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

Monday, March 4
CHAPTER MEETING
11:30 am - 1:00 pm
(Meeting starts at 11:45 am)
Central Washington Hospital Conference Rooms A & B (Located on the back side of the cafeteria dining room.)

Speaker
“Over the Counter Meds,” by Brent Bell, Pharmacist at Central Washington Hospital

Executive Board Meeting
10:30 am - 11:30 am

Wenatchee Mended Hearts Chapter 91 meetings are 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. We also have a social gathering in September and a holiday luncheon in December. 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

April 1 - Chapter Meeting
Speaker: “What It’s Like to Have a Heart Transplant,” by Dr. Gill, heart transplant recipient, and his wife, Dianna.

Celebration of Our 18th Chapter Anniversary

Every February, we celebrate our chapter’s anniversary and accomplishments and install newly elected officers. Due to weather conditions, Phil Aamodt, our newly elected Vice-President was unable to attend but will be installed at our March Chapter Meeting. As a special thank you, Jan Cripe, Chapter President, gave a red rose to Board Members, Chris and Chuck Phelps, Dominick Ferraro and Ann Diede. For refreshments, we enjoyed Mended Hearts cupcakes.

The first organizational meeting of Mended Hearts was held June 2000 and in January 2001, Greater Wenatchee Mended Hearts Chapter 91 was awarded a charter by The National Mended Hearts, Inc. Some say we are celebrating our 19th Anniversary and others say 18th since that was year we were chartered. However long it has been, we feel good about what we have done to help others over the years.

Since the beginning, we have partnered with Confluence Health to help heart patients and their family caregivers have a positive health-care experience. We do this through our Mended Hearts Visitor program, chapter support group meetings, our monthly newsletter Heartbeat Away, educational speakers, special projects and events. Since we began, Greater Wenatchee Mended Hearts Chapter Visitors have made over 9,400 visits to more than 5,200 heart patients and family members in North Central Washington.

A Special Thank You in Honor of Heart Month

To show our appreciation for all that Confluence Health does for Mended Hearts and heart patients and their families, we gave red rose floral arrangements to 3rd Floor Cardiology and 2nd Floor Cardiology, and single red roses to Keena Taylor, Cardiac Rehab, and Ceci Wood, Volunteer Coordinator, at Central Washington Hospital. Flowers were provided compliments of Kunz Floral.

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

“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!”
Visitor Program Statistics
For January 2019

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Visitors: Gene ANDERSON
Bob & Jan CRIPE
Dominick FERRARO
Nikki JOHNSON

Central Washington Hospital
Cardiac Rehabilitation
Community Education Classes
(Held at Cardiac Rehab
every Monday at Noon)
March 4...Cardiology Q & A
March 11...Stress & Depression
March 18...Heart Healthy Nutrition
March 25...Living with Heart Disease
April 1...Benefits of Exercise
Call 509-433-3171 for more info.

No March Birthdays

Sea Salt vs. Table Salt

What is the difference between sea salt and table salt? Sea salt has boomed in popularity. Some chefs prefer it over table salt for its coarse, crunchy texture and stronger flavor. Manufacturers are using it in potato chips and other sacks because it’s “all natural,” and some health-conscious consumers choose it because it contains minerals like magnesium.

But in one very important respect there’s usually little difference between the two in sodium content. This is contrary to a commonly held belief that sea salt is a lower sodium alternative to table salt.

Table salt and most sea salts all contain about 40 percent sodium by weight. Kosher and some sea salts may have larger crystal sizes than table salt, so they may have less sodium by volume (e.g. teaspoon or tablespoon). A teaspoon of table salt has about 2300 mg of sodium, but a teaspoon of sea salt or kosher salt may have less sodium simply because fewer crystals fit in the spoon.

So, which one should you choose? If you’re concerned about the amount of sodium, compare the Nutrition Facts Label. Table salt has about 575 mg sodium per 1/4 teaspoon. If you’re concerned about health advantages, most sea salts don’t offer any real health advantages. The minute amounts of trace minerals found in sea salt are easily obtained from other healthy foods. Sea salt also generally contains less iodine (added to prevent goiter) than table salt.

Or you can let your taste buds help you choose between the different salts. They all contain about the same amount of sodium.

Source: American Heart Association

Give a Gift of Hope
Tax deductible contributions may be made to Greater Wenatchee Mended Hearts by mailing a check made payable to Greater Wenatchee Mended Hearts, P.O. Box 3231, Wenatchee, WA 98807.