We will be presenting a webinar at our Saturday, February 8th meeting. This presentation is from the 6-part series on Heart Disease Risk Reduction resulting from the collaborative efforts of Mended Hearts and The American Society for Preventative Cardiology with a generous grant from Amgen. Join us for this educational presentation!

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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 PLACE (San Diego Cardiac unless noted)
February 8 2020 Upstairs Conference Room, Suite 200
March 14 2020 Upstairs Conference Room, Suite 200
April 11 2020 Upstairs Conference Room, Suite 200
May 9 2020 Upstairs Conference Room, Suite 200
Mended Little Hearts is a nationwide organization for parents, caregivers and families of children with heart defects/disease that provides resources and a caring support network to help families work through overwhelming emotions involved with having a child with a heart defect. Mended Little Hearts helps families move forward to find laughter, healing and hope.

Your local San Diego chapter members invite you to join us at any of our upcoming Mended Little Hearts of San Diego events. Community events are a great way to meet other families and caregivers in the CHD community to share resources or experiences to support each other.

We welcome you to join us at these upcoming events!

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

Questions about our group or just need another heart parent to talk to?

Please reach out to us by contacting our group leaders:

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

Download the Digital Little Heart Guide: https://mendedhearts.org/heart-guides/
Educational and Informational Resources

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

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

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

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

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

The National Kidney Foundation has lots of educational information about your kidneys. This site offers a variety of health topics for those who want to help themselves and learn more: https://www.verywellhealth.com/

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

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

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

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

“I think my fat has GPS. Every time I lose some, it always finds its way back home.”

“IT’S GREAT TO BE ALIVE AND TO HELP OTHERS”
CALL FOR VOLUNTEERS!

Our club is now seeking visitors for TAVR (Transcatheter Aortic Valve Replacement) patients. The qualified visitor must also have had a TAVR procedure to be eligible for this role. If you have had a TAVR procedure and are interested in visiting patients, please contact Karen Christian at 760 207-9779 or kc@nctg.com.

Note: we are especially looking for telephone visitors, who can help new TAVR patients & families from the comfort of home.

Visitors Needed: We need at least one volunteer to visit patients at UCSD, La Jolla campus. Volunteers need to be Mended Hearts members, with hospital training, and visitor training. Visiting at our community hospitals is a great way to give back to the community and has proven to be a very rewarding way to help others in need. Frank Andrews can assist those interested with the requirements needed to become a visitor. Frank can be reached at 760 846 0626 or email: 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”
Fruit of a Pine
(The headline is a clue to the answer in the diagonal)

Across
1. Chipper
5. Hubbubs
9. Pinocchio, at times
10. Kind of dancer
11. Coastal raptor
12. Like some tea
13. Greece/Turkey separator
15. TV watchdog org.
16. Ominous omen
22. Tech support caller
23. Reverse
24. Enthusiasm
25. Marsh plant
26. Cuts off
27. Change for a twenty

Down
1. Entreaty
2. Cork's country
3. Telephoned
4. Some rain forest flora
5. Where Henry V triumphed
6. Rx writers
7. Curved molding
8. Fizzy drink
14. Do something
16. Petrol
17. Nobel Peace Prize city
18. Harvest
19. "Trick" joint
20. Genesis garden
21. Silent assents

Answers can be found on page 12.

Word Search Puzzle: Actresses

BATES
BERRY
BOOTH
BURSTYN
CHER
COLMAN
COTILLARD
DAVIS
DUNAWAY
FIELD
FONDA
HAYES
HEPBURN
HUNT
JONES
KELLY
LOREN
MAGNANI
MOORE
NEAL
PAGE
PALTROW
RAINER
ROGERS
SHEARER
STONE
STREISAND
SWANK
TANDY
TAYLOR
THERON
THOMPSON
WOODWARD
WYMAN
YOUNG

“IT’S GREAT TO BE ALIVE AND TO HELP OTHERS”
Heart Month Special Recipe!
(Certified by the Heathy-Tasty Corner!)

In honor of American Heart Month, here is a recipe that adheres to guidelines for a heart-healthy meal and is also delicious: roasted balsamic chicken with baby tomatoes.

According to a story on the Cleveland Clinic’s website that included an interview with a preventive cardiology nutrition expert, a heart-healthy recipe should pay attention to fat and carbohydrates, use lean proteins and vegetables, plant-based fats, and limit any added sugars or sodium.

In this roasted balsamic chicken recipe from the website All Recipes, we’ve hit the high notes: it contains 38 grams of protein per serving, has 323 calories, and contains 9.1 grams of fat (just 2.8 percent of the total calories). But it gets plenty of flavor from the balsamic vinegar and Dijon mustard, two excellent alternatives to higher sodium seasonings.

Garlic and just a pinch of salt round things out, along with some veggies. Though it’s delicious as-is, it would also work well served over lettuce or alongside more veggies and basmati rice.

Ingredients
* 1/2 cup balsamic vinegar
* 1 tablespoon olive oil
* 1 tablespoon Dijon mustard, or more to taste
* 1 clove garlic, or more to taste, minced
* Salt and freshly ground pepper to taste
* 4 large skinless, boneless chicken breast halves
* 1 pint cherry tomatoes, halved
* 1 lemon, zested and juiced

Directions
Mix balsamic vinegar, olive oil, mustard, and garlic together in an oven-safe baking dish; season with salt and pepper. Place the chicken breasts in the vinegar mixture.

Marinate chicken in the refrigerator for at least 4 hours.

Preheat oven to 400 degrees Fahrenheit.

Roast chicken in the preheated oven for about 30 minutes. Add tomatoes to the baking dish and continue cooking until the chicken is no longer pink in the center and the juices run clear, about 10 minutes more. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Sprinkle lemon zest and drizzle lemon juice over the chicken before serving.
Cardiology moves forward for 2020

In recognition of American Heart Month, here are some cardiovascular research developments to keep an eye on in 2020, courtesy of Harvard Health Publishing:

* Digital stethoscopes. Featuring specialized microphones and sensors that filter, buffer, and amplify sounds from the heart, digital stethoscopes then convert the sounds to a digital signal sent wirelessly to a smartphone. There, the patterns can be visualized and further analyzed.

* Safer anti-clotting treatments. A chip the size of a postage stamp contains miniature channels, valves, processors, and pumps that enable precise manipulation of different fluids. The chip can screen hundreds of compounds in a few hours and was developed by Australian scientists who aim to identify better and safer anti-clotting treatments.

* New ways to lower cholesterol. An experimental injectable drug called Inclisiran requires just two injections a year (rather than others that are monthly) and may cut LDL -- the "bad" cholesterol -- in half. Another new drug called bempedoic acid, taken in pill form, can lower LDL by about 25 percent in people who can't tolerate high doses of statins.

* Cuffless blood pressure monitor. The Biobeat device uses a small skin patch to measure light absorbed or reflected by blood vessels; paired with a special smartwatch, it continuously measures a person's heart rate and oxygen level in addition to blood pressure. The patch is placed on the upper torso and lasts for 10 days.

* Handheld ultrasound. Miniaturized ultrasound devices that fit in a doctor's lab coat pocket are plugged into a smartphone or tablet, providing images that can detect problems with the aorta or the heart valves and also determine the severity of heart failure. Though they won't replace standard echocardiograms, the goal is faster diagnosis and treatment of common heart problems.

New investment rule: Take your money later

As of Jan. 1, those with a 401(k) or IRA can start withdrawing the required minimum at age 72.

Previously, account holders were required to take the minimum distribution at age 70.5.

The new rules, arising from President Trump's Secure Act, update the old rules, which were based on life expectancy.
expectancies in the early 1960s.

There may be some tax implications for some account holders, depending on their tax brackets in the year they withdraw. Check with a financial advisor to be sure.

The Secure Act also eliminates the maximum age for traditional IRA contributions, which was previously capped at 70.5 years old. The bill summary by the House Ways and Means Committee explains, "As Americans live longer, an increasing number continue employment beyond traditional retirement age."

Americans who turned 70.5 years old during 2019 will still need to withdraw their required minimum distributions. Failure to do so results in a 50 percent penalty.

People who are expected to turn 70.5 years old in 2020 will not be required to withdraw RMDs until they are 72.

Cold weather and the impact on your heart

Whether you live in a frigid climate or not, cold weather can affect your heart. According to the American Heart Association, cold weather and other seasonal factors can raise the risk of heart attacks and more.

Studies show that cardiac deaths begin to climb around Thanksgiving, peak early in the year, then decrease as warmer weather returns. According to a 2015 study by Dr. Robert A. Kloner of the Huntington Medical Research Institute, every one degree Celsius drop in temperature (1.8 degrees Fahrenheit) corresponded to a 0.49 percent increase in deaths from all causes.

Kloner said many factors are at work. The cold makes arteries constrict, which can decrease blood flow and the delivery of oxygen; it also tends to increase the formation of blood clots. Winter is also flu season, and studies have shown an increase in heart attacks shortly after people get the flu.

Some other potential factors include: the stress of holidays; a lack of sunshine and an increase in depression; and less exercise in the colder, darker months.

For those with coronary conditions, it's especially important to be aware of cold-weather activities like shoveling snow -- consider hiring someone to do it or using a snowblower, particularly if you're not in shape -- and to dress warmly. And of course, eat a healthy diet.

Slips and falls: How to survive ice

Everyone falls and some people fall all the time -- on purpose.

Paratroopers, football players, stunt people -- all these people get paid to fall and they know how to do it.

One in four Americans over the age of 65 falls each year. Can we learn anything from a professional fall guy?

Yes. You can actually learn how to fall better and suffer fewer injuries.
In the winter, falls on ice and snow are common. It happens in a split second and before you know it, you're on the ground.

But there are some things to keep in mind if you slip:

1. Don't try to stop yourself with an outstretched arm. You'll likely end up with a broken arm or wrist. Instead, keep your arms bent.

2. Roll with the fall. Notice how football players roll across the field when they are hit. They don't try to stop themselves from falling. They roll.

3. Turn so that you land on your thighs or butt. Lots of cushioning there and better than landing on bone.

4. If you are losing your balance, get ready to fall by bending your elbows and knees.

5. If you feel yourself falling forward, turn your head to the side. Falling backward, tuck your chin to your chest.

Prevention is important too. Wear boots with non-slip tread when outside.

Cars and falls:

One place falls are common is near cars and in parking lots.

Beware especially when there is little snow on the lot. Melted snow re-freezes into sneaky patches of black ice in parking lots.

Getting out of the car:

Make sure both hands are free. If you have a purse, try one that is cross body. Put the purse over your head before you get out of the car. Put your cell phone away.

Swivel in the seat so that you face the door. Test the ground with one foot to see if it is slippery. Put both feet lightly on the ground. Before you get out, scan your surroundings for dangers or obstacles.

Get a hand hold on the car using each hand to grab left and right, then lift up flat and straight.

Scan the ground for ice as you walk. Walk in short, slow, flat steps. Use a wider stance if it is windy.

Happy 200th birthday, Susan B.

February 15 marks the 200th anniversary of Susan B. Anthony's birth. Best known for her fight for women's voting rights, Anthony was an abolitionist and advocate of women's suffrage. She is credited with being a key figure in helping women gain the right to vote.

Anthony was arrested on Nov. 18, 1872, for voting in the U.S. presidential election and found guilty in a short federal trial. She was ordered to pay a fine and refused.

Anthony died in 1906, 14 years before the 19th amendment gave women the right to vote.

In 2019, women's role in politics included the following, according to a report by the Congressional Research Service:

* As of Dec. 2019, 130 women were serving in Congress; 105 in the House and 25 in the Senate.
* Women make up 23.6 percent of
voting members in the House and Senate (126 of 535).

* In the 116th Congress, nine women serve as committee chairs: seven in the House and two in the Senate.

* A total of 365 women have ever been elected or appointed to Congress, including 247 Democrats and 118 Republicans. That includes six non-voting Delegates (Guam, Hawaii, the District of Columbia, American Samoa and two from the U.S. Virgin Islands) as well as one Resident Commissioner from Puerto Rico.

* The first woman to serve in Congress was Jeannette Rankin, a Republican from Montana, who was elected on Nov. 9, 1916, to the 65th Congress, and served until March 1919.

**Whatever your age, take steps now to make your hearing last for life**

One in every 10 Americans has some degree of hearing loss. That includes teenagers, children, and adults.

Though age is a factor, hearing loss isn't a definite condition of advancing years. By protecting your hearing, you could have excellent hearing through retirement years.

Today, hearing loss is on the rise among people from their teens to their 40s. The main cause of hearing loss is also on the rise: loud noise.

The world has become a noisier place. Much of the high volume is in the form of sound systems in movie theaters, cars, and home theaters. And power devices like leaf blowers and snow blowers can be harmful.

There are many things you can do to preserve your hearing. Don't blast the music. Use earplugs when operating power equipment. Learn to recognize the signs of hearing loss, and have your hearing checked. Early treatment of infection or disease affecting your ears is a proven way to make the most of the hearing you have.

Chronic exposure to loud noise damages the sensitive structure of hearing, the inner ear's hair cells and the nerve fibers they contact. While the damage cannot be cured or reversed, the progression of hearing loss can be prevented by protecting the ears from further high-noise exposure.

Simple ear plugs made of foam polyurethane reduce sound by 7 to 10 decibels (dB). Use them when operating power equipment. Custom-fitted plugs reduce noise levels by 10 to 15 dB, which is often enough to reduce noise levels below the critical damaging threshold of 85 dB. Use them at loud stock car races.

Properly insulated ear muffs reduce levels 15 to 25 dB. They are important for people who are exposed to gunfire or continuing loud noise.

If hearing protection is specified for your job, be sure to wear it.

“IT’S GREAT TO BE ALIVE AND TO HELP OTHERS”
We welcome
the following
New Members

Randall B Hamud
Brenda & Gordon Stone

Answers to crossword & word search puzzles

```
P E R T   A D O S
L I A R   G O G O
E R N E   I C E D
A E G E A N S E A
                    F C C
F O R E T O K E N
U S E R   U N D O
E L A N   R E E D
L O P S   T E N S
```

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

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619 481-2411

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bruce@macklinappraisal.com

Speaker Relations,
Position Available

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

Visiting Chair
Position Available

Web Master
Position Available

“Figures, doesn't it? I've been perfectly healthy since I've met my deductible.”
### Mended Hearts Regional Directors

**Western Regional Director**  
Marlyn Taylor

**Assistant Regional Director**  
Angela Manriquez  
[scemanriquez@gmail.com](mailto:scemanriquez@gmail.com)

### Hospital Visitors

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<thead>
<tr>
<th>Hospital</th>
<th>Coordinators</th>
<th>Visitors</th>
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<tr>
<td>Scripps Memorial</td>
<td>Mary Pat DesRoches</td>
<td>Frank Andrews, Jim Bischoff, Boyd Applegate, Andrea Broding,</td>
</tr>
<tr>
<td></td>
<td>[858-456-8668]</td>
<td>Pat Egan</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>
<tr>
<td>UCSD– Sulpizio Cardiovascular Center</td>
<td></td>
<td>Boyd Applegate, Frank Andrews</td>
</tr>
</tbody>
</table>

### Telephone Visitors

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

### Internet Visitors

- Karen Christian
  - Kchristian@nctg.com

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**“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 62 Member-at-large

Phone ____________________________________________________________

I want to be a MH support volunteer: ☐ Yes ☐ No

Email address ____________________________________________________________

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

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

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

INDIVIDUAL MEMBERSHIP

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

Individual Member — $20 annual donation per person
* All of the benefits of an Associate Member, PLUS
* Membership Card
* Car Decal — Select MH or MLH
* One-time 5% off coupon for purchase from the MH store
* 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 ___MH or ___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 ___MH or ___MLH Notecards (10 pk)
* 5% off registration of any National (not regional)
  MH/MLH Conference or Symposium

Family Members:

Spouse ___ Child ___ Heart Patient ___

Spouse ___ Child ___ Heart Patient ___

Spouse ___ Child ___ Heart Patient ___

Spouse ___ Child ___ Heart Patient ___

Note: National memberships are tax deductible less $10. Lifetime sponsorships are 100% tax deductible.

PLEASE PRINT INFORMATION TOP OF FORM

If chapter dues / donations apply, they are tax deductible. Please pay the chapter directly as shown here. Please DO NOT send chapter dues to the Resource Center.

Chapter # ________ Annual Chapter Dues $ ____________

Additional Chapter Donation Amount $ ____________

TOTAL Paid to Chapter $ ____________

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