We will meet electronically using the Zoom Platform on March 13 at 10am. Officers to be installed at the meeting (see pg 5). Look for the upcoming invitation via email and join us!

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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>
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<td>April 10 2021</td>
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<tr>
<td>June 12 2021</td>
<td>Upstairs Conference Room, Suite 200</td>
</tr>
<tr>
<td>No Meeting in July</td>
<td>No Meeting in July</td>
</tr>
</tbody>
</table>

“IT’S GREAT TO BE ALIVE AND TO HELP OTHERS”
Dear Heart Procedure Survivors,

Concentrate on Living Well and being positive. We need to be strong and face reality one day at a time. As a heart procedure survivor, we need to recognize we are at war. Most of us are doubly vulnerable. We are older than 65 and we are weakened from our heart procedure. The enemy is invisible but more deadly than if we were on the front lines in Vietnam. COVID-19 has claimed 500,000 lives in the United States in less than a year. It is almost 10 times as deadly as the Vietnam War that claimed almost 55,000 lives over a 21-year period.

We want to congratulate many of our members who have already been vaccinated. This is not been an easy process. Many more of our friends and relatives still need vaccinations. Please reach out to remind them to discuss with their doctor and get vaccinated when their turn comes. The rules of who can get vaccinated are opening.

CDC says: **COVID-19 vaccination will be an important tool to help stop the pandemic**

- Wearing masks and social distancing help reduce your chance of being exposed to the virus or spreading it to others, but these measures are not enough. Vaccines will work with your immune system so it will be ready to fight the virus if you are exposed.
- The combination of getting vaccinated and following CDC’s recommendations to protect yourself and others will offer the best protection from COVID-19.
- Stopping a pandemic requires using all the tools we have available. As experts learn more about how COVID-19 vaccination may help reduce spread of the disease in communities, CDC will continue to update the recommendations to protect communities using the latest science.

Pres. Reagan said trust, but verify. A television commercial advises check, but double check. This is great advice, especially as we grow older and are prone to depend more on others.

We have a PhD friend who has advised us that she will not be getting vaccinated because of false information on social media. We must all look for advice from our doctor and medical team and not social media.

Stay strong, stay informed and live well,

Art Curtis
Outgoing Pres. of Mended Hearts, Chapter 62, San Diego County
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 VIRTUAL Mended Little Hearts of San Diego events until we are able to meet in person after COVID-19 restrictions are released. 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.

**Virtual Teen Chat (teens only):**
Most Saturdays
4:00 pm PST (Online via Zoom)
To pre-register for any of these teen chats, contact our Teen Coordinator, Isabella at: izzyrose07@gmail.com

**Upcoming Virtual Support Group Meeting (all ages):**
- **Saturday, March 13, 2021**
  10:00 am PST (Online via Zoom)
- **Saturday, May 8, 2021**
  10:00 am PST (Online via Zoom)
- **Saturday, July 10, 2021**
  10:00 am PST (Online via Zoom)
To pre-register for any of these meetings, contact our Lead Coordinator, Julie at: mlhofsd@gmail.com

**Questions about our Mended Little Hearts 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 FREE member at: https://mendedhearts.org/connect/member-enrollment/
San Diego Chapter 62 Officers Elected

The following nominees were elected as officers at our February meeting:

- Ed Marrone as President
- Jay Bass as Vice President
- Sharon Watson as Secretary (re-elected)
- Robin Caires as Treasurer (re-elected)

The elected officers will be installed at our March 13 Zoom meeting.

Additionally, Art Curtis will serve on the Board as Past President and Beverly Lynn will serve as Board Member at Large. Edwina Curtis volunteered for visiting coordinator activities.

Our membership thanks Art and Edwina Curtis for their past service to SDMH as President and Vice President respectively!
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

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 have put on a few pounds, but it’s mostly water weight.”
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 Webmaster: Our club has an opened position for Webmaster. This is an important and gratifying position that provides an opportunity to serve in a capacity central to the club’s communication function. 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 a position 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.

“This anti-grump patch is working. I’ve only yelled ‘Get Off My Lawn’ three times today.”
Fun Quotes

“Old men are always advising young men to save money. That’s bad advice. Don’t save every nickel. Invest in yourself.”
Henry Ford

“Self-reliance is the only road to true freedom, and being one’s own person is its ultimate reward.”
Patricia Sampson

"Wealth is conspicuous but poverty hides."
James Reston

"Golf seems to be an arduous way to go for a walk."
Princess Anne

"A newspaper column, like a fish, should be consumed when fresh; otherwise it is not only indigestible but unspeakable."
James Reston

"Injustice is relatively easy to bear; what stings is justice."
H.L. Mencken

"One should always play fairly when one has the winning cards."
Oscar Wilde

"Justice is conscience, not a personal conscience but a conscience of the whole of humanity. Those who clearly recognize the voice of their own conscience usually recognize also the voice of justice."
Alexander Solzhenitsyn

"A grouch escapes so many little annoyances that it almost pays to be one."
Frank McKinney Hubbard
Some heart devices may fail near iPhone 12

The new iPhone 12 has many good features, but one could be dangerous for people with pacemakers or defibrillators.

Apple recently updated its support documents to say that its magnetic charging system can cause electromagnetic interference, according to Komando.com.

Its magnetic charging system is called MagSafe and it uses a ring of magnets on the phone's back to snap onto a wireless charger. The magnets keep the charger in the right position.

However, the magnets can interfere with medical devices if they come into close contact.

Heart Rhythm Journal reported that doctors in Michigan held an iPhone 12 near an implanted cardioverter defibrillator. The defibrillator entered a suspended state, a sign of interference that could mean the medical device was no longer pumping blood through the body.

Both doctors and Apple advise keeping the iPhone and MagSafe accessories at least six inches, and preferably 12 inches away from your device.

Recipe for a healthy, happy life

There are no magic pills or secret elixirs to create a healthy, happy life. There are mainly just small decisions we make every day.

Maintain a schedule. For most, work frames our schedules. Within that frame, however, it's important to have routines. Have a time to relax, exercise, to touch base with other people. Go to bed at the same time and get 7 to 8 hours of sleep, according to the Harvard Health letter.

Get out and about. Even if you have a desk job, take frequent opportunities to get up and walk, even just to get a drink of water. Movement maintains flexibility, balance, and strength. Even a little movement in spurts of 15 minutes or so is better than none. Take the stairs. Park away from the store entrance.

Eat well. Many doctors recommend a plant-based diet of vegetables, nuts, seeds, and fruits added in healthy proportions to animal based foods. Eat in moderation.

Silence, meditation, prayer. Take a moment every day to clear your mind and rest in silence. According to Harvard Health, a research review published in JAMA Internal Medicine in January 2014 found meditation helpful for relieving anxiety, pain and depression. For depression, meditation was about as effective as an antidepressant.
Forging community and family. Friendships and community can be found in social, religious, or other groups with shared interests. Friendships can grow from activities. Family usually forges the most long-lasting relationships. But whatever path is open to you, remember that strong social connections increase your chance of longevity, and may even help you recover faster from illness.

**Fasting gains traction as health, weight loss strategy**

What is your eating pattern: breakfast, lunch, snack, dinner, snack? Three squares a day plus a couple pick-me-ups?

The idea of fasting has gained support as a way of reducing calorie intake.

Here are three of the most popular methods:

* 16/8 - Skip breakfast and then restrict eating to eight hours only, fasting for 16 hours in between. It's flexible. You eat modestly during an eight-hour period, but what you eat is not entirely relevant.

* Eat-Stop-Eat: Fast 24 hours twice a week. Think of it as not eating breakfast one day and then waiting until breakfast the next day.

* 5:2: Eat a very low calorie diet (from 500 to 600 calories) two days a week, but not two days in a row. Then eat normally the other five days.

The idea is that you eat fewer calories. It's important that you not load up on calories during eating periods. So, one way is to guide your eating is to know your total daily energy expenditure, or TDEE.

Several online calculators will give you an idea of how many calories you can eat to just maintain your weight and how many you need to lose weight.

For example, take a 45-year-old male who is five feet, eight inches tall and weights 260 pounds. His ideal weight is about 153 pounds. Suppose he gets light exercise two days per week. If he never changes eating or exercise, he can eat 2,803 calories per day and not gain weight. If he wants to lose weight, he will have to eat less calories, about 1,962, to lose weight quickly using a 16/8 method. Search for online fasting calculators and TDEE calculators to assess your calorie needs and goals.

**St. Patrick's Day: March 17th: St. Patrick's prayer of the deer**

While St. Patrick is one of the most well-known figures of modern folklore and festivals, ironically he is less known for his touching and beloved role in Irish faith and literature.

Among the writings attributed to him is the beautiful prayer The Deer's Cry, also known as the Shield of St. Patrick, or the Breastplate of St. Patrick. This prayer was written as an invocation of protection to shield St. Patrick and his monks from enemies lying in wait in the Irish forests.

Having gathered his followers
around him, St. Patrick was leading them past the hostile forces at Loegaire, Ireland, where the son of the King Niall laid ambushes. Patrick's enemies did not want him to bring the Christian faith to Tara.

In the morning before Patrick and the monks proceeded, they gathered and prayed a long and musical prayer of protection, including the words:

I arise today, through the strength of Heaven: Light of Sun, brilliance of Moon, splendor of Fire, speed of Lightning, swiftness of Wind, depth of Sea, stability of Earth, firmness of Rock...

I arise today, through God's strength to pilot me: God's might to uphold me, God's wisdom to guide me, God's eye to look before me, God's ear to hear me, God's word to speak for me, God's hand to guard me, God's way to lie before me, God's shield to protect me, God's host to secure me...

Christ to protect me today, against poison, against burning, against drowning, against wounding, so that there may come abundance of reward. Christ with me, Christ before me, Christ behind me, Christ in me, Christ beneath me, Christ above me, Christ on my right, Christ on my left.

With such a powerful prayer, tradition says Patrick's enemies were completely fooled. In the forest, as they waited to attack the missionaries, his enemies saw only wild deer (St. Patrick and his monks) and one fawn (St. Benen), following along behind, carrying books. They let them pass.

Today this lovely prayer of the deer is used to light and bless the Easter fires, as St. Patrick did when he arrived at Tara. It is still used as a shield against devils, poison, envy and sudden death.

**Now you can find out how much your hospital charges. Shop around.**

For most major purchases that we make, we pay close attention to price and services.

But, when was the last time you asked the price of a surgery? When was the last time you shopped prices?

Insured patients go in for procedures and services without any real concept of costs, and hospitals have not been required to disclose pricing for certain services in advance.

A new Centers for Medicare and Medicaid Services (CMS) rule for hospital pricing took effect on Jan. 1 that could affect the insurance plans and the

“IT'S GREAT TO BE ALIVE AND TO HELP OTHERS”
hospitals you choose. The Trump administration rule requires hospitals to disclose pricing for a range of services and update the price list annually in a bid to normalize health care pricing, according to Health Affairs. This rule clarified a segment of President Obama's Affordable Care Act that required hospitals to publish certain price information, but the ACA-compliant disclosures were widely seen as inadequate for health care consumers.

According to National Public Radio, the final rule requires facilities to post pricing -- including reimbursement rates negotiated with insurance companies -- for every service, drug and supply they provide. Under a separate rule, health insurers must take similar steps in 2022. Advocates for the new rules hope that the changes will allow consumers to see the huge price variations between health care providers and more accurately estimate their out-of-pocket costs before receiving services.

How much do prices really vary? According to Crain's Chicago Business, insurers pay an average of 32 percent more for hip replacement surgery at Northwestern Memorial Hospital in Streeterville, Ill. than they pay for the same procedure at Amita Health St. Joseph Hospital, just three miles away in Lakeview. Prices differ between facilities and insurers. At Northwestern, Health Alliance insurance plans pay $53,236 for a hip replacement while Blue Cross & Blue Shield plans pays only $30,382.

Suppose you have a 10 percent copay -- you will owe $5,323.50 at Northwestern if you have a Health Alliance plan. But if you go to another hospital where the cost is $30,000 to your insurer, your 10 percent copay would only be $3,000. It may pay to shop around.

“A NEW YOU
MENDED HEARTS
Medication
Don’t Miss
Diet
Better Nutrition
Exercise
Daily
Call/Text 619-481-2411

“IT’S GREAT TO BE ALIVE AND TO HELP OTHERS”
During the last weeks of winter, when decent seasonal produce becomes increasingly scarce and slushy, miserable weather keeps us stuck inside, we all still wrestle with one age-old question: What should we make for dinner? Don’t stress -- easy pantry pasta is quick, simple, forgiving and lets us flex our creative muscles for an affordable and fun meal. And most ingredients keep well in the pantry or are available year-round at most grocery stores. This recipe creates a salty, cheesy, bright and filling meal in no time, and can be adapted to feed yourself or a crowd.

Ingredients:
1 box dried pasta (large tube-shaped works best)
1 can (14 oz.) chickpeas
1 small onion, diced
2-3 cloves garlic, minced
1 bunch kale, cleaned and chopped
1 bunch fresh (or dried) rosemary
4-5 tablespoons butter
1 medium-sized lemon
Preferred cooking oil or fat
About one cup dry white wine or white wine vinegar and water
Parmesan or other hard aged cheese, grated (half a cup or so, depending on your preference)
Salt and pepper to taste
Optional add-ons:
5 minced pitted Kalamata or Castelvetrano olives
1 tablespoon capers

A few minutes ahead of time, start heating a pot of salted water for your pasta. Then, in a medium-sized saute pan over medium-high heat, bring about a tablespoon of cooking oil up to temperature until shimmering. Dump in the whole can of chickpeas and cook until the chickpeas take on some color, stirring every so often. Add a generous pinch of rosemary leaves, making sure to break in half to release flavor, and add salt and pepper. Continue cooking until fragrant, adding more oil or butter if needed. When chickpeas are hot and smelling great, dump in the small onion and cook until softened, then add the garlic and cook until fragrant. With a wooden spoon, scrape any fond that may have collected on the bottom of your skillet, then dump in about half of the wine to deglaze.

If your water is boiling, this is a good time to start cooking your pasta. While the pasta cooks, add the chopped kale to the skillet and a little more fresh rosemary. Add capers and olives if desired, as well. Cook in the wine until the kale is soft and cooked through, adding more wine or water as needed.

When the pasta is cooked al dente, scoop about half a cup of pasta water out and set aside, then drain the pasta and add to the skillet. Turn the heat up, add in around half of the reserved pasta water, a little more wine, a tablespoon or two of butter. Stir constantly while sprinkling grated cheese into the pan. This is where the magic happens -- the pasta water will combine with the butter, wine and melting cheese to create a creamy, glossy sauce. Continue cooking until the sauce is your desired consistency, adding more liquid or cheese to your tastes. There’s really no wrong way to do this!

Salt and pepper your pantry pasta before plating. Slice your lemon and spritz your pasta with fresh lemon juice to serve.
**AKA Sparrow Grass**
*(The headline is a clue to the answer in the diagonal)*

**Across**
1. Order between "ready" and "fire"
4. Milky gems
9. Can. neighbor
10. 1990 Madonna hit
11. Tide type
12. Wear away
13. Leaning
15. Alternatively
16. Spooky
18. Exists
20. Spheres
23. TV, radio, etc.
25. ___ few rounds
26. Used a crowbar
27. Calendar abbr.
28. Flippant
29. ___ publica

**Down**
1. Surrounding glow
2. Wife of Osiris
3. Syrup flavor
4. Prepared food designation
5. "Merchant of Venice" heroine
6. In the past
7. Form of pachisi
8. Soothsayer
14. Homes for hawks
17. "Pomp and Circumstance" composer
18. Little devils
19. Antitoxins
21. Pained expression
22. Droops
24. Insult, in slang

**Answers can be found on page 15.**

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**Word Search Puzzle: Canal Search**

```
G O L S Z D O N K E Y A K
N W A T E R B U C K Z C E
E W E P B R I P A T H H L
L M E E R K A T R U M E L
E A N S A L P A C A T E E
P L W A R T H O G J S T Z
H A L H L L J T D I E A A
A P N N I U L I I N E H G
N M O E H P K L H G B T Z
T I M Y Y D P C A M E L U
L X K D I H I O R W D R R
S Y E K N O M P S M L X H
B U F F A L O X O N I A I
L E O P A R D Q R T W R N
G A J C S R D E E R R Y O
A H A R T E B E E S T H Z
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**Answers can be found on page 15.**

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

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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
Positions Available

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

```
AIM O M P A L S
USA V O G U E
R I P E R O D E
A S L A N T O R
E E R I E
I S R E A L M S
M E D I A GOA
P R I E D A U G
S A S S Y R E S

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

“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>
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<th>Hospital</th>
<th>Coordinators</th>
<th>Visitors</th>
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</thead>
<tbody>
<tr>
<td>Scripps Memorial</td>
<td>Mary Pat DesRoches</td>
<td>Jim Bischoff, Pat Egan</td>
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<tr>
<td></td>
<td>[858-456-8668] Pat Egan</td>
<td>Andrea Broding, Pat Egan</td>
</tr>
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<td>Scripps Mercy</td>
<td>Pat Egan</td>
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<td>Beverly Lynn</td>
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<td>Art Curtis</td>
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<td>Sharp Memorial</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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<tr>
<td>VA San Diego Healthcare System</td>
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<td>Position Available</td>
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</tbody>
</table>

Telephone Visitors

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

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

☐ NEW MENDED HEARTS  ☐ NEW MENDED LITTLE HEARTS  ☐ RENEWAL  DATE _____________________________

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

Address _____________________________________________________________

City / ST / Zip ____________________________________________________________

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.

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 the benefits of an Associate Member, PLUS
* Membership Card
* Car Decals — 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 the benefits of a Bronze Member, PLUS
* Membership Pin
* Choice of ___ MH or ___ MLH Notecards (10 pk)
* 5% off registration of any National (not regional) MH/MLH Conference or Symposium

Silver Member — $100 annual donation per person
* All the benefits of a Bronze Member, PLUS
* A Stainless Steel Mended Hearts Travel Mug

Gold Member — $250 annual donation per person
* All the benefits of a Silver Member, PLUS
* A Red Fleece Blanket
* 10% off registration of any National Conference or CHD Symposium

Heart of Gold Lifetime Sponsor — $1500 donation
A one-time donation per individual
* All the benefits of a Gold Member FOR LIFE, PLUS
* 15% off registration fees at National MH/MLH Conferences / Symposium
* Recognition in the next Heartbeat magazine after enrolling in the Heart of Gold Lifetime Sponsorship, in all special Heartbeat issues, and on our website’s list of Heart of Gold Lifetime Sponsors

FAMILY MEMBERSHIP

For members of one household with one mailing address only

Family Membership — $40 annual donation
* All of the benefits of an Associate Membership, PLUS
* One year annual subscription to Heartbeat magazine ($30 value)
* Membership Cards for all members of the family
* 2 Car Decals — Select 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 ___ MH or ___ MLH Notecards (10 pk)
* 5% off registration of any National (not regional) MH/MLH Conference or Symposium

Family Members:

Spouse ___ Child ___ Heart Patient ___

Spouse ___ Child ___ Heart Patient ___

Spouse ___ Child ___ Heart Patient ___

Spouse ___ Child ___ Heart Patient ___

ALL Donations are tax deductible

PAYMENT INFORMATION:

Membership Level ____________________________ $ ____________

Additional tax-deductible Donation to
☐ Mended Hearts  ☐ Mended Little Hearts $ ____________

TOTAL TO NATIONAL $ ____________________________

ADDITIONAL CHAPTER/GROUP DONATION:

Chapter/Group Name: ____________________________

Amount: $ ____________________________

TOTAL TO CHAPTER $ ____________________________

**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.