We will meet electronically using the Zoom Platform on December 14 at 10am. Look for the upcoming invitation via email and 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>
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<th>DATE</th>
<th>PLACE (San Diego Cardiac unless noted)</th>
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<td>December 12 2020</td>
<td>Zoom Meeting; See page 1 Upstairs Conference Room, Suite 200</td>
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<td>Upstairs Conference Room, Suite 200</td>
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<td>Upstairs Conference Room, Suite 200</td>
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**MERRY CHRISTMAS!**

“IT’S GREAT TO BE ALIVE AND TO HELP OTHERS”
Heart Healthy New Year! Start planning now for the new year. Not with resolutions that can be discarded but with long-term commitments to our good health.

What are we doing to be better? Are we open to change? To Lifelong Learning?

What can we do every day to kickstart ourselves in a positive way? I suggest a subscription to Daily Word. I recommend reading aloud the short daily affirmation. The positive ideas can affect our subconscious.

It is so easy to get this bimonthly Daily Word booklet - type in your search engine - subscription information Daily Word Unity Village Missouri or call 816-969-2069. Consider giving gift subscriptions. “It’s great to be alive and to help others.”

This is a small magazine with powerful daily affirmations. It only measures 4 inches by 5 ½ inches tall. I tend to lose the magazine among my other papers and recently found a low cost, high visibility solution. At Office Depot a self-standing or wall mounted plastic literature holder costing $4.50.

Don’t we think all mouthwashes are pretty much the same? According to a UK newspaper, the Telegraph mouthwashes that contain cetylpyridinium chloride may kill the coronavirus and can be used to help stop its spread. We searched several stores and could not find what we were looking for [see picture]. Our solution was to purchase online from Walmart. Gum disease can negatively affect heart health. Brushing twice a day followed by swishing this special mouthwash around for 30 seconds after each brushing will lessen the chances of gum disease or Covid-19.

Besides wearing masks when we go out another low-cost coronavirus prevention tool is to wear protective gloves, especially when shopping. We wanted to donate a box of low-cost protective gloves to our favorite resale shop. Vinyl gloves are too expensive to be used on a one-time basis and too difficult to put on. We visited unsuccessfully several stores looking for a quantity of low cost thin single use plastic gloves. Our answer was to buy a box of 500 food handling gloves on the Internet from Walmart for about $12, including shipping. Why touch germy things in stores when you can be protected from the coronavirus for such a low cost.

Stay safe. Be in good health. Being safe is obviously being heart healthy.

As always please take all your prescribed medications and do not change them or any supplements without prior consultation with your cardiologist.

Help yourself by taking a deep breath daily and saying, “I will be the best I can be.”

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 mlohfsd@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/
Educational and Informational Resources

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

Palomar Health offers free classes and lectures often given by medical doctors on various health subjects including Heart Health and other health topics. This is a great way to help yourself or a loved one through learning. Find out more and sign up here: [Classes and Events](#)

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

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

Learn all about sleep disorders from folks who understand it. Sleep disordered breathing is more common than most people think and over time can have grave heart and other health consequences. Learn more from these great resources: [National Sleep Foundation](#)  
[Tuck Sleep](#)  
[Heart disease and sleep](#)  

The [National Kidney Foundation](#) has lots of educational information about your kidneys.

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

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

Here are the titles of the six available webinars in the series:

- Controlling Risk Factors for Women
- Controlling Risk Factors for Diverse Populations
- Cholesterol Control and Diet Modifications
- Following your Treatment Plan to Reduce Your Risk of a Second Event
- Blood Pressure Control
- Preventative Exercise and Physical Activity

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

“Stay here in case I run out of ammunition.”
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.

“IT'S GREAT TO BE ALIVE AND TO HELP OTHERS”
Meaningful Quotes

There are only two forces in the world, the sword and the spirit. In the long run the sword will always be conquered by the spirit.
-Napoleon Bonaparte

And is it true? And is it true, This most tremendous tale of all, Seen in a stained-glass window's hue, A Baby in an in ox's stall? The Maker of the stars and sea Became a Child on earth for me?
-Sir John Betjeman, 1954

I have always thought of Christmas time as a good time; a kind, forgiving, charitable, pleasant time; the only time I know of in the long calendar of the year, when men and women seem by one consent to open their shut-up hearts freely.
-Charles Dickens

A vision without a task is but a dream. A task without a vision is drudgery. A vision with a task is the hope of the world.
-Dinah Maria-Murlock Craik

Whenever you are asked if you can do a job, tell 'em "certainly I can!" Then get busy and find out how to do it.
-Theodore Roosevelt

Life is 10 percent what happens to you, 90 percent how you respond to it.
-Lou Holtz

A ship in port is safe, but that's not what ships are built for.
-Grace Murray Hopper
Health and other neat topics

Prevent hacks into home security system

The latest home security gadgets are a far cry from the early days of simple motion detectors. Whether it's the Ring video doorbell, which alerts you to someone at your front door (and allows you to talk to them), or other systems that use facial or voice recognition, we've got cameras and eyes everywhere.

The downside, of course, is the potential for hackers to access those cameras and find their way into our homes.

Consumer Reports offers tips to keep our home security cameras from being hacked:

* Keep your camera's firmware up to date. Some cameras automatically download and install these updates, which fix software bugs and patch software vulnerabilities, while others require you to check for updates on your own.

* Change your camera's password. You should approach your security camera's password the same as your other devices, and use long and complex passwords without personally identifying information.

* Set up two-factor authentication if possible. This means the camera company sends you a onetime-use passcode via text, phone, email, or authentication app that you input in addition to your username and password when you log in to the account. As CR points out, even if a hacker cracks your password, they won't be able to access your camera unless they also gain access to your onetime code.

* Set up a password manager. A password manager generates strong, random passwords and stores and remembers them for you. Many are free.

A fitness tracker at an amazing price

Fitness trackers are getting big-time smart, not just logging steps, but also hours you sleep, quality of hours and stairs you climb.

Your watch knows all about you. And at costs running north of $300, it should.

But there are some more inexpensive offerings around, among them the $25 Wyze Band. It counts steps, monitors heart rates, supports Amazon Alexa commands, and you can swim with it on. Best of all, its battery is good for 14 days. This is almost double the battery life of other, more expensive smart fitness trackers.

A similar tracker, Fitbit's Inspire 2, does the same thing, but includes sleep
tools. Battery life is 10 days. It costs $99.

Ironically, like all the fitness trackers in this category, user reviews complain the displays can't be seen outside. So, when outside, you never know the time or how far you have run.

**Home Tips**

**Wash the blender**

Avoid those sharp blades by blending the device clean. Fill one-third full with water. Add three drops of dishwashing liquid. Run blender for 10 to 20 seconds. Rinse and dry.

**Quick bread crumbs**

Tear up leftover buns freeze in a zip bag. When ready for bread crumbs, don't bother thawing. Just pop the pieces in a food processor for 20 pulses.

**Towels: Light or dark?**

Light-colored towels fade less easily but dark colored towels effectively hide mascara marks. Just clean using a bleach spray and a dark towel since it might bleach the towel.

**Case study: How looting destroyed access to medicine**

In June, after the death of George Floyd, looters in Chicago destroyed hundreds of businesses--among them, 70 of the 118 Walgreens stores in Chicago.

According to Crain's Chicago Business, Walgreens spent $35 million fixing 70 stores, but six suffered such severe structural damage that they have not yet been reopened.

The looted stores were spread out throughout Chicago, including in neighborhoods where residents had few choices in pharmacies. This caused a new crisis in the area as filling prescriptions became difficult.

In one neighborhood, Chatham, where the local Walgreens was destroyed, the company surveyed patients and discovered that 65 percent of the population have 'transportation issues' and couldn't get medicine after looting closed the pharmacy.

Walgreens responded by working with FedEx and local carriers to offer free prescription delivery through the end of the year. It worked with churches and organizations to offer free immunizations and health screenings.

**Board game sales spike during quarantine**

What has everyone been doing during the endless months of COVID-19 quarantine? Lots of families turned to old-fashioned board games for inexpensive and socially distanced entertainment.

According to Tech Gaming Report, Hasbro, manufacturers of the classic board game Monopoly, reports that board game sales have increased more than 20 percent during the COVID-19 pandemic. The company also sells Clue, Jenga, Twister, Life, Guess Who and Scrabble.

The increase comes as many schools continue virtual instruction and kids face limited options for other activities. At twenty dollars and
accommodating up to eight players, the value for families is hard to beat as they look for ways to stay busy.

Board games do more than just entertain kids for a low one-time price. According to The Irish News, board gaming is a great activity for families to bond while boosting children’s interpersonal skills and cognitive abilities. For parents looking for screen-free activities, board games might be a perfect solution for family fun.

Family game night also might provide a mental health boost for pandemic-stressed families. According to the Irish Times, taking time to play board games together reduces isolation, can provide some much-needed laughs and help families temporarily escape from their worries.

If your usual board game buddies aren’t part of your quarantine pod, digital board gaming opportunities abound, according to Inside Hook. Tabletop Simulator, available at tabletopsimulator.com, lets you and your friends meet around a virtual table and enjoy a board game night. The online computer gaming platform Steam, best known for video games, also offers old-school board game options.

**Six action skills to keep healthy and happy**

1. **Stay strong.**
   Maintain your strength and balance by doing some simple weight training. Going to a gym makes it a social event, but you can lift weights at home, too. Just fill a plastic gallon jug with water, lift 10 times, rest, lift 10 times. Add a repetition as your strength grows.

2. **Reach out.**
   Even people who have been very social throughout their lives find that, as they age, they need to expand their list of acquaintances and friends.

   Social activities keep the mind fresh, your mood elevated and curiosity keen.

   One key idea here is expanding your view of the people and places that might be of interest. A good idea is try many social events and social gatherings without judging them. Try a variety of things, including gym visits, church, and senior center events.

3. **Use technology.**
   Achievement should not be mocked and technology is achievement. If tech makes your eyes cross, it really is time to take a computer class or learn to properly use a cell phone. Knowing how to use a computer and cell phone is a modern key to safety, security and social health.

4. **Gather helpers.**
   Everyone needs some helpers and that doesn't just mean family. Identify those you can call to help with cleaning, meal prep or home maintenance. Budget money to pay for regular assistance. It's wise, not weak!
5. Manage medications.  
Here is one place that technology can be a huge help. Lots of medication management items are available online. Find a system that allows you to keep medications in one place and lets you know at a glance whether you have taken them.

6. Invest in safety and simplicity.  
Throw out the stuff you don't need. Don't be too sentimental, but keep the things that you really care about. Add good lighting. Install safety bars in the bathroom. Make sure walkways are clear.

Study: Gum disease affects whole body  
Healthy gums make a healthy mouth, but diseased gums may create an unhealthy body, according to a new study.

According to researchers at the University of Toronto, oral disease could make all inflammatory conditions worse throughout the body. That would include diabetes, COVID-19, and even Alzheimer's disease.

Key immune cells, called neutrophils, go to work when the body senses infection or trauma.

Researchers found that an acute oral infection quickly creates a flood of neutrophil production, but not just in the mouth, according to the study, published in The Journal of Dental Research. Using animal and human models, researchers found elevated neutrophil counts in the bloodstream, colon, and bone marrow, as well as the mouth.

Amped-up neutrophils can cause cytokine storms, a severe immune reaction in which the body floods itself with cytokines. These are small proteins that have a host of different functions, but, in some cases, promote inflammation. This can make the person suffering from gum disease more likely to have poor outcomes from COVID-19 and can worsen other diseases.

Best advice: Brush daily, floss and visit a dentist to make sure your gums are healthy.

Social Security Administration announces 2021 cost-of-living adjustment  
The U.S. Social Security Administration (SSA) announced its cost-of-living adjustment (COLA) for 2021: 1.3 percent, one of the lowest increases in the program’s history, according to CNBC. The increase affects benefits for more than 64 million recipients, according to Forbes.

That means that the average retiree
receiving $1,519.07 per month will see an increase of about $0.65 per day, or a little more than $237 per year, according to the Greensboro News & Record.

Other changes include an adjustment to the maximum earnings subject to the Social Security tax. Americans will pay the 6.2 percent Social Security tax on all earnings up to $142,800, a 3.7 percent increase over the previous maximum of $137,700.

If you receive Social Security benefits and continue to work, you will be able to earn up to $50,520 in 2021, up from $48,600. For every $3 you earn over the limit, your benefits will be reduced by $1.

Retirees also need to factor in Medicare Part B and Part D premiums. According to an interview in Forbes, Mary Johnson, a policy analyst with the Senior Citizens League says that the increase is disappointingly low compared to 2019’s 2.8 percent increase.

The 1.3 percent increase is the third lowest in the last decade, ranking higher than 0.3 percent in 2017 and no increase in 2016. The highest increase of the past decade was 2011, with a 3.6 percent increase.

Flu complications can harm heart

Influenza has taken a back seat in headlines this year, but experts recommend that you get a flu shot nonetheless, including for a reason you might not be aware of -- your heart.

The Mayo Clinic says complications from the flu are more likely in people with heart disease. The Centers for Disease Control reviewed cases of 80,000 people diagnosed with the flu from 2010 to 2018. Of those, nearly 12 percent had a serious cardiovascular problem. The study was published in August.

According to Harvard Medical School, the body’s immune response against the infection can trigger inflammation and other changes that harm the cardiovascular system. And because just 30 percent of people with the flu develop a fever, the infection can go unnoticed. The flu shot can help prevent infections and also reduce the risk of developing severe complications when infections do occur.

Covid plus flu

One unpleasant scenario: It is possible to get COVID-19 and the flu at the same time—a catastrophic and possibly lethal combination. Symptoms of both are much the same, but many COVID-19 patients report a loss of taste of smell.

A flu shot helps to avoid this double whammy.

"IT'S GREAT TO BE ALIVE AND TO HELP OTHERS"
Festive make-ahead salad shows off Christmas colors

Pickled beet and mozzarella salad is a great seasonal vegetable dish that can be made ahead of time, assembled quickly and looks beautiful on a plate.

Best of all, beets don’t just look great—they’re nutritional powerhouses with ample antioxidants, fiber, folate, potassium, iron and vitamin C. Homemade balsamic reduction is a snap to make at home and keeps in the refrigerator for a long time. No need to buy top-shelf vinegar - a cheap bottle will work just fine.

Beets and glaze can be prepared days ahead of time and plated before service. Use a mix of red and golden beets and experiment with herbs and spices to personalize this dish to your own tastes. If you use multicolored beets, you may want to cook and pickle them separately to avoid staining golden beets with red juice.

Recipe

6-8 medium fresh beets
1 cup vinegar (apple cider works fine, or you can create your own mix)
½ cup white sugar or less to taste
1 1/2 teaspoons whole cloves
1 1/2 teaspoons whole allspice
1 bay leaf (optional)
1 teaspoon salt
Other ingredients:
1 cup balsamic vinegar
Fresh mozzarella cheese – usually sold in approximately eight-ounce balls, each ball will make four to six servings

Remove tops from beets and scrub thoroughly. Place beets in a large pot and add water to cover. Bring beets to a boil, then reduce heat and simmer for about 30 minutes. Remove the beets from water and rinse in cool water, rubbing the skin with your fingers to remove. Use a sharp knife to slice off any stubborn skin. Slice the beets around one-half to one-quarter inch thick, arrange them in a shallow dish and set aside.

Combine the vinegar, sugar, cloves, allspice and salt in a small saucepan and bring to a boil for about five minutes. Pour pickling mixture over pickled beets, turning and stirring as needed to coat each slice. You may have leftover pickling mixture. Place beets in the refrigerator for at least an hour before serving, preferably overnight.

To make the balsamic reduction: Bring one cup of balsamic vinegar to a boil in a small pot, then reduce temperature and simmer for 10-15 minutes until reduced by one-third to one-half, depending upon your preference. The reduction will continue to thicken as it cools. For a sweeter glaze, add one to two tablespoons of maple syrup or honey. Pour finished reduction into a jar and refrigerate until serving.

To serve, thinly slice fresh mozzarella and arrange with chilled beet slices on a salad plate. Use a spoon to drizzle glaze over the top. Top with shredded fresh basil leaves, freshly ground pepper and flaky salt, if desired.
Festive assembly
(The headline is a clue to the answer in the diagonal)

Answers can be found on page 16.

Across
1. Feds' document producer
2. Hardly haute cuisine
3. Toast topping
4. Glasses
5. Flat
6. Moray, e.g.
7. Storm preceder
8. Eye sore
9. PC linkup
10. Athletic shoe feature
11. Hall-of-Famer Mel
12. Come from behind
13. Female fowl
15. Northeasternmost st.
16. Song of praise
17. Water nymph
18. Tagged player
19. Abound
20. Beats it
21. Like old recordings
22. Unforeseen difficulty
23. Poet's "below"
24. Gorilla
25. Lithium-___ battery
26. Home on the range
27. Santa ___ winds
28. Forebodings
29. Lab or golden

Down
1. Hardly haute cuisine
2. Toast topping
3. Available
4. Braking sounds
5. Flat
6. Moray, e.g.
7. Storm preceder
8. Eye sore
9. PC linkup
10. Athletic shoe feature
11. Hall-of-Famer Mel
12. Come from behind
13. Female fowl
15. Northeasternmost st.
16. Song of praise
17. Water nymph
18. Tagged player
19. Abound
20. Beats it
21. Like old recordings
22. Unforeseen difficulty
23. Poet's "below"
24. Gorilla
25. Lithium-___ battery
26. Home on the range
27. Santa ___ winds
28. Forebodings
29. Lab or golden

Word Search Puzzle: Bread Search

A F O C A B B F E H
N A A N P B I A L Y L S W
A E E O E U T A P F A P Z
D V K R K T C X F V T E P
A I C A K G A B B L O
M P T B I C W L A B R T T
A I A B J A A B P A E G A
P I R W E B A E J G A V T
C Y W M H E A L T E D I O
E L H A N I R D L L T E K
N A E T Z W T U O O J N B
O L A Z P Z O E G S R N A
C R T O T B I R C U B A N
S C R E P E X P B E Z W A
L E K C I N R E P M U P N
C R A C K E R P Y S D O A

ANADAMA
AREPA
BABA
BAGEL
BANANA
BEER
BIALY
BLACK
BOULE
BROWN
CIABATTA
CREPPER
CUBAN
FLATBREAD
FOCACCIA
LAVASH
MATZO
NAAN
PITA
PIZZA
POTATO
PRETZEL
PUMPERNICKEL
ROLL
RYE
SCONE
SODA
SPELT
TEACAKE
VIENNA
WAFLE
WHEAT
WHITE
ZWIEBACK

Answers can be found on page 16.

“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 619 481-2411 info. art.curtis@gmail.com

Visiting Chair and Web Master Positions are Available

Answers to crossword & word search puzzles

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G P O S P E C S
L A N C L E A T
O T T R A L L Y
P E A H E N M E
P A E A N
I T S C R A M S
N E A T H I O N
T E P E E A N A
O M E N S D O G
```

“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

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 __________________________________________________________________

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

Chapter/Group  62  Member-at-large________
Phone ______________________________________________________________________
I want to be a MH support volunteer: ☐ Yes ☐ No
I am interested in CHD Parent Matching: ☐ Yes ☐ No

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

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

INDIVIDUAL MEMBERSHIP

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

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

Bronze Member — $45 annual donation per person
* All of the benefits of a Full Individual Member, PLUS
* Membership Pin
* Choice of ______ Drawing Backpack or ______ MH/MLH Notecards (10 pk)
* 5% off registration of any National (not regional) MH/MLH Conference or Symposium

Silver Member — $100 annual donation per person
* All 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 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 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 ___

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 $ __________