Mended Hearts - Chapter 62
(www.sdmh.org)

Luanne Arrangio-Law, RN, MEd from Pomerado Medical Center will present “Twenty Medical Emergencies, What to do before the Ambulance Arrives” at our March 14th meeting. Presentation starts at 10:30am. Join us for this important 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

<table>
<thead>
<tr>
<th>DATE</th>
<th>PLACE (San Diego Cardiac unless noted)</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 14 2020</td>
<td>Upstairs Conference Room, Suite 200</td>
</tr>
<tr>
<td>April 11 2020</td>
<td>Upstairs Conference Room, Suite 200</td>
</tr>
<tr>
<td>May 9 2020</td>
<td>Upstairs Conference Room, Suite 200</td>
</tr>
<tr>
<td>June 13 2020</td>
<td>Upstairs Conference Room, Suite 200</td>
</tr>
<tr>
<td>No Meeting in July</td>
<td>No Meeting in July</td>
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</table>
Mended Little Hearts is a nationwide organization for parents, caregivers and families of children with heart defects/disease that provides resources and a caring support network to help families work through overwhelming emotions involved with having a child with a heart defect. Mended Little Hearts helps families move forward to find laughter, healing and hope.

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

We welcome you to join us at these upcoming events!

**CHD Teen Transition Presentation:**
Saturday, March 7, 2020
2:30 pm to 3:30 pm
Carmel Valley Public Library
Emily Earhart from the Adult Congenital Heart Association will be giving a presentation about transitioning from the pediatric to the adult health care system.
Please email Isabella at izzyrose07@gmail.com to RSVP

**Heart Family Easter Egg Hunt & Brunch:**
Saturday, April 18, 2020
11:00 am – 1:00 pm
4942 Concannon Ct
San Diego, CA 9213

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/](https://mendedhearts.org/heart-guides/)
Become a member at: [https://mendedhearts.org/connect/member-enrollment/](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/

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 gen-

May your troubles be less and your blessings be more!

“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 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.
Basketball Move
(The headline is a clue to the answer in the diagonal)

Across
1. Rx watchdog
4. Fountain order
9. Napkin's place
10. Prepared
11. Long-eared beast
12. Ms. Williams in aquamusicals
13. Certain laundry load
15. Refusal
16. Wooden shoe
18. In attendance
20. MOMA artist
21. Some cooking fats
25. "The Three Faces of ___"
26. Harden
27. Freelancer's enc.
28. "I thought ___ never leave!"
29. ___ Grove Village, Ill.

Down
1. Imperfection
2. Short run
3. Orbital point
4. Purified a drug by crystallization
5. Rent collector
6. Granola grain
7. Gulf of ___, off the coast of Yemen
8. Apprentice
14. Garish
17. The ones here
18. Dismounted
19. Trig function
20. Face shape
22. Onion relative
24. Parisian way

Answers can be found on page 12.

Word Search Puzzle: Aquarium

```
ANGELFISH
BETTAS
CATFISH
CHERRY BARB
DISCUS
GOLDFISH
GUPPIES
KILLIFISH
KUHLI LOACH
MOLLIES
NEON TETRA
OSCAR
PEARL GOURAMI
PLATIES
PLECOSTOMUS
RAINBOWFISH
SUNFISH
SWORDTAILS
ZEBRA DANIO
```

“IT’S GREAT TO BE ALIVE AND TO HELP OTHERS”
For St. Patrick’s Day: A familiar dish with a twist

Did you ever eat Colcannon, made from lovely pickled cream?
With the greens and scallions mingled like a picture in a dream.
Did you ever make a hole on top to hold the melting flake
Of the creamy, flavored butter that your mother used to make?
Yes you did, so you did, so did he and so did I.
And the more I think about it sure the nearer I’m to cry.
Oh, wasn’t it the happy days when troubles we had not,
And our mothers made Colcannon in the little skillet pot.

One of Ireland’s more famous foods is the humble potato which, when abundant
was the source of song, and when scarce, the source of suffering.
A potato blight touched off starvation and ignited the complicated events that
devastated west and south Ireland between 1845 and 1849, the years of the
great Potato Famine. In those years, more than one million people died and anoth-
er million emigrated, many to Canada and the U.S.
The famine and the potato live together in folk memory of the Irish, along with
this simple, and familiar dish: Colcannon, meaning white-headed cabbage.
Even non-Irish will know the dish well as mashed potatoes. The traditional Irish
mash was an inexpensive daily main dish. It adds a little cabbage or kale, perhaps
with scallion, leeks or chives. Bacon or ham pieces can also be added.
Leftovers are fried up in the morning for breakfast with pork slices.
Here is one recipe from Taste of Home.

Ingredients
1 medium head cabbage (about 2 pounds), shredded
4 pounds medium potatoes (about 8), peeled and quartered
2 cups whole milk
1 cup chopped green onions
1-1/2 teaspoons salt
1/2 teaspoon pepper
1/4 cup butter, melted
Minced fresh parsley  
Crumbled cooked bacon

Directions
Place cabbage and 2 cups water in a large saucepan; bring to a boil. Reduce heat; simmer, covered, until cabbage is tender, about 10 minutes. Drain, reserving cooking liquid; keep cabbage warm in separate dish.

In same pan, combine potatoes and reserved cooking liquid. Add additional water to cover potatoes; bring to a boil. Reduce heat; cook, uncovered, until potatoes are tender, 15-20 minutes. Meanwhile, place milk, green onions, salt and pepper in a small saucepan; bring just to a boil and remove from heat.

Drain potatoes; place in a large bowl and mash. Add milk mixture; beat just until blended. Stir in cabbage. To serve, drizzle with butter; top with parsley and bacon.

Nutrition Facts
1 cup: 168 calories, 5g fat (3g saturated fat), 14mg cholesterol, 361mg sodium, 27g carbohydrate (6g sugars, 4g fiber), 4g protein. Diabetic Exchanges: 2 starch, 1 fat.
Know NOTHING about investing? Try these three platforms to learn and grow money

You might have heard about the big stock market gains during the last two years. You might have seen folks gossiping about their fabulous 401(k) accounts.

But maybe you just don't have much to spend and don't know anything about investing in the first place.

First, if you have a 401(k) stop reading and put everything you can into it every single month, and never take it out.

Ok, great. Now here is a way to use spare change; try these apps.

**Acorns:** $5 minimum deposit. This platform invests your small change. Acorns is kind of like a change jar, but it just takes the change from debit card transactions, the ones you would have put in the jar. It does this by rounding up totals to the next dollar. So, $15.50, gets you a half buck in an investment account of Vanguard ETFs. Great for beginners because it automatically gives you some investments and gives you a chance to throw in $5 automatically each month. The company will automatically give you little pinches of companies like Apple.

**Stash:** $5 minimum deposit. Gives you the option of choosing portfolios of sectors you think will make money (Internet Titans!) or causes (Combat Carbon!), according to medium.com. Beware! Medium writer Alex White, in 2018, invested in his favorite causes and lost 5.5%. But he did make 1900% on the next platform.

**Robinhood:** No minimum investment and it advertises that you get a free stock. Maybe like Facebook, which hovers around $200, or Apple, around $300. There is a chance of that, but there is more of a chance you get a $3 stock you never heard of. Hey, it is still a stock and it will be fun to follow it.

Look up your free stock. Note the price, what exchange it is on (like the Dow), read about the company, and already you are a stock trader. You can watch the stock, buy more, if you want, and you might enjoy owning your slice of that company. Sell (but not at a loss!) as soon as you want to invest that $3 somewhere else.

You can fund your Robinhood account with whatever you can afford. It's not like you are risking your retirement at $3 a pop, but win or lose, you learn something and maybe make money.

Robinhood gives you lots of tips on buying stocks. You can learn a lot and use their tools to study up on the subject while following your stocks - even if they aren't big ones.
MONEY NOTES
Americans reluctant to invest

More than half of Americans (55%) say they don't invest in the stock market, according to a survey by MetLife.

The company surveyed 8,000 U.S. adults over the age of 18. Those ages 18 to 34 are more likely to opt out of investing.

More women (59%) than men (44%) don't invest.

But, according to CNBC, Americans who have a retirement plan don't seem to realize they are actually investing, not just saving. A third of people surveyed by MetLife said they had a retirement plan.

Fear is one factor for people avoiding investing. Everyone knows the markets go up and down. The fear is you put your hard-earned savings into the market and lose it all. But, the fact is, the stock market has returned 10 percent annually over the last 100 years. Compare that to a savings account that returns much less than 1 percent.

To start investing, set goals. If you need the money in five years or less, use high-interest savings accounts or CDs.

For long-term goals, buy ETFs or Index funds.

Whatever happened to the lovely hanky?
Once handkerchiefs were absolutely required in company polite and otherwise. For ladies, they could be silk, prettily embroidered or laced. For men, sturdy cotton and, maybe monogrammed by their daughters.

They were actually an art and they have a long history among humans.

Evidence of handkerchiefs dates to 2000 BC, when wealthy Egyptians carried bleached white handkerchiefs made of expensive linen. In western culture, the handkerchief became art by the 14th century. Queens embroidered silk, lace handkerchiefs. Handkerchiefs were carried not just for personal hygiene, but also became symbols of love, according to bonjourparis.com. Even Shakespeare wrote about them. By the early 20th century, every respectable person carried a handkerchief, many tatted by grandma.

Then, in the 1920s, the cloth handkerchief was rendered obsolete when the paper company Kimberly-Clark came up with a disposable tissue. But how could one product effectively kill thousands of years of tradition and art? The answer is probably the flu.

From 1918 to 1920, the flu pandemic infected 500 million people around the world. At least 50 million died.

Everyone knew people who died of the flu. People were wary of touching things. They avoided crowds and conversations. The public suspected everything, but they especially suspected handkerchiefs. People were urged to use them for sneezing in public, so they wouldn't pass cold and flu viruses. But, didn't that mean the viruses were in the actual handkerchief?

Kimberly-Clark's disposable tissues (Kleenex) were the answer. Thus,
Kimberly-Clark hit on a slogan that matched the angst of the times: Don't put a cold in your pocket. And, that was the beginning of the end of the handkerchief. Today, only men's pocket squares remain as the remnants of the heyday of handkerchiefs, an art form rejected because of the flu.

**Statistics about Americans**

- 58% of Americans have less than $1,000 in savings: GOBankingRates
- 40% of Americans would struggle to come up with $400 for an unexpected bill: MetLife
- Americans have an average of $6,849 in credit card debt: NerdWallet
- The Median (half above, half below) household income for Americans in 2018 was $63,179: US Census
- 12.8 million children lived in poverty in 2017, which was 17.5%. That was a decrease from 2016 when 18% lived in poverty: US Census
- 45% of Americans believe in the existence of ghosts and demons: YouGov
- 40% of Americans don't wash their hands after going to the bathroom at home.
- Super Mario Brothers is the most popular and the most famous video game: YouGov
- The most popular sandwich in America is grilled cheese (79% say it is their favorite) followed by grilled chicken tied with turkey (75%). Roast beef comes in next at 71%.

**A sonnet about the Easter bonnet**

Everyone knows that song about the Easter bonnet with all the frills upon it. But, tell the truth, was there ever really an Easter bonnet tradition?

Yes and no, observers say. We have to say yes because Christian women wore hats for church (and Easter) for centuries. And people did tend to buy new clothes (and hats) for Easter.

The tradition of women covering their heads in the church mainly disappeared in the west in the 1960s, as culture became casual and churches relaxed expectations. But there are remnants of the tradition.
In Spain, during Holy Week, some women still drape long, lovely, black lace mantillas over elaborate combs called peinetas. On the other end of the spectrum, plain dressing Hutterites and Amish women wear simple head coverings all the time.

In England, the tradition of hats remains -- but mainly for royal weddings and race tracks. Ladies of the realm don elaborate hats with sweeping brims. Sometimes they sport quirky 'fascinators,' feathers or bows attached to the forehead or side of the head.

But the Easter bonnet in particular probably arose out of the tradition of wearing finery for Easter. In the 1870s, when everyone attempted to dress in their best clothes for church, the ladies and gentlemen parishioners emerged from St. Patrick's Cathedral and spontaneously decided to go for a stroll along Fifth Avenue. The New York City Easter Bonnet Parade was born.

Up until about 1930, the Easter parade was about finery. But by the 1940s, it was also about fun and humor. People started making elaborate hats with baskets, eggs, and bunnies.

In New Orleans, LA, where every holiday is cause for a parade, in 1983 The Chris Owens Easter Bonnet Parade was launched, emphasizing exotic finery and plenty of fascinators.

There are still scouts, schools, and clubs that make Easter bonnets for fun, but are they a mainstream tradition? Probably not, according to the hat company The Headonist.

Still, nothing is finer -- or more fun -- than dressing up a straw hat with flowers and lace. That still happens, but probably only for a parade.

"IT'S GREAT TO BE ALIVE AND TO HELP OTHERS"
ANNOUNCEMENT

There is a new Mended Hearts Chapter, #436 for East County Members. Meetings are at the Palomar Health Building, 120 Craven Road, San Marco's. Meetings are the 1st Tuesday of the month at 1pm to 2:30pm. For information, Contact Frank Andrews at: andrewsfd@att.net or 760 846 0626

Answers to crossword & word search puzzles

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

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

**Vice President**
Edwina Curtis  
619 481-2411  esjt26@cox.net

**Treasurer / Membership**
Robin Caires  
858-551-8654  rwcaires@gmail.com

**Secretary**
Sharron Watson  
858-486-7033  bswatson@cox.net

**Committees**

**Sunshine Co-Chair: Hospitality / Cards**
Linda Hardy  
760-297-8773

**Newsletter Publisher / Editor, Board Member**
Ed Marrone  
858-524-5611  sdmhchap62@yahoo.com

**Board Member**
Bruce Macklin  
760 434-5555  bruce@macklinappraisal.com

**Speaker Relations,**
**Position Available**

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

**Visiting Chair**
**Position Available**

**Web Master**
**Position Available**

"This memory foam mattress isn't working. I still can't remember where I put my glasses."
Mended Hearts Regional Directors

Western Regional Director
Marlyn Taylor

Assistant Regional Director
Angela Manriquez  scemanriquez@gmail.com

Hospital Visitors

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<thead>
<tr>
<th>Hospital</th>
<th>Coordinators</th>
<th>Visitors</th>
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<tbody>
<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>
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<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>Pat Egan</td>
<td>Boyd Applegate, Frank Andrews</td>
</tr>
<tr>
<td>VA San Diego Healthcare System</td>
<td>Frank Andrews</td>
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</tbody>
</table>

Telephone Visitors

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

“I'll have to get someone younger to look at your résumé. I'm not fluent in emoji.”
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

I am interested in CHD Parent Matching: ☐ Yes ☐ No

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

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

Membership Levels: All membership levels are for ONE YEAR, renewed annually, except for Heart of Gold Lifetime Sponsorship.

Please choose your membership level and complete any appropriate payment information below.

INDIVIDUAL MEMBERSHIP

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

Individual Member — $20 annual donation per person
* All of the benefits of an Associate Member, PLUS
* Membership Card
* Car Decal — Select any 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 Drawstring Backpack or MHMLH Notecards (10 pk)
* 5% off registration of any National (not regional) MHMLH Conference or Symposium

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

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

Heart of Gold Lifetime Sponsor — $1500 donation
* A one-time donation per individual
* All of the benefits of a Gold Member FOR LIFE, PLUS
* 15% off registration fees at MH/MLH Conferences /Symposia
* 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 any 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 of the benefits of a Family Membership, PLUS
* One Membership Pin per member
* Choice of Drawstring Backpack or MHMLH Notecards (10 pk)
* 5% off registration of any National (not regional) MHMLH 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.

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 $ __________