**Mended Hearts - Chapter 62**  
(www.sdmh.org)

We will meet electronically using the Zoom Platform on January 9 at 10am. At this meeting, we will show a webinar entitled “Preventive Exercise and Physical Activity to Reduce Heart Disease.” Look for the upcoming invitation via email and join us for this fun event!

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

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

Meeting Format (Typical)
Board Meeting 9:00 - 10:00; Meet and Greet 10 – 10:15; Breakout Groups - 10:15 - 10:55; Guest Speaker 11:00 - 11:55; End Meeting 12:00

Directions to our Meeting

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

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

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

Meeting Dates

DATE
January 9 2021
February 13 2021
March 13 2021
April 10 2021
May 8 2021
June 12 2021
No Meeting in July

PLACE (San Diego Cardiac unless noted)
Zoom Meeting; See page 1
Upstairs Conference Room, Suite 200
Upstairs Conference Room, Suite 200
Upstairs Conference Room, Suite 200
Upstairs Conference Room, Suite 200
Upstairs Conference Room, Suite 200
No Meeting in July
We hope you had a wonderful Christmas and we want to wish you a Happy New Year!

Start planning now for a Heart Healthy New Year.

Both body and spirit benefit from a positive approach. Let us start by focusing on others and their well-being. As you pray and focus on others you will release positive thoughts about your own health and spiritual well-being. We find great comfort and support from our Mended Hearts activities. Reaching out to others with just a phone call or a zoom meeting can comfort others and give them gladness.

At the October zoom meeting Ron Manriquez, our national president described the benefits of a stress test. I had previously canceled mine, but after hearing his reasons I changed my mind and recently passed. Just one example of being involved with Mended Hearts.

You are never alone. I like to think that thinking positive thoughts increases my circulation and reduces my stress. Stressful situations can act in the opposite way if we allow our emotional state to become heightened. Think positive.

The world throws at us many different suggestions for increasing our health. Ronald Reagan once said, “Trust, but verify.” When we hear a new health idea it is a good idea to check it out with a third party. A radical idea for weight loss? Google the idea and find out what others think. An idea may be perfect for some, but dangerous for some with a specific health ailment - such as diabetes.

Better nutrition, regular exercise, and never missing our medications is a three legged stool for better health.

Be careful of diet sodas or other drinks that have zero sugar. They may contain high levels of caffeine that can speed up your heart and have implications for a-fib. If you have any questions, consult your cardiologist. Water is a great sustainer. Try it with a lemon squeeze.

As we are in winter it is not as easy to go outside for regular walks. Have you explored the idea of sitting in front of your television and peddling? A unit similar to this picture can be purchased at Walgreens for about $30.00, including shipping. It’s not stocked in their stores, but the pharmacist can order one for you and have you pick it up in the store. Completely assembled. I started out peddling 12 minutes a day and I am now up to 25 minutes per day. Check this out in advance with your cardiologist.

Our group is a beacon of information and hope in San Diego County. We are California’s second largest county with a population of over 3 million. In fact, we are the fifth most populous county in the United States.

Edwina and I are celebrating our second-year anniversary as president and vice president. It is now time for others to step up and for us to become loyal followers.

We will be calling in January to put together a slate of officers. Please contact us if you are interested in serving.

The nominating committee meets in February and the chapter membership will be notified of the slate of officers. March is the election meeting.

Nominations from the floor will be taken in February and at the election meeting in March. Installation of chapter officers will be made in April.

Please become involved. We need you. San Diego County needs you.

Think of ways to be safer during the season.

Sincerely,

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

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.
Quotes - Tony Hsieh

Tony Hsieh, founder of Zappos, died in a house fire in November. He was 46.

There's a big difference between motivation and inspiration: Inspire through values and motivation takes care of itself. Tony Hsieh

Whatever you're thinking, think bigger. Tony Hsieh

I think the most important thing is you hire people whose personal values match the corporate core values -- and not just the stated ones. Tony Hsieh

Without conscious effort, inertia always wins. Tony Hsieh

Don't be cocky. Don't be flashy. There's always someone better than you. Tony Hsieh

Don't play the games that you don't understand, even if you see lots of other people making money from them. Tony Hsieh

I thought about how easily we are all brainwashed by our society and culture to stop thinking and just assume by default that more money equals more success and more happiness when ultimately happiness is really just about enjoying life. Tony Hsieh

The ultimate definition of success is: You could lose everything that you have and truly be okay with it. Your happiness isn't based on external factors. Tony Hsieh

Never accept or be too comfortable with the status quo, because the companies that get into trouble are historically the ones that aren't able to adapt to change and respond quickly enough. Tony Hsieh
Leg pain could be a wake-up call for your cardiovascular health

Everyone gets a charley horse now and again while walking. But what if you experience a painful cramping sensation more often than normal, or even every time you walk? Claudication, the medical term for leg pain while walking, is a common symptom of peripheral artery disease (PAD), an often undetected and sometimes dangerous condition, according to the Harvard Heart Letter.

PAD occurs when fatty deposits narrow and clog arteries outside of the heart, most often in the legs. While some people have mild or no symptoms, cramping in the arms or legs that starts during physical activity and disappears after a few minutes of rest occurs in some PAD patients, according to the Mayo Clinic. Pain may also occur in the buttock, hip, thigh or calf, according to the Centers for Disease Control and Prevention.

Other symptoms of peripheral artery disease include:

- Muscle weakness
- Hair loss
- Smooth, shiny skin
- Skin that is cool to the touch, especially if it occurs with pain while walking that subsides after stopping
- Decreased or absent pulses in the feet
- Persistent sores in the legs or feet
- Cold or numb toes

Peripheral artery disease is often a sign of fatty deposits in other areas of the body, which can reduce blood flow to the heart and brain, according to the Mayo Clinic. Contact your physician if you’re experiencing these symptoms and over age 65; over age 50 and have a history of diabetes or smoking; or under age 50, but have diabetes and other risk factors like obesity or high blood pressure.

According to the CDC, a doctor may use a variety of tests and imaging techniques to diagnose this issue. Treatment may include aspirin or other antiplatelet medications, as well as
lifestyle changes like tobacco cessation and exercise. In some cases, surgery may be necessary.

**Low-carb diet? That New Year's Eve party could be dangerous**

If you are on a low-carb diet and plan to drink at a New Year's party, here's some advice you may not hear often: Eat carbs.

The fact is that on a low-carb diet, you are intentionally depleting glycogen and since that high-priority nutrient isn't there, alcohol metabolism will speed up. According to Carb Manager, on a low-carb diet, you might find yourself drunk on half as much alcohol.

So it is best to eat all those carbs you haven't enjoyed for a while before a New Year's Eve party. Eat some bread and pasta before the party. Yes, you won't be in fat-burning mode any more, and, yes, you will be officially off your diet. But chances are that you won't unwittingly get too drunk too fast.

No one should drink on an empty stomach.

If you plan to drink, make sure you eat a good dinner that includes bread, pasta, beans, or other carbohydrate-dense foods.

A standard drink has about 14 grams of alcohol. That equals a small glass of wine, a regular beer, or 1.5 ounces of spirits.

Every person's body absorbs that standard drink in a different way, depending on body size and age, with people who larger and older absorbing it slowest.

That means young and small people feel the alcohol quickest. That can be dangerous.

Food slows down the absorption of alcohol. Alcohol quickly moves from your mouth to nearly every part of the body. The stomach, bloodstream, liver, kidneys, brain, lungs and skin are all affected by alcohol, according to Healthline.

About 20 percent of an alcoholic drink is absorbed by the stomach into the blood. The rest goes to the small intestine, where food makes the biggest difference and can slow down absorption.

**Smartphone pinky joins list of tech injuries**

Elder law attorneys help families navigate
Cell Phone Elbow, Smartphone Neck Pain, Texting Claw and now Smartphone Pinky, the newest tech injury.

No one has studied Smartphone Pinky yet, but a plethora of Twitter, Instagram and TikTok users claim it's real with photographic evidence.

Supposedly a dent appears in the little finger on the middle bone. Sometimes people say the position of their pinky changes, or that the finger starts to sway downward from the knuckle.

You might check yours.

Although the supposed malady is debated, notice that most people do hold their phones so that the little finger takes most of the weight.

According to The Conversation, the change in the little finger might well be just a soft tissue compression from the constant weight of the phone. Unlike Cell Phone Elbow, no one has reported actual pain from the little finger.

With Cell Phone Elbow, pain and tingling in the forearm and little finger come from holding a mobile phone up to the ear or holding it while lying in bed for a long time. The pain comes from the shoulder rubbing the ulnar nerve, one of the major nerves in the arm. Just six minutes of those postures increases the strain on the nerve by 69 percent.

Texting Claw is a repetitive strain injury that presents as pain in the thumb and wrist. It comes from making small repetitive movement with the thumb against the screen. Reduced texting appears to alleviate the problem.

Finally, neck pain can come from staring down at a screen for a prolonged period, which increases strain on the shoulder blade.

**Martin Luther King, Jr.: Those who knew him grow old; the promise lives**

The people who heard Martin Luther King, Jr. speak in person, or live on the television or radio--those people have grown old.

Is time that those old people ask the young: Have you heard his speech? Have you read about Martin Luther King's dream? Did you read his Mountaintop speech?

Any of King's speeches evoke spirit and truth, but one speech shines out for its hopeful and, in retrospect, its chilling words.

That is the Mountaintop speech, given April 3, 1968, at the Church of Christ in Memphis, Tenn.

In this speech, King mused that if given any time in history, he would have chosen that moment, that very day above
all others. He spoke about the great and pivotal hour for the country and the world as all confronted injustice.

Then, he remembers his brush with death years before when he was stabbed and how close he came to missing that day.

And then he proclaims that he has seen the Promised Land:

"We've got some difficult days ahead. But it really doesn't matter with me now, because I've been to the mountaintop...Like anybody, I would like to live a long life. Longevity has its place. But I'm not concerned about that now. I just want to do God's will. And he's allowed me to go up to the mountain. And I've looked over. And I've seen the Promised Land. I may not get there with you. But I want you to know tonight, that we, as a people, will get to the Promised Land!"

The next day, on April 4, 1968, King was assassinated.

King’s words, later recalled, send a shiver through hearts and minds. Those words are worth recalling even 53 years later, that one was led by God to the mountaintop and he saw the promised future of his people fulfilled.

**Where eagles fly in January**

Bald eagles can be found in every U.S. state except Hawaii. The largest convergence takes place in December on the Chilkat River near Haines, Alaska. The salmon run attracts 3,000 to 4,000 bald eagles.

In the lower 48 states, January sees up to five thousand bald eagles wintering on the Mississippi River between Cairo, Illinois and St. Paul, Minnesota. Several cities host bald eagle festivals during January including Dubuque, Keokuk, Rock Island, and Muscatine.

The bald eagle was designated as the national symbol in 1782. Two or three generations ago, however, most Americans had never seen one. By 1963, the eagles had virtually disappeared.

Efforts to protect our national symbol and preserve its habitat have brought the eagle back in significant numbers. The banning of DDT in 1972 and protection through the subsequent Endangered Species Act have helped the eagles recover.

In the Chesapeake Bay area near Annapolis, Maryland, their numbers have increased tenfold since 1977, when only 74 pairs nested in the watershed. It is now home to some of the nation’s most productive nesting grounds.

On the Upper Skagit River Watershed in northern Washington, bald eagles that traveled from Canada’s Yukon Territory and Alaska can be seen by the hundreds. Drawn by the salmon run, they make up one of the largest seasonal concentrations in the lower 48.

In late January and early February, visitors to any Kentucky or Southern Indiana lake or river can see evidence of the eagles’ return—one of the most remarkable wildlife success stories of the past 50 years.

The number of eagles in the Kentuckiana area depends on the weather. If winter farther north is mild, there are fewer birds. If it’s cold, eagles fly farther south. By March, they fly north again.
Hawaiian Butter Mochi sweetens up the party

This classic Hawaiian treat is made with canned coconut milk, evaporated milk and mochiko sweet rice flour, which is available in just about any Asian grocery and in the international aisles in many American grocery stores. Make sure not to swap out for other types of flour—use mochiko sweet rice flour only. Despite the name, butter mochi is actually a leavened cake, with a bouncy, chewy texture that will be unlike anything you’ve ever tried before. This rich dessert is also gluten-free, and the stir-together process is fast and incredibly easy. The recipe yields a large pan of mochi, making it a great option for a group.

This recipe makes regular butter mochi, but it’s easy to experiment and add your own twist. Try three tablespoons of matcha powder for green tea butter mochi, or about a third of a cup of cocoa powder (or more) for butter mochi brownies. You can top it with shredded coconut or mini chocolate chips. Have fun!

Preheat the oven to 350 degrees Fahrenheit and grease a 9” x 13” baking pan.

- 1 stick unsalted butter (melted)
- 2 cups granulated sugar (or 1 1/2 if lower sugar is desired)
- 4 large eggs
- 1 teaspoon vanilla
- 16 oz. mochiko flour (1 whole box if using Koda Farms brand)
- 1 teaspoon salt
- 2 teaspoons baking powder
- 1 can evaporated milk (12 oz.)
- 1 can regular (not lite) coconut milk (14 oz.)

Mix melted butter and sugar until combined. Add eggs one at a time, mixing well after each addition.

Stir in vanilla.

Add mochiko flour and salt and stir until mostly combined. Batter will look thick and dry.

Add coconut milk and evaporated milk, making sure to shake cans well before opening. Using a whisk to break up lumps, mix until batter is totally smooth.

Pour into greased baking pan and bake for one hour.

Mochi is done when a sharp knife or toothpick comes out clean. Allow mochi to cool completely and then remove mochi from pan and cut into small squares. Store in a sealed container.
Festive assembly
(The headline is a clue to the answer in the diagonal)

Across
1. Snail mail org.
5. Union foe
9. Skirt feature
10. Continental currency
11. Car
12. Like Death Valley
13. In frightened manner
15. Place for a stud
16. Type of optical telescope
22. Mélange
23. Vagabond
24. Norway’s capital
25. Matinee hero
26. Be rife (with)
27. Coward of note

Down
1. Thunderbirds’ org.
2. Pivot
3. Hummus holder
4. Place for supplies
5. Sand-dollar relative
6. Ringlet
7. Seed covering
8. Torso
14. J.F.K. regulators
16. Tooth part
17. Choice word
19. ___ list
20. Wind instrument
21. Throw, as dice

Answers can be found on page 15.

Word Search Puzzle: Jigsaw Search

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

ANIMALS
ART
BEACHES
BIRDS
CATS
CHRISTMAS
CORNER PIECE
DOGS
EDGE PIECE
FANTASY
FLOWERS
FOOD
FRAME
GLUE
HISTORY
HOBBY
LANDMARKS
LANDSCAPES
MARINE
MUSIC
NATURE
OUTER SPACE
PAINTINGS
PIECES
ROLL UP
SKYLINES
SORT
SPORTS
THEME

Answers can be found on page 15.
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
Officers

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

Vice President
Edwina Curtis 619 481-2411 esjt26@cox.net

Treasurer / Membership
Robin Caires 858-551-8654 rwcaires@gmail.com

Secretary
Sharron Watson 858-486-7033 bswatson@cox.net

Committees

Sunshine Co-Chair: Hospitality / Cards
Linda Hardy 760-297-8773

Newsletter Publisher / Editor, Board Member
Ed Marrone 858-524-5611 sdmhchap62@yahoo.com

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

Speaker Relations,
Position Available

Media Relations, Board Member
Art Curtis 619 481-2411 info. art.curtis@gmail.com

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

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<th>Hospital</th>
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<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>
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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>
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<tr>
<td>Sharp Memorial</td>
<td>Alex Silva</td>
<td>Alex Silva</td>
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<td>Tri-City Medical Center</td>
<td>Bruce Macklin</td>
<td>Bruce Macklin, Ron Buccellato</td>
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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