
NEWSLETTER



After much consideration Adie and I (Mindy) have decided it's time for us to step down as lead coordinators. We know the group will be in great hands with the new coordinators Jaz Murray and Allison Walenga and the rest of the leadership team. Contact information will be changing and any new emails regarding MLH will come from MLHofCOS@Gmail.com. You can also contact Allison 540-558-8865 or Jaz 719-271-7623.

For the past 4 years I have been a part of Mended Little Hearts. I was one of the moms who started and chartered the group back in 2010. I was secretary/treasurer from 2010-2011 and then became one of the lead coordinators from 2011-2014. It has been such a blessing being a part of this organization. We didn't have a support group or know any heart families when Emma and Thad were diagnosed. I have met so many great families and have made many friendships through Mended Little Hearts. Our family will continue to be a part of MLH and we hope to see you all at meetings and events.

~Mindy Younger

In 2011 my husband and I heard about Mended Little Hearts. We were so lucky to be part of a support group of families just like ours. In late 2012 I became a co coordinator and have been blessed by the experiences and families I have met. Mended Little Hearts has been our second family for many years and will continue to be. After a lot of thought and consideration it is time to pass the torch as a lead coordinator. I look forward to still sharing many memories with my MLH family and I'm excited to see where the group goes from here. Thank you for your love and support!!

~Adie Estrada



MARK YOUR CALENDAR

JANUARY

January 8

Our January meeting will be Thursday, January 8th at the Garden Ranch YMCA from 6-8 pm. Dinner and childcare are provided. We will have all the supplies to hand out for our 2nd Annual Art Auction! We had such a great turnout last year and it will be fun to see what the families create this year. If you aren't able to make it to the meeting but would still like to paint a canvas please email me at amyounger04@gmail.com and we will get you the supplies. We will also announce more events happening during CHD week February 7-14th. We will be having another painting night at Sip and Splatter, our Proclamation celebration and blood drives.

FEBRUARY

February 7-14th CHD Awareness Week

We will be posting more events soon!

Some events will be- Sip and Splatter Painting
Blood Drives

Proclamation/CHD Awareness week celebration

MARCH

March 12

Parent Support Meeting

6-8 pm

Garden Ranch YMCA

Dinner and Childcare provided

** Reminder

We will be going to every other month support meetings. Meetings for 2015 will be:

January 8

March 12

May 14

July 9

September 10

November 12

During the other months we will have social get togethers which will fall under these months:

February

April

June

August

October

December

Free Photographs for MLH Families

Kati Simenson 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 amyounger04@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 amyounger04@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.

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

Allison Walenga- Co-coordinator
allison.walenga@gmail.com

Jaz Murray-Co-Coordinator
jazzylove71@msn.com

Chuck Estrada-Men and Teen Support
chuck.estrada22@gmail.com

Cindy Slater- Fundraising Coordinator
tateandme@hotmail.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

