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

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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>
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<tr>
<td>June 13 2020</td>
<td>Meeting Cancelled</td>
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<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>
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<tr>
<td>Sept 12 2020</td>
<td>Upstairs Conference Room, Suite 200</td>
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Mended Little Hearts is a nationwide organization for parents, caregivers and families of children with heart defects/disease that provides resources and a caring support network to help families work through overwhelming emotions involved with having a child with a heart defect. Mended Little Hearts helps families move forward to find laughter, healing and hope.

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

We welcome you to join us soon!

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

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

Please reach out to us by contacting our group leaders:

Lead Coordinator: Julie Marshall (760-583-8515 or 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/

"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 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.

HAPPY FATHER’S DAY
JUNE 21 2020

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

“This will sting a bit.”
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: andrewsfad@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.
Weight training saves and builds muscles

Between the ages of 30 and 70, adults typically lose at least 20 percent of their muscle tissue.

The slow process of erosion has recently been named sarcopenia, Greek for "vanishing flesh." Though sarcopenia is not an inevitable consequence of aging, everyone is at risk.

For those over age 30, the good news is that sarcopenia can be reduced and even reversed by weight lifting. Research reported in The Annals of Internal Medicine shows that muscle mass peaks around age 30 and begins to decline slowly thereafter. Men and women appear to lose the same percentage of muscle.

Research also shows that older adults who have been lifting weights for 15 to 20 years or doing resistance training, are at least as strong as inactive 20-year-olds.

Resistance training is any type of exercise performed in one place while standing, sitting, or lying down. It includes leg lifts, arm curls, and abdominal crunches. Such movements can be performed using free-weights, weight machines, or by working against gravity.

The goal is to challenge the targeted muscles by performing at least three sets of eight to twelve repetitions, and to gradually increase the amount of weight used.

In addition to slowing muscle loss, the training increases the rate at which the body burns calories, increases bone density, decreases the risk of diabetes, and increases HDL, the "good" cholesterol.

Ten-minute workouts bring better health

For those who are out of shape or out of time, 30-minute exercise sessions can be daunting.

If your muscles and your schedule aren't up to it all, Stanford University has good news for you: Three or four ten-minute sessions will do beginning exercisers just about as much good.

In one test, overweight people were divided into two groups. One group exercised for 40 minutes a day, 5 days a week. The other exercised in 10-minute sessions four times a day, 5 days a week.

After 20 weeks, both groups boosted their aerobic capacity and experienced similar weight loss (15 to 20 pounds). But those assigned to short periods stuck to their schedule better than the other group. This suggests that beginning exercisers may find it easier to break up their workouts into small, manageable segments.

Studies at the University of
Pittsburgh suggest that turning coffee breaks into exercise breaks is a good idea. Try 10 minutes of brisk walking before work, 10 minutes of stair-climbing or a quick run at noon, and 10 minutes of cycling in the evening, or any other schedule or activity that suits you. These three stretches will help you avoid golf injuries.

Golf related injuries are common, especially among once a week golfers. For recreational golfers, the most common injuries involve the lower back, shoulders and forearms, and they stem from repetitive motion.

According to the Mayo Clinic, stretching can help promote a more fluid swing and reduce injuries. Golfers who warm up for 10 minutes before play have a 60 percent decrease in injuries. You can start with brisk walking.

Ideally, do these stretches every day as well as before and after a round. Hold for 5 to 10 seconds before starting to play and for 30 seconds after a round. Stretch gently and don't bounce. If it hurts, you've stretched too far.

*Front hip muscle stretch

Make a large step up onto a stable surface, such as a chair. Put your hands on your raised knee. Keep your back leg straight, tighten your stomach muscles to avoid a low back arch and push your hips forward until you feel a stretch in the front of your thighs. Hold. Repeat on the opposite side.

*Shoulder and chest stretch

Stand in a walking position with one foot ahead of the other. Place your forearm against a door frame or corner of a wall and bend your elbow.

*Hip stretch

Seated on a chair or bench, raise your right knee up and grasp it with your left hand (steady yourself with your opposite hand on the chair or bench). Use your grasp to pull your knee up toward your left shoulder. You'll feel a stretch in your right buttock. Then sit up tall and turn your shoulders to the right. Hold. Repeat the stretch on the opposite side.

You can also warm up with dynamic stretches such as arm swings and circles, jumping jacks and swinging your clubs without hitting balls.

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**Cardioactivities**

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**Flag Day, June 14: Fly the flag**

Deeply woven through the history of our nation is the belief that the U.S. Flag should be duly respected and appropriately displayed, to honor the country and those who fought and died, and those who love it.

This idea of respect and appropriateness has changed somewhat over the years. Early in the nation's history it was virtually unheard of that a flag would be burned. It was a public scandal in the 1960s to see the flag burned in protest. The U.S. Supreme Court has ruled burning the flag a legitimate form of protest, but in most places in the country doing this would be considered, to put it mildly, in bad taste.

Similarly, it was once seen as disrespectful to wear clothes with a flag image. But today we see at least a flag motif on many types of clothing, including t-shirts. Still, it is not appropriate to wear clothes that feature a full flag in a disrespectful position or manner.

The most important thing for most people to remember about the flag is how to display it properly.

The blue field (called the union)
should be on the observers left if the flag is hung either vertically or horizontally.

Half staff. The flag should be flown at half staff only on Memorial Day, from sunrise until noon. On other occasions, the president or governor can order the display of flags at half staff. And heads of government agencies may direct the flag to be half-staffed.

Night flying. While the Flag Code states that the flag be displayed only from sunrise to sunset, flags may be displayed 24 hours if they are properly lighted. Often nearby street lights will provide fitting illumination.

Use in advertising. The flag should not be used in advertising, except in ads by companies that make flags.

Bad weather. The flag should not be displayed on days of inclement weather unless it is made of non-absorbent, all-weather material.

The flag should be carried free and aloft. It should not be displayed so that it touches the ground. It should never be displayed below other flags.

Father's Day

In the new way of honoring those we love, we are about to see pictures of fathers popping up all over Facebook, Instagram, and all of social media.

We'll see fathers in military uniform, snapshots of dad in a favorite moment, or maybe even dad on his wedding day.

This year, June 21, just one day past the start of summer, is bound to be a festival of dad. It's a fine way to honor a father and will touch the hearts of many.

If you will post a favorite picture of dad, be sure to post a memory, even if it doesn't exactly match the photo. Was there a legendary moment in the family when dad did something exceptionally cool? Like maybe spotting a dirt track and making an unscheduled stop to drive little race cars. Or maybe the time big, gruff dad saw a kitten and instantly adopted him. Those times of fun and tenderness are what make memories.

Maybe, if remembering your dad over his lifetime, you can recall his work. That he got up every morning, rain or shine, and brought back a paycheck to support his family. Maybe you remember how he could fix things or save the day in a million little ways.

Or his favorite sayings. Some dads have a million of them.

It would be a good day to thank him for those million things. So go ahead and do that. If he only lives in your memory now, thank him anyway.

Fireflies put on their annual show

In dark, wooded, or weedy areas in June, the annual firefly show heats up as the little twinklers search for a mate.

Fireflies, also known as lightning bugs, are actually beetles, and there isn't just one kind. In fact, there are 2,000 types worldwide, but many species live and light up together in your back yard or favorite wooded area.

Males fly about flashing their specific pattern, looking for a female to reply. Meanwhile the females are
waiting in grass or a bush. When she sees the flash she is looking for, she responds with a flash of her own. Then the conversation begins. Each kind of firefly has its own flash code.

What you see in the flashing fireflies is only a brief period of the insect's life. Most fireflies you see flashing were born from eggs two years previously. They spent all that time in their grub stage, eating and waiting until they metamorphose into adults. As flying fireflies, they live a very short time, sometimes only a couple of weeks, with one mission: To find a mate. The offspring of fireflies you see this year will be flying two years from now.

This system has been an effective system for fireflies and a delight to the eye of humans, but today populations are smaller as all the surrounding light confuses them and prevents them from seeing or interpreting flashes. Best bet: Turn off the yard lights during firefly season. Let some wild areas grow.

Firefly Fact:
One species of firefly are synchronous. On the East Coast of the U.S. from Georgia to northern Pennsylvania, the firefly Photinus carolinus flash together in waves. The most famous show is in Elkmont in the Great Smoky Mountains National Park and in the Allegheny National Forest.

Sometimes you can see the effect of waves of fireflies in fields left fallow for at least two years, with long grasses.

Sneaky place that is easy to forget: Caulk

So you do your usual cleaning and all of a sudden you see it: Dirty caulking. It's so easy to overlook but once you spot it, dirty caulking will stand out like a flashing sign.

And, it's not that easy to clean, either. Sometimes your regular cleaning spray just can't get to it.

Here is one reason: Sometimes there is mildew beneath the caulking. If that's the case, you have to remove the caulking and replace it.

But if the dirt or mildew is on top of the caulking, you have a good chance of making it appear much better.

If you want to avoid harsh chemicals, apply a baking soda/water
paste or a vinegar/water solution, according to doityourself.com. Don't mix baking soda and vinegar though, it just won't do the trick. Scrub with a toothbrush and let dry.

To whiten the caulk, mix a fourth cup of bleach with a gallon of water. Apply using a sponge and leave the solution for at least 10 minutes. Be sure to open the window or turn on the ventilation fan. Rinse the solution off with warm water and scrub gently with a toothbrush.

If the caulk doesn't get clean, you might have to remove the actual caulk, clean and re-caulk. If that job is next on your list, be sure to use a mildew-resistant caulk.

**Virus can linger on fabrics**

Viruses do stay on fabric, but just how long seems to be unknown and has not been studied very much.

One study found that wool, cotton, and other natural fabrics contain more bacteria compared to synthetics and silks.

But no study has yet proved how long viruses live on fabric. According to the Mayo Clinic, viruses tend to last a shorter time on fabrics than on hard surfaces.

Nevertheless, when you go outside for public activities, it's best to change clothes immediately upon return.

Launder your clothes immediate and dry in high heat or outdoors under sunlight.

**Robot zaps germs and viruses with UV light**

During a virus pandemic, there is a certain dilemma. Patients need to be in the hospital for lifesaving treatment, but hospitals can also harbor viruses.

Intensive cleaning and disinfecting do much in hospital rooms, but the risk of hospital acquired infections remains.

But now there is the robot.

The Xenex bug-zapping robot does the final job with light.

Ultraviolet light from the sun -- or artificial sources like Xenex -- has been scientifically shown to kill bacteria and viruses, even the most evil ones like Ebola.

In 2014, during the Ebola epidemic, the company's germ-zapping robot was tested in a BioSafety Level 4 laboratory. The space was purposely infected with live Ebola virus and anthrax spores. The Xenex robot quickly destroyed both the virus and spores on surfaces.

In prestigious, peer-reviewed
studies in 2018, researchers found that MRSA counts were reduced by 75 percent in the rooms disinfected with pulsed xenon UV devices and aerobic bacteria colony counts were reduced by 84 percent in the pulsed xenon UV rooms, according to Business Wire. Manual disinfection reduced bacteria counts only by 25-30 percent.

Now, the UV light is being used with robotics to kill Covid-19, staph infections, and spores that can cause sickness.

At the cutting edge of this technology, the San Antonio-based Xenex, launched with venture capital in 2013, uses a small robot to flash rooms with UV light. The founders are two Johns Hopkins-educated epidemiologists, Mark Stibich and Julie Stachowiak.

Worldwide, 500 hospitals use Xenex and even hotels and police stations are using it.

The process is simple. The cube-shaped device is rolled into a hospital room and turned on. The user has a few moments to exit the room, then a glass, oval shaped head emerges from the cube, continuously flashing bright UV light around the room for five minutes. With the cycle finished, the attendant enters and moves the robot to the other side of the room and repeats the cycle.

“IT'S GREAT TO BE ALIVE AND TO HELP OTHERS”
Date Reference
(The headline is a clue to the answer in the diagonal)

Across
1. British tax
5. Lackluster
9. Secular
10. Snack often twisted
11. "___ do you good"
12. Lady's man
13. Physician, often
15. Genetic material
16. Caresses
22. Works in the garden
23. Stupor
24. Start to freeze?
25. Old Italian money
26. Guinea pigs, maybe
27. Pitching stats

Down
1. History Muse
2. Chows down
3. River deposit
4. Medical hardening
5. Basic swimming stroke
6. Fertilizer chemical
7. It starts on Ash Wednesday
8. Disinclined
14. Lennon's love
16. Fellow
17. Top-rated
18. Bottom line, in the U.K.
19. Lion's den
21. Neptune's real home

Answers can be found on page 19.

Word Search Puzzle: Famous Diamonds

ALLNATT NASSAK
BLUE MOON NIZAM
EAGLE ORLOV
EUREKA PARAGON
EXCELSIOR PINK STAR
FLORENTINE PRINCE
GRAFF PINK PUMPKIN
HOPE REGENT
JACOB SANCY
JONES SHAH
JONKER TIFFANY YELLOW
JUBILEE UNCLE SAM
KOH I NOR WINSTON
MOUSSAIEFF

Answers can be found on page 19.

“IT'S GREAT TO BE ALIVE AND TO HELP OTHERS”
2021 Election of MHI National Officers & Regional Directors

Dear Chapter Officers & Group Coordinators,

Elections for MHI National Officers and Regional Directors (both MH and MLH) will be held January-February 2021. All communications, applicant submissions and voting will be done electronically. The timeline is as follows:

- **May 5, 2020**: Notification of forthcoming election, procedures for nominating and application process are sent to Chapter Officers and Group Coordinators.
- **May 5-September 14, 2020**: Candidate application period. All documents as required in MHI Election Procedures (Candidate Intent to Serve and Consent Form, Candidate Resume) must be received no later than September 14, 2020.
- **December 2020**: Election ballot packets and candidate resumes sent to Chapter members, Group members, and At-Large members.
- **January-February 2021**: Chapters/Groups conduct elections. Meet-the-Candidate Webinars. (Information to follow.)
- **February 28, 2021**: Deadline for Chapters/Groups and Members-at-Large to submit ballots.

Please refer to the attached documents carefully, as changes have been made:

- **MHI Election Procedures** (criteria, process, etc.)
- **Candidate Intent to Serve and Consent Form** (PDF)
- **Candidate Resume** (PDF)
- **Candidate Resume** (Word)

We ask that you please share this election information and procedures, which include applicant criteria, with your chapter/group members.

Applicants seeking candidacy for National Office or Regional Director positions must complete and submit both the Candidate Intent to Serve and Consent Form and Candidate Resume no later than September 14, 2020.

Copies of all documents provided here are also available on our website. Chapter officers can access them HERE. Group coordinators can find them HERE. Please submit completed documents to:

Denise Duch Widzgowski, Chairperson
MHI Election Committee
ddwidz.mendedhearts@gmail.com

“IT’S GREAT TO BE ALIVE AND TO HELP OTHERS”
Might as well laugh

I know a great joke about Corona Virus, you probably won't get it though.

If I get quarantined for two weeks with my wife and I die, I can assure you it was not the virus that killed me.

A man walks into a bar and goes up to the bartender and says "I'll have a Corona please, hold the virus".

Costco priced an 82 inch Samsung TV for $1,200, I don't think that was a coincidence.

What's the difference between COVID-19 and Romeo and Juliet? One's the coronavirus and the other is a Verona crisis.

I'll tell you a coronavirus joke now, but you'll have to wait two weeks to see if you got it.

Nail salons, hair salons, waxing centers and tanning places are closed. It's about to get ugly out there.

You know what they're saying about 2020. It went viral faster than anyone thought it would.

If there's a baby boom nine months from now, what will happen in 2033? There will be a whole bunch of quaranteens.

What's the best way to avoid touching your face? A glass of wine in each hand.

What types of jokes are allowed during quarantine? Inside jokes!

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

2. 

3. 

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. 

2. 

3. 

Place rubber bands or hair ties about 6 inches apart.

4. 

5. 

6. 

Fold bandana in half.

Fold top down. Fold bottom up.

Fold side to the middle and tuck.


Officers

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619 481-2411

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rwcaires@gmail.com

Secretary
Sharron Watson
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760-297-8773

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sdmhchap62@yahoo.com

Board Member
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Position Available

Media Relations, Board Member
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619 420-8759
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Visiting Chair and Web Master Positions are Available

Answers to crossword & word search puzzles

“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>
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<tr>
<td></td>
<td>Pat Egan</td>
<td>Pat Egan</td>
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<tr>
<td>Scripps Mercy</td>
<td>Pat Egan</td>
<td>Pat Egan</td>
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<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>
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<tr>
<td>Tri-City Medical Center</td>
<td>Bruce Macklin</td>
<td>Bruce Macklin, Ron Buccellato</td>
</tr>
<tr>
<td>VA San Diego Healthcare System</td>
<td>Frank Andrews</td>
<td>Visitor: Boyd Applegate</td>
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</tbody>
</table>

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 ________________________________________________________________

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

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

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

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

INDIVIDUAL MEMBERSHIP

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

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

Bronze Member — $45 annual donation per person
* All of the benefits of a Full Individual Member, PLUS
  * Membership Pin
  * Choice of Drawing Backpack or 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 of 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 websites 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”