



# Mended Hearts™ of Whittier NEWSLETTER

November  
2021

The red ribbon simultaneously celebrates and mends the heart. It is a symbol of passion, strength, action, and perseverance.

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Wednesday, November 17, 2021 at 6 pm

### ***Our November Speaker***

RACHEL LANDER-CANSECO MS, RD, CDE, CHC

**We will be live on ZOOM... to discuss Holiday Eating, The Good, The Bad & The Ugly!**

*Our personal health conditions prohibit us from eating certain foods, especially comfort foods that are popular at holidays.*

**Don't miss another party!**

*Rachel will help you through all the holiday hubbub in comfort & style!*



***Our Support Group follows at 7 p.m.***



Mended Hearts of Whittier Chapter 351

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Mended Hearts Chapter 351 is inviting you to a scheduled Zoom meeting.

**Nov 17, 2021 06:00 PM Pacific Time** (US and Canada)

**Join Zoom Meeting** from the email invite or email newsletter.

Click on the highlighted link you see below.

<https://us06web.zoom.us/j/85003427360?pwd=bjVsN2U0RTB3ZkZlS24xRVdpdXhNUT09>



If you aren't able to join with link, sign into free zoom account and

Enter the **Meeting ID: 850 0342 7360**

And this passcode **Passcode: MH351**

No computer, no problem! You can dial in to the meeting with this phone number. **+1 253 215 8782 US (Tacoma)**



## Healthy Recipes from Mayo Clinic Dieticians -Healthy Lifestyle

### Artichoke, Spinach and white bean dip

#### Ingredients;

- 2 cups artichoke hearts
- 1 tablespoon black pepper
- 4 cups chopped spinach
- 1 teaspoon minced dried thyme
- 2 cloves garlic, minced
- 1 tablespoon minced fresh parsley
- 1 cup cooked white beans
- 2 tablespoons grated parmesan cheese
- 1/2 cup reduced-fat sour cream

#### Directions:

- Heat oven to 350 degrees.
- Mix all ingredients together. Put in a glass or ceramic dish and bake for 30 minutes.
- Serve with vegetables or whole-grain bread or crackers.

**Nutritional analysis per serving size, about 1/2 cup :** Protein 8 g - Added sugars 0 g - Calories 123 - Total fat 3 g Saturated fat 1.5 g - Trans-fat 0 g - Monounsaturated fat 1 g - Cholesterol 6 mg - Sodium 114 mg - Total carbohydrate 16 g - Dietary fiber 7.5 g

*Great Appetizer  
for Turkey Day!*



#### **Dietician's Tip:**

You can puree the beans if you want the dip to have a smoother consistency.



### **Can I safely cook a frozen Thanksgiving turkey without thawing it first?**

**Answer From Katherine Zeratsky, R.D., L.D.**

**Yes, you can safely cook a frozen turkey if you take the following precautions.**

- *Use the right cooking method. You can safely roast a frozen turkey in the oven. Don't smoke, grill or deep-fry a frozen turkey. These methods may leave the inside of the bird only partially cooked, increasing the risk of foodborne illness. Microwaving isn't a safe option either because it cooks a frozen bird unevenly.*
- *Increase the cooking time. To determine the approximate cooking time for a frozen turkey, follow this guideline: Take the recommended cooking time for a thawed turkey (usually on the package) and multiply it by 1.5. For example, if a thawed turkey needs to cook for 5 hours then a frozen one needs to cook for 7 1/2 hours.*
- *Use a thermometer. Remember that roasting times are approximate, so the best way to know a turkey is fully cooked is to check the internal temperature. The entire turkey — including the stuffing — must reach an internal temperature of 165 F (74 C).*
- *Check the giblets. A whole turkey usually has a package with the giblets and neck tucked inside. If the giblets are wrapped in paper, there is no safety concern if they cook inside the bird. If the giblets are wrapped in plastic, however, they need to be removed. It's difficult to remove a giblet package from a fully frozen turkey. So wait until the turkey has sufficiently defrosted during cooking and then use tongs or forks to extract the package.*



## What Causes Heart Palpitations?

MedMD

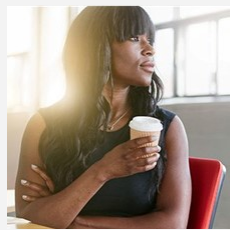
Medically Reviewed by Jennifer Robinson, MD on September 09, 2019



**What It Feels Like** - Your heart pounds, flutters, or seems to skip beats. You might call these feelings palpitations. Although they can feel scary, most aren't serious and rarely need treatment. Knowing what makes your heart race can help you not panic when it happens and know when to call your doctor.

**Stress and Anxiety** - Intense emotions can trigger the release of hormones that speed up your heartbeat. Your body gets ready to face a threat, even if you're not in danger. Panic attacks are intense bouts of fear that can last a few minutes. Symptoms include a racing heart, sweating, chills, trouble breathing, and chest pain. A panic attack can feel like a heart attack. If you're not sure which one you're having, get medical help.

**Exercise** - Working out is good for you. And a brisk run or intense indoor cycling class will naturally make your heart beat faster. That helps your heart pump more blood to power your muscles through the workout. If your heart flutters or pounds, it could be because you haven't worked out in a while and you're out of condition. An irregular heartbeat, or arrhythmia, can also cause palpitations when you exercise.



**Caffeine** - Does your heart beat faster after your morning latte? Caffeine is a stimulant that raises your heart rate, whether you get it from coffee, soda, an energy drink, tea, chocolate, or another source. One study found that caffeine from coffee, tea, and chocolate isn't likely to cause palpitations in people with healthy hearts. But experts don't know whether it might trigger them in people with heart rhythm problems.

**Nicotine** - The addictive chemical in cigarettes and other tobacco products, nicotine raises your blood pressure and speeds up your heart rate. Quitting smoking is one of the best things you can do for your heart, though it might not slow your heartbeat right away. Patches and other nicotine replacement products can make your heart race. Palpitations can also be a symptom of nicotine withdrawal, but they should stop within 3 to 4 weeks after you quit.

**Hormone Changes** - Women might notice that their heartbeat speeds up when they have their period, they're pregnant, they're close to menopause, or they're in menopause. The reason: hormone levels. The boost in heart rate is usually temporary and no reason for worry. If you're pregnant, palpitations can also happen if you're anemic, which means you don't have enough red blood cells that carry oxygen throughout your body.



**Fever** - When you have a fever during an illness, your body uses energy at a faster pace than usual.

This can set off palpitations. Usually your temperature needs to be above 100.4 F to affect your heart rate.

**Medicines** - Some prescription and over-the-counter medicines cause palpitations as a side effect, including: Antibiotics, Antifungal medicines, Antipsychotic drugs, Asthma inhalers, Cough and cold medicines, Diet pills, High blood pressure medicines and Thyroid pills. If you take one or more of these types of meds, ask your doctor if it could affect your heartbeat. Don't skip any doses before you check with your doctor.



**Low Blood Sugar** - Have you ever noticed that you feel shaky, cranky, and weak when you've skipped a meal? It can also lead to palpitations. When your blood sugar level drops, your body releases stress hormones like adrenaline to prepare for an emergency food shortage. Adrenaline speeds up your heart rate.

**Overactive Thyroid Gland** - Your thyroid is a butterfly-shaped gland in your neck. It makes hormones that help manage your metabolism and other things. An overactive thyroid (called hyperthyroidism) can make too much thyroid hormone. That can speed up your heart so much that you feel it beating in your chest. Taking too much thyroid hormone to treat an underactive thyroid gland (called hypothyroidism) can also rev up your heartbeat.

Continued on Page 4



## Chapter #35 1 Board Members

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**PIH Good Samaritan** - Coming 2022

**Mascot** - Makena

**Heart Rhythm Problems** - Sometimes an irregular heart rhythm, called an arrhythmia, causes palpitations. Atrial fibrillation, or AFib, happens when the heart's upper chambers, called the atria, flutter instead of beating normally. Supraventricular tachycardia is an abnormally fast heartbeat that starts in the heart's upper chambers. Ventricular tachycardia is a fast heart rate due to faulty signals in the heart's lower pumping chambers, called the ventricles.



**Alcohol** - If you drink a lot, or just have more than usual, you might feel your heart beating faster or fluttering. It often happens on holidays or weekends, when people drink more, earning it the nickname of "**holiday heart syndrome.**" But for some people, it can happen even when they only drink a little bit.

**Premature Ventricular Contractions** -Premature ventricular contractions (PVCs) are extra heartbeats. They happen when your heart's ventricles squeeze too soon. The extra beat throws off your heart's normal rhythm and makes it flutter, pound, or jump in your chest. If your heart is healthy, occasional PVCs are nothing to worry about. But you might need treatment if you have heart disease and you get these extra beats often.

**Cocaine and Other Street Drugs** - Illegal drugs like amphetamines, cocaine, and ecstasy are dangerous to the heart. Cocaine boosts blood pressure, raises heart rate, and damages the heart muscle. Amphetamines stimulate the nervous system, which ramps up your heart-beat. Ecstasy triggers the release of a chemical called norepinephrine, which makes the heart beat faster.

**When to See a Doctor** - If you're healthy, you probably don't need to worry about palpitations that happen once in a while and last only a few seconds. But make a doctor's appointment if they come more often or you also have symptoms like these:

- Chest pain or pressure
- Shortness of breath
- Dizziness
- Fainting

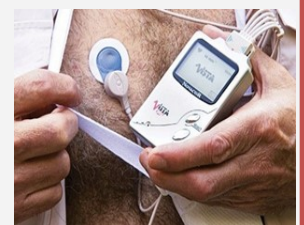
**Finding the Cause** - These tests can help your doctor figure out what's going on:

Electrocardiogram (ECG). This test looks for problems with the electrical signals that control your heart rhythm.

Holter monitor. You wear this portable ECG for 24 to 72 hours at a time. It can find heart rhythm problems and any patterns that might need more tests. Event Monitor. You wear this device for several weeks. It records your heart rhythm when you press a button while having symptoms.

Echocardiogram. This test uses sound waves to make pictures of your heart. It can find problems with your heart's structure.

**Most important is to ask your doctor for help!**







When you Join Chapter 351, you become part of a nationally recognized chapter with awards for Excellence and for its monthly Newsletters.

**Membership is free** and you can upgrade to receive the nationally acclaimed **HeartBeat** magazine for only \$20.00 a year. The web site is a great source for current information !

### 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

#### \$100.00 Plus Club 2021

- Constance Evans
- Denise Griffitts
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#### Don and Jan Patton - In Memory

- Vivian Rice
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#### Business Donors 2021

- Black Bear Diner
- Hera Technologies
- Roadhouse

### Mended Hearts Mission

Our mission is to “Inspire hope and improve the quality of life for heart patients and their families through ongoing peer-to-peer support, education & advocacy!

### Our third annual a World of Support Fundraiser is back again!

Pick your activity to complete your distance and you have one month to get it done starting on World Heart Day, September 29. You can form a team, raise funds, and participate in honor or memory of a loved one. Help us get all the way around the world together! (Watch on the virtual map to see how far we get) Pick your distance goal of 5K, 10K, 13.1 miles (half-marathon) or 26.2 miles (full marathon).



NEW this year:

- Track your distance on your device (Fit Bit, Apple Watch, smart phone Health app, etc.) and we will keep track for you!
- You can get mileage credit for volunteer hours!

Share pictures in our Scrapbook so people can see your accomplishments.

Each participant gets a new World of Support Wristband and a certificate. Prizes are given for individuals raising \$100, \$500 and \$1,000. Registration opens September 15 at [www.Mendedhearts.org](http://www.Mendedhearts.org).



### This NFL gig sounds like a dream job

**Travel! Meet famous people! Work once a week! No fancy degree required!** And at **\$53,000 per year**, you can make decent coin. Sweet.

That is (supposedly) the paid job of the NFL waterboy. You'll see this NFL employee running up to a bunch of grown men and squirting water in their mouths or faces. They hand out towels, too. And the cameras

don't see the water guys bobbing and weaving around players, staff and camera cables on the sidelines to get where they need to be without getting in the way.

**But all in all, it would be a pretty good gig.** A job almost too good to be true -- because it probably isn't true. Sources differ on whether this is a job a person can actually get paid for. True, someone does it, but do they really get paid and is there ever an opening? Maybe not.

First, it is unclear as to where the \$53,000 salary point comes from. Since waterboys are part of the training staff, this probably reflects an entry level training salary. Fanbuzz.com seems to think the job is real and the pay is true. But Reference.com seems to think waterboys are unpaid interns or are paid a small stipend for the job. Football referee Justin Klug, writing in Quora, says NFL teams don't hire waterboys. They are usually training staff, interns or children of coaches and players who volunteer for the job.

One thing is for sure: The NFL doesn't advertise for waterboys. BUT NFL clubs do advertise for all sorts of other jobs. If you love football, check out the jobs at [nfl.com/careers/clubs](http://nfl.com/careers/clubs). With the right training, you could be working for your favorite team.



**Mended Hearts  
Chapter 351  
announces Our  
Second Annual  
“JINGLE BELL RAFFLE”**

*You heard it first at our Zoom meeting and here is the information I promised!*

*Tickets will be on sale from November 1st until December 10th - \$10.00 each or 3 for \$20.00*

*The prize drawings will be December 15th at our Holiday Zoom Meeting.*

*Prize donations are coming in and we'll keep you up to date so... Watch your emails and newsletters for information on the raffle prizes! So far we have:*

*Television  
Gift Cards  
Jewelry  
Wine*

*& yes a very special autographed book from Dr. Tovar!*

*Last year Jessica, in Volunteer Services won the TV.*



***What will you win?***

***Contact our office for ticket sales. Email is coming!***



**Remember the Great Times we had together!**

**This pic is from our last party October 2019.**

**The Country Hoedown”**

**Miss You All!**



**Veterans Day:**

**The 11th hour of the 11th day of the 11th month**

- Nov. 11, 1918 is recognized as the end of the world's first global conflict, World War I. In 1938, November 11 was named Armistice Day in recognition of those who served.
- Then came World War II and the greatest mobilization of armed forces in history. After that, American forces fought in Korea. So in 1954, the 83rd Congress changed Armistice Day to Veterans Day to honor all who served.
- Veterans Day National Committee services are held at Arlington Memorial Amphitheater. It is built around the Tomb of the Unknown Soldier at Arlington National Cemetery, property that once belonged to General Robert E. Lee.
- At 11 a.m., a color guard representing all branches of the military honors the Unknown Soldier with "Present Arms," the laying of a Presidential wreath and the playing of Taps.
- Though these services are held at Arlington, the primary focus of Veterans Day is on veterans who are alive and with us today. They are honored with parades and speeches.
- **To all veterans working among us, and especially those who have recently served in Afghanistan, we offer our sincere thanks. We will not forget.**





**Finding the best holiday deals - Looking to save money on Christmas spending this year?** From Pagesmag

If so, you may have to put in a bit more effort compared to seasons past. Still, hard work may result in substantial savings. Financial consultants at Deloitte project that holiday sales will increase by 7 to 9 percent this season, with e-commerce sales expected to grow by 11 to 15 percent. Rising wages may mean that many families have more to spend compared to years past, but inflation and supply constraints could mean higher than normal prices.



\*Electronics may be hard to come by. However, through electronic outlet stores, you can pick up lightly used electronics at a great price, often under warranty. Apple, for example, sells certified refurbished Mac laptops for \$150 or more off. You can score substantial discounts on Apple Watches, iPhones and other devices as well. Dell, Acer and other brands now offer official outlet stores on eBay. You can frequently save 30 percent or more. \*You can also pick up lightly used video games on eBay and at Gamestop. If you've been looking at a Kindle or another Amazon device, Cyber Monday remains a good bet. Google also offers steep sales as well through their online store. Amid supply chain constraints, larger companies like Amazon may enjoy more stable supplies.

\*In-store shopping might also help you secure good deals, especially if you're willing to wake up early. Best Buy, Walmart and other brick-and-mortar retailers are still expected to offer big sales. At home, check Amazon and other websites for flash sales. Many folks also pick up gifts for themselves. Consider waiting until after Christmas to do personal shopping. For the 2020 Christmas season, the National Retail Federation estimated that \$101 billion worth of sales were returned. To clear returns and holiday stocks, retailers may offer extensive after-Christmas sales.

**Natural defense: Goats come to the aid of firefighters**

Last year's wildfires burned up over 4.2 million acres in California, racing through weedy forests and plains and on to houses and entire neighborhoods.

**What can be done against raging fires? Goats.** They are at least one tool for private landowners. Goats can create fire-breaks as they munch up dry vegetation. Meanwhile, they are natural recyclers as their droppings fortify the soil, making it richer and capable of holding more water.

Goats care little for terrain and frequently browse on steep hillsides or reach six feet up trees to chow down on vines and leaves -- the stuff that creates what firefighters call 'ladders' for fire.

Cities and counties in the Western states have often used goats to trim weedy areas along highways. But this effort to put goats into firefighting is relatively new.

A whole new industry has evolved to pair goats and fire-susceptible property.

Founded in 2020, the non-profit Goatapelli Foundation can put about a thousand goats on a ranch where the rancher needs them, using dogs to move the hungry herd from place



to place and electric fences to focus the browsing. It isn't cheap. Six-days of goat browsing can cost more than \$9,000, according to the New York Times. But it's cheaper than a wildfire.

**6 things you should never plug into a power strip**

Powerful appliances should never be plugged into a power strip and you might be surprised which appliances count.



Photo by Umatilla County Fire District No. 1

**1. Space heater.** Portable heaters cycle on and off, with each on-cycle drawing a surge of current. If plugged into a power strip, this surge is usually causes an overload, which can cause a fire.

**2. Microwave.** Requires a dedicated wall outlet.

**3. Slow cooker.** These common appliances may not draw surges of power, but they use power continuously over long periods. Plug them into wall outlets instead.

**4. Toaster and toaster oven.** Those red-hot coils inside don't heat up without a lot of current, which can quickly overload a power strip.

**5. Hairdryer, curling iron.** These draw significant amperage to get hot -- too much for a power strip.

**6. Coffee maker.** All it does is heat up water. But it does it with a lot of amps. It is misleadingly simple. Always plug into the wall.

**Now you're in the know!**





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 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 351 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	FAMILY MEMBERSHIP
<p><b>Associate Member --- FREE</b></p> <ul style="list-style-type: none"> <li>* Can attend any chapter meeting for MH or MLH</li> <li>* Can join online communities</li> <li>* Can access Member Portal</li> <li>* Receives the National e-newsletter</li> </ul>	<p>For members of one household with one mailing address only</p> <p><b>Family Membership --- \$40 annual donation</b></p> <ul style="list-style-type: none"> <li>* All of the benefits of an Associate Membership, PLUS</li> <li>* <u>One year</u> annual subscription to Heartbeat magazine (\$30 value)</li> <li>* Membership Cards for all members of the family</li> <li>* 2 Car Decals – Select ___ MH or ___ MLH</li> <li>* Each family member receives a one-time 5% off coupon for purchase from the MH store. Use only one coupon per order.</li> </ul>
<p><b>Individual Member --- \$20 annual donation per person</b></p> <ul style="list-style-type: none"> <li>* All of the benefits of an Associate Member, PLUS</li> <li>* Membership Card</li> <li>* Car Decal – Select ___ MH or ___ MLH</li> <li>* One-time 5% off coupon for purchase from the MH store</li> <li>* <u>One year</u> annual subscription to Heartbeat magazine (\$30 value)</li> </ul>	<p><b>Bronze Family Membership --- \$75 annual donation</b></p> <ul style="list-style-type: none"> <li>* All the benefits of a Family Membership, PLUS</li> <li>* One Membership Pin per member</li> <li>* Choice of ___ MLH Drawstring Backpack or ___ MH/MLH Notecards (10 pk)</li> <li>* 5% off registration of any National (not regional) MH/MLH Conference or Symposia</li> </ul>
<p><b>Bronze Member --- \$45 annual donation per person</b></p> <ul style="list-style-type: none"> <li>* All the benefits of a Full Individual Member, PLUS</li> <li>* Membership Pin</li> <li>* Choice of ___ MLH Drawstring Backpack or ___ MH/MLH Notecards (10 pk)</li> <li>* 5% off registration of any National (not regional) MH/MLH Conference or Symposia</li> </ul>	<p>Family Members:</p> <p>Spouse ___ Child ___ Heart Patient ___</p> <p>Spouse ___ Child ___ Heart Patient ___</p> <p>Spouse ___ Child ___ Heart Patient ___</p> <p>Spouse ___ Child ___ Heart Patient ___</p>
<p><b>Silver Member --- \$100 annual donation per person</b></p> <ul style="list-style-type: none"> <li>* All the benefits of a Bronze Member, PLUS</li> <li>* A <u>Stainless Steel</u> Mended Hearts Travel Mug</li> </ul>	
<p><b>Gold Member --- \$250 annual donation per person</b></p> <ul style="list-style-type: none"> <li>* All the benefits of a Silver Member, PLUS</li> <li>* A Red Fleece Blanket</li> <li>* 10% off registration of any National Conference or CHD Symposium</li> </ul>	
<p><b>Heart of Gold Lifetime Sponsor --- \$1500 donation</b></p> <p><b>A one-time donation per individual</b></p> <ul style="list-style-type: none"> <li>* All the benefits of a Gold member FOR LIFE, PLUS</li> <li>* 15% off registration fees at National MH/MLH Conferences / Symposia</li> <li>* Recognition in the next <i>Heartbeat</i> 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</li> </ul>	

**ALL Donations are tax deductible**

**PAYMENT INFORMATION:**

**ADDITIONAL CHAPTER 351 DONATION:**

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

Chapter Name: Chapter 351 Whittier, CA

Additional tax-deductible Donation to

Amount: \$

Mended Hearts Mended *Little* Hearts \$ \_\_\_\_\_

**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.**