



# Mended Hearts® of Whittier, CA NEWSLETTER

February, 2023

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

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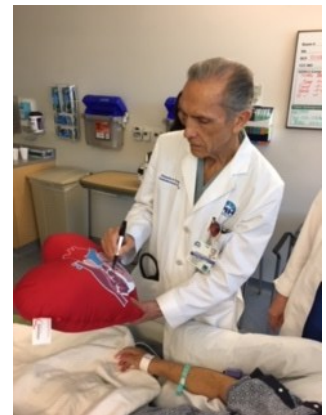


**Mended Hearts Zoom Meeting**  
February 13, 2023  
6:00 PM- Support Group at 7:00 PM - Pacific Time



### Surgical Treatment for Atrial Fibrillation

Eduardo A Tovar, MD  
Cardiothoracic Surgery



Mended Hearts of Whittier Chapter 351

EMAIL: MH351@PIHHEALTH.ORG

CALL: 562-698-0811 EXT: 12368

MAIL TO: MENDED HEARTS  
P.O. BOX 68  
WHITTIER, CA 90608

WWW.MENDEDCHEARTSWHITTIER.ORG

WWW.MENDEDCHEARTS.ORG



Welcome to our scheduled Zoom Meeting

Click on the blue link:

[https://us06web.zoom.us/j/87680979975?  
pwd=SOZNMkthOGLaMU4xZy8xRE0zVmhcUT09](https://us06web.zoom.us/j/87680979975?pwd=SOZNMkthOGLaMU4xZy8xRE0zVmhcUT09)

**If you are not able to join from link, sign onto Zoom and enter:**

**Meeting ID: 876 8097 9975 Passcode: MH351**

**No computer – no problem – Dial by your location**

+1 669 444 9171 US

+1 253 215 8782 US (Tacoma)



### Fresh Puttanesca with brown Rice from Mayo clinic

Number of servings: 4 Healthy carbs / High Fiber

#### Ingredients:

- 4 cups chopped ripe plum tomatoes
- 4 Kalamata olives, pitted and sliced
- 4 green olives, pitted and sliced
- 1 1/2 tablespoons capers, rinsed and drained
- 1 tablespoon minced garlic
- 1 tablespoon olive oil
- 1/4 cup chopped fresh basil
- 1 tablespoon minced fresh parsley
- 1/8 teaspoon red pepper flakes
- 3 cups cooked brown rice



**Dietitian's tip:** This robust sauce is traditionally served over pasta, but here it's served over brown rice.

#### Directions

1. In a large bowl, combine the tomatoes, olives, capers, garlic and oil. Add the basil, parsley and red pepper flakes, stirring to combine.
2. Cover and let stand at room temperature for 20 to 30 minutes, stirring occasionally. Serve over cooked rice.

**Nutritional analysis per 2 cup serving:** Protein 5 g - Calories 250 - Total fat 6 g - Saturated fat 1 g - Trans-fat 0 g - Monounsaturated fat 4 g - Cholesterol 0 mg - Sodium 182 mg - Total carbohydrate 44 g - Dietary fiber 5 g - Added sugars 0 g



### Puttanesca fresca con arroz integral Mayo Clinical

Número de porciones: 4 carbohidratos saludables / alto contenido de fibra

#### Ingredientes:

- 4 tazas de tomates ciruela maduros picados
- 4 aceitunas Kalamata, sin hueso y en rodajas
- 4 aceitunas verdes, deshuesadas y cortadas en rodajas
- 1 1/2 cucharadas de alcaparras, enjuagadas y escurridas
- 1 cucharada de ajo picado
- 1 cucharada de aceite de oliva
- 1/4 taza de albahaca fresca picada
- 1 cucharada de perejil fresco picado
- 1/8 cucharadita de hojuelas de pimiento rojo
- 3 tazas de arroz integral cocido

#### Indicaciones

1. En un tazón grande, combine los tomates, las aceitunas, las alcaparras, el ajo y el aceite. Agregue la albahaca, el perejil y los copos de pimiento rojo, revolviendo para combinar.
2. Cubra y deje reposar a temperatura ambiente durante 20 a 30 minutos, revolviendo ocasionalmente. Servir sobre arroz cocido.

**Análisis nutricional por porción de 2 tazas:** Proteína 5 g - Calorías 250 - Grasa total 6 g - Grasa saturada 1 g - Grasas trans 0 g - Grasas monoinsaturadas 4 g - Colesterol 0 mg - Sodio 182 mg - Carbohidrato total 44 g - Fibra dietética 5 g - Azúcares añadidos 0 g

**Consejo del dietista:** Esta salsa robusta se sirve tradicionalmente sobre pasta, pero aquí se sirve sobre arroz integral.



## February is American Heart Month

### Your body's powerhouse: The heart

Located behind the breastbone and in the middle of the rib cage, the heart is the body's most protected organ. This little powerhouse pumps 2,000 gallons of blood through the circulatory system each day by expanding and contracting more than 100,000 times. In the average human lifetime, it beats 2.5 billion times.

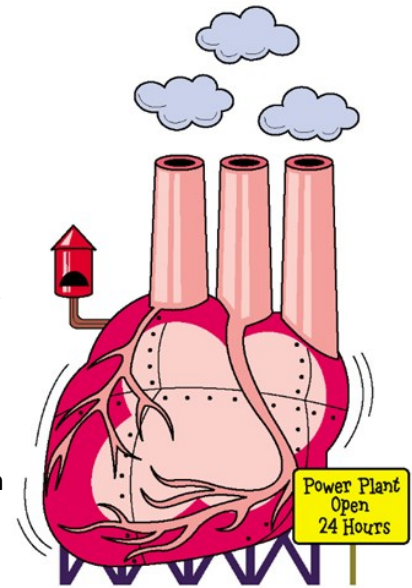
*In fact, since the 1990s, scientists have understood that the heart has a cluster of 40,000 neurons that communicate with parts of the brain and may even be involved in pain, according to Pubmed. This so-called heart brain works with the brain in ways that are still being researched, but even now, it's clear that the body's organs are connected in an intricate system.*

We aren't generally aware of the efforts, and struggles, of our heart, but we can do some things to help it keep healthy, according to the American Heart Association.

Decide now what your risk factors are and what you can do about them. You

can't control your age or family history, but there are risk factors you can control:

- Quit smoking. Smoking is one of the most harmful things you can do to your heart.
- Control your blood pressure and take prescribed medications.
- Manage your weight. Gradual weight loss, followed by a stable healthy weight, can help decrease your risks for cardiovascular complications.
- Eat better. Lots of fruits, vegetables and whole grains combine to make weight loss easier and can help lower cholesterol.
- Get out and about. Brisk walks are great exercise. A combination of vigorous activity, resistance training and flexibility exercise is better. It helps your heart, controls your weight and makes you look and feel good.
- **Don't be jaded. You have heard this advice before. Act on it.**



### Special Sweets for your Valentine

If your lover loves chocolates, then maybe any heart-shaped box will do, but if you have a cool \$14,000 around, try the Gargantua by The Ross. **Look it up!** Packed in a hexagonal box of pure volcanic glass, is a collection of just six chocolate pieces. That's more than \$2,333 each, if you are counting, but if you are, you won't be buying. Each piece represents a natural element, including an octahedron for air; icosahedron for water; and a dodecahedron for ether. The pieces are wrapped in gold leaf. Hurry! They only make 1,000 boxes, making it the ultimate vanity gift.

There are lots of expensive types of candy for gifts, each with a special claim to fame.

Slightly lower on the expense scale, but still pretty salty, are Fran's Salted Caramels. If your sweetie really loves caramels, buy 160 pieces for \$275. You get a lovely wrapped box of caramel with milk chocolate, sprinkled with sea salt that has allegedly been smoked over oak. And not just any oak -- Welsh oak. You can also get 17 pieces for a sweeter \$17.

For the bonbon lover, try Dandelion Chocolate Company, where \$65 buys you 21 pieces in the Classic Box of Chocolates. The big draw: You'll know where this single-origin dark chocolate comes from. You won't be associating with just any pedestrian chocolate in this box that contains flavors like passionfruit and pistachio.

For a treat that transforms your "chocolate into a powerful force," try Vosges Chocolate's Prima Materia Truffle Collection.

For \$95, you get 20 truffles, shaped like little colorful planets and packaged in a round painted earthy box. In every box, you get a tasting guide -- and a breathing guide -- to fully appreciate flavors like Cornish Apple and Armenian Apricot. They also make a Grateful Dead collection, another powerful force.





NO BEAUTY  
SHINES BRIGHTER  
THAN THAT OF A GOOD  
*Heart.*

### Chapter #351 Board Members

**President** - Constance Evans  
Email – [Constance.mh351@yahoo.com](mailto:Constance.mh351@yahoo.com)

**Vice President** – Hugo Cambron

**Secretary** – Constance Evans

**Social Secretary** - Vivian Rice

**Treasurer** – Marilyn Schirmer

**Visiting Chairman** – Yolie Zaragoza

**Membership Chair** - Marcela Cueto-Sanchez

**Newsletter Editor** – Constance Evans

**Communication** - Eddie Rodriguez

**Public Relations** - Johnny Lemucchi

**Honorary Member** – David Temple

#### PHWH Hospital Liaisons–

Teri Beyer - [Teri.Beyer@pihhealth.org](mailto:Teri.Beyer@pihhealth.org)

Lupe Morales- [Lupe.Morales@pihhealth.org](mailto:Lupe.Morales@pihhealth.org)

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

**PHGSH Liaison** - TBD -

**Clinical Social Worker** - Nancy White  
[newlcsw@yahoo.com](mailto:newlcsw@yahoo.com)



Makena - our mascot

### Who sent the first Valentine?

The first Valentine card that was decorated and poetic is attributed to the imprisoned Charles, Duke of Orleans, in 1415. He eased the pain of incarceration by writing love verses to his wife.



By the 1700s, manufactured cards became the most popular way to declare love. The cards were elaborately hand-painted and decorated with gold leaf, satins, silks and exotic feathers.

Retailers now say that chocolates and roses are the best symbols of love. ***Candy or not, Feb. 14 remains the one day of the year given over to romance.***

### ¿Quién envió el primer San Valentín?



La primera tarjeta de San Valentín que fue decorada y poética se atribuye al encarcelado Carlos, duque de Orleans, en 1415. Alivió el dolor del encarcelamiento escribiendo versos de amor a su esposa.

En la década de 1700, las tarjetas fabricadas se convirtieron en la forma más popular de declarar el amor. Las tarjetas fueron elaboradamente pintadas a mano y decoradas con pan de oro, rasos, sedas y plumas exóticas.

Los minoristas ahora dicen que los chocolates y las rosas son los mejores símbolos de amor. ***Dulces o no, el 14 de febrero sigue siendo el único día del año dedicado al romance .***



### Welcome January 2023 New Members

<b>Cambron, Emmanuel</b>	<b>Cambron, Hugo Jr.</b>
<b>Cambron, Irma</b>	<b>Cambon, Isaac</b>
<b>Cambron, Jessica</b>	<b>Cambrone, Mercedes</b>
<b>Fowler, Charles</b>	<b>Thoma, Francis</b>
<b>Zakaria, Inam</b>	

Our chapter has 96 members to date of publication.



## Febrero es el Mes Americano del Corazón

### La central eléctrica de tu cuerpo: el corazón

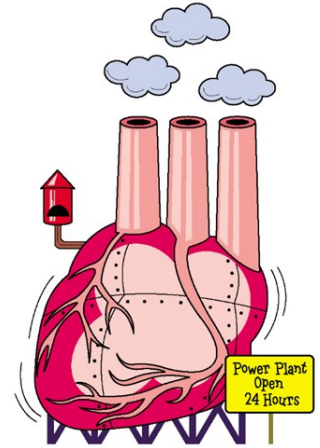
Situado detrás del esternón y en el centro de la caja torácica, el corazón es el órgano más protegido del cuerpo. Esta pequeña central bombea 2,000 galones de sangre a través del sistema circulatorio cada día expandiéndose y contrayéndose más de 100,000 veces. En la vida humana promedio, supera 2.500 millones de veces.

*De hecho, desde la década de 1990, los científicos han entendido que el corazón tiene un grupo de 40,000 neuronas que se comunican con partes del cerebro e incluso pueden estar involucradas en el dolor, según Pubmed. Este llamado cerebro del corazón trabaja con el cerebro de maneras que aún se están investigando, pero incluso ahora, está claro que los órganos del cuerpo están conectados en un sistema intrincado.*

Por lo general, no somos conscientes de los esfuerzos y las luchas de nuestro corazón, pero podemos hacer algunas cosas para ayudarlo a mantenerse saludable, según la American Heart Association.

Decida ahora cuáles son sus factores de riesgo y qué puede hacer al respecto. No puede controlar su edad o antecedentes familiares, pero hay factores de riesgo que puede controlar:

- Deje de fumar. Fumar es una de las cosas más dañinas que puede hacerle a su corazón.
- Controle su presión arterial y tome los medicamentos recetados.
- Controle su peso. La pérdida gradual de peso, seguida de un peso saludable estable, puede ayudar a disminuir los riesgos de complicaciones cardiovasculares.
- Come mejor. Muchas frutas, verduras y granos enteros se combinan para facilitar la pérdida de peso y pueden ayudar a reducir el colesterol.
- Sal de casa. Las caminatas rápidas son un gran ejercicio. Una combinación de actividad vigorosa, entrenamiento de resistencia y ejercicio de flexibilidad es mejor. Ayuda a tu corazón, controla tu peso y te hace lucir y sentirte bien.
- **No te canses. Has escuchado este consejo antes. Actúe en consecuencia.**



### Special Sweets para tu San Valentín

Si a tu amante le encantan los chocolates, entonces tal vez cualquier caja en forma de corazón sea suficiente, pero si tienes \$ 14,000 alrededor, prueba el Gargantua de The Ross.

Empaquetado en una caja hexagonal de vidrio volcánico puro, hay una colección de solo seis piezas de chocolate. Eso es más de \$ 2,333 cada uno, si está contando, pero si lo está, no comprará. Cada pieza representa un elemento natural, incluyendo un octaedro para el aire; icosaedro para el agua; y un dodecaedro para éter. Las piezas están envueltas en pan de oro. ¡Apurarse! Solo hacen 1,000 cajas, lo que lo convierte en el mejor regalo de vanidad.

Hay muchos tipos caros de dulces para regalos, cada uno con un reclamo especial a la fama.

Un poco más bajos en la escala de gastos, pero aún bastante salados, son los caramelos salados de Fran. Si a tu novia realmente le encantan los caramelos, compra 160 piezas por \$ 275. Obtienes una hermosa caja envuelta de caramelo con chocolate con leche, espolvoreada con sal marina que supuestamente ha sido ahumada sobre roble. Y no cualquier roble, roble galés. También puede obtener 17 piezas por \$ 17 más dulces.

Para el amante del bombón, pruebe Dandelion Chocolate Company, donde \$ 65 le compra 21 piezas en la Caja Clásica de Chocolates. El gran atractivo: sabrás de dónde viene este chocolate negro de origen único. No te asociarás con cualquier chocolate peatonal en esta caja que contiene sabores como maracuyá y pistacho.

Para una delicia que transforma su "chocolate en una fuerza poderosa", pruebe la colección de trufas Prima Materia de Vosges Chocolate.

Por \$ 95, obtienes 20 trufas, con forma de pequeños planetas coloridos y empaquetadas en una caja redonda de tierra pintada. En cada caja, obtienes una guía de degustación, y una guía de respiración, para apreciar completamente sabores como la manzana de Cornualles y el albaricoque armenio. También hacen una colección de Grateful Dead, otra fuerza poderosa.



### PRESIDENTS REPORT

Happy Valentine's to all our members, new and old! Our chapter is growing as we continue to spread the word about **Heart Disease** and the importance of the Mended



Hearts family. We provide information, support and share our stories to educate and empower patients and their families when they need it most. We are all heart patients and caregivers who understand what you are going through and provide a helping hand. When you know how or where to get information to help a Heart in need, you are a **Heart Hero!**

We continue to have our monthly support group and educational speaker meetings on Zoom. When weather permits we hold meetings in the park and had 2 picnics last year. This year meeting spaces should begin to open up and in the meantime we meet with each other for our restaurant fundraisings, that are always fun with friends.

Watch for the announcement of our February Fundraiser on Facebook emails and fliers.

### WIN/LOSE

W	G	L	G	A	L	O	S	H	E	S	W	S
Z	E	N	N	S	S	N	E	A	K	E	R	S
C	T	M	I	U	L	K	Q	C	D	E	O	F
I	E	R	D	K	C	E	A	G	D	F	Q	E
T	L	O	I	A	I	B	E	A	C	K	O	M
E	L	F	R	N	G	H	W	H	C	T	E	U
L	A	T	I	N	G	C	L	E	A	T	S	K
H	B	A	I	E	L	D	D	A	S	I	A	L
T	R	L	O	A	F	E	R	S	N	M	C	U
A	S	P	U	M	P	S	O	N	I	U	O	K
C	D	G	F	P	A	B	E	K	S	L	W	S
L	R	L	Q	P	T	T	S	T	A	E	B	D
O	O	E	B	E	A	C	H	G	C	S	O	R
G	F	T	A	O	B	T	D	C	C	Z	Y	E
S	X	G	K	P	S	E	U	G	O	R	B	S
Z	O	Z	W	C	O	U	R	T	M	R	H	S

ATHLETIC	GOLF	RIDING
BALLET	HEELS	SADDLE
BEACH	HIKING	SLING BACK
BOAT	KAMIKS	SNEAKERS
BROGUES	LOAFERS	TAP
CLEATS	MOCCASINS	TENNIS
CLOGS	MUKLUKS	TOE
COURT	MULES	TRACK
COWBOY	OXFORDS	WADERS
DECK	PLATFORM	WEDGE
DRESS	PUMPS	
GALOSHES	RAIN	



### Chapter Meetings Around the Country

Are open to Anyone...

Many of our Mended Hearts chapters hold monthly Zoom meetings that are open to anyone who would like to attend. They have different speakers and topics.

If you would like a list of these meeting times and chapters, please email Mandy at [Mandy.Sandkuhler@mendedhearts.org](mailto:Mandy.Sandkuhler@mendedhearts.org) or call 888-432-7899.






# FEBRUARY 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10 MH Board Meeting 10 am	11
12	13	14 Valentines Day	15 Zoom Meeting Dr Tovar 6 pm	16	17	18
19	20	21	22	23	24	25
26	27	28				

**FEBRUARY**  
Heart Month



**Every day, families are being told a loved one has Heart Disease!**

If you have ever thought of giving back and sharing your experience, please join me and support heart patients and families in our hospitals and surrounding community.

**They can learn a lot from You!**



Learn more at [www.mendedhearts.org](http://www.mendedhearts.org)

**I thought I was too young to have heart disease. I was wrong.**



**Join today!**  
Young Mended Hearts can make a tremendous difference in the lives of young adults with heart disease and give them hope for the future.

*"The camaraderie and support I found in this group has made a world of difference to me. We all have an unusual condition for our ages, yet we know we are not alone."  
-Steven*

**Peer support for young adults with heart disease.**



All stories are from Pages.com unless noted otherwise. Pictures and quotes are taken from free downloadable web sites. Recipe are from Mayo Clinic web site.



If you or a loved one was born with a congenital heart defect and you would like to help spread awareness of a disease that affects one out of every 110 people, then we encourage you to enter our Our Rock Your Scar® Photo Contest. You have from now until January 31 to enter your favorite photo into the nation's only congenital heart disease (CHD) awareness campaign. The photo contest is open to anyone of any age born with a heart defect - you do not need to have a visible scar to enter. **We want every child and adult with CHD to feel good about themselves and be proud of who they are – Rock Stars!**

Entering is easy and you can win a wonderful prize pack if your photo is chosen. Winning photos will also be featured in *Heartbeat Magazine*. *We also have the People's Choice Award for the photo that receives the most votes, so be sure to check out all our entries and vote for your favorite.*

***Enter today by going to [mendedhearts.org](http://mendedhearts.org)***

**The MyHeartVisit® Accredited Visiting Program** is a vital SUPPORT for patients and families. Our trained volunteers across the country, make more than 200,000 peer patient connections each year. Visitors will never give medical advice, but they can listen and share information about living with heart disease from a patient, parent or caregiver perspective. To learn more about the program, please visit [www.Myheartvisit.org](http://www.Myheartvisit.org).



**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 and advocacy!”**

**Mended Little Hearts® Program**

In 2004, The Mended Hearts, Inc. recognized a unique need to provide hope and support to “the littlest heart patients of all” and their families, so the Mended Little Hearts program was created. Congenital heart defects (CHDs), or heart conditions babies are born with, are the #1 type of birth defect in the U.S., affecting 1 in every 110 people. About 40,000 new families are brought into the world of CHD each year. Mended Little Hearts is there – providing hope and support, creating awareness and being a strong voice for CHD families everywhere.





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 Name **Whittier 351**

Additional tax-deductible Donation to:

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

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

Young Mended Hearts \$ \_\_\_\_\_

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

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



formulario de membresía DATE \_\_\_\_\_ NUEVOS CORAZONES  
REPA00000000RADOS \_\_\_\_\_ NUEVOS CORAZONES PEQUEÑOS REPARADOS \_\_\_\_\_ NUEVOS CORAZONES JÓVENES REPARADOS \_\_\_\_\_ RENOVACIÓN \_\_\_\_\_

Nombre (Sr. /Sra./Sra.) \_\_\_\_\_ Group \_\_\_\_\_  
Dirección \_\_\_\_\_  
Ciudad / ST / Zip \_\_\_\_\_  
Dirección de correo electrónico \_\_\_\_\_

(Por favor, marque todo lo que corresponda) Soy un cuidador de pacientes cardíacos CHD Médico padre RN Empleado de atención médica

INFORMACIÓN OPCIONAL: Raza: \_\_\_\_\_

Niveles de membresía: Todos los niveles de membresía son por UN AÑO, renovados anualmente, excepto el patrocinio de por vida de Heart of Gold. Please elija su nivel de membresía y complete cualquier información de pago apropiada a continuación.

**MEMBRESÍA INDIVIDUAL**

**\_\_\_\_ Miembro Asociado --- GRATIS**

- \* Puede asistir a cualquier reunión de capítulo / grupo para MH, MLH o YMH
- \* Puede unirse a comunidades en línea
- \* Puede acceder al Portal de Miembros
- \* Recibe el boletín electrónico nacional

**\_\_\_\_ Miembro individual --- donación anual de \$20 por persona**

- \* Todos los beneficios de un Miembro Asociado, PLUS
- \* Tarjeta de membresía
- \* Calcomanía de coche – Seleccione \_\_\_ MH \_\_\_ MLH \_\_\_ YMH
- \* Cupón único del 5% de descuento para comprar en la tienda MH
- \* Suscripción anual de un año a la revista Heartbeat (valor de \$ 30)

**\_\_\_\_ Miembro Bronce --- donación anual de \$45 por persona**

- \* Todos los beneficios de un Miembro Individual De Pleno Derecho, PLUS
- \* Pin de membresía
- \* Elección de \_\_\_ MLH Drawstring Backpack o \_\_\_ MH/MLH Notecards (10 pk)
- \* 5% de descuento en el registro de cualquier Nacional (no regional)

Conferencia o Simposios MH/MLH/YMH

**\_\_\_\_ Miembro Silver --- donación anual de \$100 por persona**

- \* Todos los beneficios de un Miembro Bronce, PLUS
- \* Una taza de viaje de corazones remendados de acero inoxidable

**\_\_\_\_ Miembro Gold --- donación anual de \$250 por persona**

- \* Todos los beneficios de un Miembro Silver, PLUS
- \* Una manta de lana roja
- \* 10% de descuento en la inscripción de cualquier Conferencia Nacional o Simposio CHD

**\_\_\_\_ Patrocinador vitalicio de Heart of Gold --- donación de \$1500**

**Una donación única por individuo**

- \* Todos los beneficios de un miembro Gold DE POR VIDA, PLUS
- \* 15% de descuento en las tarifas de inscripción en las Conferencias / Simposios Nacionales MH / MLH / YMH
- \* Reconocimiento en la próxima revista *Heartbeat* después de inscribirse en el Patrocinio

**MEMBRESÍA FAMILIAR**

Para miembros de un hogar con una sola dirección postal

**\_\_\_\_ Membresía Familiar --- donación anual de \$40**

- \* Todos los beneficios de una Membresía Asociada, PLUS
- \* Suscripción anual de un año a la revista Heartbeat (valor de \$ 30)
- \* Tarjetas de membresía para todos los miembros de la familia
- \* 2 calcomanías para coches – Seleccione \_\_\_ MH \_\_\_ MLH \_\_\_ YMH
- \* Cada miembro de la familia recibe un cupón único del 5% de descuento para comprar en la tienda MH. Utilice solo un cupón por pedido.

**\_\_\_\_ Membresía de la Familia Bronce --- donación anual de \$75**

- \* Todos los beneficios de una membresía familiar, PLUS
- \* Un PIN de membresía por miembro
- \* Elección de \_\_\_ MLH Drawstring Backpack o \_\_\_ MH/MLH Notecards (10 pk)
- \* 5% de descuento en el registro de cualquier Nacional (no regional)

Conferencia o Simposios MH/MLH/YMH

Familiares:

Cónyuge \_\_\_ Hijo \_\_\_ Paciente cardíaco \_\_\_\_\_

Cónyuge \_\_\_ Hijo \_\_\_ Paciente cardíaco \_\_\_\_\_

Cónyuge \_\_\_ Hijo \_\_\_ Paciente cardíaco \_\_\_\_\_

Cónyuge \_\_\_ Hijo \_\_\_ Paciente cardíaco \_\_\_\_\_

**ALL Donations are tax deductible**

**PAYMENT INFORMATION:**

**ADDITIONAL CHAPTER/GROUP DONATION:**

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

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

Additional tax-deductible Donation to:

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

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

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

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

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