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

<table>
<thead>
<tr>
<th>Title</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>Mended Little Hearts (MLH) Information / Upcoming Events / MLH Symposium</td>
<td>4-5</td>
</tr>
<tr>
<td>Trivia Teaser</td>
<td>5</td>
</tr>
<tr>
<td>Educational and Informational Resources</td>
<td>6</td>
</tr>
<tr>
<td>Call for Volunteers</td>
<td>7</td>
</tr>
<tr>
<td>Health and other neat topics</td>
<td>8-10</td>
</tr>
<tr>
<td>Crossword and Word Search Puzzles / Answers</td>
<td>11 / 15</td>
</tr>
<tr>
<td>2021 MHI National and Regional Election Information</td>
<td>12</td>
</tr>
<tr>
<td>Make your own COVID mask</td>
<td>13-14</td>
</tr>
<tr>
<td>Chapter 62 Officers, Committees/Directors, Hospital Visitors</td>
<td>15-16</td>
</tr>
<tr>
<td>Membership Information and Sign-Up Form</td>
<td>17-18</td>
</tr>
</tbody>
</table>

“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>September 12 2020</td>
<td>Cancelled</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>

“IT'S GREAT TO BE ALIVE AND TO HELP OTHERS”
As far as health goes when we are younger we think we are made out of Teflon. We hear messages about health and exercise and tend to feel that it does not apply to us.

When we are older some of us get a reality check when we have a heart event. Say we have open heart surgery. We may tend to be slightly depressed as we start the road to recovery. Visitors, nurses, dietitians and even our doctors offer advice on living a healthier lifestyle. There are at least three components: taking all the medications your doctor prescribes at the right time, better nutrition and appropriate exercise. Much of this knowledge is not new to us. But after our heart event it is more important than ever to put this knowledge into practice.

If you are overweight, consult with your physician and nutritionist about what a healthier target weight for you should be and how should you alter your diet to lighten your heart’s load.

Alice from wonderland meets the Cheshire cat at the crossroads and asks which fork in the road she should take. The cat answers that depends on where you want to go. It is up to us to choose and implement a healthier lifestyle.

As we work to help ourselves and others we need to follow the counsel of our physicians. Many of us cherish the idea of filtering information and deciding on our own what is best for us. In many of our situations this works. After a heart event we must admit that what we were doing before, unless it is a congenital issue, was not working. Now is the time to learn from our heart expert physician and be willing to change our behavior in order to lead a healthier, longer life.

Mended Hearts just used the term “Alive Day.” Let’s plan to celebrate for many years to come. Let’s commit to turn our knowledge into behavior changes. Personally my motivation is I am willing to change my lifestyle in order to reduce the possibility of having to go through another bypass operation.

In terms of exercise I pedal with the aid of a timer while I’m watching television. Here is an example available at Walgreens. It is not available in the stores but you can order it and have it shipped to the store for $21.00 or sent to your home for $35:

How can you change your present life for the better? Life is Sunnyside of the Let us chose life and thinketh we be-sciously. I now start out loud: “Today is life.” And STAY SAFE.

Art Curtis, President Mended Hearts Chapter 62, San Diego County

“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/
Become a member at: 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 neurodevelopmental 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.

Trivia Teaser: Here Kitty Kitty

1. Which cartoon character made his debut in the 1945 Warner Bros. cartoon short "Odorable Kitty"? a-Speedy Gonzales, b-Pepé Le Pew, c-Sylvester the Cat, d-Woody Woodpecker.

2. What was the name of the saloon owned by Miss Kitty Russell on the long-running TV western series "Gunsmoke"? a-Long Branch, b-Silver Palace, c-Lucky Number, d-Golden Nugget.

3. Which actress won an Academy Award for Best Actress as the title character in the 1940 movie "Kitty Foyle"? a-Carole Lombard, b-Ginger Rogers, c-Barbara Stanwyck, d-Laraine Day.


5. Singer-actress Kitty Carlisle was a regular panelist on which TV game show from 1956 to 1978? a-"What’s My Line?," b-"I’ve Got a Secret," c-"To Tell the Truth," d-"The Match Game."

6. Kitty Hawk and Antares were the nicknames of the lunar modules on which NASA mission? a-Apollo 14, b-Apollo 15, c-Apollo 16, d-Apollo 17.

7. In Leo Tolstoy’s novel, "Anna Karenina," who was the older sister of Kitty? a-Jane, b-Dolly, c-Lizzy, d-Lydia.

8. Which sitcom character owned a plush cat called Boo Boo Kitty? a-Shirley Feeney, b-Chrissy Snow, c-Blossom Russo, d-Sheldon Cooper.


10. Which word completes the title of the 2010 movie comedy sequel: "Cats and Dogs: The Revenge of Kitty ___"? a-Hawk, b-Kat, c-Galore, d-Litter.
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

"I'm not having palpitations right now, but I think we can recreate them by you telling me my copay."
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 don’t think the Wilsons wash their hands much. They still have winter-themed hand soap in their bathroom.”

“IT’S GREAT TO BE ALIVE AND TO HELP OTHERS”
Testing phases for vaccines

Preclinical testing: Vaccines given to animals to see what response it produces.

Phase 1 Safety Trial: Scientists test the vaccine on a small number of people for safety and dosage.

Phase II Expanded Trials: Hundreds of people included in the trials. Scientists give vaccine to different groups, elderly and children, for example, to test safety and efficacy.

Phase III Efficacy Trials: Thousands included in testing of vaccine versus placebo. This trial is crucial because a vaccine must protect at least 50 percent of vaccinated people to be considered effective.

Approval: Many countries will issue emergency use authorization to combat the pandemic.

Warp Speed: The U.S. government’s Operation Warp Speed will name five or more vaccine projects and give them billions of dollars.

Combined Phases: Some researchers are combining phases, testing for the first time on hundreds of people.

Six Phase III Covid Vaccines

Worldwide, six vaccines were in Phase III.


- BioNTech, German company collaborating with Pfizer (New York), and Chinese drug maker Fosun Pharma. An mRNA vaccine designed to produce antibodies and immune cells that respond to the virus. $1.9 billion U.S. contract for 100 million doses by December 2020 with an option for 500 million more. On approval, Pfizer expects to make more than 1.3 billion doses by the end of 2021.

- AstraZeneca and University of Oxford (British-Swedish). Tested on chimpanzees, the vaccine safely raises antibodies and immune defenses. It is possible that emergency doses could be delivered by October 2020.

- Wuhan Institute of Biological Products, Co., Ltd, China state-owned company. Found that inactivated virus can provoke immune response. Tested in United Arab Emirates. The company says the vaccine could be ready by the end of the year.

- Sinovac Biotech, privately owned Chinese company. Inactivated virus vaccine called CoronaVac. The company expects to be able to make 100 million doses annually.

- Murdoch Children’s Research Institute, Australia. Uses the bacillus Calmette-Guerin vaccine, developed in the 1900s as protection against tuberculosis.
September: Cholesterol Education Month

What's the right age for a first cholesterol test?

By age 20 and beyond, all adults should know what their cholesterol levels are. That's the age recommended by the National Cholesterol Education Program.

Cholesterol is a fat-like substance found in all body cells. The body uses it for cell and tissue formation, but too much cholesterol is linked with increased risk of heart attack and stroke.

Cardiologists say everyone should know their cholesterol readings by at least age 20.

If the reading is high, life-style changes may be required to stop progression. There is overwhelming evidence that coronary heart disease can be prevented with aggressive reduction of cholesterol levels, cessation of smoking, and controlling weight and diabetes.

Early testing gives physicians the chance to follow patients and monitor cholesterol levels.

Cholesterol-cutting tips

Cutting fat is essential.

* Eat frozen yogurt or low-fat ice cream or sherbet instead of ice cream.
* Broil, poach, grill, or bake meat and fish.
* Snack on apples and pears.
* Trim the fat from meat before cooking.
* Include in your diet salmon, mackerel and herring to increase Omega 3 fatty acids.

* Whey protein, found in dairy products, can be added as a supplement to lower LDL cholesterol and total cholesterol.

Fall foliage trips

Now is the time to plan your driving tour of colorful fall foliage. It's a getaway that should be a great family excursion, even with covid restrictions in place.

Here are a few favorites:

1. Arkansas's Route Seven in the Ozarks. The white and red oaks turn multicolored, and the black gum gets very red.
maples contrast with firs and spruces for dramatic effect.

3. The Maroon Bells near Aspen, the place to see Colorado's prime foliage tree, the aspen.

4. Belmont County, Ohio, Rubberneck Tour, features the colorful hilly landscapes and historic places. The self-driving tour usually takes place the second week in October. See visitbelmontcounty.com.

5. Wisconsin's Marinette County's Waterfall Tour includes a look at 14 falls and cataracts throughout this 125-mile loop tour. See travelwisconsin.com.

6. Adirondack Champlain Valley - Includes the entire shoreline of Lake Champlain as well as the eastern portion of Lake George. Main roads include NY 22 and NY 9N.

Sept. 3, 1838 Frederick Douglass escapes to freedom

Frederick Douglass, a slave in Maryland, resolved that he would escape bondage, though, if he failed, he would surely die a horrible death.

So it was on September 3, 1838, Douglass dressed up as a sailor, and using a sailor pass borrowed from a brave friend, boarded a train. During his trip on train, ferry, and steamboat, Douglass was gripped with anxiety, but his face betrayed nothing. A bit of misdirection helped. Later, he was recognized, but not betrayed. Minutes, he said, passed as hours and hours as days.

On September 4, he wrote, "I found myself in the big city of New York, a free man; one more added to the mighty throng which, like the confused waves of the troubled sea, surged to and fro between the lofty walls of Broadway... A new world had opened upon me ... I lived more in one day than in a year of my slave life. It was a time of joyous excitement which words can but tamely describe." He quickly discovered his new haven was not safe, as people of any race might betray him at any moment. Later, a chance encounter with an officer in the underground railroad gave him a chance that changed his fortunes; at length he became the best known orator in America.

Douglass' complete autobiography (The Life and Times of Frederick Douglass) is free online at https://docsouth.unc.edu/neh/dougl92/dougl92.html

National Preparedness Month

"IT'S GREAT TO BE ALIVE AND TO HELP OTHERS"
September Gold
(The headline is a clue to the answer in the diagonal)

Across
1. African antelope
4. Behind
9. Period in the earth’s history
10. Forest clearing
11. Sushi order
12. Batman’s sidekick
13. Small burger
15. Gift-tag word
16. Link
18. In attendance
20. Most rational
23. Bigwig
25. “Winnie-the-Pooh” baby
26. Fish with a net
27. Tennessee athlete, for short
28. Silly
29. Football lineman

Down
1. Turns right
2. Christmas carol
3. Dark
4. Pleasant
5. Old Italian coin
6. Keyboard key
7. Cut and paste
8. Attorney General Janet
14. Renounce
17. Audacity
18. Opposed to
19. Mountain pool
21. Sometime today, say
22. Related
24. Bleat

Answers can be found on page 15.

Word Search Puzzle: Yoga Search

AGILITY
STRENGTH
ANXIETY
STRESS
BALANCE
SUN SALUTATION
BOAT POSE
TREE POSE
BREATHING
TRIANGLE POSE
BRIDGE POSE
WARRIOR POSE
CHILDS POSE

COBRA POSE
HERO POSE
LOCUST POSE

SITTING POSE

“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 the T-shirt above the armholes.
2. Cut a 6-7 inches strip and cut the strings.
3. Tie the strings around the neck, then over the top of the 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 about 6 inches apart.
6. Place mask over mouth and nose.
**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  
SDMHchap62@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**

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**Answers to crossword & word search puzzles**

```
GNU AFTER
eon glade
EEL ROBIN
SLIDER TO
TIE IN
AT SAN EST
NAB BOB ROO
TrawL VOl
INANE END
```

---

"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></td>
<td></td>
<td>Pat Egan</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

Grandparents Day

September 13, 2020

“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.) ____________________________________________________________

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 62 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 the benefits of a Gold Member FOR LIFE, PLUS
* 15% off registration fees at National MHMLH Conferences / Symposium
* Recognition in the next Heartbeat magazine after enrolling in the Heart of Gold Lifetime Sponsorship, in all special Heartbeat issues, and on our website’s list of Heart of Gold Lifetime Sponsors

FAMILY MEMBERSHIP

For members of one household with one mailing address only

Family Membership — $40 annual donation

* All of the benefits of an Associate Membership, PLUS
* One-year annual subscription to Heartbeat magazine ($30 value)
* Membership Cards for all members of the family
* 2 Car Decals — Select MH or MLH
* Each family member receives a one-time 5% off coupon for purchase from the MH store. Use only one coupon per order.

Bronze Family Membership — $75 annual donation

* All the benefits of a Family Membership, PLUS
* One Membership Pin per member
* Choice of 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.

PLEASE PRINT INFORMATION TOP OF FORM

If chapter dues / donations apply, they are tax deductible. Please pay the chapter directly as shown here. Please DO NOT send chapter dues to the Resource Center.

Chapter # ______  Annual Chapter Dues $ ____________

Additional Chapter Donation Amount $ ____________

TOTAL Paid to Chapter $ ____________

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