**Live for Today but Look Forward to Tomorrow!**

That is Dominick Ferraro’s advice for “Living with Heart Disease.” Dominick is a long time heart patient, starting with a heart attack at age 37. He has experienced and learned a lot over the years about living and coping with heart disease that he shared with us at our January Chapter Meeting.

He learned that coping with our feelings about heart issues is an important part of our recovery. He said we all respond to issues in different ways and what works best for you may not work for others. He reminded us that there is no reason to be afraid of your feelings. It’s common to feel denial, upset or angry, depression, anxiety or fear. By knowing about them you will be able to cope with them better.

Dominick has learned that if you respond to the circumstances of life negatively, you slow your healing. Trusting in a positive outcome and actively participating in your healing process is important. Continuing on, he asked us to close our eyes and think about our reaction when we were informed of our heart condition. What was your family’s reaction? What lifestyle changes have you made since? What is your plan for the future? Dominick says, “Choose Life!”

Dominick talked about how he coped with his feelings and changes that helped him move forward. The first changes he made after his first heart attack were a walking then running program, watching what he was eating and quitting smoking. Six years later he was in the hospital having bypass surgery and was wondering what was going to happen to him, what could he do, and how long did he have to live. That was when he found “Mended Hearts” and realized that he was not the only heart patient and learned he could live a normal life with heart disease. He said **Mended Hearts saved his life!** And he has been active in Mended Hearts ever since, living the motto **“It’s great to be alive and to help others!”**

**Attention! Greater Wenatchee Mended Hearts Members**

Starting this year (2021), our National Mended Hearts office in Albany GA will be sending out membership renewals to all members across the country provided they have a current email address on file at the national office. If you do not have an email address on file, our local chapter will be sending out the renewal notices to you.

One thing to keep in mind, to be a member of any Mended Heart Chapter, including Greater Wenatchee Mended Hearts, you must also be a member of National Mended Hearts, Inc.

There are several levels of national membership you can choose from; Associate, Single, or Family. If you have been renewing your membership as a family and choose to only be an Associate Member at the national level, then your spouse or other family members will not be eligible to be a member of the local chapter, unless they also join national as an Associate Member.

**Good news! Beginning this year there will not be chapter dues.** We do encourage donations to our chapter in lieu of chapter dues. We thank you for your continued support of our chapter and to the National Organization of Mended Hearts.

If you have any questions about this, contact Dominick Ferraro, Chapter Treasurer, at 509-421-3641.

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

**Monday, January 4, 2021  
MENDEDED HEARTS  
CHAPTER MEETING VIA ZOOM  
11:30 am -1:00 pm  
(Sign in 11:15 - 11:30 am)**

Join us for the Celebration of our Chapter’s 20th Birthday and Installation of Phil Aamodt as Vice-President. Wear RED for American Heart Month.

**SPeaker**

Dr. Kathleen Love, Cardiologist at Confluence Health, will talk about “Heart Failure.”

**Directions for Joining Zoom Meeting**

- Zoom Link: https://zoom.us/j/99418827432
- To call in by phone: dial (1) 253-215-8782, then when asked, enter 99418827432, 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**

**March 1st - Chapter Meeting  
Speaker: Tina Orsag, Structural Heart Program Coordinator at Confluence Health, will talk about Transcatheter Aortic Valve Replacement (TAVR) Procedures that are now being done at Central Washington Hospital.**
Leg pain could be alarm for heart health

Everyone gets a charley horse now and again while walking. But what if you experience a painful cramping sensation more often than normal, or even every time you walk? Claudication — the medical term for leg pain while walking — is a common symptom of peripheral artery disease (PAD), an often undetected and sometimes dangerous condition, according to the Harvard Heart Letter.

PAD occurs when fatty deposits narrow and clog arteries outside of the heart, most often in the legs. While some people have mild or no symptoms, cramping in the arms or legs that starts during physical activity and disappears after a few minutes of rest occurs in some PAD patients, according to the Mayo Clinic. Pain may also occur in the buttock, hip, thigh or calf, according to the Centers for Disease Control and Prevention.

Other symptoms of peripheral artery disease include: muscle weakness; hair loss; smooth, shiny skin; skin that is cool to the touch, especially if it occurs with pain while walking that subsides after stopping; decreased or absent pulses in the feet; persistent sores in the legs or feet; and cold or numb toes.

Peripheral artery disease is often a sign of fatty deposits in other areas of the body which can reduce blood flow to the heart and brain, according to the Mayo Clinic. Contact your physician if you’re experiencing these symptoms and over age 65; over age 50 and have a history of diabetes or smoking; or under age 50, but have diabetes and other risk factors like obesity or high blood pressure.

According to the CDC, a doctor may use a variety of tests and imaging techniques to diagnose this issue. Treatment may include aspirin or other antiplatelet medications, as well as lifestyle changes like tobacco cessation and exercise. In some cases, surgery may be necessary.

Heart Healthy Oven-Roasted Potato Wedges

Ingredients:
- Non stick cooking spray
- 2 large potatoes (peeled if desired, cut into 1/4 inch wide strips
- 1/2 teaspoon garlic powder and 1/2 teaspoon dried parsley
- Non stick cooking spray

Directions:
- Heat oven to 425 degrees. Spray a baking sheet with non stick spray.
- Spray potatoes with cooking spray and sprinkle with herb mixture.
- Bake for 15 minutes. Then stir and bake for 15 minutes more until wedges pierce easily with fork.

Source: American Heart Association Recipes

“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.