES
```

*Answers can be found on page 14.*

"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  
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

**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**
Art Curtis  
619 481-2411  
info. art.curtis@gmail.com

**Media Relations, Board Member**
Art Curtis  
619 481-2411  
info. art.curtis@gmail.com

**Visiting Chair and Web Master Positions are Available**

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**Answers to crossword & word search puzzles**

```
CGI NAP
RET JOWL
YELL AERY
SLEELY
MBA
EYEBROW
SPAN TAIL
PONTASTI
ASK THE
```

---

“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>
</tr>
<tr>
<td>Tri-City Medical Center</td>
<td>Bruce Macklin</td>
<td>Bruce Macklin, Ron Buccellato</td>
</tr>
</tbody>
</table>

VA San Diego Healthcare System
Coordinator: Frank Andrews
Visitor: Boyd Applegate

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

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

San Diego County* Chapter 62 Yearly Dues $20
Can attend any Chapter meeting for Mended Hearts or Little Mended Hearts
Can Join online communities
Can access MH member portal on website
Will receive Chapter 62 award winning monthly newsletter
Will Receive national e-newsletter
On line access to Heartbeat Magazine: www.MendedHearts.org/magazine/
Chapter Dues and Donations are tax deductible 501 C (3)

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

National Level
Anyone who joins Chapter 62 and pays $20.00 dues automatically becomes an Associate Member of National Mended Hearts, the largest cardiovascular peer-to-peer support network in the world.
If you would like to contribute an additional donation to National see the next page for more levels and amounts above your $20.00 Chapter 62 dues. These amounts will be forwarded to National.

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

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

Name (Mr./Mrs./Ms.)  
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  ☐  

(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>Associate Member — FREE</td>
<td>For members of one household with one mailing address only</td>
</tr>
<tr>
<td>Can attend any chapter meeting for MH or MLH</td>
<td>Family Membership — $40 annual donation</td>
</tr>
<tr>
<td>Can join online communities</td>
<td>All of the benefits of an Associate Membership, PLUS</td>
</tr>
<tr>
<td>Can access Member Portal</td>
<td>One year annual subscription to Heartbeat magazine ($30 value)</td>
</tr>
<tr>
<td>Receives the National e-newsletter</td>
<td>Membership Cards for all members of the family</td>
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<tr>
<td>Individual Member — $20 annual donation per person</td>
<td>2 Car Decals — Select ___ MH or ___ MLH</td>
</tr>
<tr>
<td>All of the benefits of an Associate Membership, PLUS</td>
<td>Each family member receives a one-time 5% off coupon for purchase from the MH store. Use only one coupon per order.</td>
</tr>
<tr>
<td>Membership Card</td>
<td>1% off registration of any National (not regional) MHMLH Conference or Symposium</td>
</tr>
<tr>
<td>Car Decal — Select ___ MH or ___ MLH</td>
<td>2000 membership discount on MHMLH Decals (10 pk)</td>
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<tr>
<td>One-time 5% off coupon for purchase from the MH store</td>
<td></td>
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<tr>
<td>One year annual subscription to Heartbeat magazine ($30 value)</td>
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<tr>
<td>Bronze Member — $45 annual donation per person</td>
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<tr>
<td>All of the benefits of a Full Individual Member, PLUS</td>
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<tr>
<td>Membership Pin</td>
<td>One Membership Pin per member</td>
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<tr>
<td>Choice of __MHMLH Backpack or ___MHMLH Notecards (10 pk)</td>
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<tr>
<td>5% off registration of any National (not regional) MHMLH Conference or Symposium</td>
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<tr>
<td>Silver Member — $100 annual donation per person</td>
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<tr>
<td>All of the benefits of a Bronze Member, PLUS</td>
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<tr>
<td>A Stainless Steel Mended Hearts Travel Mug</td>
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<tr>
<td>Gold Member — $250 annual donation per person</td>
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<tr>
<td>All of the benefits of a Silver Member, PLUS</td>
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<tr>
<td>A Red Fleece Blanket</td>
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<tr>
<td>10% off registration of any National Conference or CHD Symposium</td>
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<tr>
<td>Heart of Gold Lifetime Sponsor — $1500 donation</td>
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<tr>
<td>A one-time donation per individual</td>
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<tr>
<td>All of the benefits of a Gold Member FOR LIFE, PLUS</td>
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<tr>
<td>15% off registration fees at MHMLH Conferences / Symposia</td>
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<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>
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<td><strong>PLEASE PRINT INFORMATION TOP OF FORM</strong></td>
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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 $