We will meet electronically using the Zoom Platform on February 13 at 10am. Look for the upcoming invitation via email and join us!

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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**
- 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
- Zoom Meeting; See page 1
- Zoom Meeting; See page 1
- Upstairs Conference Room, Suite 200
- Upstairs Conference Room, Suite 200
- No Meeting in July

“IT’S GREAT TO BE ALIVE AND TO HELP OTHERS”
We have a dear friend who is over 80 and is debating and waiting to get his COVID-19 vaccination. When we asked why we got some mumbo-jumbo about measles vaccinations that could have gone wrong.

It is my opinion that anyone over 65 and lives in California and has survived a heart condition should contact their doctor about receiving the COVID-19 vaccinations. As you know the governor has prioritized anyone over 65 to receive the vaccination after healthcare workers. Since the United States has suffered over 400,000 deaths from COVID-19 this is a significant risk, especially from someone who may be weakened from a previous heart event. If you have not been vaccinated or have not been scheduled for a vaccination, I suggest reminding your doctor every three or four days until you are scheduled for a vaccination. If you have any concern about the safety of this vaccination, please discuss it with your doctor. This subject is too important to be obfuscated by dubious social media claims.

A core principle of Mended Hearts is not to dispense medical advice. Please note the definition of medical information as published by Wikipedia:

**Medical advice** is the provision of a formal professional opinion regarding what a specific individual should or should not do to restore or preserve health.[1] Typically, medical advice involves giving a diagnosis and/or prescribing a treatment for medical condition.[2]

Medical advice can be distinguished from **medical information**, which is the relation of facts. Discussing facts and information is considered a fundamental free speech right and is not considered medical advice. Medical advice can also be distinguished from **personal advice**, even if the advice concerns medical care.

It has been reported that over a million Medicare recipients could die over the next decade due to expensive medications. Here are a few tips to explore to reduce the cost of your prescription medications.

Start with a current list of your prescription medications and the dosage and check with your pharmacist to see that the list is accurate. Also, below your prescription medications indicate what supplements with their strengths shown separately.

With your pharmacist list the cost for each medication. Discuss this revised list next time you visit your doctor to see if there are any drugs that would be suitable for you that cost less.

You may find that if you can afford it buying a 90-day supply costs less per pill than a 30-day supply. It obviously also reduces the number of trips to your pharmacy which alone saves you money. To switch from a 30-day supply to a 90-day supply ask your doctor to rewrite your prescriptions and forward them to your pharmacy.

Periodically you can reduce the cost of expensive medications by asking your doctor if he has any samples available. Asking for samples three or four times a year can significantly reduce the cost of your medications. Doctors generally realize how expensive medications are to people on fixed incomes and try and accommodate these requests.

About medications, please remember to take all medications as prescribed. It is not safe to miss any.

Stay as safe as possible.

Best wishes for good health in 2021 and beyond,

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.

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

Be My Valentine!
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. Art Curtis can assist those interested with the requirements needed to become a visitor. Art can be reached at 312 909-3333 or email: info.Art.curtis@gmail.com.

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.
(Korny) Jokes

♦ What do you call romance in a fish tank? ...Guppy love.
♦ What do you call two birds in love? ...Tweethearts.
♦ What kind of flower is the worst to get on Valentine's Day? ...Cauliflower.
♦ What does a caveman give his wife on Valentine's Day? ...Ughs and kisses.
♦ What did one octopus say to the other octopus? ...Can I hold your hand, hand, hand, hand, hand, hand, hand, hand?
♦ How did the phone propose? ...He gave her a ring.
♦ Why are artichokes so beloved? ...They're known for their hearts.
♦ What did the love-obsessed candle say when it was lit? ..."I found the perfect match!"
♦ Marriage is a relationship in which one person is always right and the other is a ...husband.
♦ Marriage is grand -- and divorce is at least 100 grand.
♦ Imagine, living with 3 wives in one compound and never leaving the house for 5 years! ...Osama Bin Laden must have called the US Navy Seals himself.
♦ Little Emily was at her first wedding and gaped during the entire ceremony. When it was over, she asked her mother, "Why did the lady change her mind?" ..."Well, she went down the aisle with one man and came back with another one."
Five types of glaucoma tests

If you visit the eye doctor regularly, you're probably familiar with the puff of air test. It's a standard glaucoma screening that takes only a moment to perform.

But did you know there are five common glaucoma tests? Here's a brief description of them courtesy of glaucoma.org:

Tonometry: This test measures the pressure within your eye. Eye drops are used to numb the eye, then a doctor or technician uses a device called a tonometer to measure the inner pressure of the eye; a small amount of pressure is applied to the eye by a tiny device or by a warm puff of air.

Ophthalmoscopy: Another one you may be familiar with. The doctor uses eye drops to dilate your pupils so he can examine the shape and color of the optic nerve.

Perimetry: A visual field test used to map your complete field of vision. During the test, you look straight ahead and indicate when a moving light passes your peripheral vision. After a glaucoma diagnosis, visual field tests are done once or twice a year to check for changes in vision.

Gonioscopy: During this exam, the eye is numbed with eye drops, and then a contact lens is placed on the eye. The contact lens has a mirror that shows the doctor if the angle between the iris and cornea is closed and blocked or wide and open, each of which can be signs of different types of glaucoma.

Pachymetry: This test measures the thickness of your cornea using a probe called a pachymeter, which is placed on the front of the eye (cornea).

One cause of health problems can be mistaken for aging

One condition, not uncommon in women, can be misdiagnosed as a typical problem in aging.

An underactive thyroid gland (hypothyroidism) can be responsible for a number of conditions throughout the body. But, often patients just experience one of the many possible symptoms. To
make matters worse, the symptoms resemble problems typical of normal aging.

Joint and muscle pain is a classic symptom, according to Harvard Health. Large muscle groups, like those in the legs, can begin to ache. Sometimes it is the only symptom of hypothyroidism in an older person.

If you suddenly start forgetting the names of your grandkids and maybe your memory seems shorter, it could be hypothyroidism, especially if it has gone undiagnosed for some time.

Another common symptom is depression. Like muscle pain, depression can be the only noticeable symptom of hypothyroidism. In severe, untreated cases, adults can even experience hallucinations.

Constipation may be dismissed as a routine problem, but it often accompanies low thyroid.

Unexplained high cholesterol can pop up in tests and be a sign that the thyroid should be checked.

Finally, low thyroid levels can even make your heart work poorly with weaker contractions and a slower heart rate.

**Alternative uses for hand sanitizer**

Got buckets of hand sanitizer around? You’re not alone. And while it’s useful to have around, most of us (thankfully) don’t need our 2020 supply levels.

But what can we do with it aside from sanitizing our hands?

Here are some ideas from around the internet:

* Clean your glasses.
* Start a fire. A disaster survival website says you can dab a small amount on your kindling or tinder and light it with a spark, and that it works in rainy or windy weather.
* Remove stains. The alcohol works well at removing blood, ink, or drink stains. Remember to dab, not rub. You can also pre-treat stains with a bit of sanitizer.
* Clean your table or desk. Use a clean cloth and wipe down the surface. Do the same for your filthy keyboard.
* Remove stickers. Price tags are notorious for leaving a sticky substance behind. Hand sanitizer to the rescue!
* Ease the itch of mosquito bites.
* Clean your phone’s screen using a soft cloth and a bit of sanitizer.
* Polish silver. Now that company’s coming, squirt some hand sanitizer on a soft cloth and polish the silver.
* Try it in place of deodorant. Kill the bacteria, kill the smell. We’ll leave it at that.
* Use as a dry shampoo. Squeeze a little onto your fingertips and massage into your roots.
* Clean your flat iron. Ditto for the hairspray on your mirror.
* Remove permanent marker from a whiteboard.
* Remove nail polish.
Muscle aches? Try this new topical pain reliever

The FDA has approved a new over-the-counter topical gel for pain in muscles from arthritis or muscle aches and sprains.

Sold as Voltaren Arthritis Pain, the gel is a topical nonsteroidal anti-inflammatory drug (NSAID) called diclofenac.

The American College of Physicians and the American Academy of Family Physicians recommend this topical NSAID as an early pain treatment.

The advantage of a topical gel is that lower levels of the drug enter the bloodstream. This might well be a safer way to relieve pain. NSAIDs, such as ibuprofen and naproxen, reduce inflammation and relieve pain for conditions such as arthritis, but they are thought to increase the risk of heart attack, heart failure and stroke. In fact, in case you haven't noticed, there is a warning on the labels of these drugs that says exactly that.

Cardiologists recommend taking the smallest possible dose of an NSAID for the shortest possible time, according to The Harvard Heart Letter.

Most NSAIDS can cause the kidneys to hold salt and water, raising blood pressure, so consistent, long-term use is discouraged. They are also implicated in changes in the lining of blood vessels, suggesting they might increase the chance of stroke.

Only the NSAID aspirin is recommended for longer term use in certain cases. In low doses, aspirin is helpful for those who have had a stroke or heart attack related to blood clot. For them, the low-dose aspirin helps to discourage the formation of clots.

If a doctor has not recommended low-dose aspirin, avoid taking it routinely. Aspirin can cause bleeding, particularly in the gastrointestinal tract.

Smart watches could help detect heart attack, study finds

A small study from Italy is the first proof of concept that a smart watch could detect heart attack like a traditional ECG, or electrocardiogram.

But don't buy one for that purpose, doctors warn. If you have chest pain, call...
911 immediately. Smart watches can't automatically detect a heart attack now, and even if they could, it requires a physician to interpret results.

Nonetheless, the study suggests that emerging smart watch technologies could be helpful in the future.

In the study, the smart watch generated ECGs 93 to 95 percent accurately and correctly identified different types of heart attack. In healthy people, the watch was 90 percent accurate in identifying the absence of a heart attack, according to a study in the JAMA cardiology.

Researchers compared standard ECGs and smart watch findings on 81 people who sought care for a possible heart attack at an Italian clinic in 2019.

In the study, physicians (not the patients) held the back of the watch at the wrist and eight other specific locations in the chest and abdomen to capture the needed readings.

Researchers used the latest Apple Watch with recordings uploaded to the latest iPhone.

Recording the heart's electrical currents dates back to the early 20th century, when a Dutch physician, Willem Einthoven, invented the first practical ECG, according to the Harvard Heart Letter. He won the Nobel Prize in 1924.

Although much different than an ECG, the Apple Watch's built-in afib detector tool has already been approved for use. It detects the rapid, irregular heart rhythm that suggests the risk of stroke.

Still, questions remain about whether the watch findings will result in a flood of unnecessarily frightened patients, or if the watch readings will even lead to earlier stroke detection, according to the Heart Letter.

**Good investment: dental care**

If you visit your dentist on a regular basis, you are doing yourself a favor in four ways. First, you are saving your teeth so you can chew properly, which is an important factor in nutrition.

Second, when you visit your dentist, he or she can check your gums. Periodontal disease can result in lost teeth and is a significant factor in heart disease. Periodontal bacteria can lead to blood clots, increasing the risk for heart attack and stroke.

People with diabetes should be particularly watchful for periodontal disease. They are more prone to infection, and periodontal disease makes it more difficult to stabilize blood glucose levels.

Third, properly caring for your teeth results in big financial savings in the future. Root canals, bridgework, dental implants, and dentures can cost thousands of dollars.

Fourth, by properly caring for your teeth, you will ultimately save yourself a lot of pain and inconvenience.

“IT'S GREAT TO BE ALIVE AND TO HELP OTHERS”
Heart-healthy roasted butternut squash with red onion and tahini sauce

This heart-healthy, vegetarian-friendly recipe, adapted from Jerusalem, by Yotam Ottolenghi and Sami Tamimi, features roasted butternut squash, which is naturally rich in potassium to help regulate blood pressure.

Butternut squash is also high in insoluble fiber, which helps control blood sugar and promote fullness. Tahini-based sauce, made from sesame seeds, is rich in heart-healthy monounsaturated and polyunsaturated fats. Olive oil is used to roast the squash and contains omega-3 fatty acids to reduce inflammation and improve cholesterol. The result is a sweet, flavorful, warm side dish, perfect for a simple, healthy, filling meal. Za'atar spice is available in the international section of many grocery stores or Middle Eastern specialty grocery stores.

**Ingredients**

1 large butternut squash, peeled and sliced (discard seeds and pulp)
2 red onions, cut into wedges
3 tablespoons olive oil
3 1/2 tablespoons light tahini paste
1 1/2 tablespoons lemon juice
2 tablespoons water
1 small clove garlic, crushed
1 tablespoon za'atar spice
1 tablespoon coarsely chopped parsley (optional)
Sea salt and freshly ground black pepper

Preheat oven to 475 degrees Fahrenheit.

Toss squash and onion in a bowl with olive oil, 1 teaspoon sea salt and some black pepper. Spread on a baking sheet and roast for 30 to 40 minutes, until the vegetables have taken on some color and are fully cooked. The onions may cook quicker and need to be removed earlier than the squash. Remove the sheet from the oven and let cool.

For the sauce, whisk the tahini, lemon juice, water, garlic and 1/4 teaspoon salt until you have a liquid the consistency of honey. Add more water or tahini as necessary.

To serve, spread the vegetables on a serving platter and drizzle with the tahini sauce, followed by the za'atar and parsley.
Surging Snowflakes
(The headline is a clue to the answer in the diagonal)

Across
1. Droop
4. Wrinkly citrus fruits
9. Lennon’s Yoko
10. One of the Judds
11. Barnyard sound
12. Wood nymph
13. Response
15. Northeasternmost st.
16. Lets up
18. Alright, for short
20. Publisher’s list
23. Crew member
25. Not at home
26. Job
27. Miner’s find
28. Adhesive resin
29. Half a cheerleader’s prop?

Down
1. "Brave New World" drug
2. In the near future
3. Barnyard honker
4. Not wanted
5. Attic
6. Myrna of "The Thin Man"
7. Muslim leader
8. Entree go-with
14. Diluted, as a drink
17. Single-masted vessel
19. Oriental mascara
21. 100 cents
22. Plant part
24. Stir-fry pan

Answers can be found on page 15.

Word Search Puzzle: Canal Search

Answers can be found on page 15.

“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”**
**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  
smhchap62@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**

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**Answers to crossword & word search puzzles**

```
SAG  UGLIS
ONONAOIMI
MODRYAD
ANSWERME
EASES
OKTITLES
ROWEROUT
CHOREORE
ALKYD POM
```

ABEREGUARD DCOG
UWCRCPGALDLER
GOGIAYTREBLA
UGGORTHNABLES
SSRGRANDPONA
TOMKOMMAMUR
OMUGHAMBLYLM
WLKLEIKYSQHEA
DIAVINHTESDA
NBRIIDGELATERK
EABBMMUGARQA
HDKJSUBEINNC
RUDIOONGNOHAH
BIGAPECODGH
SAKGADBTAERGB
```

“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>
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<tbody>
<tr>
<td>Scripps Memorial</td>
<td>Mary Pat DesRoches [858-456-8668]</td>
<td>Jim Bischoff, 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,</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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<tr>
<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: Visitor: Boyd Applegate

Telephone Visitors

Pat Egan
Art Curtis  Alex Silva
Bruce Macklin  Beverly Tenny
Joe Tash

FEBRUARY IS HEART Month!
MEMBERSHIP FORM

☐ NEW MENDED HEARTS  ☐ NEW MENDED LITTLE HEARTS  ☐ RENEWAL

Name (Mr./Mrs./Ms.) ____________________________
Address _______________________________________
City / ST / Zip _________________________________
Phone _________________________________________
Email address _________________________________

I want to be a MH support volunteer: ☐ Yes  ☐ No
I am interested in CHD Parent Matching: ☐ Yes  ☐ No

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

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

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

<table>
<thead>
<tr>
<th>INDIVIDUAL MEMBERSHIP</th>
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<tbody>
<tr>
<td>Associate Member --- FREE</td>
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<tr>
<td>* Can attend any chapter meeting for MH or MLH</td>
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<tr>
<td>* Can join online communities</td>
</tr>
<tr>
<td>* Can access Member Portal</td>
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<tr>
<td>* Receives the National e-newsletter</td>
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<td>__ Individual Member --- $20 annual donation per person</td>
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<tr>
<td>* All of the benefits of an Associate Member, PLUS</td>
</tr>
<tr>
<td>* Membership Card</td>
</tr>
<tr>
<td>* Car Decal — Select ________ MH or ________ MLH</td>
</tr>
<tr>
<td>* One-time 5% off coupon for purchase from the MH store</td>
</tr>
<tr>
<td>* One year annual subscription to Heartbeat magazine ($30 value)</td>
</tr>
<tr>
<td>__ Bronze Member --- $45 annual donation per person</td>
</tr>
<tr>
<td>* All the benefits of a Bronze Member, PLUS</td>
</tr>
<tr>
<td>* Membership Pin</td>
</tr>
<tr>
<td>* Choice of ________ MLH Drawing Backpack or ________ MH/MLHLH Notecards (10 pk)</td>
</tr>
<tr>
<td>* 5% off registration of any National (not regional) MH/MLH Conference or Symposium</td>
</tr>
<tr>
<td>__ Silver Member --- $100 annual donation per person</td>
</tr>
<tr>
<td>* All the benefits of a Silver Member, PLUS</td>
</tr>
<tr>
<td>* A Stainless Steel Mended Hearts Travel Mug</td>
</tr>
<tr>
<td>__ Gold Member --- $250 annual donation per person</td>
</tr>
<tr>
<td>* All the benefits of a Gold Member, PLUS</td>
</tr>
<tr>
<td>* A Red Fleece Blanket</td>
</tr>
<tr>
<td>* 10% off registration of any National Conference or CHD Symposium</td>
</tr>
<tr>
<td>__ Heart of Gold Lifetime Sponsor --- $1500 donation</td>
</tr>
<tr>
<td>* A one-time donation per individual</td>
</tr>
<tr>
<td>* All the benefits of a Gold Member FOR LIFE, PLUS</td>
</tr>
<tr>
<td>* 15% off registration fees at National MH/MLH Conferences / Symposia</td>
</tr>
<tr>
<td>* 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</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FAMILY MEMBERSHIP</th>
</tr>
</thead>
<tbody>
<tr>
<td>For members of one household with one mailing address only</td>
</tr>
<tr>
<td>__ Family Membership --- $40 annual donation</td>
</tr>
<tr>
<td>* All of the benefits of an Associate Membership, PLUS</td>
</tr>
<tr>
<td>* One year annual subscription to Heartbeat magazine ($30 value)</td>
</tr>
<tr>
<td>* Membership Cards for all members of the family</td>
</tr>
<tr>
<td>* 2 Car Decals — Select _____ MH or _____ MLH</td>
</tr>
<tr>
<td>* Each family member receives a one-time 5% off coupon for purchase from the MH store. Use only one coupon per order.</td>
</tr>
<tr>
<td>__ Bronze Family Membership --- $75 annual donation</td>
</tr>
<tr>
<td>* All the benefits of a Family Membership, PLUS</td>
</tr>
<tr>
<td>* One Membership Pin per member</td>
</tr>
<tr>
<td>* Choice of ________ MLH Drawing Backpack or ________ MH/MLHLH Notecards (10 pk)</td>
</tr>
<tr>
<td>* 5% off registration of any National (not regional) MH/MLH Conference or Symposium</td>
</tr>
</tbody>
</table>

Family Members:

Spouse ____ Child ____ Heart Patient ______
Spouse ____ Child ____ Heart Patient ______
Spouse ____ Child ____ Heart Patient ______
Spouse ____ Child ____ Heart Patient ______

PAYMENT INFORMATION:

<table>
<thead>
<tr>
<th>Membership Level</th>
<th>$</th>
<th>ADDITIONAL CHAPTER/GROUP DONATION:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Additional tax-deductible Donation to</td>
<td></td>
<td></td>
</tr>
<tr>
<td>☐ Mended Hearts  ☐ Mended Little Hearts</td>
<td>$</td>
<td>Chapter/Group Name:</td>
</tr>
<tr>
<td>TOTAL TO NATIONAL</td>
<td>$</td>
<td>Amount: $</td>
</tr>
</tbody>
</table>

**Please note: To be a member of a Mended Hearts Chapter or Mended Little Hearts Group, you must be a member of The Mended Hearts, Inc.**