PRESIDENT’S COLUMN — Laurel Dodgion

Goodbye to March as we were able to celebrate almost every season during the past month here in Lynchburg. April is will have some of the most beautiful buddings that are seen in our area. It’s time to get ready for spring. I hope you are able to get out and do some cardiac walking on these beautiful days. We need to enjoy these warm spring days while we can as usually a hot humid summer is right around the corner. Easter is just about here, as well, and we can look forward to family gathering, cook-outs, the spring in the air, and the beauty of it all.

Dr. David Frantz presented a program on “Wound Care” on March 28 for our general meeting. Dr. Frantz is one of Chapter 16’s most beloved speakers. He proved that there is life after being a cardiologist as he continues to help patients treat wounds which seem to be inevitable as we age.

Our 30th Nancy Eggleston Anniversary Dinner will take place on Thursday, April 25, 2019 at 6:00pm at Eagle Eyrie. Eagle Eyrie is only 2.5 miles beyond Boonsboro Country Club and is an easy drive. This is an exciting Celebration for us. If you are planning to come, please call in your reservation by April 19th: Laurel at 434-610-6812 or Ruby Davis at 434-845-5245. That information is on the invitation you received in the mail.

It’s time for our bi-annual fundraiser. We’ll be selling $5.00 tickets for the “Belk Charity Day” from now until Saturday, May 4th. This is one of Belk’s biggest sales of the year with up to 70% off and great savings on other sales items. Get your tickets now. Help is always needed to sell tickets at Belk before the ‘big’ day. Belk Charity Day is the only fundraiser we will have this year. Deirdre Stevens is in charge of the Charity Day ticket sales this year and she would appreciate your help. If you need tickets please call 434-229-6937 or 540-586-5136.

I hope all of you have a great April and we hope to see you at our Anniversary Dinner.

It’s Great to be Alive~ and Help Others”. This is who we are. Hope to see you all there “

Laurel Dodgion, President

Jackie Carver — Program Chair

2019 Program Calendar

April 25, 2019 6:00 p.m. – 9:00 p.m. Eagle Eyrie — Nancy Eggleston 30th Anniversary Dinner

May 23, 2019 12:00 Noon to 2:00 p.m. Pearson Cancer Center — Stephanie Puckett, Pharmacist “Medicine and the Heart”

June, 2019 — No Meeting

July 27, 2019 Picnic: Noon to 2:30 p.m. Alliance Church - Rt. 211 Summer Social, Covered Dish

August, 2019 — No Meeting

September 26, 2019 12:00 Noon to 2:00 p.m. Pearson Cancer Center Dr. Richard Kuk “Electrical Issues in Heart Treatment”

October 24, 2019, 12:00 Noon to 2:00 p.m., Pearson Cancer Center — Sarah Harvey, NP “Lifestyle Changes for Better Health”

November 21, 2019 12:00 Noon to 2:00 p.m., Pearson Cancer Center - Dr. Peter O’Brien, “Doctor’s On Mission”

December 14 (Saturday), 2019, Luncheon Meeting: 12:00 p.m. - 3:00 p.m., Eagle Eyrie Christmas Social

Please Support our Chapter

Donations in Honor of / in Memory of a loved one; or a donation celebrating a birthday or surgery anniversary or marriage anniversary are gratefully accepted by Chapter #16. These donations help fund our philanthropic endeavors throughout the year. Please consider a donation to Mended Hearts Chapter #16. Thank you!

Inside this issue

- Cares and 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 Articles 6
- Recipes for Healthy Living 7
- Chapter #16 Leaders 8
- Pictures from General Meeting 9
- Visiting Schedule 10
- Member Enrollment Form 11
- Mission Statement 12

April 2019
Cares & Concerns: Judy and Wayne Toler, Co-Chairs

⇒ Judy Toler — Foot Surgery

What to do when the first responder turns out to be you

You see a crash on a dark road. You witness a co-worker injured in a machine accident. These are cases when the first responder isn’t wearing a uniform. The first responder is probably you. The first thing you may have to do is stop the bleeding. Heavy bleeding can drain out as much as 40 percent of the body’s blood in just 4 minutes, according to First Aid for Life. More than that is life threatening. So it is crucial to work quickly.

Here is what you must do:

⇒ Make sure you are safe first. Get out of the traffic lane. Turn off machinery. You have to be safe yourself to help the victim.

⇒ Locate the wound and call for help. Calling for help and starting treatment should be done simultaneously if possible. So, find the wound while calling 911. Never remove a foreign object from a wound. The object could be holding back bleeding.

⇒ Use the cleanest cloth you have to apply direct pressure to the wound. Don’t use a wad of material since it reduces pressure on the wound. There will be bleed-through, but don’t remove the cloth. Add another layer of cloth while you keep applying pressure. Never lift the cloth to see if the bleeding has stopped. The key is direct, constant pressure. Do that until emergency personnel arrive.

⇒ Especially in cases of dramatic injuries far from help, a tourniquet might be required. Choose a sturdy length of material at least 1.5 inches wide. Tie tight and knot about five inches above the wound. Get an object like a knife or stick and knot again around it. Twist to tighten. Leather belts might not work because they can’t be twisted tightly enough around the knife or stick (windlass). A shoelace may be too thin.

Editor’s Page — Dallas Scott

March is over. Spring has begun. It is time to get out into the sunshine and enjoy the cool weather before summer comes in full humid force. I hope everyone will be going to the 30th Anniversary Nancy Eggleston Dinner April 25 6:00 p.m. at Eagle Eyrie. This is a special event remembering the formation of Chapter #16 and celebrating those who have earned their rest after working hard for us. Easter is almost upon us. Make sure to take some time to see and enjoy nature’s beauty as the season turns. If you are walking outside, now is a great time to smell the flowers and to watch as new life graces our paths.

With the warming of the earth, dormant seeds will emerge to surprise and delight us with new growth. Reminding us each day that the cycle of life keeps turning.

Remember to call Deirdre Stevens at (434) 229-6937 (Cell) or (540) 586-5136 (Home) to volunteer to work the Belk Charity Days ticket sales during April. I work this event at least twice a year and enjoy each couple of hours talking to people about Mended Hearts.

I look forward to seeing you at the next General meeting.

Please send all comments to dallas.t.scott.va@gmail.com or call me at (434) 610-4314.

Dallas Scott, Editor
Accredited Visitor

Copied from Pagesmag.com

"It's my Easter three bean salad, daddy. Lima, kidney and jellybeans."
ESTHER TUCKER — DONATIONS & GIFTS

DONATIONS MADE TO CHAPTER #16

DONATIONS:
Kenneth and Candace Hunsberger
Dr. Michael Overfelt - Advanced Foot Center
CENTRA Health
Frances Scott

Surgery Anniversary:
None

In Memory of:
None

In Honor of:
None

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 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.

March is now in the books. We have set a lower mark compared to January but higher than February. You have still made a difference in 108 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

2019 General Meeting Greeters

<table>
<thead>
<tr>
<th>Date</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>4/25/19</td>
<td>Kim Owen</td>
</tr>
<tr>
<td>5/23/19</td>
<td>Judy Toler / Betty Skoldal</td>
</tr>
<tr>
<td>7/27/19</td>
<td>Dave Blackburn</td>
</tr>
<tr>
<td>9/26/19</td>
<td>Mary Margret Craig</td>
</tr>
<tr>
<td>10/24/19</td>
<td>Jean Blankenship</td>
</tr>
<tr>
<td>11/21/19</td>
<td>????????</td>
</tr>
<tr>
<td>12/14/19</td>
<td>Christmas Social</td>
</tr>
</tbody>
</table>

What is the difference between a crazy bunny and a counterfeit banknote? One is bad money and the other is a mad bunny.

What are four hundred rabbits doing hopping backwards? They are forming a receding hare line.

Q: How is the Easter Bunny like Shaquille O’Neal?
A: They’re both famous for stuffing baskets.
April Birthdays
Frank Austin
Nancy Blackburn
Jackie Carver
Shandra Rowe
Fred Mayer
Esther Tucker

April Surgery Anniversaries
Doug Morcom  1993
Judy Toler  2013

2019 MID-ATLANTIC REGIONAL MEETING
WHEN: Saturday, April 27, 2019
WHERE: Inova Fairfax Medical Campus
Physician’s Conference Center
3300 Gallows Road
Annandale, VA 22003
WHAT: An informative learning session for patients, families, and professionals affected by Heart Disease.

If you are interested in going to this event, please contact President Laurel Dodgion at 434-610-68112.

Mended Hearts Blue Ridge Chapter #16 Visitor Accreditation / Reaccreditation Training
Blue Ridge Chapter #16 is holding its Accreditation / Re-Accreditation training for 2019 at the Pearson Cancer Center on Saturday March 30 from 9:00 AM to 12:00 Noon.

All Chapter 16 members who are cardio-vascular patients are invited to the training. Visiting is performed by Cardio patients in the hospital, face to face, phone and email.

If you have any interest in visiting come to a training session to better understand the visit process. It is very rewarding for patient and visitor.

Dan Cousins  (434-352-9778)  Leave a message if no answer. Please!

How old is that tree? Find out without cutting
Did that grand white oak tree in the woods live through the Civil War? That would be 159 years ago. A white oak can live up to 300 years. So it’s possible. We can calculate the age of the white oak if we know its circumference and growth factor. The circumference of a white oak has to be 100 feet for it to be 159 years old. But that is only for a white oak. Other trees grow at different rates.

Here’s how to do the tree age math: Using a tape measure, find the circumference of the tree (starting four feet off the ground). Divide the circumference by 3.14 (pi) to find the diameter. Now multiply the growth factor by the diameter.

Here are growth factor rates for some common trees:
2.0: Aspen, Cottonwood
3.0: Silver Maple, Pin Oak, Linden
3.5: River Birch
4.0: American Elm, Green Ash, Red Oak
4.5: Black Walnut, Red Maple
5.0: Sugar Maple, White Birch, White Oak, Black Cherry
7.0: Dogwood, Ironwood, Redbud

In the case of the white oak, the circumference was 100 feet divided by 3.14 (pi). That equals 31.84. Now, multiply by the growth factor of 5. You come up with 159.23 years old. It was a small tree when the North and the South fought the Civil War. And it lived through the emergence of cars, planes, power lines, and greatly expanded farming.

Math thanks to Hunker.com

Copied from pagesmag.com

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 your gifts well.
Board Meeting Happenings: February 2019

The Blue Ridge Mended Hearts Chapter #16 Board of Directors Meeting was called to order by President Laurel Dodgion. The February 28, 2019 Board of Director meeting minutes were approved.

The Treasurer’s Report for February was Approved.

Vice President Dave Blackburn reported that he had scheduled one Health Fair visitation for April 22 at Altavista.

Visiting Chair Dan Cousins announced the Re-accreditation Training will continue Saturday March 30 from 9:00 a.m. to 12:00 Noon at the Pearson Cancer Center Conference Room.

Jackie Carver, Program Chair, announced the date for the Nancy Eggleston 30th Anniversary Dinner has been changed to April 25, 2019 at Eagle Eye at 6:00 P.M.

Judy Toler reported no Cares and Concerns this month.

Historian Betty Skoldal announced that the 30th Anniversary Book is published. Each person at the event will get a History Book.

Don’t forget to make donations for your Birthday and Surgery Anniversary dates to help supplement to general fund.

General Meeting Continued

Deep wounds: pack it with gauze or use a wound vac (pack with foam and attach a vacuum hose to suck the drainage out)

Foam types:
* Black (reticulated)
* White (polyvinylalcohol)
* And think grey foam

Topical: Lotions, Antibiotics, etc. Refrain from Triple Antibiotic and Neosporin due to allergic reaction; also use silver impregnated topical

Apligraf: living tissue

Wound care must be cost efficient.

Fancy beds, mattresses, shoes, etc. to help get pressure off the wound(s).

Pressure ulcers (bed sores) $1.6 billion problem!! Score using a Braden Score: pressure, shear, friction, moisture, and immobility; prevention is cost effective: once it starts, much harder to treat.

Hyperbaric oxygen (have four here): Get oxygen into the blood to help fight infection; give 100% O2; some off labels: athletes, autistic children, cerebral palsy; Two types: multi-place chamber (Duke, University of Maryland) vs. monochamber.

Q/A:
- chance of wound turning to Cancer very rare unless it was already a wound
- People not going into the O2 chamber: very obese patients (claustrophobia), can’t pop their ears and regulate the pressure so may put ear tubes in, seizure history, severe lung problems (emphysma), unhealthy cardiovascular patients.
- no negative to getting too much O2 due to being a short time (no toxicity)
- Nerve injury can occur after a motor vehicle accident
- Keloids hereditary (often African Americans).
- If wounds reach to bone, the healing process is even harder.

March 2019 General Membership Meeting

The General Membership Meeting was called to order by President Laurel Dodgion with 27 Members and 4 Visitors present. Jackie Carver, Program Chair introduced Dr. David Frantz who spoke on the Wound Care and Hyperbaric Medicine.

Wound classification: Acute- traumatic, surgical, ischemic (lack of blood flow), and burns

VS Chronic

Traumatic wounds: Acute injury, Repetitive injury (at risk groups>neuropathies), diabetic, idiosyncratic, and cord injuries/congenital

Chronic wounds: Concept of ‘stalled wound’ usually in the inflammatory stage ‘Orderly sequence of physiologic events’

1. Hemostasis phase: vasoconstriction, platelets (platelet derived growth factors)
2. Inflammatory phase: ‘lag period’ of wound healing (4-6 days)
3. Proliferation phase (longest period usually) several weeks
4. Maturation phase: 21 days to years, collagen synthesis and tensile strength

Good wound healing: healthy beefy red tissue and covering over time

Bad wound healing: necrotic tissue, very little granulation tissue

Barriers to wound healing:
- Diabetes mellitus
- PAD (peripheral artery disease)
- Chronic venous insufficiency
- Infection
- Advanced age
- Malnutrition
- Smoking
- Immunosuppressed patients

Extremely important to take care of oneself

Smoking: early data suggests e-cigarettes risk for heart disease

Malnutrition: low protein, vitamins aren’t a fix for not eating right

Wound bed preparation

TIME:
T: Tissue non-viable or deficient, remove dead tissue or debridement (whether by the body or surgically or medication (Like Santyl) or mechanical

No more use of whirlpool therapy

I: Infection or Inflammation, germs are smart and interfere to prevent the body from fighting the infection

M: Moisture imbalance, If the wound is dry… wet it, if wet… absorb it, … shallow… cover it, … deep… fill it

E: Edge of wound not advancing

Wound assessment: changes and must be checked frequently and change the plan as needed

Dakins: bleach and acetic acid: vinegar used sometimes at the beginning and should not be used all the time (also hydrogen peroxide)

Dry wound: use treatment to moisturize the wound: like Xerofoam (3% Bismuth)

Wet wounds: gauze, absorptive dressings (hydrocolloids to foam), calcium alginate (made from seaweed), hydrogel.

Thanks to Ka Lee for her notes.
“For as he thinks in his heart, so is he,” said the wise man King Solomon in the book of Proverbs. You are what you think. So what do you think about hour by hour, day by day?

“Whatsoever things are TRUE, whatsoever things are HONEST, whatsoever things are JUST, whatsoever things are PURE, whatsoever things are LOVELY, whatsoever things are of GOOD REPORT; if there be any VIRTUE, and if there be any PRAISE, THINK on these things.” (Philippians 4:8) How could the Bible be plainer than that! THINK ON THESE THINGS.

If you think happy thoughts you will be a happy person. It is as simple as that. You will be younger than springtime. Your thoughts will show on your face. Other people will see the peace and happiness in your eyes. You cannot hide joy. It radiates throughout your entire being. You will walk with a lighter step.

A happy person lives long. Your laughter will spread to others.

People will want to be around you because you uplift them.

“Beloved, think it not strange concerning the fiery trial which is to try you, as though some strange thing happened unto you:

“But rejoice, inasmuch as ye are partakers of Christ’s sufferings; that, when his glory shall be revealed, ye may be glad also with exceeding joy.” I Peter 4:12,13.

Just because you think happy thoughts throughout the day does not mean that you will never have any troubles or trials. It just means that you will be better able to cope with your trials.

You will realize that in your trial you have become a partaker of Christ’s suffering. “Put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfill the lusts thereof.” Romans 13; 14.

You are important. You did not just come here by chance. You are no accident. In fact, God says that “Before I formed thee in the belly I knew thee; and before thou came forth out of the womb I sanctified thee.” Jeremiah 1:5 God knows you thoroughly.

He loves you completely and puts joy in your heart as you follow Him. You can do all things through Christ who strengthens you.

You came to me from out of nowhere You took my heart and found it free Wonderful dreams, wonderful schemes from nowhere Made every hour sweet as a flower to me

And if you should go back to your nowhere Leaving me with a memory I’ll always wait for your return out of nowhere Hoping you’ll bring your love to me

When I least expected, kindly faith directed You to make each dream of mine come true And if it’s clear or raining, there is no explaining Things just happened and so did you

You came to me from out of nowhere You took my heart and you found it free Wonderful dreams, wonderful schemes from nowhere Made every hour sweet as a flower to me

And if you should go back to your nowhere Leaving me with, with my memory I’ll always wait for your return out of nowhere Hoping you’ll bring your love to me

Music by Johnny Green; Lyrics by Edward Heyman Sung by Bing Crosby 1931; Ella Fitzgerald 1939 Lena Horne 1941

You may listen to these great artists on YouTube.com.

Contributed by Carollyn Lee Peerman

I believe in Christianity as I believe that the sun has risen: not only because I see it, but because by it I see everything else. - C.S. Lewis

Our Lord has written the promise of resurrection, not in books alone but in every leaf of springtime. - Martin Luther

It’s never too late to become who you want to be. I hope you live a life that you’re proud of, and if you find that you’re not, I hope you have the strength to start over. - F. Scott Fitzgerald

There will come a time when you believe everything is finished; that will be the beginning. - Louis L’Amour

Copied from pagesmag.com
Beet Pickled Devilish Eggs perk up the Easter brunch

Eggs are a traditional symbol of Easter and they are just as likely to be found hidden outside under a tree as they are on the table at an Easter brunch. According to the History channel, Easter eggs can be traced back in Christian tradition to the 13th century and are thought to represent Jesus’ resurrection and emergence from the tomb. Other historians suggest that because they were a forbidden food during Lent, the people would decorate them to eat on Easter in celebration of the end of the fasting period.

This recipe for deviled eggs from Food Republic uses beet juice to provide an extra level of flavor and color to the whites, helping them resemble Easter eggs. Once finished, these eggs will taste just as good as they look!

Ingredients:
- 2 serrano peppers, divided
- 3 cups water
- 1 cup white vinegar
- 1.5 cups sugar
- 2 small beets, peeled and sliced
- 3 cloves garlic, crushed
- 3 bay leaves
- 2 tablespoons whole black peppercorns
- 1 tablespoon kosher salt
- 12 large hard-boiled eggs, peeled
- 2 tablespoons mayonnaise
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon Dijon-style mustard
- 1 tablespoon Sriracha sauce
- Mild curry powder or smoked paprika for garnish, optional

Directions:
1. Halve one of the serrano peppers lengthwise, keeping the seeds. Place the pepper in a large saucepan and add the water, vinegar, beets, sugar, garlic, peppercorns, salt, and bay leaves. Bring the mixture to a boil over high heat, then reduce to low. Simmer until the beets are tender, about 20 minutes. Remove the saucepan from the heat and let cool to room temperature.

2. Carefully add the eggs to the beet liquid and refrigerate for at least six hours. Take them out of the liquid and let them dry completely.

3. Cut the dried eggs into halves lengthwise and remove all of the yolks.

4. Place the yolks into a mixing bowl and arrange the whites on a serving platter. Add the mayonnaise, olive oil, Sriracha, and mustard to the yolk, mixing and mashing thoroughly. Then, fill the egg whites with the mixture. Slice the last pepper into rounds and use one to top each deviled egg. Sprinkle with paprika, smoked paprika, or curry powder, if desired.

Are you accountable for safety?

How you behave has an affect on whether a job is safe, according to one CEO writing in OHSonline.com. Brian Fielkow, CEO of Jetco Delivery, Inc., says both company and employee are accountable for safety.

An accountable employee:
- Admits fault.
- Knows the safe way and does it.
- Actively seeks to understand a task.

Companies are accountable when they:
- Don’t accept excuses for unsafe work.
- Make processes and expectations clear.
- Make reasonable demands with core safety values in mind.

Copied from pagesmag.com
Blue Ridge Mended Hearts Chapter #16

Visiting Program Chair: Dan Cousins

Visiting Committee:

- Visiting Assignments: Dan Cousins
- Patient Packs: Visitors
- Follow Up Telephone Calls: Visitors
- Training: Dan Cousins
- Data Collector: Dan Cousins

Ad Hoc Committees:

- Ad Hoc Committees:
  - Anniversary Dinner: Ruby Davis
  - Bylaws: Betty Drinkard
  - Celebrations & Concerns: Judy & Wayne Toler
  - Finance: Fred Mayer
  - Health Fairs: Dave Blackburn
  - Hearts of Fame Awards: Dave Blackburn
  - Historian: Betty Skoldal
  - Hospitality: Ruby and Nelson Davis
  - Membership: Dan Cousins
  - Newsletter: Dallas Scott
  - Nominating: Betty Skoldal
  - Photographer: Carolyn Lee Peerman
  - Program: Jackie Carver
  - Publicity: Betty Drinkard
  - Socials: Jean Blankenship
  - Speakers Bureau: Betty Drinkard
  - Visiting Chair: Dan Cousins

Chapter #16 Leaders

- President: Laurel Dodgion 434-610-6812
- Vice President: Dave Blackburn 434-525-0528
- 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 434-525-0528
- Cardiac Staff Advisor: Cindi Cole 434-200-6701
- Staff Editorial Advisor: Michelle Adams 434-200-7062
- Immediate Past Pres: Betty Drinkard 434-525-2852
- Newsletter Editor: Dallas Scott 434-610-4314
- Volunteer Liaison: Betsy Howard
- Director of Volunteer Services — LGH & VBH: 434-200-4696

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
  wmcar1939@gmail.com

- Mid-Atlantic Asst RD: Bill Voester 704-310-8354
  mendedheartsbill@gmail.com

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

Advisory Board Members:

- Dr. Kenneth Saum, Cardiology Surgeon
- Dr. Mark Townsend, Pediatric Cardiologist
- Betsy Howard, Volunteer Office Liaison
- Curt Baker, VP Cardiovascular Dept. LGH
- Laurel Dodgion, President
- Dave Blackburn, Vice President
- Esther Tucker, Secretary
- Fred Mayer, Treasurer
- Carol Bryant, President’s Advisor & Past President
- Jean Blankenship, Socials Co-Chair
- Jack Hamilton, Past President
- Betty Skoldal, Past President
- Betty Drinkard, Bylaws & Immediate Past President

Chapter #16 Leaders

- President: Laurel Dodgion 434-610-6812
- Vice President: Dave Blackburn 434-525-0528
- 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 434-525-0528
- Cardiac Staff Advisor: Cindi Cole 434-200-6701
- Staff Editorial Advisor: Michelle Adams 434-200-7062
- Immediate Past Pres: Betty Drinkard 434-525-2852
- Newsletter Editor: Dallas Scott 434-610-4314
- Volunteer Liaison: Betsy Howard
- Director of Volunteer Services — LGH & VBH: 434-200-4696

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
  wmcar1939@gmail.com

- Mid-Atlantic Asst RD: Bill Voester 704-310-8354
  mendedheartsbill@gmail.com

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

Advisory Board Members:

- Dr. Kenneth Saum, Cardiology Surgeon
- Dr. Mark Townsend, Pediatric Cardiologist
- Betsy Howard, Volunteer Office Liaison
- Curt Baker, VP Cardiovascular Dept. LGH
- Laurel Dodgion, President
- Dave Blackburn, Vice President
- Esther Tucker, Secretary
- Fred Mayer, Treasurer
- Carol Bryant, President’s Advisor & Past President
- Jean Blankenship, Socials Co-Chair
- Jack Hamilton, Past President
- Betty Skoldal, Past President
- Betty Drinkard, Bylaws & Immediate Past President
Pictures from the March General Membership Meeting

Mended Hearts Motto

“It’s Great to be Alive - and to Help Others!”
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Carver</td>
<td>1 HR &amp; All Scott</td>
<td>2 All Blackburn</td>
<td>3 HR &amp; All Dodgion</td>
<td>4 All Owens</td>
<td>5 All Owens</td>
<td>6</td>
</tr>
<tr>
<td>7 All Stevens</td>
<td>8 HR &amp; All Scott</td>
<td>9 All Krishnamoorthy</td>
<td>10 HR &amp; All Stinnette</td>
<td>11 All Stevens</td>
<td>12 All Stevens</td>
<td>13</td>
</tr>
<tr>
<td>14 All Carver</td>
<td>15 HR &amp; All Scott</td>
<td>16 All Blackburn</td>
<td>17 HR &amp; All Wright</td>
<td>18 All Owens</td>
<td>19 All Owens</td>
<td>20</td>
</tr>
<tr>
<td>21 All Carver</td>
<td>22 HR &amp; All Scott</td>
<td>23 All Blackburn</td>
<td>24 HR &amp; All Stinnette</td>
<td>25 All Owens</td>
<td>26 All Owens</td>
<td>27</td>
</tr>
<tr>
<td>28 All Carver</td>
<td>29 HR &amp; All Scott</td>
<td>30</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

MH Visiting Schedule
Laurel Dodgion
434-610-6812 & Dan Cousins
434-944-5898
**Member Information (please print or type)**

Name (Mr/Mrs/Ms) ____________________________________________

Address (line 1) ____________________________________________

Address (line 2) ____________________________________________

City/State/Zip ____________________________________________

Email address ____________________________________________

Family member (must reside at same address; please name):
(Mr/Mrs/Ms) ____________________________________________

Family Member Email ______________________________________

Chapter _______ Member-At-Large _______ Phone (______)

Altr Phone (______)

Retired: □ Yes □ No

Occupation ____________________________________________

Preferred Contact: □ Phone □ Email □ Mail

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 ________________________________________

☐ Angioplasty □ Heart attack □ Diabetes

☐ Atrial Septal Defect □ Pacemaker □ Valve Surgery

☐ Aneurysm □ Transplant □ Valve Transcath

☐ CAVG (Bypass) □ AFib arrhythmia □ ICD (Defibrillator)

☐ Stent □ Other arrhythmia □ 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

**Family member signature**

**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**

<table>
<thead>
<tr>
<th>Type</th>
<th>Dues</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual</td>
<td>$ 20.00</td>
</tr>
<tr>
<td>Family</td>
<td>$ 30.00</td>
</tr>
<tr>
<td>Life -Individual Dues</td>
<td>$150.00</td>
</tr>
<tr>
<td>Life-Family Dues</td>
<td>$210.00</td>
</tr>
</tbody>
</table>

**Dues Summary:**

<table>
<thead>
<tr>
<th>Type</th>
<th>Dues</th>
</tr>
</thead>
<tbody>
<tr>
<td>National dues</td>
<td>$ __________</td>
</tr>
<tr>
<td>Chapter dues</td>
<td>$ __________</td>
</tr>
<tr>
<td><strong>TOTAL $</strong></td>
<td>$ __________</td>
</tr>
</tbody>
</table>

Donation to national $ __________

Donation to chapter $ __________ To chapter #

**Chapter dues (please customize)**

<table>
<thead>
<tr>
<th>Type</th>
<th>Dues</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual</td>
<td>$ 5.00</td>
</tr>
<tr>
<td>Family</td>
<td>$ 10.00</td>
</tr>
<tr>
<td>Life -Individual Dues</td>
<td>$ ______</td>
</tr>
<tr>
<td>Life -Family Dues</td>
<td>$ ______</td>
</tr>
</tbody>
</table>

**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

MH2050C 2013

11
Blue Ridge Mended Hearts Chapter #16
Lynchburg General Hospital
1901 Tate Springs Road
Lynchburg, VA 24501

April 2019

Blue Ridge Chapter #16 of Mended Hearts, Inc. expresses our appreciation 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.