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

MAY 4TH CHAPTER MEETING CANCELLED DUE TO COVID-19 VIRUS CONCERNS

We don’t know yet if we will have a Chapter Meeting on June 1st.

May Executive Board Meeting is also Cancelled

Greater 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 Chuck Phelps, Chapter President, 509-264-7159.

2020 Calendar of Events
June 1st- Chapter Meeting (If held) Program - AFib Devices and Treatments by Dr. Lin, Cardiologist of Confluence Health

“Where flowers bloom
So does hope.”
Lady Bird Johnson

Coronavirus Information on the Mended Hearts website, mendedhearts.org

We know that during this time of upheaval you may be experiencing a higher level of stress than normal. We know that some of you may also be feeling overwhelmed with the news and being isolated. We, at Mended Hearts, Inc. understand the importance of finding new ways to provide support and education in this time of crisis.

Mended Hearts wants to share a few resources that are trustworthy and informative for you and your families. To access the resources, click on the photo above and scroll down the left side of the screen.

Please check back often as we will continue to update this page with the most up-to-date information from our partner organizations, we well as new support resources.

Following are two recorded webinars that have been recorded that you can view online at www.mendedhearts.org.

Recorded Support Webinars

COVID-19 and the Cardiac Patient
Friday, April 3, 2020 3:00 PM ET/12:00 PM PT
Guest Speaker: Moths Guler, MD, MS, FACC, F ACC Division Chair, Cardiology La Pacific University of Medicine - Phoenix
Join us for this free webinar on why COVID-19 is so harmful to the cardiac patient and how to protect yourself through this pandemic.

Mending Your Mind in Times of Crisis
Tuesday, April 7, 2020 at 7 PM ET
Expert Presentation: Join Mended Hearts as we discuss the importance of mental health during this time of uncertainty, and encourage to help you cope.

2020 Regional Mended Hearts Conference Patient and Family Education Day
The Western Regional Conference, is going to be held on October 24 in Portland, Oregon.

Mark the date on your calendar and plan to attend if you can. The conference will offer the latest in cardiovascular treatment and care, patient advocacy information, as well as opportunities for heart patients, caregivers and family members to network and share their experiences.

Join Mended Hearts Today
Membership is about how you can help improve the lives of heart patients and their families, beginning with your own. To find out more, contact 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!”
Be Careful with Cleaning Products

Our increased use of cleaning, sanitizing and disinfectant products has led to confusion about what and how to use them and to an increase in their misuse. Please take time to review what you’re doing and to make changes if needed.

The Washington Poison Center (WAPC) urges people to be cautious with cleaning products during the COVID-19 pandemic. According to WAPC, the number of exposures to household cleaning products (bleach, soaps, detergents and antiseptics) has increased by 23% over last year.

“It is important that people follow good hand hygiene and disinfecting practices in households and businesses. However, it is also important to read labels carefully, follow instructions, and only use substances for their intended use,” says Dr. Erica Liebelt, WAPC Medical Director.

Examples of exposures being reported include:
- Mixing cleaning chemicals together, which can inadvertently produce a toxic gas.
- Using bleach and hydrogen peroxide to wash hands and faces, resulting in allergic reactions and skin rashes.
- Using chemicals to wash and “disinfect” groceries and fresh produce.
- Directly applying bleach and other chemicals to disinfect homemade masks, resulting in inhalation of toxic gases.
- Young children getting into cleaning products left open and unattended.

To prevent poisoning, the WAPC recommends the following strategies:
- Wear gloves & open windows and doors for ventilation when cleaning.
- Do not mix cleaning products, as mixing can create hazardous gases.
- Do not use cleaning products on food. Rinse fresh fruits and vegetables under running water just before eating.
- Store cleaners, household chemicals, and other potentially harmful substances in their original containers. Keep these products & hand sanitizers up high and out of reach of children.
- Supervise children when using hand sanitizer, as ingestion could lead to alcohol poisoning.
- Call the Poison Helpline (1-800-222-1222) for help with any questions or poison emergencies.

Washington 211 COVID-19 Call Center

Do you need information or answers to your questions and concerns about the novel coronavirus (COVID-19)? You can call 1-800-525-0127 or text 211-211 for help. You can also text the word “Coronavirus” to 211-211 to receive information and updates on your phone wherever you are.

HELP RAISE DONATIONS FOR Greater Wenatchee Mended Hearts 91

Link your Fred Meyers Rewards Card to Greater Wenatchee Mended Hearts 91 at www.fredmeyer.com/community_rewards and search for us by our name. Then, every time you shop and use your Rewards card, you are helping Greater Wenatchee Mended Hearts 91 earn a donation.

**Newsletter Publication**

HEART BEAT AWAY is published monthly by Greater Wenatchee Mended Hearts, Chapter 91 and printed courtesy of Confluence Health. If you have an item you would like to include in the newsletter or would like to receive the newsletter, contact Ann Diede at 509-679-8181 or email: mendedhearts91@frontier.com.

Newsletters are sent each month to our members as a benefit of Greater Wenatchee Mended Hearts membership. We also send complimentary copies for three months to recent heart patients who have requested our newsletter, meeting visitors and others considering membership.