“Mended Hearts is open to the public and you are always welcome to participate.”

CHAPTER MEETINGS BY ZOOM ARE ON THE WAY!

Our first Mended Hearts Zoom Chapter Meeting will be held on Monday, November 2nd, 2020.

Mark the Date on Your Calendar!
Watch for more info in the November Newsletter.

We have not been holding in-person chapter meetings or visiting heart patients since the first part of March 2020 due to COVID-19. The health and safety of heart patients, families and caregivers is very important to Mended Hearts.

We don’t know at this time when we will be able to start meeting in-person again. But Greater Wenatchee Mended Hearts, Chapter 91 believes it is important to do whatever we can to stay connected and support each other during this time. That is the reason we have decided to give Zoom meetings a try.

Zoom also gives those who are NOT able to come to Mended Hearts Chapter Meetings, an opportunity to participate. Our President, Chuck Phelps, feels that Greater Wenatchee Mended Hearts can be of benefit to heart patients and family members who live in North Central Washington from Othello, to Coulee Dam, to Mansfield, to Okanogan, to the Methow, to Lake Wenatchee and beyond.

A Message from our President, Chuck Phelps

Dear Members and Friends of Greater Wenatchee Mended Hearts, Chapter 91. I am happy to announce that we are going to start using Zoom for our chapter and board meetings starting this November.

You may have heard of the Zoom program, worked with the program with family or friends or for your employment. Or, if like me, it may be new to you. I want to encourage you to give it a try. If I can learn how to do Zoom, I am sure you will be able to get on your computer, laptop, tablet or phone to do the program with help from others in our group. I have been working with Gracie Helm, a new member of our chapter who is knowledgeable about Zoom, to get the program up and going. We are also holding small group training sessions for our members in preparation for our first Zoom meeting on November 2.

Questions? Please contact me by phone at 509-264-7159 or by email: 91President2022@nwi.net.

Don’t Miss Out - Register Today!
Western & Rocky Mountain Virtual Regional Conference
Saturday, October 24th, 9:00 a.m. to 2:00 p.m.

We are excited to announce that Mended Hearts and Mended Little Hearts will be holding their first virtual regional conference on Saturday, October 24th.

Mended Hearts Chapter 389 in Salem, Oregon is hosting the event and is inviting members and guests from the Western and Rocky Mountain regions to attend. They will be using Zoom for the conference, so attendees will be able to log in from any location. If you don’t have email, that’s OK, you can still listen by phone. A few days before the conference takes place, they will send all registrants a link to join the meeting & call phone only attendees with needed call-in numbers.

Some of the region’s top experts will speak on a variety of topics important to heart patients and family members trying to navigate health care and wellness during these times. It will also be an excellent opportunity to connect with members from the entire Western and Rocky Mountain region from Hawaii to Arizona. Join us as we empower, educate and inspire heart patients, family members and caregivers. It’s all for free! Register today so you don’t miss out.

If you have email, register here: https://zoom.us/meeting/register/tJwlc-6hpz4qG9bgcSUsPCHZDOUblp4Se9Ke

Registration for phone only attendees:
Call Beth Augee, Western Region Assistant Director, 509-931-5689.

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.

“HEARTBEAT AWAY”
Greater Wenatchee Mended Hearts - Chapter 91
“Offering hope and encouragement to heart patients, their families and caregivers in North Central Washington”

October 2020

“IT'S GREAT TO BE ALIVE - AND TO HELP OTHERS!”
In Control: Empowering Patients to Take Control of Their Heart Failure Webinar Series

Mended Hearts is proud to announce this four-part webinar series that is designed to empower you to take an active role in managing your heart failure. Starting on October 8th and each Thursday throughout October, we will take a different look at heart failure. The series will cover what heart failure is, why it’s important to manage your symptoms, new ways to monitor your symptoms, and will end with a panel of heart patients who are living with heart failure. The schedule is as follows:

- October 8, 12 Noon - 1pm PT: Know the Basics of Heart Failure
- October 15, 12 noon - 1pm PT: Monitoring Your Heart Failure
- October 22, 12 noon - 1pm PT: A Deep Dive into Heart Failure Monitoring
- October 29, 12 noon - 1pm PT: Getting Your Life Back

To register, go to: mendedhearts.org/in-control/

(The webinar series is made possible by an educational grant from Abbott.)

Baked Apples and Pears

This delicious dessert uses honey and the natural flavors of seasonal apples and pears to satisfy any sweet craving without the guilt.

**Ingredients**

- 4 small Granny Smith or Golden Delicious apples or pears
- 1/4 cup unsalted, unoiled almonds
- 2 tablespoons dried cranberries or raisins (no-sugar-added)
- 1/2 teaspoon cinnamon
- 2 tablespoons honey

**Directions**

1. Preheat oven to 400 degrees F.
2. Cut 1/4 inch off the top of the apples or pears, save the tops.
3. Using a spoon or paring knife, core out the apples or pears, leaving a bottom/base intact.
4. Chop almonds.
5. In a small bowl, combine almonds, cranberries and cinnamon, stir gently.
6. Drizzle with honey and stir until almonds and cranberries are coated.
7. Spoon almond mixture into apples or pears and replace tops.
8. Fill a small baking dish with 1/4 inch of water, place apples or pears in dish and cover with loosely tented foil. Bake 30 minutes. Remove foil and bake an additional 15 minutes until apples or pears are tender and lightly golden.