It’s Great To Be Alive And To Help Others!

Meeting Notice

Date: Thursday, October 4, 2018, 2pm

Place: Providence St. Peter Hospital, Rooms 200-202; Second Floor, Past Cafeteria

Topic: Medication Interactions (Brown Bag Review: See Insert)

Upcoming Dates

⇒ Oct 4 – Chapter Mtg
⇒ Oct 9 – Board Mtg
⇒ Nov 1 – Chapter Mtg
⇒ Nov 6 – Board Mtg
⇒ Dec 8 – X-mas Party

Presidents Message

I want to thank all the new members and visiting members who were at the last meeting. It is very important in the recovery process to stay active and attend the meetings. Many members have attended the meetings for years and have gathered so much information from our meetings to stay healthy. We have learned about diet, exercise, heart procedures, and many other things that keep us aware of what we should be doing. As well as coming to the meetings, staying active and being involved in something of your own choosing. I hope to see all of you again and the many prospects who will be attending future meetings as well. Give us a try!

Sonia Michaelis
President
Mended Hearts Annual Christmas Raffle

This Quilt, a Fitbit Watch, and other door prizes are being raffled at our annual Mended hearts Christmas Luncheon on December 8, 2018, at Panorama City Restaurant. This is our annual fund raiser for our Mended Hearts Chapter.

Enclosed are the raffle tickets you can purchase or sell to others. The raffle tickets are two dollars each. Please put the purchaser’s name and phone number on the raffle ticket and mail with the payment in the enclosed return envelope to Dennis and Michele Scott. Please write out checks to Mended Hearts Chapter 130.

The Christmas Luncheon Invitation, and information will be mailed with the November Newsletter. If you want additional raffle tickets, call Michele or Dennis Scott at 360-561-1550/1553. You can also purchase more tickets at the Christmas luncheon.
On October 20, St. Peter Hospital had a dedication ceremony for various people in our community who were honored with a memorial paver/brick that was placed in the Providence Way Garden. This year, Darld Brannon was honored by our chapter with a brick.
October Birthdays

October 11– Diane Devoe

October 18– Nick Chavez

October 29– Jim Notter

REMINDER

Health Fair– United Methodist Church, Oct 14, 9am to 1pm
For more information, contact Sonia Michaelis, 360-458-3998
Hi! We’re Mended Hearts, a volunteer group of heart patients and Caregivers providing help to patients and caregivers through an in-hospital visitor program, support group meetings, and education speakers. We also have fun hanging out together.

We work to inspire hope in heart patients and their families. We partner with professionals like Providence St. Peter Hospital and the Cardio-Rehab Center to help folks have a positive recovery from various heart illnesses. We hope you received some encouragement from our visitors during your hospital stay. We also hope you will come see us at our Chapter meetings in the Cardio-Rehab classroom at Providence St. Peter Hospital, at 2 PM the first Thursday of every month, except December and August.

If you are new, we will send you this newsletter for a few months, but we hope you will join us as a member and get it even longer. Dues are cheap and include the national magazine. You are always welcome to attend our meetings with no requirement to become a member. If you have any questions, call or email any of the officers listed on the right side of this page.

**VISITOR REPORT FOR AUGUST**

Number of Visits to Patients: 115  
Number of Visits to Family Members: 10  
Internet and Telephone visits: 0  
TAVR Visits: 8

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**Mended Hearts Chapter Website:**  
www.providence.org/MendedHeartsSW