How perfect it was! The 28th Nancy Eggleston Anniversary Dinner and Hearts of Fame Awards! The committee responsible for this perfection — you know who you are — we thank you from the bottom of our hearts! We are still Number One: Well, as far as Chapter #16 is concerned! After all, we have set a record among 300-plus chapters. At the National Convention, we are always swamped with questions from other chapter members about the secret to our success. We always reply, "Work, Work, Work!" Speaking of which, eleven members from Chapter #16 will be going to the National Convention to represent you the week of July 3 — 7 in Nashville, Tennessee. I'm sure they will be asking about our Golf Tournament, and I'm sure we will reply, "A BIG Success!" So, please do a few things to make it a success like prizes from businesses, restaurant gift certificates, and donations (including yours), to name a few. Wouldn't it be great to have 100% participation? We are Chapter #16 and we are Number One and don't let anyone ever forget that!!

And last, thank you for honoring me at the Anniversary Dinner. I was so happy and thrilled to know that you love me — I love you more!

Heartfully,

Betty

May 2017

PASSING SCHOOL ZONE
TAKE IT SLOW
LET OUR LITTLE SHAVERS GROW
Burma Shave

Jean Blankenship — Program Chair

2017 Program Calendar

May 25, 2017, 1:00 p.m. - 3:00 p.m.
Pearson Cancer Center — Dr. David Truitt — Non-Invasive Procedures for Cardiac Patients

June — No Meeting

July 29, 2017, 12:00 — 2:30 pm, Summer Social Picnic, Alliance Church, Route 811, 1562 Thomas Jefferson Road

August — No Meeting

September 28, 2017, 1:00 — 3:00, Jesse Naples — EECP Pulsation Treatment for Stable Angina

If you want to read the newsletter and do not have or use a computer, ask a family member or friend to print it for you. If you have not given Chapter #16 your Email address, please send it to Dan Cousins at dpc637@gmail.com. This will save mailing cost and get you the newsletter earlier.

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

Centra link; www.centrachealth.com/mended-hearts-newsletters

Mended Hearts Link; https://mendedhearts.gnosishosting.net/Chapters/Resources/16

Cartoons and ‘posters’ by PAGES

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When life beats you down, dress up. Put on the finest clothes you’ve got and go out with an attitude that says, “Hello World, here I come.” A well dressed you is confident and ready to face the day. The way you dress has a tendency to affect your personality and how other people perceive you. Your clothes are a statement to the world as to what you think about yourself and how you would like to be treated. Your clothes proclaim loudly who you are. Make sure your clothes are shouting the message that you are a person of value worth taking the time to know.

“A man with a good coat upon his back meets with a better reception than he who has a bad one,” wrote Samuel Johnson in 1763. So put the best coat you have got upon your back and see how much better you are treated. Oscar Wilde put it this way: “With an evening coat and a white tie, anybody, even a stockbroker, can gain a reputation for being civilized.”

Be concerned about your dress but not overly concerned. “Let me be dressed fine as I will, flies, worms, and flowers, exceed me still,” wrote Isaac Watts in 1720. Doesn’t that sound familiar? Jesus said that Solomon in all of his glory was not arrayed as the lilies of the field. The lilies toil not; neither do they spin. The carefree lilies of the field are glorious in their beauty.

When you are down, dress up your thoughts by planting in your mind seeds of constructive power. After all, you will never be any better or higher than your best thoughts. Seeds of constructive power are thoughts that are true, honest, just, pure, lovely, virtuous, and of good report. Thoughts become what you do. Thoughts become what you are. Accentuating the positive and avoiding the negative attracts good things and positive people to you. Every good thought you think makes a contribution to the ultimate result of your life.

When you are down, dress up your bookshelves with the literature of the best minds throughout the ages. Libraries give you access to a wide range of books. “In books we have the choicest thoughts of the ablest men in their best dress,” wrote John Aiken. Books nourish your mind. Books teach you how to live and encourage you to do your own thinking. “Books are light-houses erected in the great sea of time,” said E. P. Whipple.

When you are down, dress up your environment with uplifting music. Let inspiring music wash away from your soul the dust of everyday life. Let music touch your heart. Listen to the true music of Nature—the song of the birds, the whisper of leaves, the ripple of waters upon a sandy shore, the wall of wind and sea. Music quickens time. “Music has charms to soothe a savage breast, to soften rocks, or bend a knotted oak,” wrote William Congreve, 1697.

Submitted by Carolyn Peerman
Donations made to Chapter #16:
- Surgery Anniversary donations
- 50/50
- Cookbooks
- New Members
- Golf Tournament
- Belk Charity Day
- Membership Dues
- Memorials

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.

Mended Hearts lost a special member in the month of April. Jeanne Clubb passed away. She and her husband, Tony, were very dedicated members. She was also very helpful and dedicated to her Church, Calvary Baptist, until her health interfered. I am sure she will be greatly missed by so many. Tony’s address is 1400 Enterprise Drive S336 Lynchburg VA 24502 if anyone feels led to send a card. One was sent from Chapter #16.

Also, Laurel Dodgion had shoulder surgery this past month and is in the process of Physical Therapy and not missing a beat for us. Thanks Laurel for all you do. Chapter #16’s HEART couldn’t beat without you. We love you!

April was a relatively light month for the Mended Hearts Visitors. You have made a difference in 117 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

2017 Greeters

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<tr>
<th>Date</th>
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<tr>
<td>5/25/17</td>
<td>Judy Saunders</td>
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<td>7/29/17</td>
<td>Picnic</td>
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<td>9/28/17</td>
<td>Jackie Carver</td>
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<tr>
<td>10/26/17</td>
<td>Vivian &amp; Jack Hamilton</td>
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<tr>
<td>11/16/17</td>
<td>Tony &amp; Esther Tucker</td>
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<tr>
<td>12/2/17</td>
<td>Christmas Party</td>
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Ernest Bowling is one of our members who needs our prayers. If anyone would like to send him a card to let him know you're thinking of him his address is:

348 Oak Grove Road
Dillwyn, VA 23936
ARLINGTON CEMETERY Jeopardy Question:

On Jeopardy the other night, the final question was

"How many steps does the guard take during his walk across the tomb of the Unknowns?"

All three contestants missed it!

This is really an awesome sight to watch if you’ve never had the chance. Fascinating. Tomb of the Unknown Soldier.

1. How many steps does the guard take during his walk across the tomb of the Unknowns and why?
   21 steps: It alludes to the twenty-one gun salute which is the highest honor given any military or foreign dignitary.

2. How long does he hesitate after his about face to begin his return walk and why?
   21 seconds for the same reason as answer number 1.

3. Why are his gloves wet?
   His gloves are moistened to prevent his losing his grip on the rifle.

4. Does he carry his rifle on the same shoulder all the time and, if not, why not?
   After his march across the path, he executes an about face and moves the rifle to the outside shoulder.

5. How often are the guards changed?
   Guards are changed every thirty minutes, twenty-four hours a day, 365 days a year.

6. What are the physical traits of the guard limited to?
   For a person to apply for guard duty at the tomb, he must be between 5'10" and 6'2" tall and his waist size cannot exceed 30.
   They must commit 2 years of life to guard the tomb, live in a barracks under the tomb, and cannot drink any alcohol on or off duty for the rest of their lives. They cannot swear in public for the rest of their lives and cannot disgrace the uniform or the tomb in any way.

   After two years, the guard is given a wreath pin that is worn on their lapel signifying they served as guard of the tomb. There are only 400 presently worn. The guard must obey these rules for the rest of their lives or give up the wreath pin.

   The shoes are specially made with very thick soles to keep the heat and cold from their feet. There are metal heel plates that extend to the top of the shoe in order to make the loud click as they come to a halt.

   There are no wrinkles, folds or lint on the uniform. Guards dress for duty in front of a full-length mirror. Every guard spends five hours a day getting his uniforms ready for guard duty.

Tomb of the Unknown Soldier (Continued)

The first six months of duty a guard cannot talk to anyone nor watch TV. All off duty time is spent studying the 175 notable people laid to rest in Arlington National Cemetery. A guard must memorize who they are and where they are interred. Among the notables are:

President Taft, Joe Lewis (the boxer), Medal of Honor winner Audie L. Murphy, the most decorated soldier of WWII and of Hollywood fame.

In 2003 as Hurricane Isabel was approaching Washington, DC, our US Senate/House took 2 days off with anticipation of the storm. On the ABC evening news, it was reported that because of the dangers from the hurricane, the military members assigned the duty of guarding the Tomb of the Unknown Soldier were given permission to suspend the assignment. They respectfully declined the offer, "No way, Sir!" Soaked to the skin, marching in the pelting rain of a tropical storm, they said that guarding the Tomb was not just an assignment, it was the highest honor that can be afforded to a service person. The tomb has been patrolled continuously, 24/7, since 1930.

We can be very proud of our men and women in the service no matter where they serve. God Bless and keep them.

Mended Hearts™ Prayer

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

We ask for health, that we may encourage others.

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

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

We ask for your blessings, Lord.

Visitation

Each time I visit newly Mended Hearts I feel so Blessed. I just visited a young man (42) and his wife and mother in law. He had by-pass surgery and was in my CCU room. How the memories flooded. Please pray for him he was in so much pain and has so far to go. He was on a roof when he had his heart attack. What a privilege to be a part of these people’s lives in their time of need. Thank God for his Grace. And thank each of our visitors for giving of their time to show patients and their family that there is life after heart surgery and giving them HOPE for better tomorrows.

Submitted by Judy Toler

Mended Hearts

It really may be that good for you. A study of nearly 21,000 adults published in the journal Heart found that those who ate the most chocolate (½ to 3 ½ ounces daily) had a 25 percent lower risk of dying from heart disease and were 23 percent less likely to have a stroke over an eleven year follow-up. Flavonoids in chocolate may improve blood vessel function, which can lower blood pressure and clotting. It’s high in calories, sugar, and saturated fat, though. Dark chocolate has more flavonoids and less sugar than milk chocolate.

CHOCOLATE

THIS AND THAT

We ask for faith, that we may give hope to others.
BOARD Meeting happenings: April 2017

There was no board meeting in April while preparing for the Anniversary Dinner and Golf Tournament.

The Golf Tournament Committee meeting will take place at Pearson Cancer Center on May 15, 2017 at 12:30 p.m. in the 1st Floor Conference Room.

The next board meeting will be held on May 25, 2017 at 11:00 at Pearson Cancer Center with the regular meeting to follow 1:00 — 3:00. Dr. David Truitt will be speaking on “Non-invasive Procedures.”

The Wrap-up Golf Tournament Committee meeting will be held following the regular meeting on May 25.

28th Nancy Eggleston Memorial Anniversary Celebration

April 27, 2017, the 28th Nancy Eggleston Memorial Chapter #16 Anniversary Celebration was held at Eagle Eyrie Conference Center. President Betty Drinkard presented the opening remarks and introduced the Master of Ceremonies Reverend Doctor Tom Bryant. Tom is well known by Chapter #16 members as the son of Past President Lawrence “Rita” Bryant and Past President Carol Bryant. Rev. Dr. Tom did his normal wonderful job keeping the evening flowing smoothly. The invocation was presented by Pastor Dave Blackburn.

Dinner was prepared by the staff at Eagle Eyrie. It included a salad, vegetable medley, broccoli, mashed potatoes and brown gravy, ham, roast beef and fried chicken, biscuits and all the fixings. Dessert included a selection of wonderful pies with iced tea, water and coffee. No one went home hungry!

Past President Lawrence “Rita” Bryant presented a brief history of the Hearts of Fame and Spirit Awards. The Hearts of Fame Award has three categories of recipients. Professional honorees, Membership honorees and Spirit honorees are selected by the committee headed by First Vice President Laurel Dodgion.

Anniversary Celebration (Continued)

The 2017 Professional Honoree is Betsy Mudie, Director of Volunteer Services for Centra Lynchburg General and Virginia Baptist Hospitals in Lynchburg, VA. She has been in Volunteer Services for 10 years. She also oversees The Dawson Inn, a Centra hospitality house serving patients, families & visitors while receiving treatment at a Centra facility. Betsy has served as the liaison between Centra and Chapter #16 for 5 years.

The 2017 Membership Honorees are Ruby and Nelson Davis. Ruby serves as the Hospitality Chair and Nelson serves as the Assistant Treasurer for Chapter #16. They both work very hard to keep us fed and happy at our meetings. They have been in Chapter #16 for six years.

The 2017 Spirit Award Honoree is President Betty Drinkard. Betty is a Past Vice President, chaired the By-Laws and Rules Committee, Chaired the Speakers Bureau, is currently the Publicity Committee Chair and chairs the Mended Hearts Tye Cobb Drinkard Memorial Golf Tournament. She is in her third year as President of Chapter #16. President Betty embodies the Esprit-de-corps of Chapter #16 and is a most deserving recipient of this award.

Reverend Jack and Vivian Hamilton presented a Memorial Service for our departed members: Nancy Eggleston, Calvin Mason, Tom Messier and Jeanine Cobb. May they rest in peace.

Master of Ceremonies Rev. Dr. Tom Bryant introduced the 2017 Blue Ridge Mended Hearts Chapter #16 Officers.

President: ......................... Betty Drinkard
1st Vice President .................. Laurel Dodgion
2nd Vice President ............... David Blackburn
Secretary ..................... Esther Tucker
Treasurer .................... Debbie Sipes
Assistant Treasurer .......... Nelson Davis

Special THANKS to all who helped with planning the Anniversary Dinner and “Hearts of Fame” Awards. You did a wonderful job!

Our deepest gratitude to Centra Health, Mended Hearts, Inc., Lynchburg Cardiothoracic Surgery, Inc., and Cardiovascular Associates of Central Virginia for their deep commitment to and support of our chapter’s mission work.
Plant foods can provide protein

Protein is essential for a healthy body and mind, but it doesn't have to come exclusively from meat, poultry or fish. Your bones and muscles depend on sufficient protein to stay healthy, according to the Iris Canter Women's Health Center newsletter. Many plant foods are good sources of protein, including beans, grains, nuts and seeds.

To calculate your protein needs, multiply .36 grams by your weight. Very active people may need .45 or .55 grams per pound to support muscle growth.

A good rule is to make sure 10 to 35 percent of daily calories are from protein. Among the best sources of plant-based proteins are beans. Just a half cup of white, black, kidney or chickpeas give you 8-9 grams of protein. Lentils offer a full 9 grams per half cup.

Seeds and nuts are also very reliable sources. Peanuts, almonds, pistachios offer 6-7 grams per ounce. Pumpkin seeds give 8 grams per ounce and sunflower seeds give 5 grams per ounce.

Two tablespoons of peanut butter give you 8 grams of protein.

A good idea is to combine plant sources with small doses of poultry, eggs and grains.

The Women's Health Advisor recommends this menu to satisfy protein needs:

- 2 eggs.
- 3 ounces of chicken breast.
- 1/2 cup wild rice.
- 1 ounce of almonds or peanuts.

Another menu:

- 6 ounces Greek yogurt.
- 2 tablespoons peanut butter.
- 1/2 cup beans
- 1/2 cup pasta, whole wheat
- 1/2 cup tofu.

What I Know: Keep Those Blue Skies Smiling At You

"Happiness is the full use of your powers along lines of excellence," noted John F. Kennedy. Are you happy? True happiness comes from the joy of deeds well done, the zest of creating things new. Who could ever forget former President John Kennedy and his obvious zest and wit in handling a press conference? He was enjoying himself at the peak of his powers. He relished the opportunity to be president.

"Happiness is an expression of the soul in considered actions," wrote Aristotle. Daphne du Maurier put it this way: "Happiness is not a possession to be prized, it is a quality of thought, a state of mind." Let your interests in this life be as wide as possible. By all means find enjoyment in the friendship and conversation of a few selected companions. Helen Keller said, "Happiness is attained through fidelity to a worthy purpose." Storm Johnson said, "Happiness comes of the capacity to feel deeply, to enjoy simply, to think freely, to risk life, to be needed."

"The first recipe for happiness is: Avoid too lengthy meditations on the past," advised Andre Maurois. In other words, live intensely in the present by refraining from comparing this moment with other moments in the past. Why spend your time seeing the past as better than it was, the present worse than it is, and the future less resolved than it will be? Be here now. By concentrating all of your powers on this present moment, you will be ready for the next moment when it comes along. "The foolish man seeks happiness in the distance, the wise grows it under his feet," noted James Oppenheim. Are you wise enough to grow happiness under your feet? Why are you looking so long at a closed door that you neglect to see the one that has been opened before you?

"To show a child what once delighted you, to find the child’s delight added to your own, this is happiness," noted J.B. Priestly. A child lives for the moment. Strive to bring your childlike delight and enthusiasm with you as to travel the road to maturity. "If you want to be happy, be," said Alexei Tolstoy.

Abraham Lincoln added this thought: “People are just about as happy as they make up their minds to be.”

"Happy people are those who are producing something," said William R. Inge. What are you contributing? The surest way to happiness is to lose yourself in a cause greater than yourself. A deeply rooted happiness needs no outward stimulus. It is found in the practice of virtues. It is the perfume that you cannot pour on others without getting a few drops on yourself. Dear Readers, talk your happiness and keep those blue skies smiling on you.

Submitted by Carollyn Lee Peerman.
Recipes for Healthy Living
Very Low-Carb Meringue Cookies

Ingredients:
4 egg whites, room temperature
6 tablespoons powdered erythritol sweetener (Brand name: Swerve)
1/2 teaspoon vanilla extract
1/4 teaspoon cream of tartar
1/8 teaspoon salt

Instructions:
Line two cookie sheets with parchment paper.
Position one oven rack in middle. Put another on highest position.
Preheat oven to 250 degrees.

Use glass or metal bowl to combine egg whites, sweetener, vanilla, cream of tartar and salt. Beat on medium high until semi-stiff peaks form and mixture becomes glossy but don't beat until stiff.

Spoon onto cookie sheets. Bake for 18-20 minutes until crisp and tips begin to brown.

Turn off oven and let meringues rest inside for two hours or longer. Peel off parchment.

Total carbs are negligible.

Power of the Proof Reader

In a London department store:
BARGAIN BASEMENT UPSTAIRS...

Notice in health food shop window:
CLOSED DUE TO ILLNESS...

Outside a second-hand shop:
WE EXCHANGE ANYTHING - BICYCLES, WASHING MACHINES, ETC. WHY NOT BRING YOUR WIFE ALONG AND GET A WONDERFUL BARGAIN?

In an office:
WOULD THE PERSON WHO TOOK THE STEP LADDER YESTERDAY PLEASE BRING IT BACK OR FURTHER STEPS WILL BE TAKEN.

Chapter #16 provides $5,000 per year to the Jamerson Healthy Living Center for scholarships to those heart patients who's insurance has run out before they complete their time of prescribed rehab.

The following is a 'thank you' note sent to us:

"Thank you so much for making it possible to exercise at the Jamerson Y.M.C.A. through your scholarship program. I wouldn't be where I am today if it hadn't been for Mended Hearts!"
Blue Ridge Mended Hearts Chapter #16

Visiting Program Chairman: Dan Cousins

Your Visiting Committee:
Visiting Assignments: Laurel Dodgion
Patient packs & bags: Lawrence Shepley
Follow up Telephone Calls: Committee
Training: Members
Data Collectors: Dan Cousins

Ad Hoc Committees:

Standing Committees:
Nominating — Rev. Jack Hamilton, Past President
Membership — Laurel Dodgion
Celebrations & Concerns — Judy & Wayne Toler
Photographer — Carolyn Peerman
Publicity & By-Laws — Betty Drinkard
Program — Jean Blankenship
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 — Debbie Sipes
Golf Committee Chair — Betty Drinkard
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
Debbie Sipes, Treasurer
Carol Bryant, President’s Advisor & Past President
Jean Blankenship, Program Chair
Dave Blackburn, Health Fairs
Jack Hamilton, Past President, Nominating Chair

Chapter #16 Leaders

President: Betty Drinkard 434 525-2852
1st Vice President: Laurel Dodgion 434 525-0475
2nd Vice President: Dave Blackburn 434 237-6581
Secretary: Esther Tucker 434 239-4587
Treasurer: Debbie Sipes 434 546-0808
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 Tinnell 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
Chad Hoyt, M.D. 434 200-5252
Curt Baker, Centra V.P. 434 200-4696

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

National Mended Hearts
National President: Donette Smith
www.mendedhearts.org

Mid-Atlantic Regional Dir: Gerald H. Kemp
Ghkemp jr@hotmail.com 803 684-9512

Mid-Atlantic Asst. RD: Bill Voerster
bvoerster@yahoo.com 704 310-8354

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

Memorial Day, May 29

Indianapolis 500
Photos by Carolyn Lee Peerman.
<table>
<thead>
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<th>Monday</th>
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<tr>
<td>All Cousins</td>
<td>HR &amp; All Scott</td>
<td>All Carver</td>
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<td>Happy Mother’s Day</td>
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MH Visiting Schedule
Laurel Dodgion
434-610-6912 & Dan Cousins
434-944-5998
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): 
(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 ________________________________
☐ Angioplasty ☐ Heart attack ☐ Diabetes
☐ Atrial Septal Defect ☐ Pacemaker ☐ Valve Surgery
☐ Aneurysm ☐ Transplant ☐ Valve Transcath
☐ CABG (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

Optional info: Date of birth ____________ Please check below:
Race: ☐ Caucasian; ☐ Black; ☐ Asian; ☐ Am. Indian; ☐ Other
Gender: ☐ Male; ☐ Female

Patient signature

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 ☐
- Family $ 30.00 ☐
- Life - Individual Dues $150.00 ☐
- Life-Family Dues $210.00 ☐

Dues Summary: National dues $ __________  Chapter dues $ __________

TOTAL $ __________

Donation to national $ ________  To chapter # ________  Chapter Name: ________  City ________  State ________

Please send payment with enrollment form to MHI chapter Treasurer. For member-at-large, send to:

The Mended Hearts, Inc.
National Office, 8150 N. Central Expressway, M224B
Dallas, TX 75206

Chapter 16 - Debbie Slipes
Lynchburg General Hospital
1901 Tate Springs Road
Lynchburg Virginia 24501

MH2050© 2013
“It’s Great to be Alive - and to Help Others!”

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

- To plan and conduct suitable programs of social and educational interest for heart disease patients and their families.
- To assist established heart disease rehabilitation programs for members 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 distribute information of specific educational value to members of the Mended Hearts, Inc. and to heart disease patients and their families.
- To visit with physicians, approval, and to offer encouragement and support to heart disease patients and their families.

Blue Ridge Chapter #16 of Mended Hearts, Inc. expresses our appreciation for the generous support of Centra in providing mailing and printing costs for this newsletter.

April 2017