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

December 2020

Monday, December 7
MENDED HEARTS
HOLIDAY MEETING VIA ZOOM
11:30 am - 1:00 pm
(Sign in 11:15 - 11:30 am)

Greater Wenatchee Mended Hearts is inviting heart patients and their families in Chelan, Douglas, Grant and Okanogan Counties to attend.

- Come dressed in holiday attire and bring a Christmas ornament/tradition to share.
- Guest speaker: Scott Langager, Chaplain at Confluence Health, will talk about giving and receiving hope in these troubled times, including how important our traditions are with family, friends and faith and the role of gratitude in our lives.
- There will also be a holiday sing-a-long, recognition of the chapter’s Mended Hearts Visitors and announcement of the Mended Hearth of the Year Award Winner.
- Zoom Link: https://zoom.us/j/8527811204?pwd=cDhiZGdCSzBjSU80aFc0VHpwbU0zZz09
- To join meeting by phone: dial (1) 253-215-8782, then when asked, enter 8527811204, then press #, followed by another #.
- For more information, contact Gracie Helm, Zoom Host, email: atthehelmsters@hotmail.com or by phone: 509-293-1603

EXECUTIVE BOARD MEETING
10:00 am - 11:00 am

2021 CALENDAR OF EVENTS
January 4 - Chapter Meeting

ADVANCING ATRIAL FIBRILLATION CARE
IN CENTRAL WASHINGTON

Roy Lin, MD, Director of Arrhythmia Care and Electrophysiology Lab at Confluence Health, spoke at our meeting on November 2 about Afib devices and treatments. He described atrial fibrillation (Afib) as disorganized atrial activation due to atrial myopathy and increases as we age due to heart changes over the years and increased scarring.

Dr. Lin said the signs and symptoms and signs of Afib include palpitations, fatigue, fainting, shortness of breath during physical activity, dizziness and angina. However, 30 percent of people don’t feel any symptoms at all. He indicated that there is a steady increase of Afib in the U.S. as we live longer. He reported that the prevalence of Afib in Chelan and Douglas Counties is higher than the national and WA average due to an aging population.

Dr. Lin said the goals of Afib care for patients at Confluence Health include reducing stroke risk, identifying risk factors, improving quality of life with medications 30-50% and catheter ablation 40-80%, minimizing adverse effects of therapy and tailoring therapy for individual patients. Risk factors for Afib are: Age over 60, diabetes, high blood pressure, thyroid disease, chronic lung disease, coronary artery disease, prior heart attacks, congestive heart failure, structural heart disease (valve problems or congenital defects), prior open-heart surgery, untreated atrial flutter, sleep apnea, obesity, excessive alcohol or stimulant use (also known as Holiday Heart) and serious illness or infection.

Dr. Lin explained the importance of comprehensive care in tailoring therapy for individual patients. Treatment options include sleep apnea management, weight reduction, stroke risk reduction, pacemaker with AV node ablation, catheter ablation, drug/medication therapy, surgical MAZE/hybrid and modifying risk factors. For example, for people with sleep apnea, CPAP use was associated with 42 percent relative risk reduction. Also a weight loss of even 10 pounds goes a long way in reducing Afib. Because each person is unique, Dr. Lin said that Confluence Health is dedicated to comprehensive atrial fibrillation/arrhythmia care.

If you’d like a copy of Dr. Lin’s presentation, send an email request to mendedhearts91@frontier.com.

It’s not too late for a year-end gift!
Please consider a gift to Greater Wenatchee Mended Hearts with a tax-deductible donation during this holiday season. Your gift will help many heart patients and their families with needed peer support and education. You may donate by mailing a check to Greater Wenatchee Mended Hearts, P.O. Box 3231, Wenatchee, WA

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@nwill.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!”
Remember these popular gifts from the past?
Today we might gift kids and adults with gadgets and tech toys, but it wasn’t always that way. Here were some of the most popular gifts of the past.

- **1940s**: Nylon stockings, ballpoint pens, perfumes, pajamas, dolls, stuffed toys
- **1950s**: Gumby, Play-Doh, Pogo Stick, appliances, cigarettes, BB gun, cowboy hats and guns
- **1960s**: Chatty Cathy, Ken doll, Easy Bake Oven, GI Joe
- **1980s**: Donkey Kong, Star Wars, Commodore 64 computer, GI Joe, Pound Puppies, Care Bears, Trivial Pursuit, Talking Alf
- **1990s**: Nintendo Game Boy, Sega Game Gear, Beanie Babies, Play Station, Buzz Lightyear, Furby
- **2000s**: iPod classic, Legos, Sony Playstation 2, Teenage Mutant Ninja Turtles, Motorola RAZR, Grand Theft Auto, iPod Mini, Nintendo Wii,Tickle Me Elmo, iPhone 3G
- **2010s**: Lego Ninjago, Nintendo 3DS, Xbox One, Playstation 4, iPhone 6, Nintendo Switch

Christmas Chuckles

Q How is the alphabet different on Christmas?  
A On Christmas there is noel.

Q Why do couples get hitched on Christmas?  
A So they can have a Married Christmas.

Q What is a dog’s favorite Christmas song?  
A ‘Fleas Navidad’

Sheet Pan Roasted Vegetables

**Ingredients**: • 3 tablespoons olive oil • 2 tablespoons whole-grain mustard • 1 tablespoon chopped fresh thyme • 1 tablespoon apple cider vinegar, divided • 3/4 teaspoon kosher salt • 1/2 teaspoon freshly ground black pepper • 1 pound peeled cubed butternut squash (about 3 cups) • 1 pound parsnips, peeled and cut into 1-inch pieces (about 2 1/4 cups) • 1 pound Brussels sprouts, trimmed and halved • 8 ounces small Yukon Gold potatoes, halved • Cooking spray

**Directions**: 1. Combine oil, mustard, thyme, 2 teaspoons vinegar, salt, and pepper in a bowl, stirring with a whisk. Combine butternut squash, parsnips, Brussels sprouts, and potatoes in a large bowl. Add mustard mixture to squash mixture; toss to coat. 2. Spread vegetable mixture in a single layer on a foil-lined baking sheet coated with cooking spray. Bake at 450°F for 35 minutes or until browned and tender, stirring gently with a spatula after 25 minutes. Remove pan from oven. Drizzle with remaining 1 teaspoon vinegar; toss.

**SERVES 10** (serving size: about 2/3 cup) **CALORIES 133; FAT 4.6g (sat 0.7g, mono 3.1g, poly 0.7g) PROTEIN 3g; CARB 23g; FIBER 6g; SODIUM 214mg**

Recipe taken from https://www.cookinglight.com/recipes/sheetpan-roasted-vegetables

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**Newsletter Publication**

*HEARTBEAT AWAY* is published monthly by Greater Wenatchee Mended Hearts, Chapter 91 and printed courtesy of Cliffrance 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.