



# Mended Hearts™ of Whittier NEWSLETTER

May 2021



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 Mended Hearts of Whittier Chapter 351

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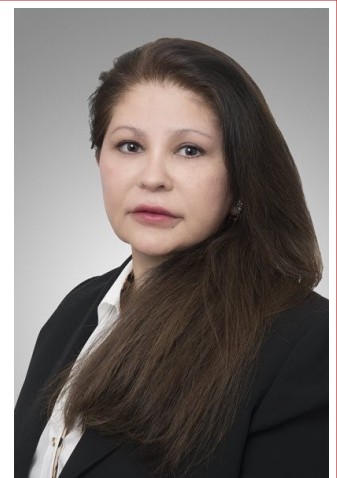
[MENDEDCHEARTS.ORG](http://MENDEDCHEARTS.ORG)

## Thoracic Surgery

is the topic for May

and our speaker is

**Mirna Tovalin, NP-C, RNFA**



## Mended Hearts' Zoom Meeting

May 19, 2021 06:00 PM Pacific Time (US and Canada)  
Support Group follows at 7 PM

Join Zoom Meeting

[https://us02web.zoom.us/j/86248480979?](https://us02web.zoom.us/j/86248480979?pwd=bHBubzF4TXljVlpKN0J6NUhKa1ZpZz09)  
[pwd=bHBubzF4TXljVlpKN0J6NUhKa1ZpZz09](https://us02web.zoom.us/j/86248480979?pwd=bHBubzF4TXljVlpKN0J6NUhKa1ZpZz09)

Meeting ID: 862 4848 0979      Passcode: 106400

One tap mobile

+16699009128,,86248480979#,,,,\*106400# US (San Jose)

Dial by your location

+1 669 900 9128 US (San Jose)

+1 253 215 8782 US (Tacoma)



Invite your family and friends to join this educational program.

Be sure to check your **SPAM**... some invites go there accidentally.

If you don't use internet, you can call in to join the meeting and ask someone to help you so you don't miss out on this topic!



Healthy recipes from Mayo Clinic Dieticians

**Balsamic Feta Chicken**

Number of servings: 6 & **Healthy carbs**

**Ingredients:**

- 6 chicken breasts, 4 ounces each
- 1/2 cup balsamic vinegar
- 2 tablespoons brown sugar
- 1 tablespoon olive oil
- 1 tablespoon paprika
- 1 teaspoon chopped fresh thyme
- 1/2 teaspoon kosher salt
- 1/4 teaspoon dry mustard
- 6 tablespoons crumbled feta cheese

**Directions:**

- Heat the oven to 375 F. Lightly coat a baking sheet or baking dish with cooking spray or olive oil.
- In a medium bowl, combine the chicken breasts, vinegar, brown sugar, oil, paprika, thyme, salt and mustard. Using tongs, coat the chicken. Marinate the chicken breasts for at least 20 minutes in the refrigerator.
- Place the marinated chicken breasts on the baking sheet and bake for 15 minutes or until chicken reaches an internal temperature of 165 F. Sprinkle each chicken breast with 1 tablespoon cheese and serve.



**Dietician's Tip:** To avoid overcooking the chicken, insert a meat thermometer through the thickest part of the breast. Cook chicken to 165 F.

**Nutritional analysis per serving:** 1 breast    Calories 279 - Total fat 15 g - Saturated fat 4 g - Trans fat 0 g - Monounsaturated fat 6 g - Cholesterol 79 mg - Sodium 337 mg - Total carbohydrate 9 g - Dietary fiber 1 g - Total sugars 8 g - Protein 25 g

**The Power of a Mother's Love**

For thousands of years, humanity has celebrated their mothers, from the ancient Greeks and Romans and before, all the way to today, when we set aside a special day to honor moms -- **Mother's Day, observed this year on May 9, 2021.**

Our modern Mother's Day celebration has deep roots and it is actually the love of a mother that for centuries has inspired celebration. **A mother's love has been thought powerful enough to stop wars.**

At least that is what Julia Ward Howell thought. She was a pacifist and writer in Boston who first suggested a Mother's Day in 1872, as a day dedicated to peace. She appealed to mothers: "Why do not the mothers of mankind interfere in these matters to prevent the waste of that human life of which they alone bear and know the cost?"

**The love of a mother has been thought strong enough reunite warring parties.**

During the Civil War, Ann Marie Reeves Jarvis (sometimes called Mother Jarvis) called women together to nurse soldiers on both sides of the conflict. After the war, she called together her mothering clubs to reconnect families and friends that were on different sides of the war between the states.

**A mother's love was thought to be essential for humanity.**

Mother Jarvis' daughter, Ana Jarvis, successfully campaigned for a national Mother's Day and Ana credited the idea to her mother, who said mothers should be honored for "the matchless service she renders to humanity in every field of life. She is entitled to it."

Ana Jarvis, who died in 1948 at the age of 84, successfully campaigned for a national Mother's Day and by 1911, nearly every state celebrated it. In 1914, the holiday was officially set at the second Sunday of May in the U.S.





### Skin Cancer Awareness Month: Learn to perform a self-check

**May is Skin Cancer Awareness Month**, and it's a great time to start or continue good skin health habits to protect yourself against skin cancer. According to the Skin Cancer Foundation, more than 9,500 people are diagnosed with skin cancer every day. This adds up to at least one in five Americans developing cancer by the age of 70.

**Skin cancer is the most commonly diagnosed cancer** in the U.S. More Americans are diagnosed with skin cancer each year than all other cancers combined.

**Prevention** - Sun protection is a great and easy way to reduce your risk of developing skin cancer. According to the American Academy of Dermatology (AAD), everyone should take the following steps to protect themselves from the sun's damaging rays:

- Seek shade when appropriate. The sun's rays are strongest between 10 a.m. and 2 p.m.
- Wear clothing with built-in sun protection, such as long-sleeved shirts, pants, hats and sunglasses. Look for clothing with a UPF label.
- Wear broad spectrum sunscreen of at least SPF 30 or higher, even on cloudy days. Most adults need about an ounce, enough to fill a shot glass. Reapply about every two hours.
- Never use tanning beds.
- Use extra caution near water, snow and sand.

**What to look for...**The AAD also encourages regular skin checks. Brigham Health Hub recommends self-skin checks using the **ABCDE** rule:

- A: Asymmetry (the two halves look different).
- B: Borders (irregular or poorly defined edges).
- C: Color (dark black or multiple colors).
- D: Diameter of greater than six millimeters, or about the size of a pencil eraser.
- E: Evolving size, shape or color.

If you see any suspicious spots, talk to your doctor right away. See a dermatologist regularly for preventative skin checks.

### Sunglasses protect the eyes !

Wear sunglasses in the summer -- that's the message from Prevent Blindness.

Exposure to UV rays can burn delicate eye tissue and raise the risk of developing cataracts and cancers of the eye. Protect your eyes from UV rays with sunglasses that block 99 percent to 100 percent of both types of ultraviolet rays: UV-A and UV-B. Sunglasses should also eliminate glare and relieve squinting. Be wary of labels that claim a product blocks harmful UV without specifying exactly what type and amount of UV rays they block.



**Business reimagined: Paint-by-number is back.** Paint-by-number kits were first developed in 1950 by an artist named Dan Robbins, who pitched the idea to his boss, Max S. Klein, owner of the Palmer Paint Company in Michigan, according to Segmation.com. Klein marketed and promoted them and the company sold 12 million kits by proclaiming that anyone could be an artist.

The kits were derided back then as kitschy art for the uncreative. But, in fact, at least 30 top-notch artists, including Robbins, worked on the original paintings on which paint-by-number (PBN) works were based. The paintings actually forged something of their own style since limited colors created a sort of blocky art. But today people collect the best specimens, some of which still lurk in garages and attics.

After a run of a couple decades, the old PBN mostly faded away, but today, it's back big and it has changed.

The technology has changed, for one thing. Today, you can get a photo of your grandkids changed into paint by number. Or a photo of anything. Interest in the craft has soared during lockdowns for COVID-19. Hundreds of new designs are available in all sorts of themes.







## Chapter #351 Board Members

**President** – Constance Evans  
Email – [hubauds@yahoo.com](mailto:hubauds@yahoo.com)  
Phone -951-316-1951

**Vice President** – Mike Sanchez  
Email - [msanchez00769@yahoo.com](mailto:msanchez00769@yahoo.com)  
Phone - (602)315-6373

**Secretary** – Open position

**Treasurer** – Marilyn Schirmer  
Email – [marilynmschirmer@aol.com](mailto:marilynmschirmer@aol.com)  
Phone - 562-301-2361

**Visiting Chairman** – Yolie Zaragoza  
Email - [yolie.zaragoza@gmail.com](mailto:yolie.zaragoza@gmail.com)  
Phone - 626-223-8323

**Membership Chair** - Open position

**Chief Editor** – Constance Evans

**Communications** – Eddie Rodriguez  
Email - [erod77711@gmail.com](mailto:erod77711@gmail.com)

**Public Relations** - Johnny Lemucchi  
Email - [jclemukchi@aol.com](mailto:jclemukchi@aol.com)

**Public Relations** - Mike Candelaria  
Email - [candem.101@gmail.com](mailto:candem.101@gmail.com)

**Social Secretary** - Vivian Rice

**Honorary Member** – David Temple

**Snack Coordinator** - Betty Hobbs

**Co-Hospital Liaison** – Teri Beyer  
Email – [Teri.Beyer@pihhealth.org](mailto:Teri.Beyer@pihhealth.org)

**Co-Hospital Liaison** – Lupe Morales  
Email – [Lupe.Morales@pihhealth.org](mailto:Lupe.Morales@pihhealth.org)

**PIH Downey Liaison** - Mayra Linares  
Email - [mayra.linares@pihhealth.org](mailto:mayra.linares@pihhealth.org)

**Mascot** - Makena



**Mended Hearts Mission**  
Our mission is dedicated to “Inspiring hope and improving the lives of heart patients and their families through ongoing peer-to-peer support!”

## Here’s what’s happening at Mended Hearts INTL...

### Annual Meeting & Officer Transition

All Mended Hearts members are invited to join us for our **2021 Annual Meeting on Monday evening, June 28th**. In addition to hearing about the progress MHI made in 2020, we'll also be welcoming and installing our new 2021-2023 MHI Board of Directors. Registration information can be found at [www.Mendedhearts.org](http://www.Mendedhearts.org).

### Awards Presentation

Join us as we announce and celebrate the volunteers, chapter, groups, hospitals and medical professionals who were nominated for MHI awards for their work in 2020. **The celebration, which begins at 7 PM ET (the time is 4 PM, PST) on Sunday, June 27th**, is sure to be a fun-filled and memorable event. Register at [www.Mendedhearts.org](http://www.Mendedhearts.org).

### MHI Leadership Training - June 2021

**All group and chapter leaders, please save the date for June 25th through June 28th**. We'll be holding our 2021 virtual leadership training and would like to invite any and all leaders who are interested in attending. Links to register for the various sessions will be on the website by the second week of May.

## The Mended Hearts, Inc. Reaches 70,000 Members

We are thrilled to announce that The Mended Hearts, Inc. now has over 70,000 members across the United States and around the world! Thank you to all the leaders and members who are spreading the word to their friends and family and helping us grow. This is an extra special number, given that this is our 70th Anniversary year. In honor of this special anniversary, MHI is holding a membership drive to help us grow even more. If your group or chapter signs up 21 new members before August 31st (doesn't include renewing members), it will be entered into a drawing for big cash prizes of \$500, \$1,000 and \$1,500. So tell your friends and family and have them sign up at:

**[www.Mendedhearts.org](http://www.Mendedhearts.org)**.

## MH & MLH YouTube Channels - Education Available Anytime

If you are a patient or caregiver looking for information on a particular topic, or a chapter officers looking for a video to play at a member meeting, you should stop by our Mended Hearts YouTube channel. We have a number of informative webinars that have been recorded and can be viewed for free. **Go to [www.Youtube.com](http://www.Youtube.com)** and enter Mended Hearts, or use the link below. You do not have to sign in or be a member of YouTube to view the videos.

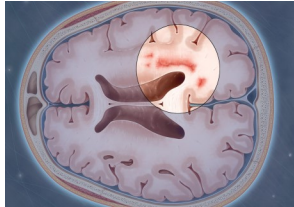
<https://www.youtube.com/channel/UC4IrrPqkTRqjxgibvbn5C-A/videos>



## Reasons You May Have Brain Fog - from WebMD

**What Is It?** “Brain fog” isn’t a medical condition. It’s a term used for certain symptoms that can affect your ability to think. You may feel confused or disorganized or find it hard to focus or put your thoughts into words.

**Pregnancy** - Many women find it’s harder to remember things during pregnancy. Carrying a baby can change your body in lots of ways, and chemicals released to protect and nourish your baby may bring on memory problems.



**Multiple Sclerosis (MS)** - This disease affects your central nervous system and can change the way your brain “talks” to the rest of your body. About half the people who have MS have issues with memory, attention, planning, or language. Learning and memory exercises can help, and a therapist can give you new ways to handle the tasks you have trouble with.

**Medication** - Some kinds of drugs -- over-the-counter and prescribed -- can cause brain fog. If you take medicine and notice that your thinking isn’t as clear as it should be or you suddenly can’t remember things, call your doctor. Be sure to let them know all the medications you take.

**Cancer and Cancer Treatment - Chemotherapy** -- a treatment for cancer that uses strong drugs -- can lead to what’s sometimes called “chemo brain.” You may have trouble remembering details like names or dates, have a hard time multi-tasking, or take longer to finish things. It usually goes away fairly quickly, but some people can be affected for a long time after treatment. Cancer itself can also cause “brain fog,” for instance, if the cancer has affected the brain.



**Menopause** - Women may find it harder to learn or remember things when they reach this stage of life. It happens about a year after their last period, usually around age 50. Along with brain fog, they also may have hot flashes -- sudden sweating with a higher heart rate and body temperature -- and other body changes. Hormone supplements and other types of medication may help.

**Chronic Fatigue Syndrome (CFS)** - With this condition, your body and mind are tired for a long time. You may feel confused, forgetful, and unable to focus. There’s no known cure for CFS, but medication, exercise, and talk therapy may help.



**Depression** - You may not remember things well or be able to think through problems easily. It’s hard to know if this is linked to the loss of energy and motivation that comes with depression, or if depression affects your brain in a way that causes the fog. Treatment for your depression, which includes medication and talk therapy, should help get you back on track.

**Sleep** - You need sleep to help your brain work the way it should, but too much can make you feel foggy, too. Aim for 7 to 9 hours. To get good rest at bedtime, you may want to avoid caffeine and alcohol after lunch and keep the computer and smartphone out of your bedroom. It also can help to get to bed and wake up at the same time every day.

**Lupus** - This long-term disease causes your immune system to attack your body, and the symptoms can be different in different cases. About half the people with lupus have problems with memory, confusion, or trouble concentrating. There’s no cure, but medication and talking with a therapist can help.



**Chapter Membership Report**

Our chapter has added seven new members so far this year! We need 23 more...how about you? It's free to join & great benefits!

**Chapter 351 Lifetime Members**

- Evans, Constance
- Heider, Daniel
- Hubaud, Lou
- Killian, Henry (family)
- Mgrdichian, Jon
- Pino, Louis & Madelaine
- Rice, Vivian

**2021 MH Chapter Donors**

- Arciniaga, Bob & Lydia
- Evans, Constance

**\$100.00 Plus Club 2021**

- Denise Griffiths
- Betty & Robb Hobs
- Lou Hubaud
- Vivian Rice
- Mike Sanchez

**Business Donors 2021**

- Black Bear Diner
- Hera Technologies

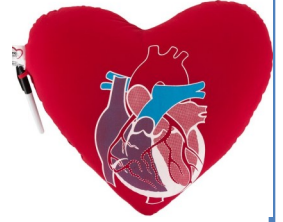
**"Pillow Partners"**

- Black, Brice
- Candelaria, Michael
- Cueto-Sanchez, Marcela
- Felker, Mervin
- Friendt, Ron & Laura
- Hanson, Jana
- Irland, Corbin
- Magdelano, Antonia
- Mattson, Nathan
- Portugal, Edward
- Rice, Vivian
- Turnbow, Karen
- Zaragoza, Yolie



**Do you have your heart pillow?**

Recently, we received an email from a gentleman in Sanford, N. Carolina. He wanted to purchase a heart pillow and sent a sweet note to us. I asked Nathan if I could share what he said and here it is...



*I had a heart attack in 2001 and bypass surgery in 2002 and have had many stents put in since then. My original pillow that I was given is worn out. I've slept with it held against my chest since my surgery in 2002. It seems to comfort me for some reason. It's an old friend.*

*I searched the internet for a replacement pillow and your website was the only one that offered one exactly like mine!*

*Thank you for the pillow! You are very welcome Nathan and glad we could help you find your new friend.*



To purchase your pillow, contact us at 562-698-0811 Ext. 12368. You can also purchase on our website [www.mendedheartsw hittier.org](http://www.mendedheartsw hittier.org), in the store. Each pillow you purchase gifts a Heart Pillow for another heart patient at PIH Health Hospital.

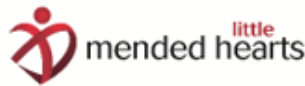
*We thank you for your continued support!*



If you are a heart patient, family member or caregiver looking for support, we would like to introduce you to the Mended Hearts and Mended Little Hearts Visit Me

Program. Whether you are a patient in the hospital after surgery nervous about what the future holds, a parent preparing for their child's upcoming procedure, or a caregiver at home who needs the support of someone who has traveled the same road, we are here for you. You can call the local chapter at 562-698-0811 Ext. 12368 or go to [www.Myheartvisit.org](http://www.Myheartvisit.org) to request a visit with one of our trained accredited visitors. You can choose the type of support you wish to receive (patient, caregiver or family member) and how you will receive your visit (by phone, email, live chat or Zoom call). We have volunteers ready to support you from 10 a.m. ET to 6 p.m. ET, Monday through Friday. If you are calling outside of visiting hours, you can still go to [www.myheartvisit.org](http://www.myheartvisit.org) to schedule a visit.





The Mended Hearts, Inc.  
 International Headquarters and Resource Center  
 1500 Dawson Road  
 Albany, GA 31707  
 Phone: 1-888-HEART99 Email: info@mendedhearts.org

MEMBERSHIP FORM

NEW MENDED HEARTS  NEW MENDED *LITTLE* HEARTS  RENEWAL DATE \_\_\_\_\_

Name (Mr./Mrs./Ms.) \_\_\_\_\_ Chapter/Group \_\_\_\_\_ Member-at-large \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

City / ST / Zip \_\_\_\_\_ I want to be a MH support volunteer:  Yes  No

Email address \_\_\_\_\_ I am interested in CHD Parent Matching:  Yes  No

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

OPTIONAL INFORMATION: Race:  Caucasian;  Black;  Asian;  Am. Indian;  Other \_\_\_\_\_ Gender:  Male  Female

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

**INDIVIDUAL MEMBERSHIP**

**Associate Member --- FREE**

- \* Can attend any chapter meeting for MH or MLH
- \* Can join online communities
- \* Can access Member Portal
- \* Receives the National e-newsletter

**Individual Member --- \$20 annual donation per person**

- \* All of the benefits of an Associate Member, PLUS
- \* Membership Card
- \* Car Decal - Select \_\_\_ MH or \_\_\_ MLH
- \* One-time 5% off coupon for purchase from the MH store
- \* One year annual subscription to Heartbeat magazine (\$30 value)

**Bronze Member --- \$45 annual donation per person**

- \* All the benefits of a Full Individual Member, PLUS
- \* Membership Pin
- \* Choice of \_\_\_ MLH Drawstring Backpack or \_\_\_ MH/MLH Notecards (10 pk)
- \* 5% off registration of any National (not regional) MH/MLH Conference or Symposia

**Silver Member --- \$100 annual donation per person**

- \* All the benefits of a Bronze Member, PLUS
- \* A Stainless Steel Mended Hearts Travel Mug

**Gold Member --- \$250 annual donation per person**

- \* All the benefits of a Silver Member, PLUS
- \* A Red Fleece Blanket
- \* 10% off registration of any National Conference or CHD Symposium

**Heart of Gold Lifetime Sponsor --- \$1500 donation  
A one-time donation per individual**

- \* All the benefits of a Gold member FOR LIFE, PLUS
- \* 15% off registration fees at National MH/MLH Conferences / Symposia
- \* Recognition in the next *Heartbeat* magazine after enrolling in the Heart of Gold Lifetime Sponsorship, in all special Heartbeat issues, and on our website's list of Heart of Gold Lifetime Sponsors

**FAMILY MEMBERSHIP**

For members of one household with one mailing address only

**Family Membership --- \$40 annual donation**

- \* All of the benefits of an Associate Membership, PLUS
- \* One year annual subscription to Heartbeat magazine (\$30 value)
- \* Membership Cards for all members of the family
- \* 2 Car Decals - Select \_\_\_ MH or \_\_\_ MLH
- \* Each family member receives a one-time 5% off coupon for purchase from the MH store. Use only one coupon per order.

**Bronze Family Membership --- \$75 annual donation**

- \* All the benefits of a Family Membership, PLUS
- \* One Membership Pin per member
- \* Choice of \_\_\_ MLH Drawstring Backpack or \_\_\_ MH/MLH Notecards (10 pk)
- \* 5% off registration of any National (not regional) MH/MLH Conference or Symposia

Family Members:

Spouse \_\_\_ Child \_\_\_ Heart Patient \_\_\_

Spouse \_\_\_ Child \_\_\_ Heart Patient \_\_\_

Spouse \_\_\_ Child \_\_\_ Heart Patient \_\_\_

Spouse \_\_\_ Child \_\_\_ Heart Patient \_\_\_

ALL Donations are tax deductible

**PAYMENT INFORMATION:**

**ADDITIONAL CHAPTER/GROUP DONATION:**

Membership Level \_\_\_\_\_ \$ \_\_\_\_\_

Chapter/Group Name: \_\_\_\_\_

Additional tax-deductible Donation to  
 Mended Hearts  Mended *Little* Hearts \$ \_\_\_\_\_

Amount: \$ \_\_\_\_\_

TOTAL TO NATIONAL \$ \_\_\_\_\_

TOTAL TO CHAPTER \$ \_\_\_\_\_

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



**WESTERN REGIONAL MENDED HEARTS ZOOM CONFERENCE on MAY 15, 2021 9:00AM-2:00PM**



**Mark Your Calendar for this Educational Event**

The Rancho Mirage MH Chapter in partnership with Eisenhower Health is inviting you to this public day of learning about your heart and how to better cope with heart disease. Listen to personal stories of people who overcame difficult heart issues to accomplish amazing feats and respond to very emotional circumstances. Doctors and nurses will discuss important heart issues and time permitting, answer your questions. The President of Mended Hearts, Inc. and staff will discuss what we do and give insight on the mission of this organization.

**See you there!**

**Memorial Day:** Remembering the fallen. On Memorial Day, we take time to honor the ultimate sacrifice made by those who fought for our country. We know them personally: Our sons, daughters, spouses, siblings. We remember their names. Those who can't be named are honored in a special way at the Tomb of the Unknowns. Guarded by sentinels night and day, they have a creed: My dedication to this sacred duty is total and wholehearted. In the responsibility bestowed on me, never will I falter. And with dignity and perseverance my standard will remain perfection. Through the years of diligence and praise and the discomfort of the elements, I will walk my tour in humble reverence to the best of my ability. It is he who commands the respect I protect, his bravery that made us so proud. Surrounded by well-meaning crowds by day, alone in the thoughtful peace of night, this soldier will in honored Glory rest under my eternal vigilance.

**Sentinel's Creed of the Guard of the Tomb of the Unknown Soldier.**

**WESTERN REGIONAL MENDED HEARTS ZOOM CONFERENCE AGENDA**

- 9:00- 9:10 am Introduction (Ron Manriquez, President MHI and MLH)
- 9:10- 9:50 am DIABETES & HEART RELATIONSHIP (Marielena Cid, RN Diabetes Clinic, Eisenhower )
- 9:50-10:30 am PERSONAL STORIES (Lew Rader-Heart transplant to Transplant Olympics and David Dibley-4XCABG to climbing Mt. Kilimanjaro)
- 10:30-10:40 am Break
- 10:40-11:30 am STRUCTURAL HEART UPDATES (TAVR, Mitraclip and Watchman) (Dr. Punheet Khanna - Interventional Cardiologist)
- 11:30-12:00 pm MHI & MLH OVERVIEW (Andrea Baer Exec Dir MHI, Jodi Smith Prog Dir MLH)
- 12:00-12:30 pm Lunch Break
- 12:30-1:10 pm HEART FAILURE UPDATE (Dr. Philip Patel – Cardiologist)
- 1:10- 1:40 pm Personal Story A Child With CHD ( Cindy Edgerly, Gavin and Isabella Hirst), a MLH story
- 1:40 - 2:00 pm General Q&A, closing comments (President MHI and staff) including a critique for the session as well as what topics attendees might like for future sessions)

**MHI- Mended Hearts, Inc. MLH- Mended Little Hearts CHD- Congenital Heart Disease**

The ZOOM conference will be operated by Mended Hearts, Inc. in Albany, GA. **PLEASE REGISTER IN ADVANCE** on the following ZOOM link or by the "Save the Date" email sent from Ed Trost or David Dibley:

<http://events.r20.constantcontact.com/register/event?oeidk=a07ehpw34xob6fcb889&llr=u5nowcdab&showPage=true>

If you don't use email, your phone will work for audio. Contact the following to register and participate:  
669-900-9128 Meeting ID 914 3779 8825 Passcode 083458

**70th Anniversary Merchandise for a Limited Time**



In celebration of our 70th Anniversary, MHI is selling limited edition 70th Anniversary merchandise. Celebrate this special year by purchasing a beautiful mug, glass, coasters or commemorative plate. Be sure to get yours soon, because they are available for a limited time only. To shop for these special items and other MHI merchandise, visit [www.Mendedhearts.org/marketplace/](http://www.Mendedhearts.org/marketplace/)