

NEWSLETTER

THE MONTHLY BEAT



AHA Heart Walk



Calling all walkers! We need you to join our MLH team! The walk is June 14th at UCCS. Click [here](#) to join our team or make a donation. Hope to see you there supporting MLH and heart disease. We have been asked to be involved in a balloon release before the walk. They would like our MLH kids and siblings up on stage to let the balloons go. Please wear red and come support MLH and the AHA. If you plan on walking please register in the next few days so we can give the AHA a head count of who will be participating in the balloon release. Please arrive by 8:00 am. They will do the opening ceremonies at 8:45 am and would like our group near the stage when it starts. If you have any questions or need to reach someone the day of the walk you can contact Mindy 331-8920 or Adie 661-7765.

Roundup River Ranch

My family (Mindy) went to the cardiac family weekend at the Roundup River Ranch this past weekend. It was so much fun! It is a FREE camp for children 7-17. The cabins are spacious and clean, lots of fun activities including horse back riding, canoeing, fishing, rock wall, zip lining, crafts and so much more. The food was healthy and delicious! This is their first time doing a family weekend for cardiac kids and it was very successful so they should bring it back next year. However, if your heart child is between 7-17 they can attend the week long camp every summer. For more information visit www.roundupriverranch.org

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Children's Museum Event

We have a fun day planned for Saturday, June 28th at 10:00 am. MLH is hosting a fun party at the Children's Museum in Denver. We have a party room from 10-11 am where we will have sack lunches and drinks. You can eat an early lunch or take your sack lunch with you and eat throughout the museum. Each child that attends will get a fun reusable water bottle from the Children's Museum. You will have a full day of play at the Children's Museum. This event is limited to 50 people so please make sure you RSVP as soon as possible. If you RSVP, please make sure you are able to attend. We have to give a final count 5 days prior to the event and want to make sure if you RSVP that you are able to come. If you RSVP and something comes up please let us know ASAP so we can contact other MLH families. We wanted to plan a fun day and say thank you for all the support over the past years!

MARK YOUR CALENDAR

JUNE

(No Support meeting the month of June)

June 14

American Heart Association Heart Walk
7:30 am-11:30 am
UCCS

We will have a team for MLH soon!

June 28

Children's Museum Party

We want to say thank you to all of our families and have a fun event! This event is for the first 50 people to respond. You must RSVP by June 7th.

JULY

July 12

Father's Day Picnic (a month late!)

11am-1pm We changed the time this year and hope it works better for our families.

Sandstone Park on Pring Ranch Road/Barnes

We will supply all meat, buns, condiments. We will have a sign up sheet on the fb page and ask each family to bring a side dish to share.

You won't want to miss the fun! Prepare to get wet with water guns and water balloons!

AUGUST

August 14

Parent support group meeting
6-8 pm
Garden Ranch YMCA
Dinner and Childcare provided

Stay tuned for a paint party at Sip in Splatter where you paint and drink wine, soda, water and a portion of the profits come back to Mended Little Hearts!

September 13

Save the date: CHD walk- Aurora

***Do you have a topic or speaker you would like us to have for a support group meeting? If so email amyounger04@gmail.com

Free Photographs for MLH Families

Kati Scheetz owns Faith Photography and has generously offered her time to photograph all of our Mended Little Hearts families free of charge! She is very flexible on the location. She will go to your home, hospital, park, etc. She knows how important it is to have family memories and would like to donate her time to take photos of your family. Kati will take the pictures and give each family a CD. Please contact Kati at #813-458-1739 or scheetz06@gmail.com.

MLH Membership

If you haven't filled out the membership form for Mended Little Hearts please go to this website and fill out the membership form. You will select the group as Mended Little Hearts of Colorado Springs.

<http://www.mendedlittlehearts.org/page.aspx?pid=383>

By officially becoming a member of MLH you will receive a MLH lapel pin and a subscription to Heart Beat magazine.

You will also be able to attend our Celebration of Life parties. If you have any questions about the membership form please contact Mindy at amyonger04@gmail.com or 331-8920.

Member Stories/Pictures

We are looking for more stories and pictures of your CHD child for our website. If you would like your child's story featured please email me at amyonger04@gmail.com. Please include a recent picture and story. Examples can be found at <http://mendedlittleheartsofcoloradosprings.org/our-stories/>

For awareness events we like to have pictures of our CHD children/teens to share with the public. If you would like your child's picture featured at our awareness events please send me a picture with 4 sentences about your child. They make a big impact when we are telling people about the #1 birth defect in the world.

Roundup River Ranch

Roundup River Ranch is a medically supported camp for children ages 7 to 17 who have been diagnosed with chronic and life-threatening illnesses or conditions. Roundup River Ranch is always free of charge to campers and their families. At camp they can enjoy the fun, games, and joys of childhood regardless of their conditions. Camp is located along the Colorado River at an elevation of 6,300 feet in Gypsum, Colorado.

www.roundupriverranch.org.

Icing Smiles

Icing Smiles is a nonprofit organization that provides custom celebration cakes and other treats to families impacted by the critical illness of a child. They understand that the simple things, like a birthday cake, are luxuries to a family battling illness. Our goal is to create a custom cake for the ill child, or their sibling, that provides a temporary escape from worry and creates a positive memory during a difficult time. Visit their website at <http://www.icingsmiles.org/> to see the qualifications.

Heart Hero Capes

You can request a super hero cape for your CHD child. There is currently a waiting list



WEBSITE

The MLH website has information on MLH, stories, events, and a store to purchase merchandise. We will have a section for CHD stories. We would like to feature our MLH kids on the website. If you would like your child featured on the website please email a picture and your child’s CHD story to Mindy Younger at amyounger04@gmail.com. Please visit our website at:

www.mendedlittleheartsofcoloradosprings.org

Men’s Get together

Chuck Estrada has men’s get togethers every month at a restaurant in town. If you are interested in attending email Chuck at chuck.estrada22@gmail.com. It’s very laid back and a chance for the men to talk and have guy time!

Children’s Activity

Our children’s activities are held four times a year- January, April, July and September. Past activities have included: Build a Bear, Cheyenne Mt. Zoo, Black Forest Fire Station, Happy Apple Farm, Home Depot, Splash Pad, and Art activities. Look for more information in the calendar section.

MONTHLY SUPPORT MEETINGS

Nothing can replace in-person connections with others facing a similar journey. Mended Little Hearts group meetings provide invaluable peer-to-peer interaction and a forum for families to make personal connections with each other and the medical community. Children with heart defects can meet others like them, with similar scars, and know that they are not alone. Parents can meet other parents and caregivers who have similar joys, fears, concerns and hopes.

Our monthly support group meetings are held the 2nd Thursday of every month from 6-8 pm. It’s a chance to talk to parents who have gone through similar situations. Dinner is provided by generous restaurants in Colorado

Springs. Children are always welcome and child care is provided. New families are always welcome.

We have a selection of books in our Lending Library you can check out and read. Books about grief, heart defects and other educational books are available.

We currently meet at the Garden Ranch YMCA- 2380 Montebello Drive near Academy and Montebello.

Lending Library

Here is a list of the books we have in our lending library. We have them at most of our support meetings if anyone is interested in checking out any of the books listed. Click [here](#) to view the books available.



Find us on Facebook:

[Mended Little Hearts of Colorado Springs](#)

If you know someone who is interested in joining our group or volunteering please contact Mindy Younger at 719-331-8920 or ColoradoSpringsCO@mendedlittlehearts.org

Mended Little Hearts Leadership Team

Mindy Younger- Co Program Coordinator
amyounger04@gmail.com

Adie Estrada- Co-Program Coordinator
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Chuck Estrada-Men and Teen Support
chuck.estrada22@gmail.com

Cindy Slater- Fundraising Coordinator
tateandme@hotmail.com

Allison Walenga- Treasurer
allison.walenga@gmail.com

April Peters- Children's/Education Coordinator
april.peters@live.com

Jaz Murray
jazzylove71@msn.com

You can purchase the following items on our website at <http://mendedlittleheartsofcoloradosprings.org/shop/> or if you live in Colorado Springs, email amyounger04@gmail.com with your order.

Notecards made by MLH children/teens
Set of 12 notecards for \$10.00



Grocery Totes- very durable with a front pocket. 1 for \$5.00 or 2 for \$7.00



MLH T-shirts

Short sleeve \$15 2X-3X \$17

**Special MLH member price: \$10
2X-3X \$12**

MLH Water Bottle \$6.00

MLH Baseball Cap \$20

