“Our chapter meetings are open to the public and you are always welcome to attend.”

There is no chapter meeting in December. Our next regular meeting schedule will resume on January seventh. If you’d like to attend the Holiday Luncheon, please read the following reservation information.

Greater Wenatchee Mended Hearts Chapter 91 meeting is the 1st Monday of each month at Central Washington Hospital in Wenatchee from 11:30 am to 1:00 pm, January through June, plus August, October and November. Chapter 91 invites heart patients, families and caregivers to attend and meet others who have had similar struggles and experiences. Our meetings offer peer-to-peer support and educational speakers of interest. For more information, call Jan Cripe, Chapter President, (509) 393-4768.

2019 CALENDAR OF EVENTS

January 7 - Chapter Meeting
Speaker to be announced in the January 2019 newsletter.

Varicose Veins and Venous Disease
by Dr. Rachel Lundgren of Confluence Health

Dr. Rachel Lundgren gave an outstanding program about varicose veins and venous disease at our November Chapter Meeting. She said that 16—40% of adults have varicose veins. Risk factors are family history, increasing age, more than 4 pregnancies and OBESITY.

In venous disease, veins dilate, the valves in the legs don’t work leading to backflow with gravity. The symptoms of venous insufficiency are leg pain, aching or cramping, burning or itching of the skin, heavy feeling in the legs, varicose veins, leg or ankle swelling, skin discoloration or texture changes, and open wounds or sores. Treatment includes compression, weight loss, horse chestnut extract and the following procedures: closure of the saphenous veins, phlebectomy, and sclerotherapy.

Dr. Lundgren summarized vein disease with these conclusions: Vein disease is incredibly common. Vein disease is rarely dangerous. OBESITY is the #1 risk factor for worsening vein disease. Treating superficial veins may prevent progression to more serious venous disease. Vein surgery is indicated if patients develop venous leg ulcers. She also talked about vein clots in legs. Risk factors are trauma, surgery, severe illness, cancer, travel (typically over 6 hours, genetics, hormones and smoking. Signs and symptoms of clots are swelling in the affected leg, cramping or soreness, red or discolored skin and a feeling of warmth.

A Fond Farewell to the Ebert’s

We are going to miss Heinz and Janis Ebert who are moving to Wisconsin to be closer to family. Our President, Jan Cripe, gave each of them a red rose, the symbol of Mended Hearts, and a card from our chapter members.

Heinz and Janis have been active members of our chapter and past recipients of the Mended Heart of the Year Award. Heinz enjoyed being a Mended Hearts Visitor and was a regular attendee at our chapter meetings. Janis chaired the telephone committee and called members to remind them of meetings and chapter events. She also helped with the Holiday Luncheon and spoke to us about family member caregiving.

Give a Gift of Hope

Please consider making a gift to Mended Hearts this holiday season. Your gift will help many heart patients and their families in North Central Washington with needed peer support and education. You may make a tax deductible donation by mailing a check to Greater Wenatchee Mended Hearts, P.O. Box 3231, Wenatchee, WA  98807.

“You Are Not Alone”

Hope and encouragement are just a phone call away. If you or your family would like to talk with one of our Mended Hearts Visitors about your heart condition and concerns, please call Dominick Ferraro, Visiting Program Chair, at 509-421-3641.

“It’s great to be alive - and to help others!”
December Birthdays

03 Jewel CRIPE
08 Larry JOHNSON
09 Judy FICHTNER
30 Gene ANDERSON

Central Washington Hospital Cardiac Rehabilitation Community Education Classes
(Held at Cardiac Rehab Every Monday at Noon)

Dec. 3….Fall Prevention
Dec 10….Cardiac Anatomy/Disease Process
Dec 17…Cardiac Medications
Dec 31….Stress & Depression

Call 509-433-3171 for more information.

To Join Mended Hearts
Family dues are $45/year and Individual dues are $30/year.
For more information, call Chris or Chuck Phelps, Membership Chairpersons, at 509-860-4554 or email: membership91@nwi.net

OFFICERS
President—Jan Cripe
Vice President—Nikki Johnson
Secretary—Open
Treasurer—Jan Leeman

CHAIRPERSONS
Visiting Program—Dominick Ferraro
Membership—Chris and Chuck Phelps
Program—Jan Cripe
Telephone—Fran Aamodt & Susan Young
Holiday Luncheon—Dominick Ferraro
Sunshine—Yvonne Dixon
50/50 Raffle—Phil Aamodt
Fundraising—Phil Kepler
Bylaws—Judy Fichtner

CHAPTER NEWSLETTER
Editor—Ann Diede

ACCREDITED PATIENT VISITORS
Gene Anderson
Bob & Jan Cripe
Ann Diede
Dominick Ferraro
Nikki Johnson

Visitor Program Statistics
For October 2018

<table>
<thead>
<tr>
<th>OCT</th>
<th>TOTAL</th>
<th>YTD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Patients Visited</td>
<td>43</td>
<td>357</td>
</tr>
<tr>
<td>Family Only Visits</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Home Visits</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Phone Visits</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>Total Visits</td>
<td>56</td>
<td>603</td>
</tr>
<tr>
<td>Heart Guides</td>
<td>20</td>
<td></td>
</tr>
</tbody>
</table>

Visitors: Gene ANDERSON
Bob & Jan CRIPE
Nikki JOHNSON

The Joy of Sharing

To Join Mended Hearts
Family dues are $45/year and Individual dues are $30/year.
For more information, call Chris or Chuck Phelps, Membership Chairpersons, at 509-860-4554 or email: membership91@nwi.net

Central Washington Hospital Cardiac Rehabilitation Community Education Classes
(Held at Cardiac Rehab Every Monday at Noon)
Dec. 3….Fall Prevention
Dec 10….Cardiac Anatomy/Disease Process
Dec 17…Cardiac Medications
Dec 31….Stress & Depression

Call 509-433-3171 for more information.