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

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>General and Meeting information, Newsletter Index</td>
<td>1-2</td>
</tr>
<tr>
<td>Message from our Chapter President</td>
<td>3</td>
</tr>
<tr>
<td>Message from our Mended Hearts National President</td>
<td>4</td>
</tr>
<tr>
<td>Mended Little Hearts (MLH) Information / Upcoming Events / MLH Symposium</td>
<td>5-6</td>
</tr>
<tr>
<td>Have a Latte and a security breach</td>
<td>6</td>
</tr>
<tr>
<td>Educational and Informational Resources</td>
<td>7</td>
</tr>
<tr>
<td>Call for Volunteers</td>
<td>8</td>
</tr>
<tr>
<td>The Healthy Tasty Corner</td>
<td>9</td>
</tr>
<tr>
<td>Warren Buffet Quotes and Emotions at Work</td>
<td>10</td>
</tr>
<tr>
<td>Health and other neat topics</td>
<td>11-14</td>
</tr>
<tr>
<td>Crossword and Word Search Puzzles/Answers</td>
<td>15/20</td>
</tr>
<tr>
<td>2021 MHI National and Regional Election Information</td>
<td>16</td>
</tr>
<tr>
<td>Make your own COVID mask</td>
<td>17-18</td>
</tr>
<tr>
<td>Chapter 62 Officers, Committees/Directors, Hospital Visitors</td>
<td>19-20</td>
</tr>
<tr>
<td>Membership Information and Sign-Up Form</td>
<td>21-22</td>
</tr>
</tbody>
</table>
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 Genesee 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>August 8 2020</td>
<td>Cancelled</td>
</tr>
<tr>
<td>September 12 2020</td>
<td>Upstairs Conference Room, Suite 200</td>
</tr>
<tr>
<td>October 10 2020</td>
<td>Upstairs Conference Room, Suite 200</td>
</tr>
<tr>
<td>November 14 2020</td>
<td>Upstairs Conference Room, Suite 200</td>
</tr>
<tr>
<td>December 12 2020</td>
<td>Upstairs Conference Room, Suite 200</td>
</tr>
</tbody>
</table>
Now is a time to focus on our own health, both mental and physical so we can be of better service to others when this pandemic passes. Rehabilitation can be rejuvenating if we treat it as an exciting new hobby. It involves lifelong learning and translating our new information into new behavior. Perhaps, we can add healthier years to our life. In terms of Covid 19 besides all the obvious safety precautions we are using ultraviolet light to cleanse our house. We had a plumber install a UV light in our furnace to continuously filter our indoor air. In addition, we purchased a portable UV light to sanitize a room. This unit only cost about $59 and periodically we use it in our kitchen and bathrooms. It charges with a USB cord and requires that you turn it on and leave the room for 30 minutes. It turns off automatically.

Caffeine for me seems to trigger arrhythmia. So I was very interested in an article in our national magazine HeartBeat about the high levels of caffeine in sports drinks. As an alternative treat to a diet soda I had become hooked on zero sugar, monster energy, and ultra paradise. Nothing about caffeine listed in the nutrition box. After the article In HeartBeat I inspected the can closely and found buried in the fine print a warning that it was not recommended for people sensitive to caffeine and that it contained 140 mg per can of caffeine, which is several times the amount in a can of diet soda. Kudos to HeartBeat.

Critical to staying healthy is exactly following the doctor’s recommendations. Personally, I know a woman who was the picture of health. She walked her dog 3 miles every day. Then she had a stroke and when I called her friend to find out what happened she said she was finding it hard to remember to take her medications. A simple daily medication box can help us to remember. Even if we need one in the a.m. and p.m.

Be safe for yourself and others.
Art Curtis
President Mended Hearts Chapter 62,
San Diego County
Message from our Mended Hearts National President
(From Heartbeat Magazine July-September 2020 issue)

Creating a New Way to Provide Support

When I started writing this column, I didn’t know where to begin. Our organization is doing so many positive things that it’s impossible to mention them all. I am so proud of this organization and our volunteers! They have risen above the obstacles created by COVID-19 and found ways to continue providing high-quality peer-to-peer support and education — even at a distance.

As most of you know, our visiting program is the cornerstone of what we do. Mended Hearts’ and Mended Little Hearts’ trained volunteers make more than 200,000 visits to patients, parents and caregivers annually. When we learned we wouldn’t be able to visit in the hospital, we didn’t let that stop us; we created a new Visit Me virtual visiting program.

Our corporate partners wanted to help and support us because they understand the power of these visits. One partner donated iPads to put in 500 hospitals, clinics and rehab centers so we could safely visit face-to-face in the hospital.

Our volunteers also pivoted and attended training on virtual visiting and virtual support groups. We learned how to use platforms like Zoom to connect with patients and families who felt isolated and alone. (See our story on page 10 to learn more.)

We also had a growing concern about patients of all ages who are not staying in care — routine care, specialized care or even emergency care — because they are scared of the virus and of being alone in the hospital. This can be devastating, as relatively minor issues turn into major issues and the outcome can be bad. We launched a Stay in Care program with webinars, educational materials and videos to help people stay in care and stay healthy.

This year, we have been faced with more difficulties than we could have imagined, but we pulled together as a team and found the opportunities to better serve patients and families. In doing so, our organization has become even stronger.

Ron Manriquez
President, Mended Hearts

“We pulled together as a team and found the opportunities to better serve patients and families.”

“IT’S GREAT TO BE ALIVE AND TO HELP OTHERS”
**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/](https://mendedhearts.org/heart-guides/)

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

Have a latte and a security breach!

You might think that morning latte at your favorite coffee shop is a leisurely perk of working at home. You can get out of the house, sip some brew and get some bits of work done.

And, while you are at it, expose your company to a multi-million dollar computer fraud scheme.

A 2018 survey by iPass found that coffee shop and cafe unsecured Wi-Fi networks rank number one in the list of the most dangerous places to log on. They found that 81 percent of security respondents saw security incidents during the year and 62 percent occurred at cafes and coffee shops.

Next most dangerous: Airports, 60 percent, Hotels, 52 percent, Train stations, 30 percent, Exhibition centers, 26 percent, In flight, 20 percent.

Security experts recommend using a secure VPN. Numerous Virtual Private Network connections are available including, ExpressVPN, NordVPN, and Surfshark.

“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
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.

“It was a free gift with my AARP membership.”
Garlic-Lemon Scallops...it’s Easy!

**Ingredients:**
- 3/4 cup butter
- 3 tablespoons minced garlic
- 2 pounds large sea scallops
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 2 tablespoons fresh lemon juice

**Directions:**
Melt butter in a large skillet over medium-high heat. Stir in garlic and cook for a few seconds until fragrant. Add scallops and cook for several minutes on one side, then turn over and continue cooking until firm and opaque.

Remove scallops to a platter, then whisk salt, pepper and lemon juice into butter. Pour sauce over scallops to serve.

Recipe by Button on allrecipes.com

**Optional:**
Add white wine during cooking and/or garnish with parsley, thyme, chives or other herbs.
Warren Buffett Quotes

Cash is king in a crisis

When such a mega-catastrophe strikes, Berkshire will get its share of the losses and they will be big - very big. Unlike many other insurers, however, handling the loss will not come close to straining our resources, and we will be eager to add to our business the next day.

This will pass

Since 1942, we have had seven Republican presidents and seven Democrats. In the years they served, the country contended at various times with a long period of viral inflation, a 21% prime rate, several controversial and costly wars, the resignation of a president, a pervasive collapse in home values, a paralyzing financial panic and a host of other problems. All engendered scary headlines; all are now history.

Resiliency of America

Nothing can stop America when you come down to it, even with the scariest of scenarios. It may have been tested during the Great Depression, and it may be tested now to some degree. In the end the answer is never bet against America. That in my view is true today as it was in 1789 and even was true during the Civil War and depths of the depression. In 2020, we are now a better country as well as an incredibly more wealthy country than we were in 1789.

Buffett, May 4, 2020

Emotions and work

Daniel Goleman, author of Emotional Intelligence (Bantam), says these qualities help people work at their highest level:

- Self-awareness, knowing how you feel and assessing your abilities.
- Self-control, the ability to stay calm and think clearly under stress.
- Desire, using emotions to help guide you toward your goals.
- Empathy, the concern for others which generates the "How can I help you?" theme with fellow workers and team members.
- Social skills, forming relationships with others that bring cooperation from fellow workers and bosses.
Why is it called August?
The eighth month of the Gregorian calendar was originally the sixth month of the Roman calendar, Sextilis. In 8 BC, it was renamed in honor of Augustus, then emperor of Rome.

Augustus was the adopted son and heir of Julius Caesar. After Caesar's death, he became one of three (with Mark Antony and Lepidus) to govern a new Roman state. He improved every aspect of Roman life. An administrative genius, he centralized power of the empire in Rome and established the Pax Romana.

Covid-19 remains a concern for heart patients
If you have heart disease or high blood pressure, be sure to keep taking your medicine during the coronavirus crisis.

According to the Harvard Heart Letter, doctors know that Covid-19 is especially dangerous for older people with heart disease and high blood pressure. What they don't know is why. It could be older people are just more vulnerable, or maybe the cardiovascular disease itself is to blame.

High blood pressure seems to double the risk for bad outcomes in people with Covid-19. Researchers have been trying to find out why. One thing is known: Two classes of blood pressure drugs have something in common with Covid. They both use the same pathways to enter the heart and lungs. The question has been whether ACE inhibitors and angiotensin-receptor blockers (ARBs) help or harm people infected with the virus.

Three studies have found no evidence of harm for people infected with Covid19 who take these drugs, according to the Harvard Health Letter. The studies are informative but not considered conclusive because they weren't placebo-controlled research.

Doctors recommend people already using the drugs should keep taking them.

Another crucial concern is that heart patients continue taking low-dose aspirin.
In people who died of Covid-19, doctors have found clots in small vessels and capillaries of the heart. These small clots can cause heart attacks and low-dose aspirin helps to prevent the clots. Covid-19 is suspected to directly damage the heart muscle, causing cardiomyopathy, a form of heart failure. Even Covid patients without heart disease can experience this.

For anyone experiencing symptoms of a heart attack, the most important thing is to call 911 immediately. The hospital is the safest place you can be if you are having a heart attack. There was a dramatic drop in people coming to emergency rooms with heart attack symptoms during March. The usual number fell by 40 percent. Some have speculated that this was because of fear of being infected with Covid at the hospital. Others suggest the dramatic drop in air pollution may have helped to prevent symptoms.

**Health in the News**

**Tumor-shrinking drug in trials**

The first phase of human trials has begun for a new drug that halts tumor growth.

Not just one kind of tumor. Every kind of tumor.

The drug, berzosertib, stops cancer cells from repairing themselves and continuing to grow inside the body. It blocks a protein involved in DNA repair in tumor cells, but not in healthy cells. It doesn't destroy the cells. You still need chemotherapy for that.

In a trial run by the Institute of Cancer Research and the Royal Marsden NHS Foundation Trust, more than half of the 40 patients who got the drug had the growth of their tumors halted.

One patient with advanced bowel cancer found that the tumors completely disappeared after berzosertib. He remained cancer-free for two years.

Another patient with ovarian cancer had tumors shrink after combining chemotherapy with the drug.

The Phase 1 trial tests the safety of the drug and includes patients with very advanced tumors for whom no other treatment worked. Phase 1 drugs usually do not show a clinical response, as berzosertib appears to have done.

**Why is 10,000 steps the goal? You'll be surprised**

Fitness trackers all urge wearers to strive for 10,000 steps per day.

Have you ever wondered why that specific number?

One doctor did, too and he found out.

Dr. Edward Phillips, assistant professor of physical medicine and rehabilitation at Harvard Medical School, says that number didn't come from a scientific study. Instead it was a marketing tool.

It seems that in 1965 a Japanese company sold a pedometer with the name "10,000 steps meter" (or Manpo-
Cardioactivities

The company chose that number because the Japanese character for 10,000 looks like a person walking.

In fact, according to a study published in Journal of the American Medical Association, just 8,000 steps lowers your risk of dying during the next 10 years, especially from heart disease.

Most people get from 3,000 to 4,000 steps per day just going about their normal day. But if they add another 4,000 steps, they dramatically increase their lifespan. The more you walk, the better the results.

The study found that walking speed didn't make a difference in mortality. It is how far you walk, not how fast.

Homeschool: With Covid, homeschooling now required

Imagine two parents, each with full-time jobs (or one parent with a full-time job.) Now, suddenly, there is homeschool because of Covid.

These working parents find themselves under pressure for time and child care.

The Covid crisis has been kinder for parents who always homeschooled, since they have a system in place.

Homeschooling is not the taboo topic it once was. Statistics suggest most people know at least one family that homeschools, if not many families.

Some states, like North Carolina, (See: ednc.org/in-numbers-homeschool-overtakes-private-school/) have more students homeschooled than attend private and parochial schools.

Homeschooling is actually a generic word for different approaches to school. One approach is Unschooling. They don't use a curriculum, but present life experiences to let children educate themselves.

Cyberschoolers use a state public school curriculum and online teachers.

Cultural homeschoolers may want to emphasize religious and ethical beliefs that are absent from public school.

For each of these choices, parents can hire online teachers to help students with more difficult subjects.

Covid-schoolers put in about the same school time as traditional homeschoolers, but don't have the system and they are pressed for time. In some cases, even schools have been unprepared.

One Covid-schooler says the demands on her time from her high-energy job and schooling threaten to overwhelm her energy.

One cultural schooler has been unaffected by the crisis, but is criticized for her choice to homeschool.

With the Covid crisis, however, boundaries are blurring.

Sirius, the Dog Star

The Dog Star has a reputation for being associated with the hottest days of summer and, to the ancients, that meant either happiness or fear.
In ancient Egypt, the appearance of Sirius above the eastern horizon just before dawn occurred around the time of the summer solstice. It was an occasion of great joy because its return meant the Nile was about to flood, bringing water and rich soil to the desert along its banks. It marked the beginning of their new calendar year.

Sirius had a more fearful reputation in Europe. Hot, dry weather was blamed on the Dog Star. Its appearance was thought to signal fevers and madness in people and dogs. The period was, and still is, called Dog Days in the west.

Today, Sirius is just a star, not a sign of wonder. About twice the size of our sun, it is 23 times as bright. It is the fifth-closest star to the Earth.

As fall turns to winter, notice how its position changes. As it rises earlier each night, the Dog Star leads us into the holiday season. It rises about 9:30 p.m., EST on Thanksgiving. By Christmas Eve, it appears in the east about 7:30 p.m.
**CardioActivities**

**Goes with a brew**  
*The headline is a clue to the answer in the diagonal*

**Across**
1. Old-style "dudes"  
5. Pep  
8. Three-ply snack  
9. Computer menu option  
11. Not hearing  
12. Nerve network  
13. Mechanize  
15. Wee hour  
16. Rolled up in a spiral  
21. In ___ of  
22. Cafeteria carrier  
24. Oil cartel  
25. Nozzle site  
26. Volcano output  
27. "Let it stand"

**Down**
1. Physique, slangily  
2. Fertilizer chemical  
3. Sweetheart  
4. Borrower's easy target  
5. Used in martinis and manhattans  
6. Think tank nugget  
7. Catcher's need  
10. Golf ball prop  
12. Asian palm  
13. Flying formations  
14. Hooter  
20. Facilitate

Answers can be found on page 19.

**Word Search Puzzle: Greek Food**

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

| BAKLAVA | OCTAPODI |
| BARBOUNI | OUZO |
| DOLMADES | PAIDAKIA |
| FALAFEL | PITA BREAD |
| FASSOLATHA | RETSINA |
| GIGANDES | SAGANAKI |
| GYRO | SKORDALIA |
| HORTA | SPANAKOPITA |
| HUMMUS | TZATZIKI |
| KALAMATA | YEMISTA |
| LAVRAKI | YOUVETSI |
| LOUKOUMADES | |
| MARIDA | |
| METAXA | |

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 Intent to Serve and Consent Form (Word)
- 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”
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 a 7-8 inches wide strip from the bottom of the T-shirt.
2. Cut out a 6-7 inches square from the bottom of the T-shirt.
3. Cut 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 rubber bands or hair ties around the ears.
6. Secure with rubber bands or hair ties.
### Officers

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

**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  
smdhchap62@yahoo.com

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

**Speaker Relations, Position Available**  
Art Curtis  
619 420-8759  
info. art.curtis@gmail.com

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

**Visiting Chair and Web Master Positions are Available**

### Answers to crossword & word search puzzles

```
B U N S
O R E O
D E A F
A U T O M A T E
T W O
I N V O L U T E
L I E U TRAY
O P E C H O S E
A S H S T E T
```

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

“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

Listen to the Mustn’ts child, listen to the Don’ts.
Listen to the Shouldn’ts, the Impossibles, the Won’ts.
Listen to the Never Haves, then listen close to me.
Anything can happen, child, Anything can be.
Shel Silverstein

“It’s great to be alive and to help others”
Join or Renew Mended Hearts... Thank You!

Help to support our mission to inspire hope through ongoing peer-to-peer support, education, and advocacy. Thank you for all that you do for Mended Hearts.

San Diego County* Chapter 62 Yearly Dues $20
Can attend any Chapter meeting for Mended Hearts or Little Mended Hearts
Can Join online communities
Can access MH member portal on website
Will receive Chapter 62 award winning monthly newsletter
Will Receive national e-newsletter
On line access to Heartbeat Magazine: www.MendedHearts.org/magazine/
Chapter Dues and Donations are tax deductible 501 C (3)

*Carlsbad, Chula Vista, Coronado, Del Mar, El Cajon, Encinitas, Escondido, Imperial Beach, La Mesa, Lemon Grove, National City, Oceanside, Poway, San Diego, San Marcos, Santee, Solana Beach, Vista.

National Level
Anyone who joins Chapter 62 and pays $20.00 dues automatically becomes an Associate Member of National Mended Hearts, the largest cardiovascular peer-to-peer support network in the world.

If you would like to contribute an additional donation to National see the next page for more levels and amounts above your $20.00 Chapter 62 dues. These amounts will be forwarded to National.

Payment Information (next page)
Make check payable to San Diego Chapter 62. Mail to Robin Caires, 7070 Caminito Estrada, La Jolla CA 92037. Or give to a chapter officer at an event.
MEMBERSHIP FORM

☐ NEW MENDED HEARTS  ☐ NEW MENDED LITTLE HEARTS  ☐ RENEWAL  DATE ____________

Name (Mr./Mrs./Ms.) ____________________________________________

Chapter/Group  62  Member-at-large  ____________

Address _______________________________________________________

Phone _________________________________________________________

City / ST / Zip _________________________________________________

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

Email address __________________________________________________

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

(Please check all that apply):  ☐ 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

* Can attend any chapter meeting for MH or MLH
* Can join online communities
* Can access Member Portal
* Receives the National e-newsletter
* 10% off registration at Heartbeat magazine ($30 value)

Bronze Member — $45 annual donation per person

* All the benefits of a Full Individual Member, PLUS
* Membership Card
* Choice of one Drawing Backpack or one MIH/MLH Notecards (10 pk)
* 5% off registration of any National (not regional) MIH/MLH Conference or Symposium

Silver Member — $100 annual donation per person

* All the benefits of a Bronze Member, PLUS
* A Stainless Steel Mended Hearts Travel Mug

Gold Member — $250 annual donation per person

* All the benefits of a Silver Member, PLUS
* A Red Fleece Blanket
* 10% off registration of any National Conference or CHD Symposium

Heart of Gold Lifetime Sponsor — $1500 donation

* A one-time donation per individual
* All the benefits of a Gold Member FOR LIFE, PLUS
* 15% off registration fees at National MIH/MLH Conferences / Symposium
* Recognition in the next Heartbeat magazine after enrolling in the Heart of Gold Lifetime Sponsorship, in all special Heartbeat issues, and on our website’s list of Heart of Gold Lifetime Sponsors

FAMILY MEMBERSHIP

For members of one household with one mailing address only

Family Membership — $40 annual donation

* All of the benefits of an Associate Membership, PLUS
* One year annual subscription to Heartbeat magazine ($30 value)
* Membership Cards for all members of the family
* 2 Car Decals — Select one MH or one 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 one Drawing Backpack or one MIH/MLH Notecards (10 pk)
* 5% off registration of any National (not regional) MIH/MLH Conference or Symposium

Family Members:

Spouse  ☐ Child  ☐ Heart Patient  ☐

Spouse  ☐ Child  ☐ Heart Patient  ☐

Spouse  ☐ Child  ☐ Heart Patient  ☐

Spouse  ☐ Child  ☐ Heart Patient  ☐

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

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”