Regretfully our April meeting has been cancelled due to COVID19 social distancing measures. We look forwards to seeing you after these measures are lifted!

| General and Meeting information, Newsletter Index | 1-2 |
| Mended Little Hearts (MLH) Information / Upcoming Events | 3 |
| MLH Symposium | 4 |
| Educational and Informational Resources | 5 |
| Call for Volunteers | 6 |
| Crossword and Word Search Puzzles | 7 |
| The Healthy Tasty Corner | 8 |
| Health and other neat topics | 9-13 |
| New Members Welcomed Answers to crossword and word search puzzles | 14 |
| Chapter 62 Officers, Committees/Directors, Hospital Visitors | 15-16 |
| Membership Information and Sign-Up Form | 17-18 |
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>April 11 2020</td>
<td>Meeting Cancelled.</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>
</tr>
<tr>
<td>Aug 8 2020</td>
<td>Upstairs Conference Room, Suite 200</td>
</tr>
<tr>
<td>Sept 12 2020</td>
<td>Upstairs Conference Room, Suite 200</td>
</tr>
</tbody>
</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 soon!

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

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

Please reach out to us by contacting our group leaders:

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

Download the Digital Little Heart Guide: https://mendedhearts.org/heart-guides/
Become a member at: https://mendedhearts.org/connect/member-enrollment/

Happy Easter
Sunday, April 12, 2020

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

The CHD Symposium will start Friday night with a social open to all families (go with prizes), and even little exercise is good for will begin with innovations cath, screening and ger- mation on neurodevelop have information about ness, and helpful infor- on higher education and/ lowed by joint sessions on improve outcomes, including information on resiliency, parent education, and caring for the whole family. Finally, our CHD According to Me panel will be turned into a friendly competition this year. Who will win—the medical professionals, parents, or the CHD patients themselves?

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

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
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.
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 roll. 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.
Pizza Star
(The headline is a clue to the answer in the diagonal)

Across
1. ___ Beta Kappa
2. Successor
3. Enter
4. Trick-taking game
5. Sometimes occurs when it snows
6. '___ show time!'
7. Lowlife
8. Biblical pronoun
9. Longing
10. Unexpected problem
11. Tide type
12. Matter of debate
13. Spews lava
14. Ran on
15. Yours truly
16. Corners
17. South African porch
18. Track shape
19. Ascend
20. Kind of valve
21. Lodges
22. Monetary unit of Ghana
23. Love of antiques
24. 'The Catcher in the ___'
25. United
26. Heretofore
27. Stopping point
28. Yorkshire city
29. Tire meas.

Down
1. Combustible heap
2. Successor
3. Enter
4. Sometimes occurs when it snows
5. Many a snake or cat
6. '___ show time!'
7. Lowlife
8. Biblical pronoun
9. Longing
10. Unexpected problem
11. Tide type
12. Matter of debate
13. Spews lava
14. Ran on
15. Yours truly
16. Corners
17. South African porch
18. Track shape
19. Ascend
20. Kind of valve
21. Lodges
22. Monetary unit of Ghana
23. Love of antiques
24. 'The Catcher in the ___'
25. United
26. Heretofore
27. Stopping point
28. Yorkshire city
29. Tire meas.

Answers can be found on page 14.

Word Search Puzzle: Volcano!

ASH
CONDUIT
CRATER
CRUST
ERUPTION
FAULT
FISSURES
GEYSERS
HOTSPOT
KRAKATOA
LAVA
MAGMA
MANTLE
MAUNA LOA
MOUNT PELEE
MOUNT PINATUBO
MOUNT ST. HELENS
MOUNT TAMBOURA
NEVADO DEL RUIZ
PLATES
THERA
VENT

“IT’S GREAT TO BE ALIVE AND TO HELP OTHERS”
Lenten breakfast: Uova in purgatorio

As a Lenten dish, Eggs in Purgatory (uova in purgatorio) makes perfect sense since it has no meat and you can make purgatory as mild or as hot and spicy as you want! The dish is nothing more than eggs poached in a tomato sauce -- making it a favorite in Italy -- but it really transcends cultures. In Muslim countries, it is called Shaksuka, often made with lamb and feta. In Israel you’ll find it for dinner with lovely challah bread. There is even a version made with kosher Spam. In Mexico, Huevos Rancheros are generally made with fried eggs with a spicy tomato salsa. The one thing you really need with this recipe is a crusty bread for dipping. Sliced and toasted French bread works well. Once the eggs are finished, use a soup ladle to dish out a generous portion onto plates!

Super-easy heresy
Here's one idea for the dish, which will be a Lenten heresy to purists, but is very fast and tasty. Use olive oil to warm in pan. Take pasta sauce (without meat, if you are observing Lent) and mix in your favorite salsa, in whatever proportion you prefer. Unlike the proper recipes, you don't have to sauté onions, peppers or other ingredients. Simply warm up the sauce on medium low heat (preferably in an iron skillet) until it is hot and shimmery. Then make openings for your eggs. Most important, cover the pan so the eggs poach slowly and thoroughly. Cook 2 or 3 minutes for runny yokes. Add chopped parsley on top for a colorful presentation.

Proper
Many variations on this dish add all sorts of ingredients. The New York Times recommends browning garlic, red pepper flakes, and (optional) anchovies in the pan, then adding a can of diced tomatoes and a basil sprig. Mash down tomatoes and cook slowly until it becomes a thicker sauce. Add salt and butter and stir in Parmesan. Bon Appetit recommends using 20 ounces of cherry tomatoes, slightly smashed during cooking, for a three-dimensional look. Some recipes advise adding greens to the sauce. For a more Middle Eastern flair, add peppers, sweet paprika, and cumin. Many recipes for Shaksuka offer some wonderful variations.

From the Editors Kitchen: I cooked this up last night. Started by sautéing what was left in the fridge: garlic, onions, green pepper, cucumber, red pepper all in oil for a few mins and than on to the recipe. Email me for more details. Tasted Great!
Health and other neat topics

April 2020: Bunnies, kites, and reverence

As months go, April is a great month for families. This year, Easter comes in April and you can hardly miss that. Every store displays Easter baskets, chocolate eggs, grass, and jelly beans. April is usually great for kite flying, another fantastic family activity. But there is another side to April— the reverent side.

Easter

Easter is the most important and oldest festival of the Christian church. Christmas might be the most showy, but Easter is the most sacred. In Christian belief, Easter is the day when Jesus of Nazareth was raised from the dead to live again and defeat death. Easter is the most popular day to attend church.

In the past, attendance at church on Easter was even required. In the Roman Catholic church before 1963, you weren't considered a member unless you attended church on Easter.

For Catholics, the 40 days of Lent have been dim inside the church, without holy water, sometimes with statues covered, and with penitential colors. But on Easter, the church is light and filled with color as they celebrate the risen Lord.

Passover

Jewish families gather on the first night of Passover for the Seder, a ritual meal for Passover. The youngest at the Seder table asks four questions of Passover that remind everyone why Passover is different from any other night. Passover recalls the escape of the Jews from slavery in Egypt and their rescue by God.

The Seder meal uses salt water to represent the tears of the Jews in slavery; a fruit-nut paste to remind them they made bricks in Egypt; dipping sauce to remind them they are free; unleavened bread to remind them they had to flee Egypt in haste and could not wait for the bread to rise; bitter herbs to recall the bitterness of slavery. And, finally, with all reclined at the table, they commemorate their freedom by dining as royals did, reclining on cushions.

Cancer death rate shows big decline

Early in the year, the American Cancer Society announced that the death rate from cancer in the U.S. had declined by 29 percent from 1991 to 2017, including its biggest-ever single year drop from 2016 to 2017.

The decades-long decline was due to long-term drops in death rates in the four most common cancer types: lung, colorectal, breast, and prostate.

Those were in part due to behavioral changes and in part to diagnosis and treatment options. For
example, the reduction in lung cancer deaths was attributed to a decline in smoking as well as advances in early detection and treatment.

The steepest decline in cancer deaths came in melanoma skin cancer and was largely credited to advances in immunotherapy treatment. A drop in the 65-plus age group was of particular significance because rates had been rising prior to 2013.

The Society said improvements in targeted therapies and other treatments helped in some types of leukemia and lymphoma. The five-year relative survival rate for chronic myeloid leukemia increased from 22 percent in the mid-1970s to 70 percent for those diagnosed between 2009 and 2015; and most people treated with tyrosine kinase inhibitors now have nearly normal life expectancy.

How cancer is diagnosed
A complex disease, cancer can also be complicated to diagnose. It's not as simple as a quick blood test, but includes a variety of factors and types of evaluation; a health provider needs to take a person's history and run tests, including those to determine whether another condition is mimicking the symptoms of cancer.

And then, within each type of diagnosis method there are variations. Here then is a brief overview of those methods from Stanford Health Care:

Lab Tests:
These include blood or urine tests, a complete blood count (CBC), and tumor markers

Diagnostic Imaging:
This includes pictures like those taken for mammograms, ultrasounds, and MRIs. The types of imaging include transmission imaging (X-rays, CT scans, etc); reflection imaging, which uses sound waves

Endoscopic exams:
This category includes colonoscopy, cystoscopy, sigmoidoscopy, and others.

Genetic Tests:
These test for mutations in genes that give an increased risk for cancer.

Tumor Biopsies:
Biopsy is when tissue or cells are removed and examined under a microscope. Some require sedation while others don't, and some can be done in a physician's office while others need to be performed in a hospital.

Vaccinations can work for some, not all diseases
After a rough year for flu outbreak combined with the coronavirus scare, many people are wondering if an immunization shot can be developed for these viruses.

In some cases, yes. In others, it is
more difficult.

One problem is mutation. Mutation occurs when there is a change in the genetic makeup of a virus and a new strain of the virus comes into being.

The flu virus, unlike some viruses, mutates rapidly, so there are thousands of different strains. Stanford Medicine explains it this way: "If the virus that causes flu were an ice cream cone, then the yearly vaccine teaches the immune system to recognize just the flavor chocolate one year, strawberry the next. As the virus changes each year, so too must the vaccine." But, there is always hope. Stanford is researching a vaccine that would recognize the characteristics common to all flu viruses.

Another problem is novelty. The Covid-19 virus (originating in Wuhan, China) hasn't been seen before. It is part of a family of viruses that can cause fever, cough, and shortness of breath, according to the Centers for Disease Control. A patient with Covid-19 can go on to develop pneumonia, which severely complicates the illness and can cause death. But, not everyone gets very sick with Covid-19. According to the CDC, "... reported illnesses have ranged from mild symptoms to severe illness and death." Underlying health issues have a lot to do with how sick the virus makes a patient. Researchers are looking into a vaccine, although it is not known how often, if at all, this virus mutates.

There is a vaccine for chickenpox, by contrast. The virus varicella-zoster is not known to mutate much, if at all. There are 'wild' strains of chicken pox, but they have not been dominant, so the vaccine continues to be highly effective.

**The slippery cold virus**

The cold is so annoying with all that sneezing and the crud feeling, but it's not scary.

Yet, the so-called cold can be a lot of different viruses.

Most people know the cold is a virus. You might have noticed that a cold tends to be slightly different each time you get it. One time focused more on stuffing up your head. Another time more on stuffing up your nose or lungs.

Colds may feel different each time because there are about 200 different cold viruses. One hallmark of the cold is sneezing, something that rarely happens with the flu.

In fact, according to healthdirect.com, colds are broken down into two different categories:

1. rhinoviruses, and;
2. coronaviruses.

Rhinoviruses affect the lining of the nose and throat, causing sore throat, runny nose and sneezing, among other symptoms. They rarely result in fever.

Coronaviruses are not rare. They belong to a huge family of viruses that cause everything from mild colds to Covid-19 (the newly identified virus), and SARS (severe acute respiratory syndrome). Unlike rhinoviruses, these cause fever.

Some coronaviruses also pass between various species of animal to humans. This is evidently how Covid-19, SARS, and MERS developed.

The influenza virus is by far the
most common annually in humans and is often deadly. While Covid-19 had infected an estimate 72,000 people worldwide by the end of February, the flu had infected 29 million people just in the U.S. during the 2019-2020 flu season.

Covid-19 killed about 2800 people while the flu killed 16,000 in 2019 and 2020. In the 1918 outbreak of flu (now known to be H1N1), 50 million people worldwide died. But the 2009 outbreak was less serious because precautions were in place.

At the end of February, the death rate from Covid-19 was estimated to be 2% to 3% of those infected. The actual mortality rate had not been calculated by that time. If that rate holds, it would be much higher than the death rate for influenza, but much lower than the rate for SARS (9.6%) or MERS (34%).

Meet the virus: Slimy bit of glop with no love life

The world is packed with viruses. Millions upon millions of viruses and billions upon billions of virus particles.

Humans have known since 1900 that viruses can make us miserable. The word virus comes from a Latin word meaning slimy poison.

For all the trouble they cause, you might think that viruses have bat cave conventions where they recount their most famous attacks, and, of course, find a mate.

Nope.

Viruses aren't alive.

Vincent Racaniello, professor of microbiology & immunology in the College of Physicians and Surgeons of Columbia University, writes in his virology blog, that viruses are inanimate, complex organic matter.

They don't have energy.
They don't have a metabolism.
They cannot replicate or evolve by themselves. Instead, viruses are reproduced and evolve only within cells.

But they do infect every living thing, including people. They are in the human bloodstream and intestines at all times in the millions.

In the oceans of the world, there are 10 to the 30th power viruses that infect bacteria -- or a million per teaspoon of seawater. There are so many of them, that if you put the infinitesimal virus particles end to end, they would reach 100 million light years into space.

Whales in the oceans excrete millions of viruses and there is some evidence that these viruses can cross into humans. Remember that at the next splash show.

There are, in fact, more viruses in a liter of seawater than there are people on earth.

Every human on earth is infected with certain viruses. One of them, says Racaniello, is some form of the herpes virus. Every human has it and it lasts forever.

Viruses exist in either DNA or RNA. About 60% of the genetic sequences in human blood are viral.

As you might expect, scientists believe all life actually need some viruses.

U.S. Army doctor Major Walter Reed in 1901 led a team that confirmed

“IT'S GREAT TO BE ALIVE AND TO HELP OTHERS”
the theory of a Cuban scientist Carlos Finlay. Finlay speculated that yellow fever was transmitted by a particular mosquito species. Reed proved Findlay was right and the first virus was identified.

If you are interested in the ubiquitous virus, check out Racaniello's 2018 lecture series on viruses, available on YouTube.

**CDC: Well-known virus kills 16,000 in U.S.**

By mid-February, one category of virus had killed more than 16,000 people in the U.S., including 105 children, and infected more than 29 million Americans, according to the Centers for Disease Control.

The virus is commonly known as the old-fashioned, horrible flu.

As health threats go, the flu virus is the most dangerous virus at large in the U.S., and most deadly to those who have underlying conditions such as asthma or weak immune systems. That observation comes directly from the Centers for Disease Control website, not from a news organization or social media site.

By February, the death toll from flu was the highest for the last 15 seasons. Two main types of flu have been circulating since the beginning of the current flu season. In the early flu season, influenza B/Victoria reigned and late in the flu season there was a surge of influenza A(H1N1)pdm09.

Flu vaccines do help.

For influenza B/Victoria the flu vaccine's effectiveness is 56 percent for children ages 6 months through 17 years and 50 percent for the overall population.

For A(H1N1)pdm09, the vaccine is 51 percent effective for children and 37 percent for the overall population.

The hallmarks of the influenza virus are fever and lung involvement.

**Who Moved Your Happiness**

Check out this amazing, one-of-a-kind, event! Mended Hearts Executive Director Andrea Baer sat down (remotely) with Chief Happiness Officer of the Happiness Jungle! Lyn-Dee Eldridge is a motivational life coach who uses her talents to teach individuals to embrace the happiness in their lives. Lighten the mood with this fun video found **HERE**.

"Sign here, initial here and emoji here."
We welcome the following New Members

Mark Frommer
Danielle McCurdy

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

“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
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 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 MHML/MLH Notecards (10 pk)
☐ 5% off registration of any National (not regional) MHMLH 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 MHMLH Conferences / Symposium
☐ Recognition in the next Heartbeat magazine after enrolling in the Heart of Gold Lifetime Sponsorship, in all special Heartbeat issues, and on our website’s list of Heart of Gold Lifetime Sponsors

FAMILY MEMBERSHIP

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 Drawstring Backpack or MHML/MLH 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.

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”