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

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

We meet at the **San Diego Cardiac Center**, 3131 Berger Ave, 2nd Floor, San Diego. We meet on the second Saturday of every month (10am-noon) except July when we are dark.

**Meeting Format (Typical)**

- **Board Meeting** 9:00 – 10:00
- **Meet and Greet** 10 – 10:15
- **Breakout Groups** - 10:15 – 10:55
- **Guest Speaker** 11:00 – 11:55
- **End Meeting** 12:00

**Directions to our Meeting**

**From East County:**
Take I-8 West to I-805 North. Take Exit 20A for Mesa College Drive and turn left at Kearny Villa Rd / Mesa College Drive. Make a U-turn at Health Center Drive / Annrae Street, then turn right at Berger Avenue.

**From South Bay:**
Make your way to State 163 North. Take Exit #6 for Mesa College Drive. Turn right at Mesa College Drive. Turn right at Berger Avenue.

**From North of Highway 52:**
Make your way to 163 South. Note: If you’re traveling on I-805 South—stay on it and exit at State 163 South. From State 163 South, exit at Genessee Avenue Exit #5. Make a left turn following the Hospital signs. Make a left on Health Center Drive. Make a right at Frost Street (Sharp Memorial Hospital). Make a left onto Berger Avenue / Children’s Way.

**Meeting Dates**

<table>
<thead>
<tr>
<th>DATE</th>
<th>PLACE (San Diego Cardiac unless noted)</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 9 2020</td>
<td>Meeting Cancelled.</td>
</tr>
<tr>
<td>June 13 2020</td>
<td>Upstairs Conference Room, Suite 200</td>
</tr>
<tr>
<td></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>
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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 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/](https://mendedhearts.org/heart-guides/)

Become a member at: [https://mendedhearts.org/connect/member-enrollment/](https://mendedhearts.org/connect/member-enrollment/)
Message from our President

During your stay at home time could you please reach out to one other person who has a heart condition? As a member of San Diego Chapter 62, please mention you are calling on behalf of Mended Hearts. Ask if they have any questions that you could help them with or refer them to Edwina and Art Curtis, President and Vice President of our chapter (619-481-2411). In these difficult times we want to continue to provide resources and comfort.

If your contact is interested in learning more about Mended Hearts please have them call Edwina Curtis at 619-481-2411. After the call, email your contact’s name and email address to Ed Marrone, our Newsletter Editor at sdmhchap62@yahoo.com so they can receive a copy of our newsletter.

Please stay safe and in touch.
Art Curtis, Chapter 62 president

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 with fun, games (CHD Bingo with prizes), and even some dancing because a little exercise is good for all of us. On Saturday, we will begin with innovations in CHD surgery, cardiac cath, screening and genetics, including information on neurodevelopment impact. Next, we will have information about advocating, raising awareness, and helpful information for CHD patients on higher education and/or a career. This will be followed by joint sessions on working together to 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.
THE EDITOR’S LENS

At this time of the year, our nearby Lake Hodges is the site of a very remarkable display of Nature behaving as she does. The Lake hosts among other and varied wildlife forms, the Western Grebe who engages in a remarkable, majestic and unique display of flirtatious behaviors providing endless wonder for the patient onlooker. Among these behaviors is “rushing” where a pair of Grebes, side by side, bursts out of the water and darts atop the surface slapping their large webbed feet loudly and energetically in rapid propulsion before diving beak first into the water at the conclusion of this remarkable behavior. A few weeks ago, I witnessed this amazing event, ran home to retrieve the camera and captured the photos below. Click here to learn more about the grebes at Lake Hodges.
“IT'S GREAT TO BE ALIVE AND TO HELP OTHERS”
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 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.

“I just read on the internet that I shouldn’t believe everything I read on the internet.”

“IT’S GREAT TO BE ALIVE AND TO HELP OTHERS”
Pizza Star
(The headline is a clue to the answer in the diagonal)

Across
1. Genetic stuff 1. Be reluctant
4. Auspices 2. DEA agent
9. Sprinted 3. The "I" of
10. Serpent "The King and I"
11. Sea eagle 4. Symbol for ar-
13. Kind of senic
charge card 5. Glossy paints
14. Military 6. Like some meat
school 7. White House
16. Perform nickname
17. "Fancy that!" 18. Kipling poem
12. Decorative borders
15. Sushi offering
13. Kind of cousin
charge card 16. Perform
10. Serpent
9. Sprinted
8. Census datum
7. White House
6. Like some meat
5. Glossy paints
4. Symbol for arsenic
3. The "I" of "The King and I"
2. DEA agent
1. Be reluctant

Down
1. Be reluctant 1. Be reluctant
2. DEA agent 2. DEA agent
3. The "I" of "The King and I"
4. Symbol for arsenic 4. Symbol for arsenic
5. Glossy paints 5. Glossy paints
6. Like some meat 6. Like some meat
7. White House 7. White House
10. Serpent 10. Serpent
11. Sea eagle 11. Sea eagle
15. Sushi offering 15. Sushi offering
17. "Fancy that!" 17. "Fancy that!"
20. Turn 20. Turn
22. Bank holding 22. Bank holding
24. Window part 24. Window part
25. Poem of lament 25. Poem of lament
27. ___ juice (milk) 27. ___ juice (milk)
28. Bit of statu-
ary 28. Bit of statuary
29. Trinity component 29. Trinity component

Answers can be found on page 17.

Word Search Puzzle: Impressionist

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

BAZILLE BONNARD MONET
BONNARD BOUDIN MORISOT
BOUDIN BOUIN PISSARRO
CAILLEBOTTE CASSAT RENOIR
CEZANNE CHASE ROBINSON
CHASE CROSS SARGENT
DEGAS DEGAS SEURAT
GAUGUIN GAUGUIN SISLEY
HASSAM HASSAM TWACHTMAN
MANET MANET WEIR

“IT'S GREAT TO BE ALIVE AND TO HELP OTHERS”
The lowly cauliflower has gained respect & devotees

Though cauliflower is native to Asian countries, it made its way to North America in the late 1600s. Two hundred years later, Mark Twain called it "a cabbage with a college education!" Cauliflower is so smart it can grow by the light of the full moon almost as well as during the day. It's sometimes called the "moon crop." People who eat cauliflower are smart too. At the Foundation for Preventive Oncology in New York, they say it is one of the best healing foods you can buy, especially when it's eaten raw. The carotenoids in cauliflower make it a powerful defender against cataracts. Its sulforaphane helps prevent cancer by increasing production of enzymes that sweep toxins out of the body before they can damage cells and make them cancerous. Its other cancer-fighter, I3C, works as an anti-estrogen. It reduces harmful estrogen levels that can cause tumor growth in the colon, breast, and prostate.

But cauliflower does more than fight cancer and protect the eyes. It's rich in vitamin C and folate, nutrients that keep the immune system working well. Just three florets of uncooked cauliflower can supply two-thirds of your daily value for vitamin C.

**Cauliflower gratin with ham**

1. Divide a 2 pound cauliflower into florets. Cook in salt water 5 or 6 minutes. Drain it and run cold water over it.
2. Carefully brown 3 tablespoons of bread crumbs in 1/2 tablespoon butter and set aside.
3. In a small pan, melt 2 tablespoons butter. Add 2 tablespoons flour, blend. Cook 1 minute, then add 3/4 cup milk, 3/4 cup chicken broth, a bay leaf, and a clove of garlic. Stir and simmer 8 to 10 minutes. Remove bay leaf, garlic.
4. Cut florets to similar sizes. Put in a buttered baking dish, salt and pepper. Pour sauce on florets. Tear 1 ounce thin ham slices apart and scatter on top.
5. Finally, top with a cup of shredded cheddar. Bake 30 minutes at 400 degrees. Let stand 30 minutes before serving.
MAKE YOUR OWN COVID MASK WITH THESE EASY INSTRUCTIONS!

Sew and No Sew Instructions

Sewn Cloth Face Covering

Materials

- Two 10”x6” rectangles of cotton fabric
- Two 6” pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine

Tutorial

1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the mask as if it was a single piece of fabric.

2. Fold over the long sides ¼ inch and hem. Then fold the double layer of fabric over ½ inch along the short sides and stitch down.

3. Run a 6-inch length of 1/8-inch wide elastic through the wider hem on each side of the mask. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight. Don’t have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the mask behind your head.

4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the mask on the elastic and adjust so the mask fits your face. Then securely stitch the elastic in place to keep it from slipping.
Sew and No Sew Instructions

Quick Cut T-shirt Face Covering (no sew method)

Materials
- T-shirt
- Scissors

1. Cut out 7-8 inches along the sides of the t-shirt.
2. Cut out 6-7 inches along the bottom of the t-shirt.
3. Fold the cut out parts to form the face covering. Tie strings around neck, then over top of head.

Bandana Face Covering (no sew method)

Materials
- Bandana (or square cotton cloth approximately 20”x20”)
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

1. Fold bandana in half.
2. Fold top down. Fold bottom up.
3. Place rubber bands or hair ties about 6 inches apart.
4. Fold side to the middle and tuck.
5. Place the folded bandana on the face.
6. Secure with rubber bands or hair ties.
Get some social distance with a bike ride

It's commuting and fitness melded together: Faster than walking and as much exercise as jogging. It lets you enjoy the scenery, which, depending on your time in quarantine, could mean a lot.

If you aren't already a regular rider, you'll want to ease yourself into cycling. Begin with half-hour rides every other day or three days a week. And practice your basic skills in an empty parking lot. Learn to shift gears without wobbling and to look over your left shoulder while steering straight ahead.

When you take to the roads, always ride with traffic, ride in the street on the right. Use hand signals, and obey all the traffic rules.

Buying a bike

If you decide that you like riding, you may want to get a new bike. Be sure to shop for one that suits your normal riding distance. Traditional 3-speeds are good for short rides, and 10-speeds are best for longer rides. Then there are all-terrain bikes that provide an all-purpose alternative.

When riding to work, put your belongings in a backpack or tie them down in a basket or rear carrier. Carry a tool kit to fix flat tires.

You're never too old to take up cycling and benefit from it for the rest of your life. Studies at the University of California at Davis compared three forms of exercise: Jogging, bicycling and tennis. Middle-aged sedentary men were assigned to one of the three activities for 30 minutes a day three times a week. After 20 weeks, the joggers and cyclists had an equal improvement in endurance, and both groups lost a substantial amount of body fat.

When riding after dark, make sure you have lights on the bike, reflective tape on your helmet, and wear light-colored clothing.

Eat cherry pie, ease arthritis symptoms? (Sadly, no)

Ok, a cherry pie analgesic is admittedly a whole lot of wishful thinking. But if you like cherries, you're in luck! They're listed among the foods that can help fight arthritis.

Arthritis, a catch-all term for any of 100 conditions and related diseases that affect joints and connective tissues, usually involves joint pain and stiffness. May is Arthritis Awareness Month. More than 50 million adults and 300,000 children suffer with joint pain or disease, with the most common types being osteoarthritis, rheumatoid arthritis, psoriatic arthritis, fibromyalgia, and gout.
While you should always consult your doctor and take any medicines as prescribed, consider these foods, which CureArthritis.com says help fight arthritis:

* Tart cherries: With anti-inflammatory and antioxidant benefits, tart cherries can help provide joint relief and lower the risk of flares in those with gout (one type of arthritis).

* Colorful vegetables: Sweet potatoes, carrots, red or green peppers, and squash. Peppers contain an abundant amount of vitamin C, which preserves bone and may protect cartilage.

* Seafood: Salmon, tuna, sardines, and mackerel can help decrease inflammation and protect the heart.

* Walnuts: High in alpha linoleic acid (say that three times fast, or just say ALA), a type of anti-inflammatory omega-3 fatty acid, walnuts can also lower cholesterol, relax blood vessels, and reduce blood pressure.

* Garlic: Use fresh garlic if you can to help fight pain, inflammation, and cartilage damage.

At-home and online workouts

When gyms closed in March, many were scrambling for ways to keep in shape - or some semblance of shape - without our treadmills, weights, and the accountability of trainers.

And let's face it: most of us are not that creative when it comes to exercise at home, and maybe a quarantine was an easy excuse to let things slide for a bit.

Time to ditch the excuses. Whether online or in-home, workouts outside of the gym are abundant. Here are some ideas to consider:

* Check YouTube for free classes, from yoga to intense cardio (and admit it - you're probably home in your yoga pants anyway).

* Squats. These are easy to do in small spaces and can be done with weights or just body weight. You can practice good form by setting a chair about three feet from a wall, face the wall with your feet about shoulder-width apart, and then squatting down until your butt touches the chair (or your face touches the wall).

* Push-ups. The useful thing about push-ups is that there are tons of variations, ranging from traditional straight-leg push-ups done on the floor to wall push-ups.

* Circuit training. Choose a rotation of activities that work a variety of muscle groups and work through the activities two or three times. The rotation could include squats, planks, lunges, jumping jacks, and others.

* Get outside and take a walk, a hike, bike, or go for a run. (If social distancing advisories are still in place, this isn't the time to meet with a group. Consider whether you can keep a safe distance apart from others, and remember that you could be breathing heavily.)

* Check with your gym to see whether they're offering online workouts or have sent materials to members with suggested exercises to do on your own.
Coronavirus can mimic heart attack

In New York City, doctors began emergency surgery on a patient who had all the signs of a heart attack. An electrocardiogram showed dangerous heart rhythm. A blood test revealed high blood levels of troponin, a sign of damaged heart muscle.

But, on the operating table, the patient showed no blocked arteries.

What he did have, it turns out, was coronavirus.

Now recovered after a 12-day stay, the patient was one of similar cases reported around the world.

For doctors the case is troubling.

Should the cardiac test for troponin routinely be administered to Covid-19 patients? Should heart patients immediately be tested for Covid-19?

A March study published in the Journal of the American Medical Association, was conducted by doctors in Wuhan, China, where the virus was first identified. The small study was limited to a review of records of 188 patients, according to JAMA. The study found that 20 percent of the Covid-19 patients were found to have heart damage. Upon admission, Covid-19 patients without heart disease were found to show signs of heart injury, including elevated troponin, and abnormal electrocardiograms. Patients showing these symptoms had a four times greater risk of death than a Covid-19 patient with no abnormal heart readings, according to the New York Times.

Some experts believe heart problems are caused by the body's immune and inflammatory response to the virus.

Bold Bubbles: The strange journey and superpowers of soap

According to Roman legend, thousands of years ago women washing in the river Tiber used bubbly globs flowing down a mountain to clean their clothing.

Whether they knew it or not, the bubbles were inadvertently created by the temple priests on Mount Sapo. Ashes from fires combined with animal fat and river water created a bubbly substance that lifted dirt from skin and clothing.
Soap. Humans have been using soap for at least 5,000 years, but it isn't an obvious sort of formula. Soap requires three ingredients: An alkaline (like lye), water, and fat.

The fat part is easy and lots of things work well, from olive oil to tallow, which is beef fat.

But lye is a different story. Lye has to be made with white ash from a hardwood fire. Lye makers literally had to go out to a place where hardwoods burned down to ash. They scooped up the white ashes and put them in a barrel. Then, they waited for rain, best for making lye. Buckets full of rainwater were poured into the ash barrel to soak the ash. The lye water formed at the bottom of the barrel. They then caught and stored the caustic lye water that leached out from the bottom.

Strangely, somewhere along the line someone decided to make lye and combine it with fat and more water.

Today we might think of soap as gentle, but it is actually fierce to dirt, bacteria, and viruses.

Soap molecules are pin-shaped crowbars. Their tails love fat but hate water. Their heads love water. So when soap molecules find a piece of dirt or virus, the tails pierce the fatty membrane, while the heads pull away toward the water, thus prying open the dirt or virus and destroying it. Fancy science for some glop that once rolled down a hill.

Today soap smells nice and has lots of different forms from hand soap to detergent. Yet, the recipe really hasn't changed much from the recipe used by Romans or ancient Egyptians. It's still ancient science.
We welcome the following New Members

Leah Pollard

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>
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<tr>
<th>Hospital</th>
<th>Coordinators</th>
<th>Visitors</th>
</tr>
</thead>
<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>
<td></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>
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<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         Beverly Lynn         Art
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./Miss) _____________________________________________________________
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 ______ drawing 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 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 / 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 ______ 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 ______ 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 $___________

PLEASE PRINT INFORMATION TOP OF FORM

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