

# Ticker Talker

The Mended Hearts, Inc. SOC

South Orange County

Chapter 216 \* Chartered 1989

Volume 25, Number 6

[www.mendedhearts216.org](http://www.mendedhearts216.org)

June-July 2015

FOR THE HEART PATIENT AND THEIR FAMILIES

## Lumivascular: Radically Changing the Way Vascular Disease is Treated



**J.D. Simpson** grew up in Woodside, CA. His father, John B. Simpson PhD MD - inventor of over the wire balloon angioplasty - cultivated his spirit of innovation at a young age. He was raised in a house that was equally driven by both medicine and invention and art and design. So it's not surprising that his career path (and his DNA) led him to the intersection of the two.

JD's spent his career as a healthcare and medical device executive and investor. He's helped lead two companies through successful IPOs and one through an acquisition. His leadership roles have spanned different operational vertices including sales, marketing, business development, clinical, regulatory, quality and R&D. There are few people that have the diverse skills, talent, or experience that JD brings to the table. He's held positions at Avinger Inc (NASDAQ: AVGR), FoxHollow Technologies (NASDAQ: FOXH, now part of Medtronic) and Palo Alto Investors, an independent, privately held investment advisor.

Currently, JD serves as the Vice President of Business Development for Avinger Inc. [www.avinger.com](http://www.avinger.com) Avinger is a commercial-stage medical device company that designs, manufactures and sells image-guided, catheter-based systems for the treatment of patients with peripheral arterial disease (PAD). PAD is characterized by a build-up of plaque in the arteries that supply blood to the arms and legs. The Company's mission is to dramatically improve the treatment of vascular disease through the introduction of products based on its lumivascular platform, the only intravascular image-guided system available in this market. Avinger's current lumivascular products include the Lightbox™ imaging console and Ocelot™ family of catheters, which are designed to penetrate total arterial blockages, known as chronic total occlusions, or CTOs. The Company is also developing Pantheris™, an image-guided atherectomy device, designed to precisely remove arterial plaque in PAD patients. Pantheris is currently undergoing a U.S. clinical trial intended to support a 510(k) submission to the FDA in the second half of 2015.

JD received his BA in Sociology from Duke University in 2001 where he was also the Captain of the 2001 Mens National Championship Basketball Team.



*Don't forget the program starts at 7:00 pm, Wednesday  
June 17th at the Conference Center.  
Come early for a seat as the program is always very popular  
and the public is invited. Refreshments start at 6:30 pm.*

**Location:**  
**Mission Hospital Conference Center**  
**26726 Crown Valley Parkway**  
**Mission Viejo, CA**

# Chapter 216 Board of Directors and Contacts

## Officers

<i>President</i>	Dennis Galloway	714-381-1906	
<i>VP/Webmaster</i>	Jeff Gotro		<a href="http://www.mendedhearts216.org">www.mendedhearts216.org</a>
<i>Secretary</i>	Jeannine Leaper	949-240-0530	
<i>Treasurer</i>	Alan Kiehn		<a href="mailto:alandsylvia@cox.net">alandsylvia@cox.net</a>
<i>Fundraising</i>	Dustin Frei		<a href="mailto:dustin.frei@msn.com">dustin.frei@msn.com</a>
<i>Past President</i>	Fred Damiano	949-831-4181	<a href="mailto:fdamiano@mac.com">fdamiano@mac.com</a>
<i>Visitors Chair</i>	Barbara Lane	949-859-3400	<a href="mailto:bandbofmv@cox.net">bandbofmv@cox.net</a>
<i>Visitor Co-Chair</i>	Dee Nangle	949-582-2719	
<i>Membership Chair</i>	Grace Belleti		<a href="mailto:soar2heaven@hotmail.com">soar2heaven@hotmail.com</a>
<i>Newsletter Editor</i>	Dave Lindsay		<a href="mailto:socalcarculture@yahoo.com">socalcarculture@yahoo.com</a>
<i>Satellite Coordinator</i>	Lonnie Camilleri	949-362-3944	
<i>Member-at-Large</i>	Shana Kassel		

## Mission Hospital

<i>Clinical Manager</i>	Elaine Gotro	949-364-7755	
<i>Secretary</i>	Janie Vasilias	949-364-7755	<a href="mailto:janie.vasilias@stjoe.org">janie.vasilias@stjoe.org</a>

## Regional Contacts

<i>Regional Director</i>	Patrick Farrent		<a href="mailto:irishpjf@comcast.net">irishpjf@comcast.net</a>
<i>Assistant Regional Dir.</i>	Ron Manriquez		<a href="mailto:rmanriquez@gmail.com">rmanriquez@gmail.com</a>

## National Headquarters

[www.mendedhearts.org](http://www.mendedhearts.org)

### Note to recent heart surgery patients and others considering membership:

We hope all of you who have had a stent emplaced or undergone heart surgery or other heart procedures will seriously consider joining Mended Hearts. You will receive the next three issues of this newsletter to help you get acquainted with who we are and what we do. Of course you already know about our most important activity—visiting heart patients and their families before and immediately after surgery. We hope your Mended Hearts Visitor made a positive difference during your surgical experience. We invite you and your family to attend some of our upcoming monthly meetings (Third Wednesday each month, see page 1). We welcome you and your family as our guests and would enjoy having you join us as members (application, pg 11). We have shared a special experience, either as surgical patients or as caregivers and together we can smooth the path for each other and for those who follow down the same path in the future.

### Visitors Report April 2015

	<u>MO</u>	<u>YTD</u>
Hospital Visits	3	46
Phone Visits	1	4
Visitors	3	27
Visitors Trainees	0	0

Visitors: Dave Butler, Rocco, Dennis Galloway

Visitors Coordinator for the months as follows:

June	Dee Nangle	949-582-2719
July	Barb Lane	949-859-3400
August	Jo Cristian	949-581-1824

Hope to see you at our June 17th meeting and have a restful summer!

*Barb Lane & Dee Nangle*

## Presidents Heartfelt Message

## From the CardioPulmonary Rehab Center



### Thank You to All

As we now have reached June, the mid-way mark of 2015, we have many to thank.

First I would like to thank all of our patient visitor volunteers who on a moments notice make their way to the hospital to support their fellow heart patients

and their families.

I would like to thank our board members for the many hours they all give to our Mended Hearts chapter every single month making sure we deliver the services and support that is expected of our membership. And of course, we thank you our members for without you and your annual support both financially and attending the meetings and events we would not have a chapter here at Mission Hospital.

We need to thank our guest speakers this first six months of 2015 for sharing their knowledge and expertise with us. Dr. Gionis, Stem Cells, Dr. Barrera, Dr. Noorian, Dr. Bhojraj, Mission Hospital, Jill Harris, MSN St Jude Medical, Frank Ahmann, President & COO, LoneStar Heart, Dr. Faris Ghoshah, Advance Eye Medical and Chief of Ophthalmology at Mission Hospital and our June Speaker JD Simpson, Vice President of Business Development for Avinger Inc.

We would find it difficult to exist if we only had our annual membership fee to survive on. We thank all of you, friends and neighbors for supporting our Angels baseball fundraiser in May. A special thanks needs to go out to Mission Hospital for their unwavering partnership and support for the past 26 years. And we all need to thank and support our Mended Hearts community supporters; you'll find them in each month's newsletter and on our website.

I would also like to pay special recognition and thanks to Mended Hearts member Michael Nobile and the Hussmann Corporation for choosing us as one of their charities to financially support for the past 8 years. On May 18, 2015 the Hussmann Charity Golf Classic donated \$7,000 to Mended Hearts Chapter 216 but that wasn't all; the Executive Team lead by CEO, Dennis Gipson, at Hussmann Corp. each personally donated an additional \$7,000 for a total of \$14,000. This brings Hussmann's total donations to Mended Hearts Chapter 216 to \$64,000. Our members and community sincerely thank you all for your support and generosity.

*Continued next page...*

### Dear Mended Hearts

The American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR – the national organization that certifies our CardioPulmonary Rehab Center) recently created a certification for Cardiac Rehab Professionals. The Certified Cardiac Rehabilitation Professional (CCRP), is a certification exclusively for cardiac rehabilitation professionals. AACVPR's exam, which is based on nation-wide standards, assesses proficiency in the areas of:

- Patient Assessment
- Nutrition Management
- Weight Management
- Blood Pressure Management
- Blood Lipid Management
- Diabetes Management
- Tobacco Cessation
- Psychosocial Management
- Physical Activity Counseling
- Exercise Training

Four of our staff members stepped out of their "comfort zone," spent hours studying, and sat for this exam in late March. We have just received word that ALL of us passed!

**Congratulations** to Terry McKeever, Eric Jaeger & Amanda Firestone for passing the certification exam (and yes, I passed, too J)!

A special **THANK YOU** to Mended Hearts for supporting and funding our staff's efforts in order to take this exam!

### Here's to Your Good Health

*Elaine*



<https://www.facebook.com/MendedHeartsChapter216>

# Thank you to our Community Supporters

President's Heartfelt Message continued...



L to R - **Michael Nobile**, Refrigeration Solutions Leader, Sales Director Western Region, Sales. **Dennis Galloway**, President, Board of Directors Mended Hearts Chapter 216. **Dennis Gipson**, CEO. **Tres Brown**, Sr. VP, North America Sales & National Accounts, General Management. **Rich Rutecky**, Vice President, Regional Supermarket Accounts, Sales.

As you all know we will not be having any member meetings for the month of July and August during the summer vacation time. But our fall schedule of speakers and events are looking very good as well and we look forward to seeing you September 16<sup>th</sup> to hear and learn from our guest speaker Bill Lockhart, Orange County Fire Authority, EMS Section who will share information about the pre-hospital care system as it relates specifically to individuals with various heart diseases.

Happy Fathers Day and have a wonderful and safe summer.

God Bless,  
*Dennis*

**“Giving back does the Heart Good”**



# Chapter 216 Members Page - June 2015

## Birthdays - June

Nick Williams	06/01
Jim McEwen	06/05
Gale Brick	06/09
Marty Lipson	06/09
Carolyn Mulcahy	06/11
Jeffrey L. Wolff	06/13
Paul Traum	06/16
Scott Neiman	06/21
Warand R. Kirsch	06/22
John P. Smith	06/22
Jeff Jacobs	06/24
Dr. Roger Francerschi	06/26
Ronald Allan	06/29
Frank Heller	06/30
James Waples	06/30

## New Members

Always looking to grow our family, Mended Hearts welcomes you to join our cause.

You'll be able to make a difference in a patient's recovery and outlook on life, as well as interact with other members through local chapter meetings, volunteer opportunities and special events.

Your application is on page 11 of this newsletter, fill it out and join today!



## Mendiversaries - June

Barbara Lane	06/05/1991
Bill Pirie	06/14/1991
Kimburlee E. Essayian	06/01/1992
Bob Selzer	06/06/1993
Ralph Curtis	06/26/1994
Faith Hope Bigler	06/01/2000
Joseph Mayer	06/02/2001
Howard Neil	06/12/2001
Alvin Breitman	06/12/2003
Capt. Ralph Wilson Jr.	06/03/2004
Roger Bradshaw	06/23/2004
Graciela Belleti	06/13/2005
Carol Catalano	06/13/2005
Frank Heller	06/19/2005
Anthony Samanich	06/20/2005
Steve Jordanov	06/21/2005
Mike Bresnan	06/27/2006
Antoinette Thompson	06/28/2007
Irene Judge	06/01/2008
Irene Westerman	06/10/2008
Paul Buehler	06/01/2010
David Nelson	06/28/2010
Dorothy T. Gobbo	06/08/2011
Majid Baba	06/03/2013

**HAPPY FATHER'S DAY!**

## Chapter 216 Meetings 2015 Meeting Schedule

June	Avinger, Inc
July/Aug	Dark - No Meeting
Sept.	Bill Lockhart, Orange County Fire Authority EMS Pre-hospital care system
Oct.	Margie Deutsch Lash, MSEd, E-RYT 200, Stress reduction with yoga and essential oils

Mission Hospital Conference Center  
26726 Crown Valley Parkway  
Mission Viejo, CA

If we missed your mendiversary or birthday and would like it included in the Ticker Talker please email it to:

[socalcarculture@yahoo.com](mailto:socalcarculture@yahoo.com)

# Chapter 216 Members Page - July 2015

## *Birthdays - July*

<b>Carole Sharp</b>	<b>07/05</b>
<b>Jo Cristian</b>	<b>07/15</b>
<b>James Widener</b>	<b>07/19</b>
<b>Joyce Gordon</b>	<b>07/21</b>
<b>Kathleen Fallon</b>	<b>07/23</b>
<b>Edward C. Kurt</b>	<b>07/28</b>
<b>Dick Gottron</b>	<b>07/29</b>
<b>Valerie O'Grady</b>	<b>07/31</b>



## **New Members**

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## *Mendiversaries - July*

<b>Joyce Gordon</b>	<b>07/01/1986</b>
<b>Dee Nagle</b>	<b>07/06/1990</b>
<b>Arnold Koci</b>	<b>07/09/1990</b>
<b>Bob Kensler</b>	<b>07/20/1994</b>
<b>Harry Yamauchi</b>	<b>07/18/1995</b>
<b>Larry Ryan</b>	<b>07/26/2000</b>
<b>Chuck Seward</b>	<b>07/01/2005</b>
<b>Nick Williams</b>	<b>07/13/2005</b>
<b>Mary Thompson</b>	<b>07/01/2007</b>
<b>Michele Dorris</b>	<b>07/17/2007</b>
<b>Dennis Galloway</b>	<b>07/09/2008</b>
<b>Alan Kiehn</b>	<b>07/13/2009</b>
<b>Nadine Cardello</b>	<b>07/15/2009</b>
<b>Conrad Bullard</b>	<b>07/03/2010</b>
<b>Richard Picuch</b>	<b>07/09/2010</b>
<b>Shirley A. Neal</b>	<b>07/12/2010</b>
<b>Phyllis Lueck</b>	<b>07/30/2010</b>
<b>James G. Prasad</b>	<b>07/11/2011</b>
<b>Chandler Rabins</b>	<b>07/11/2012</b>
<b>Les Karr</b>	<b>07/13/2012</b>
<b>Bruce Matsui</b>	<b>07/17/2013</b>

*If we missed your mendiversary or birthday and would like it included in the Ticker Talker please email it to:*

[socalcarculture@yahoo.com](mailto:socalcarculture@yahoo.com)



# The latest news from Cleveland Clinic

## How Nurses Keep You Safe During Your Hospital Stay

**From admission to discharge, your safety is priority**

During your hospitalization, your nurse is the primary member of your caregiver team who will monitor your safety – from admission to discharge.

At Cleveland Clinic, nurses follow a Professional Practice Model focused on providing quality care in a safe environment. Your nurse keeps a close eye on your care to identify risks related to any potential patient safety issues such as medication use, infection control, surgery and anesthesia, medical equipment, and more – and takes steps to control these risks.

### Your safety: what to expect

Whether your hospital stay is within the Heart & Vascular Institute (HVI) or another institute, here are a few ways your nurses will help ensure your safety:



#### 1. Technology use for patient identification and needs.

Hospitals that have an Electronic Medical Record (EMR) have an advantage by seeing the full picture of the patient from the moment they step in the door. Whether you enter the hospital through the emergency department or are directly admitted, the information identifying you - name, birthdate, medications, allergies, risks, medical conditions - is immediately entered into your electronic medical record .

No matter where you go - from laboratory to operating room - your information goes with you. Your nurse uses technology to continuously ensure you get the right care, at the right time, from the right caregiver.

For example, when taking a medication, the EMR accompanies a barcode scanner that scans your ID band to ensure proper administration. Or, when needed for a procedure, your nurse notes it in the EMR and verbally explains your course of care to you, your family and the technician.

#### 2. Standardized processes and protocols.

All nursing units have standardized processes and protocols designed to create safe care environments. These include infection control and fall prevention, among others. Upon admission, your nurse will review these with you.

To aid with infection control, for example, your nurse will wash his or her hands when entering or leaving your room or wear gloves or masks for procedures like blood draws and IV/catheter insertions or removals.

For HVI patients who often receive medications that can lower blood pressure, heart nurses spend extra time educating on how to prevent falls. You will be asked to wear non-skid, slip-resistant socks and your nurse may instruct you to allow extra time sitting bedside before standing, use your call light for assistance, or sleep with your bedrails up.

#### 3. Effective, ongoing communication to coordinate care.

Your nurse is not only your caregiver, but your advocate and communicator. Throughout your stay, he or she will continually communicate with you, your family and your care team.

When discussing medication, for example, your nurse will explain why you are taking it, side effects and more. If you have taken the medication before, your heart nurse may ask you to describe the medication to him or her to make sure that you know how to take your medications at home.

Your nurse will also conduct hourly patient rounding, checking on you every hour (two hours at night), asking about pain levels and more to better anticipate your needs, assist you and ensure your safety.

Additionally, at any caregiver or shift change, your nurse will review your care plan with you, your family and the new caregiver to successfully transition your care.

#### You play an important role in your safety

While your nurses are trained to help keep you safe during your hospital stay, as a patient, you play an important role. Follow safety instructions and speak up. Ask questions and offer feedback.

<http://health.clevelandclinic.org/2015/05/how-nurses-keep-you-safe-during-your-hospital-stay/>

# The latest news from Cleveland Clinic

## The Best Strategies To Reduce Your Risk of Skin Cancer

### Cover up when you're outside and don't use tanning beds

One of the reasons we all look forward to the balmy months of spring is the ability to enjoy the sun once again. Sunshine warms us and makes us feel relaxed and happy.

But, as we all know, the sun's rays can be harmful as well. Sunlight contains ultraviolet radiation, which is capable of causing cancer.

Each year, more than 1 million people in the United States are diagnosed with skin cancer. Skin cancer is the most common form of cancer in the country.

You don't have to become a hermit and hide from sunlight. But be smart about exposing your skin to the sun's damaging rays. Here are steps you can take to reduce your risk of skin damage from the sun – and skin cancer



### Use sunscreen

Sunscreen is an important part of sun protection. Look for a product that provides a sun protection factor (SPF) of 30 or higher, and is broad spectrum, which means it protects you from both UVA and UVB rays.

About 30 minutes before you go outside, apply a thick coating – about the amount in a shot glass – and be sure to reapply frequently, because all sunscreens break down in the sun after two to three hours. If you go in the water, reapply sunscreen after you dry off, even if it's a water-resistant sunscreen.

### Stay in the shade

Avoid the sun's rays, especially during the midday hours of 10 a.m. to 4 p.m., when the sun is highest and its rays are most direct. The time to seek shade under an umbrella, tree, or other protection is before you need relief from the sun. So if you're in sunlight, keep an eye out for your skin turning pink or becoming sensitive.

UV rays still can reach you in the shade when you're outside, so you still need to use sunscreen or wear protective clothing.

### Cover your arms and legs

Long-sleeved shirts and long pants and skirts can protect you from UV rays. Although light-colored, loosely woven clothing is popular during the warm months, you may be surprised to learn that garments that are dark-colored or made from tightly woven fabric give more protection against the sun. The tightly woven fabric physically blocks the sun's rays, while the dark color absorbs them. Also, wet clothing offers much less UV protection than dry.

A typical T-shirt has a SPF rating lower than 15, so don't rely solely on clothing – use other types of protection as well, such as sunscreen.

Several companies sell clothing with ultraviolet protection factor (UPF), a sun protective factor built into the clothing, which includes swimwear, T-shirts and hats.



### Wear a hat

Choose one with a wide brim that goes all the way around your head to shade your face, ears and neck. A tightly woven fabric, such as canvas, is best, and a darker hat may offer more UV protection.

Avoid straw hats with holes that let sunlight through. If you wear a baseball cap, protect your ears and the back of your neck by wearing clothing that covers those areas, use a sunscreen with at an SPF of at least 30, or stay in the shade.

# The latest news from Cleveland Clinic

## Wear sunglasses

Sunglasses not only protect your eyes from UV rays and reduce the risk of cataracts, but they also protect the tender skin around your eyes from sun exposure.

When you're shopping for sunglasses, look for lenses that block UV rays. Most sunglasses sold in the United States, regardless of cost, meet this standard. Wrap-around sunglasses work best because they block UV rays that can come in from the side.



## Do not use tanning beds

Tanning beds are like cigarettes: use them and you are flirting with developing cancer. Tanning beds can cause skin cancers, including melanoma – the deadliest type of skin cancer.

People who use tanning beds are 2.5 times more likely to develop squamous cell carcinoma and 1.5 times more likely to develop basal cell carcinoma. Even occasional sunbed use almost triples your chances of developing melanoma. Young people – including teenagers – are especially sensitive to the UV rays that tanning beds emit.

Need any more reasons to avoid tanning beds? Exposure to UV radiation that these devices emit also can cause cataracts and cancers of the eye. There's no good reason to lie in a tanning bed.

If you like the look of a tan, try sunless tanners or bronzers, which are cosmetics applied to the skin like a cream and can provide a temporary, artificial tan. The only color additive currently approved by FDA for this purpose is dihydroxyacetone (DHA).

Not all sunless tanners or bronzers provide protection against the sun. Read the labels to find out if they do.

<http://health.clevelandclinic.org/2015/05/the-best-strategies-to-reduce-your-risk-of-skin-cancer/>

## How Bad Food Choices May Affect Your Memory

### High quality diet may reduce risk of cognitive decline

A new study shows your diet quality may influence your risk of cognitive decline, including memory and thinking skills.

Results show people with the healthiest diets were 24 percent less likely to have cognitive decline than people with the least healthy diets when followed for close to five years.

Reports on poor diet show that it's a potential risk factor for cardiovascular disease and Alzheimer's disease.

Previous research indicates that maintaining a heart-healthy Mediterranean-style diet is associated with cognitive decline.

However, this is the first large study to examine the association between diet quality and cognitive impairment, which includes memory loss, speed of response and judgment.

"We've known for quite a while that a good diet is related to cardiovascular health," neurologist Jagan Pillai, MD says. "Now we're seeing that your choice of diet not only affects your heart health, but also your cognition."



### Large multinational study examines effects of diet on cognitive decline

Researchers from McMaster University in Canada examined the dietary intake of over 27,000 people from 40 countries. All of them had diabetes or a history of heart disease,

# The latest news from Cleveland Clinic

stroke or artery disease.

Dr. Pillai says that early cardiac risks are linked to worse cognitive function later in life.

Aged 55-years or older, the study participants were followed for nearly five years or until they experienced a heart attack, stroke, hospitalization from heart failure or death.

At the beginning of the study, participants' thinking and memory skills were tested. They were tested again after two years, then once more after about five years.

They were also scored based on their food consumption. People who ate healthy foods like fruits, vegetables, nuts, soy and protein scored higher than those who ate deep fried foods.

"People with higher scores seemed to show a slower rate of decline," Dr. Pillai says.

Fourteen percent of the people with the healthiest diet had cognitive decline. About 18 percent of people with the least healthy diets experienced cognitive decline.



## Diet has more impact than previously thought

What's most interesting, Dr. Pillai says, is that the researchers considered other factors that could affect the study's results including exercise pattern and age, but the results were the same.

Prior to this research, the strongest evidence in reducing the risk of cognitive decline and dementia is for the positive impact of regular exercise.

"Even after you take into account other factors that may

impact cognition, there's still an effect from diet," Dr. Pillai says.

Clearly, diet has more impact on brain health than we've previously thought.

A diet high in fruits, vegetables, nuts, fish, moderate alcohol use and very little red meat seems to be best. Other studies have shown similar results, specifically with the Mediterranean diet.

Some of the highest life expectancy and lowest heart disease rates in the world are associated with adopting a Mediterranean-style diet. The benefits appear to go beyond heart and brain health, too. People who follow the diet experience a better overall quality of life and kidney function.

"There's no excuse to say that diet is not playing a role in cognitive impairment and brain changes over time," Dr. Pillai says.

<http://health.clevelandclinic.org/2015/05/how-bad-food-choices-may-affect-your-memory/>



**"It's great to be alive - and to help others!"**

## Color Version

of the Ticker Talker is available to all.

This newsletter is available as a pdf file, in color every month on our website...

[www.mendedhearts216.org](http://www.mendedhearts216.org)

PDF files are viewable on either Mac or PC computers and the free reader is available at...

<http://get.adobe.com/reader/>

# The Mended Hearts, Inc. Chapter 216

## Membership Application

Mended Hearts is a national nonprofit organization that has been offering the gift of hope to heart disease patients, their families and caregivers since 1951. Recognized for its role in facilitating a positive patient-care experience, Mended Hearts partners with over 460 hospitals and rehabilitation clinics and offers services to heart patients through hospital visiting programs, support group meetings and educational forums.

Our mission is to “inspire hope in heart disease patients and their families.”

Please Print: \_\_\_\_\_ Date \_\_\_\_\_

Name \_\_\_\_\_ Spouse \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Home phone \_\_\_\_\_ Cell phone \_\_\_\_\_ E-mail \_\_\_\_\_

If interested in receiving the newsletter electronically, please provide e-mail

Birthday (dd/mm) \_\_\_\_\_ Episode/Surgery date dd/mm/yy \_\_\_\_\_

Physician/Surgeon \_\_\_\_\_

Type of procedure: STENT (PCI) \_\_\_\_\_ MI (Myocardial Infarction) \_\_\_\_\_ BYPASS \_\_\_\_\_

HEART VALVE \_\_\_\_\_ TRANSPLANT \_\_\_\_\_ ANEURYSM \_\_\_\_\_

ATRIAL SEPTICAL DEFECT \_\_\_\_\_ PACEMAKER/ICD \_\_\_\_\_

Hobbies & Interests: \_\_\_\_\_

I wish to volunteer to assist the Chapter in these areas:

Visiting Patients \_\_\_\_\_ Telephoning \_\_\_\_\_ Other (describe) \_\_\_\_\_

	Individual	Family
Dues: Initial, Annual, National & Chapter Dues	\$28	\$38
Life membership, National & Chapter	\$225	\$335

*I wish to donate to defray Special Projects*

*And Newsletter Expenses: \$ \_\_\_\_\_*

*Membership fees include both Chapter and National dues.*

Return the completed application with check to: Mended Hearts, Inc Chapter 216, c/o Mission Hospital, Cardiopulmonary Rehab Center, 26732 Crown Valley Parkway, Suite 281, Mission Viejo, CA 92691

Annual billings will be from the National Office located in Dallas, Texas.

Billings will be on the anniversary of joining.

**Ticker Talker**  
Mission Hospital Cardiac Rehab Center  
26732 Crown Valley Parkway Suite 281  
Mission Viejo, CA 92691  
Return Service Requested  
Dated Material



**The purpose of this organization is to offer help, support and encouragement to heart patients and their families and to achieve this objective in the following manner:**

1. To visit with physician approval, and to offer encouragement to disease patients and their families.
2. To distribute information of specific educational value to members of the Mended Hearts, Inc. and to heart disease patients and their families.
3. To establish and maintain a program of assistance to physicians, nurses, medical professionals, and healthcare organizations in education and research activities pertaining to heart disease.
4. To cooperate with other organizations in education and research activities pertaining to heart disease.
5. To assist established heart disease rehabilitation programs for members and their families.
6. To plan and conduct suitable programs of social and educational interest for members and for heart disease patients and their families.



St. Joseph Health   
Mission Hospital



St. Joseph Health   
St. Mary



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