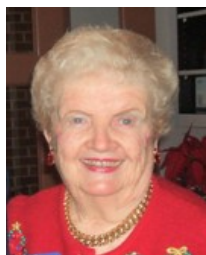


Volume 29 Number 10 October 2018

Dallas Scott, Editor

PRESIDENT'S COLUMN— Betty Drinkard

We had an excellent board meeting on September 27. It had been four months since we last met — I really missed all of you "**STARS**". Yes, you are "**STARS**" in my eyes! You beautifully run Chapter #16 and our record proves that. I just can't think of enough adjectives to describe your many jobs and things you have done for Chapter #16. I mean that from the bottom of my heart!



Everyone is back from the National Education & Training Conference which took place last July in San Antonio. According to the attendees from Chapter #16, it was quite an educational experience. They learned so many new things heart-related. The attendees wrote excellent articles about the trip which were in our recent newsletters. Thanks to each of you for your input.

It won't be long now, put Saturday, December 15 from 12:00 noon to 3:00 pm at Eagle Eyrie on your calendar for the Christmas Social. The facility is always so beautifully decorated, I promise you will get into the Christmas Spirit.

This coming December 31st will end my four years as your President. It has truly been my privilege to serve and work with you. When you enjoy what you do, it never really seems like work, does it?

Still proud to be your President.

Heartfully,

Betty

Jackie Carver— Program Chair

2018 Program Calendar

October 25, 2018, 1:00 p.m. to 3:00 p.m., Pearson Cancer Center — Susan Clapp, "Peripheral Artery Disease"

November 15, 2018, 1:00 p.m. to 3:00 p.m., Pearson Cancer Center — Judith Taylor, PA, "Atrial Fibrillation"

December 15 (Saturday) 2018 Luncheon Meeting 12:00 p.m. — 3:00 p.m., Eagle Eyrie, Christmas Social

2019 GREETER VOLUNTEERS

A sign up sheet will be on the sign-in table at the October General Meeting for each of you to volunteer to be GREETERS for 2019. If enough people do not volunteer then Santa Claus is going to come around to ask you to become a volunteer. If that does not work, I will call you to give you the opportunity to **volunteer**. I will by then be ready to twist some arms to entice you to **volunteer**. Santa is supposed to be a nice guy, Please don't turn me into the Grinch!

To access the Chapter #16, Blue Ridge Mended Hearts monthly newsletter, use the web link listed below.

Centra link;

www.centrahealth.com/mended-hearts-newsletters

Minute and Minute shouldn't be spelled the same.

Inside this issue

Cares & Concerns	2
Editor's Page	2
Mended Hearts Chapter #16 Visiting Reports	3
Donations	3
Birthdays and Surgery Anniversaries	4
Mended Hearts Prayer	4
News from the Board Meeting	5
General Meeting Notes	5
Member Prepared Articles	6
Pages Magazine Article	6
Recipes for Healthy Living	7
Chapter #16 Leaders	8
Pictures from the General Meeting	9
Visiting Schedule	10
Member Enrollment Form	11
Mission Statement	12



CARES & CONCERNS: Judy and Wayne Toler, Co-Chairs

- ⇒ **Larry Shepley is recovering from knee replacement surgery on August 29th .**
- ⇒ **Tony Tucker is struggling through Shingles.**
- ⇒ **Lois Gilbert's son, Richard "Dickie" Henry Gilbert Jr.**
- ⇒ **Fred Mayer's sister, Joan Morrison, passed away in Montana.**

Choosing Our Dress by Carollyn Lee Peer-man

The Things I Had To Learn by Loretta Young as told to Helen Ferguson 1961

I believe in being feminine. That's what the good Lord made me. That's what I'll be. The recognition of one's limitations is an important first step.

So, of course, I love graceful clothes, clothes that move with my body. I love soft colors, exiting colors, warm colors and lively materials that shimmer or sparkle. I love furs, their soft, flattering, pliant and clinging luxury. I love hats. Feminine hats. I love hats that frame one's face.

I think hats are more than apparel. I think they are very often a woman's best friend. Whether they frame your face, tilt adventurously atop your head or serve as an anchor for an intriguing veil. There's nothing so reassuring to a woman, nor so beguiling to a man, as a breath of veil over glowing eyes. Worn, of course, at the right time and place and — for the right man. Of course!

Norma Shearer, one of the most exquisitely groomed, best dressed, feminine women in the world, once told me: "I dress as carefully to take my dog for a walk on the beach as I do for an important party. I never know who may see me." No woman is without an audience. Give the best performance you can. Glamour is ageless. I think a woman can be glamorous at ninety.

The split second she ceases to care is the only time a woman ceases to be attractive. If a woman cares about how she looks, and realizes the importance of the beauty of her inner self, she'll make the most of herself inside and out, year in and year out. Glamour is as glamour cares.

Femininity is a woman's greatest weapon! If you are a woman, be aware of yourself as a woman.

Listen. Make yourself listen to what others are saying. I mean pay attention! "The less men think, the more they talk." Giving credit where credit is due is a very rewarding habit to form. Its rewards are inestimable.

Getting anywhere in one's lifetime is spelled W-O-R-K. Everything I've accomplished, everything good that ever happened to me, everything I really know, has come to me as the result of prayer. Be yourself. Believe in yourself. Make yourself responsible.

She was like electricity! She sparkled with enthusiasm. She held a happiness about her. She talked to everybody and anybody and she let anybody tell her any old idea anybody thought up and she listened as though she cared! Be true to the best that's in you. Artfully expressive hands will enhance both your conversation and personality-impact. Discipline and poise are the essentials for the conservation of precious time and energy. Be on an emotional budget. The Queen of England was completely unhurried. I believe in living today. Not in wasting one second of the present in regret about the past.



Editor's Page—Dallas Scott

September was also more of the same, hot and muggy. We have entered the Fall season. Time for harvest and storage. In October Frances, Mr Dillon and I will be going to our second CW Howard Santa Clause School in Midland, Michigan. We are looking forward to the classes and meeting new friends. Pictures to follow.



If you have any comments on this newsletter, please feel free to send them to me at:

dallas.t.scott.va@gmail.com. I can also be reached at (434) 610-4314. Please feel free to email me or call me.

Dallas Scott, Editor
Accredited Visitor
434-610-4314

dallas.t.scott.va@gmail.com

Belk Charity Days are coming! This is our only fund raiser and we need to support First Vice President Laurel Dodgion in raising these Funds. Call Laurel Dodgion at 434-610-6812 to help.



**You are invited to visit
Mended Hearts Chapter #16
at our next General Meeting.**

**You will receive a warm welcome,
great snacks and a presentation
from a medical professional to in-
crease your knowledge about Car-
diac disease. Most of the people
present have gone through a cardi-
ac event as a patient or care giver.
Please join us.**



Mended Hearts™ Prayer

We ask for your blessings, Lord.

We ask for strength, that we may pass it on to others.

We ask for faith, that we may give hope to others.

We ask for health, that we may encourage others.

We ask Lord, for wisdom, that we may use all of your gifts well.

ESTHER TUCKER — DONATIONS & GIFTS

Donations made to Chapter #16:

- ♦ Surgery Anniversary donations
- ♦ 50/50
- ♦ New Members
- ♦ Belk Charity Day
- ♦ Membership Dues
- ♦ Memorials
- ♦ Chip Harvey, State Farm Insurance Agent-

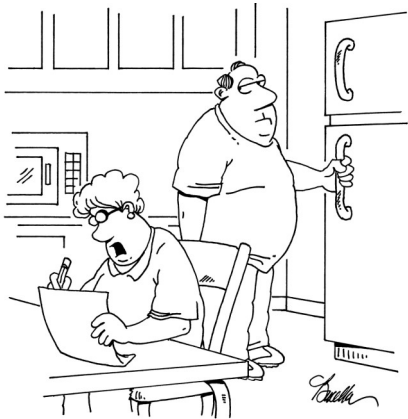
Donations: We appreciate all donations to Chapter #16. Thank you so much!

Please send your memorial gifts to:
Blue Ridge Mended Hearts Chapter #16
Lynchburg General Hospital
1901 Tate Springs Road
Lynchburg VA 24501



****BE SURE TO CONSULT
YOUR DOCTOR*****

The Blue Ridge Heartbeat is written for the education and information of our members and others concerned with heart health. It is not or intended to be a substitute for the advice of your own physician. Contact your doctor or health professional about any of your symptoms or concerns. Don't try anything new without consulting your doctor first.



"The way I figure it, we can reach our goal of 10,000 steps a day by moving the refrigerator to the far wall."

VISITING REPORTS

	Patients Visited	
	September	YTD
		2018
Patients visited — (Including H.R.)	104	1529
Home Recovery —	8	167
Family —	27	285
Pre-Op —	8	86
Post-Op —	61	991
Hours —	88.5	945.2

September is now our lightest month this year for Mended Hearts Visitors. You have still made a difference in 104 patients' and families' lives. Keep up the great effort! You make an impression with each visit and improve the likelihood that patients' and families' lives will be improved by your visit.

Meet and Greet Welcoming Registration folks Hospitality Chair—Ruby Davis 434-845-5245

2018 Greeters

<u>Date</u>	<u>Name</u>
-------------	-------------

10/25/18	Kim Owen
----------	----------

11/15/18	Vivian & Jack Hamilton
----------	------------------------

12/15/18	Christmas Social
----------	------------------

Some brick-and-mortar stores thrive

In small towns and cities all over America, malls are closing, shopping centers are vacant, and the cause is e-commerce. But physical stores still have power and some sectors are showing resilience, according to Forbes. Nine companies on the list of Top 10 U.S. retailers is made up entirely of players that rely on foot traffic: Wal-Mart, Kroger, Costco, Home Depot, CVS, Walgreens, Target, Lowe's, and Albertson's.

The principal markets for these retailers are groceries, clothing, and home improvement supplies -- all more desirable when purchased in person. Consumers still want to examine fresh produce. They would rather try on new clothes before they buy. Home improvement products such as lumber and tools are still get-it-now items. In addition, according to a study by the CBRE Group, 70 percent of Millennials -- the largest, most connected consumer base -- still prefer to shop in stores. Amazon, the big destroyer of retail, must know that too. Their recent purchase of Whole Foods for \$15 billion is a dramatic example of their play in the brick-and-mortar space.

October Birthdays

Janie Cousins
Vivian Hamilton
Bill San Soucie



October Surgery Anniversaries

Andre Spencer	2003
Laurel Dodgion	2010
Margret Mundy	2015



Mended Hearts™

Chapter #16 does not currently have a major fund raising campaign like the Gulf Tournament which raised \$16,000 in 2017. Therefore the Board of Directors is requesting each member to make a donation to Chapter #16 on your Birthday and Surgery Anniversary to help supplement this income loss. This loss reduces the positive impact Chapter #16 has presented to the community in previous years. As can be seen on page 5 our planned donations for 2019 are down from \$19,000 in 2017 to \$6,000 in 2019. Your donation no matter how large or small will help us continue our principle of service to our community.

Why should Chapter #16 continue to make contributions to the list of our 2019 Donations?

The Doctors that go on a mission trip might learn of a new procedure that may someday save your life. You too might have another cardiac event that you might need to go to Cardiac Rehab for a second or third time. Our donation to National Mended Hearts helps pay for Heart Beat magazine and the patient Heart Guides publications. Your Child, Grandchild, or Great Grandchild might need the services of the Shriner's Hospital which we support. A former Nancy Eggleston Medical Student Scholarship recipient might be your next nurse. Our donation to Mended Little Hearts might help save one of your family members. You might be in need of a Rehab Home Recovery Item such as Scales, Blood Pressure Cuffs, Thermometers or Bra's as needed.

We as a group impact many of our community members lives. Please help us to continue this giving attitude. We make a difference in everyone we visit or to whom we donate. THANK YOU for your SUPPORT.

Chapter #16 Board of Directors

What I Know: It Takes A Long Time To Grow Old Friends



"Tell me your friends, and I'll tell you who you are," say the Assyrians. Two things influence you as you travel through life: the books you read and the people you meet. At least some of the people you meet will eventually become your closest friends. They will start out as acquaintances and as time goes by the relationship deepens and they become your life long friends. Friendship is a slow-ripening fruit that time alone brings to perfection. Make sure to establish these lifelong friendships long before you really need them. Find an intelligent friend. What is better than a stupid friend? An intelligent enemy is superior.

"A new broom sweeps clean, but an old broom knows the corners," say the Virgin Islanders. Keep a tested old friend because a new friend cannot compare with the old. An old friend has known you for so long that he or she has discovered your strengths and weaknesses. A true friend will appreciate your strengths and help you overcome your weaknesses. Friends of this caliber are too few and far between. What would life be without your friends! Frankly, I would rather have one true friend than a hundred relatives. I can bear cold tea and cold rice but not cold looks or cold words. Harsh demanding insensitive words can cut me like a knife. What about you?

"Who is mighty? One who makes an enemy into a friend," is a Hebrew saying. Have you ever turned an enemy into a friend? It is an accomplishment that you will never forget. What a turn around! How delightful it is to make friends with someone you formerly disliked! A former enemy is now your dearest friend. An enemy will destroy you with his beak but a friend will cover you with his wings. The worse kind of enemy is one who is close to you. "Better a thousand enemies outside the tent than one within," say the Arabs. For example, Judas, one of the twelve disciples, betrayed Jesus with a kiss.

"You never really know your friends from your enemies until the ice breaks," is an Eskimo saying. Can you discern your enemies from your friends? Sometimes it takes adverse circumstances to tell the difference. Your friends will be loyal and stay with you. A true friend loves you come rain or come shine, fair weather or foul. Moreover, there is a steadfast quality to genuine friendship. A stable reliable persevering friend is a gem.

"My best friend is the one who brings out the best in me," noted Henry Ford. Do you bring out the best in your friends? Do you tell them of their faults and follies in prosperity and assist them with your heart and hand in adversity? Do you go the second mile for your friends? From one old friend to another, thanks for reading this.

Board Meeting Happenings: September 2018

The Mended Hearts Chapter #16 Board of Directors met September 27. The meeting was called to order by President Betty Drinkard at 11:00 am. The May 24th Board meeting minutes were approved with comments incorporated. The Treasurers Report was approved with comments incorporated.

The proposed donation budget for 2019 was reviewed and modified. The following Donations were approved by the Board of Directors for 2019:

1. CENTRA Doctors	\$2,000
2. Cardiac Rehab Patient Assistance	\$1,000
3. National Mended Hearts	\$ 200
4. Shriner's Hospital	\$ 800
5. Nancy Eggleston Med Student Schlrsip	\$1,000
6. Mended Little Hearts	\$ 500
7. Rehab Home Recovery Items	<u>\$ 500</u>
Total	\$6,000

The chapter received Thank You letters from Mended Hearts National, Angel Goodman (our Nancy Eggleston Medical Student Scholarship recipient), CENTRA Foundation, The Shriner's, Mended Little Hearts of Charlottesville, Doctors Mission Trips for previous donations by the chapter.

General Meeting — Continued

The TAVR valve vs. the mitral clip. The procedure for a TAVR valve uses an artificial valve and with the 'clip' the doctor uses the patient's own valve. It should last 'forever' and there is no rejection as the clip used is 'a dead metal' It's made of cobalt chromium alloy. Mitral Clip therapy is the world's first transcatheter mitral valve repair that delivers a therapeutic option when no other option exists. Used in over 50,000 patients worldwide, Mitral Clip is a well-established therapy with a growing body of clinical and real-world experience.

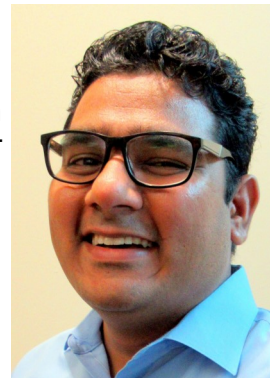
A very interesting side remark by Dr. Kanda. "Every minute the heart pumps 5 liters of blood throughout the body.

Clinically important results in prohibitive-risk patients with degenerative mitral regurgitation demonstrate:

- ⇒ Positive safety profile
- ⇒ Reduction in mitral regurgitation
- ⇒ Improvement in patient symptoms
- ⇒ Reduction in hospitalizations for heart failure

September 2018 General Membership Meeting

Thursday September 27, Chapter 16 was host to Dr. Brinder Kanda, MD, FACC an Interventional & Structural Cardiologist speaking on "Mitral Clip." There were 23 members and 16 guests in attendance which provided an enthusiastic group hanging on his every word. Dr. Kanda called himself a plumber repairing a 'leaking valve' so that 'open heart surgery' wouldn't be needed. He stated in his talk that the cardiologists were trying to move away from surgery by finding better and alternate ways that were less invasive, had a better recovery time and had good outcomes.



The prevalence of vascular heart disease goes up significantly with those over the age of 70. 'Leaks' happen because 1.) the valves are 'broken' and 2.) the heart is weak. By broken, the heart valve won't close properly. A bad valve is 'primary' and a bad ventricle is 'secondary.' The primary is common in approximately 600,000 persons in the United States. The 'gold' standard of care has been surgery but not everybody is a candidate for that. The concept of transcatheter mitral valve repair began in October 2013. The outcomes of this procedure is a 93% success rate if the leaky valve is Grade 1 or 2. Above that grade (for instance 4 & 5) the procedure doesn't have quite that high a rating. Dr. Kanda said 'it is o.k. if there is a little leak and almost all over 70 years of age have a leak that is Grade 1 or 2.

One of the differences between this procedure and open heart surgery is the valve is repaired while the heart is still beating. Dr. Kanda called this "a live treatment" meaning the heart continues to beat as the work is being done. In surgery, the heart is stopped while the repairs are made. He put it rather simply in that, 'the scope goes up the leg, a hole is poked in the heart, the heart continue to beat, the doctor finds the broken part and 'fixes' it.' The question was asked, 'how long does this procedure take?' Dr. Kanda stated that he had repaired at least one in about 17 minutes but has had one or two that took about 6 hours. After approximately 6 hours of bed rest in the hospital, the patient goes home the next day.

How do you know you 'might' have a leaking heart? The symptoms could be shortness of breath, fatigue, legs swelling and other symptoms similar to CHF like fluid retention. The patient may have a murmur that the family doctor might hear in an annual physical examination.

The heart contains two pumps. The right pump pushes blood to the lungs and back to the left pump. The left pump pushes blood to the rest of the body and back to the right pump.

← **Continued in previous column.**

San Antonio Convention Report by Nelson and Ruby Davis

Saturday July 14: Ruby and I flew out of Lynchburg to San Antonio, Texas for the Mended Hearts National Education and Training Conference.

We chose to not stay at the hotel where the Conference was being held, but at a small hotel less than a block away. It was more like a bed and breakfast with all the attention they gave us. We were less than a block from the Riverwalk for which San Antonio is famous and just across the street from the Alamo.



The conference had at least four sessions each day. A doctor or nurse was the speaker at each session which was a subject on heart health. All of the sessions were very interesting but I was most interested in the Aortic Valve Replacement.

The doctors used to cut your chest open to get to your heart and replace the valve but now they can go into an artery at your groin or an artery in your arm and follow it to your heart with the new valve. The valve is compressed to a very small size and put through the artery to your heart. Once the new valve is in place in the existing bad valve, it is opened to its operating size by inflating a balloon inside it. When it reaches operating size, the balloon is removed and the valve starts working. It was so interesting because they showed this procedure on video as the doctor explained how it was done.

After returning to Lynchburg, I met a man who had received a valve replaced by the new method. He said he only spent one night in the hospital. The old method required at least five days in the hospital. He said he was very happy with the results of his surgery.

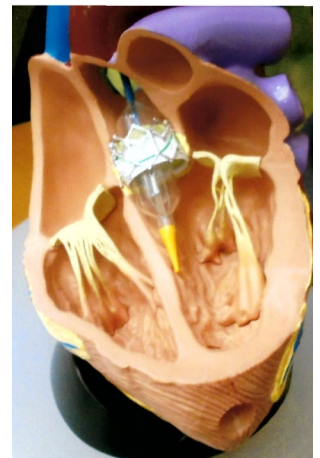
The stay in San Antonio was very nice. We did a lot of sight-seeing even though it was very hot. We went on the Riverwalk tour twice and ate at Margaritaville, one of the more than 40 restaurants on the Riverwalk.



Transcatheter Aortic Valve Replacement



It fits on your finger



Where it fits in the heart



The Alamo



The Riverwalk



Margaritaville

Recipes for Healthy Living

Cilantro Pesto with Roasted Cashews

Tucked into Mexican salsas and guacamoles is the fresh, citrusy flavor of cilantro, a favorite all over the world. A favorite, that is, except for a group of people who are literally genetically disinclined to like it.

Strangely, this herb tastes soapy or even rotten to certain people. According to recent research at Cornell University, this is because the OR6A2 gene in the human body affects how the olfactory receptors handle the high levels of aldehydes contained in the herb. Folks with this gene have an aversion to cilantro.

Cilantro comes from the coriander plant, all parts of which are edible. Only the leaves make up the herb called cilantro. The plant produces dried fruits, known as coriander seeds, that are used as a spice. A native of Iran, coriander grows wild in Western Asia and Southern Europe. It has been cultivated for thousands of years. A half liter of coriander was found in the tomb of Tutankhamen, proving that the ancient Egyptians grew the herb. The Greeks were known to have used coriander since 2000 BC, based on archeological finds. The oldest find of dried coriander was in a cave in Israel dating to 6000 BC.

Here is a fresh take on a pesto recipe that substitutes cilantro for the basil that is traditionally used along with roasted cashews, compliments of ShowMeTheYummy.com

Ingredients:

2 cups of packed cilantro
2 cloves of garlic
1/4 cup of unsalted, roasted cashews (4-8 minutes in a 300 degree oven)
1 tablespoon lime juice
1/2 cup shredded parmesan cheese
1/3-2/3 cup of olive oil (you may substitute oil of your choice)
Salt to taste

Instructions:

1. Place all ingredients into a food processor and pulse until smooth.
2. Scrape down the sides and pulse again.
3. With the processor running, add the oil slowly until desired consistency has been reached.
4. Add salt to taste, combine with pulse, and serve with crackers, chips, pasta, etc.
5. Store covered in the refrigerator.



Luke comes home from his first day of school, and his mother asks, "What did you learn today?" "Not enough," Luke replies. "They said I have to go back tomorrow."

Nate: Why was school easier for cave people?

Kate: Why?

Nate: Because there was no history to study!

Johnny: Teacher, would you punish me for something I didn't do?

Teacher: Of course not.

Johnny: Good, because I didn't do my homework.

Q: What is the world's tallest building?

A: The library because it has the most stories.

Blue Ridge Mended Hearts Chapter #16

Visiting Program Chairman: **Dan Cousins**

Your Visiting Committee:

Visiting Assignments: **Laurel Dodgion**

Patient packs & bags: **Visitors**

Follow up Telephone Calls: **Committee**

Training: **Members**

Data Collectors: **Dan Cousins**

Ad Hoc Committees:

Standing Committees:

Nominating — Betty Skoldal, Past President

Membership — Laurel Dodgion

Celebrations & Concerns — Judy & Wayne Toler

Photographer — Carolyn Peerman

Publicity & By-Laws — Betty Drinkard

Program — Jackie Carver

Socials — Jean Blankenship & Carol Bryant

Hospitality — Ruby & Nelson Davis

Newsletter — Dallas Scott

Visiting Chair — Dan Cousins

Health Fairs — Dave Blackburn

Anniversary Dinner — Ruby Davis

Hearts of Fame — Laurel Dodgion

Speakers Bureau — Betty Drinkard

Financial — Fred Mayer

Golf Committee Chair —

Historian — Betty Skoldal, Past President

ADVISORY BOARD MEMBERS

Dr. Kenneth Saum, Cardiology Surgeon

Dr. Mark Townsend, Pediatric Cardiologist

Betsy Mudie, Volunteer Office Liaison

Curt Baker, VP Cardiovascular Dept. LGH

Betty Drinkard President & By-Laws Chair

Laurel Dodgion 1st VP

Dave Blackburn 2nd VP

Esther Tucker, Secretary

Fred Mayer, Treasurer

Carol Bryant, President's Advisor & Past President

Jean Blankenship, Socials Co-Chair

Dave Blackburn, Health Fairs

Jack Hamilton, Past President

Chapter #16 Leaders

President: Betty Drinkard	434 525-2852
1st Vice President: Laurel Dodgion	434 525-0475
2nd Vice President: Dave Blackburn	434 238-0528
Secretary: Esther Tucker	434 239-4587
Treasurer: Fred Mayer	434 610-1733
Asst. Treasurer: Nelson Davis	434 845-5245
Publicity : Betty Drinkard	434 525-2852
Health Fairs: Dave Blackburn	434 237-6581
Cardiac Staff Advisor: Cindi Cole	434 200-6701
Staff Editorial Advisor: Michelle Adams	434 200-7062
Immediate Past President: Carol Bryant	434 384-5982
Newsletter Editor: Dallas Scott	434 610-4314

Volunteer Liaison: Betsy Mudie 434 200-4696
Director of Volunteer Services — LGH/VBH

Medical Advisors:

Ken Saum, M.D.	434 528-2212
Mark Townsend, M.D.	434 200-5252
Curt Baker, Centra V.P.	434 200-3215

Chapter #16 Office (voice mail) 434 200-7611

National Mended Hearts

National President: **Donette Smith**
www.mendedhearts.org

Mid-Atlantic Regional Dir: **William (Bill) Carter** 803-270-2496
wmcarter1939@gmail.com

Mid-Atlantic Asst. RD: **Bill Voerster** 704 310-8354
mendedheartsbillv@gmail.com

National Executive Dir: **Norm Linsky** 214 390-3265
norm.linsky@mendedhearts.org



NATIONAL DENTAL HYGIENE MONTH. Oct 1-31



Pictures Taken from the September General Meeting



OCTOBER 2018 - Mended Hearts Schedule of Visits

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MH Visiting Schedule Laurel Dodgion 434-610-6812 & Dan Cousins 434-944-5898	1 All Stevens	2 HR & All Scott	3 All Wright	4 All Stevens	5 HR & Family Toler Patients Cousins	6
7	8 All Carver	9 HR & All Scott	10 All Blackburn	11 All Stinnette	12 HR & Family Wright Patients Cousins	13
14	15 All Carver	16 HR & All Wright	17 All Krishnamoorthy	18 All Cousins	19 HR & Family Toler Patients Dodgion	20
21	22 All Carver	23 HR & All Scott	24 All Blackburn	25 All Stinnette	26 HR & Family Owens Patients Dodgion	27
28	29 All Carver	30 HR & All Scott	31 All Blackburn			



The Mended Hearts, Inc.
National Office
Phone: 888-HEART99 (432-7899)
www.mendedhearts.org

MEMBER ENROLLMENT

Member Information (please print or type)

Name (Mr/Mrs/Ms) _____ Chapter _____ Member-At-large' _____
Address (line 1) _____ Phone (_____) _____
Address (line 2) _____ Alt Phone (_____) _____
City/State/Zip _____ Retired: ☐ Yes ☐ No
Email address _____ Occupation _____
Family member (must reside at same address; please name): _____ Preferred Contact: ☐ Phone ☐ Email ☐ Mail
(Mr/Mrs/Ms) _____ Family Member Email _____

May Mended Hearts staff or volunteers contact you regarding local chapter opportunities? ☐ Yes ☐ No

Medical Info/Demographics (Optional for Mended Hearts reporting purposes in aggregate only)

Name of Heart Patient _____
Date of Surgery/Procedure _____
Type of Surgery/Procedure _____

- | | | |
|---|---|--|
| <input type="checkbox"/> Angioplasty | <input type="checkbox"/> Heart attack | <input type="checkbox"/> Diabetes |
| <input type="checkbox"/> Atrial Septal Defect | <input type="checkbox"/> Pacemaker | <input type="checkbox"/> Valve Surgery |
| <input type="checkbox"/> Aneurysm | <input type="checkbox"/> Transplant | <input type="checkbox"/> Valve Transcath |
| <input type="checkbox"/> CABG (Bypass) | <input type="checkbox"/> AFib arrhythmia | <input type="checkbox"/> ICD (Defibrillator) |
| <input type="checkbox"/> Stent | <input type="checkbox"/> Other arrhythmia | <input type="checkbox"/> Other _____ |

Many chapter newsletters include surgery/procedure anniversaries of members.
Please indicate here if you are agreeable to having your name published in this way.

☐ Yes ☐ No

Add my email to monthly national email updates?

☐ Yes ☐ No

Patient signature _____

Optional info: Date of birth _____ Please check below:

Race: ☐ Caucasian; ☐ Black; ☐ Asian; ☐ Am. Indian; ☐ Other

Gender: ☐ Male; ☐ Female

Name of Caregiver _____
Phone (_____) _____
Alt Phone (_____) _____

☐ Check here if also Heart Patient

☐ Procedure-specify: _____

Add my email to monthly national email updates?

☐ Yes ☐ No

Family member signature _____

Optional info: Date of birth _____ Please check below:

Race: ☐ Caucasian; ☐ Black; ☐ Asian; ☐ Am. Indian; ☐ Other

Gender: ☐ Male; ☐ Female

National Membership Dues: Includes subscription to *Heartbeat* magazine and one insignia pin for an individual or two pins for a family membership (must reside in same household). Select type of membership and include chapter dues (unless you wish to become a member-at-large). National dues are tax deductible less \$10.00; Chapter and Lifetime dues are 100% tax deductible.

In United States national member-at-large dues

Individual	\$ 20.00	<input type="checkbox"/>
Family	\$ 30.00	<input type="checkbox"/>
Life -Individual Dues	\$150.00	<input type="checkbox"/>
Life-Family Dues	\$210.00	<input type="checkbox"/>

Dues Summary: National dues \$ _____
Chapter dues \$ _____
TOTAL \$ _____

Donation to national \$ _____

Donation to chapter \$ _____ To chapter # _____ Chapter Name: _____ City: _____ State: _____

Chapter dues (please customize)

Individual	\$ 5.00	<input type="checkbox"/>
Family	\$ 10.00	<input type="checkbox"/>
Life -Individual Dues (if applicable)	\$ _____	<input type="checkbox"/>
Life -Family Dues (if applicable)	\$ _____	<input type="checkbox"/>

I am joining as a non-heart patient: ☐ Physician ☐ RN

☐ Health Admin ☐ Other Interested Party ☐ Other _____

I would like to make a tax-deductible contribution of \$ _____

Please send payment with enrollment form to MH Chapter #16 Treasurer.

Chapter 16 – Esther Tucker
Lynchburg General Hospital
1901 Tate Springs Road
Lynchburg Virginia 24501



Blue Ridge Mended Hearts Chapter #16
Lynchburg General Hospital
1901 Tate Springs Road
Lynchburg, VA 24501

October 2018

*Blue Ridge Chapter #16
of Mended Hearts, Inc.
expresses our apprecia-
tion for the generous
support of Centra in
providing printing costs
for this newsletter.*

“It’s Great to be Alive - and to Help Others!”

THE MENDED HEARTS, INC.

MISSION STATEMENT: Dedicated to inspiring hope, encouragement and support to heart disease patients and their families! We achieve this in the following manner:

- ◆ to visit, with physician approval, and to offer encouragement and support to heart disease patients and their families;
- ◆ to distribute information of specific educational value to members of the Mended Hearts, Inc. and to heart disease patients and their families;
- ◆ to establish and maintain a program of assistance to physicians, nurses, medical professionals and health care organizations in their work with heart disease patients and their families;
- ◆ to cooperate with other organizations in education and research activities pertaining to heart disease;
- ◆ to assist established heart disease rehabilitation programs for members and their families;
- ◆ to plan and conduct suitable programs of social and educational interest for members, and for heart disease patients and their families.