

It was a cold and blustery January day when I walked into the Children's Hospital of Los Angeles, California. We went directly to the ICU unit to visit a 9 year- old Ecuadorian child who was recovering from open heart surgery. When I saw her lying asleep on the bed with multiple tubes exiting her body, unexpectedly, I was triggered back in my mind, my body, and my memories to 50 years earlier when I was 10 years old.



## MY SUPERHERD

The doctors had diagnosed my congenital heart defect as aortic stenosis with a bicuspid aortic valve. Back then, in 1957, I was three and it was the pioneering days of heart surgery. By 1964 when they couldn't wait any longer, my prognosis was a 50% chance of survival. It was my Superhero Miracle for here I am today.

## MENDING KIDS

My name is Naomi, and this is what I know to be true: one in every 100 children born today have a heart defect. Pediatric cardiology teams from around the world are able to perform interventional and open heart surgery for the needy through the Mending Kids organization for \$1,000-3,000 USD.



SUPERHERIES As a global initiative, we started the Superhero Teams for Kids and Adults. Your community could save a child

in a developing country by creating gathering positively inspired members and following the Superhero Team Challenge Training Tracker. There is a designated Captain, 3 co-captains and 6 other superheroes. Each and every day for 100 days save, earn or ask for a dollar a day from friends and family until you get to \$100.

> With a team of 10, each person brings \$100, \$100 x10 is \$1,000! You will give hope to a family and you will save a child's life.



\*Adults will have access to larger donations more quickly so the goal can be \$100 x 10 people in 10 days or whatever date you decide will work for your community. Checks of \$100 will receive donation receipts from Mending Kids.



The organization coordinating the Medical Missions is MendingKids.org; all the information is below. Your donations are safe and secure, and will go directly for heart surgery. Join us! Thank you.

