Heart to Heart Conversations via Zoom

Our guest speaker for our March Meeting had to cancel at the last minute, so Dominick Ferraro, our Visiting Program Chairman, led us in discussions about eating healthy, safe exercise for our condition, our health, upcoming procedures and what good TV series we watching.

We found that Zoom is a good format for group discussions, making it easy to see and hear everyone. Participating in the meeting from home also has its advantages. We got to see Nikki Johnson’s freshly baked fish for lunch right out of the oven! Gracie Helm also shared one of her favorite heart healthy recipes which is as follows:

Oatmeal Cups

1/3 Cup Non-Fat Greek Yogurt 2/3 Cup Almond Milk
1/2 Cup of Old Fashioned Oats 1/2 tsp Vanilla
1 Tablespoon of Chia Seeds Fresh Fruit of Your Choice
2 Tablespoons of Real Maple Syrup or Agave

Mix all ingredients into small bowl. Cover and leave in refrigerator over night. Eat next day for breakfast, lunch or a snack!

The Mended Hearts, Inc.
Western Regional Virtual Conference
Hosted by
Mended Hearts of Coachella Valley, California
in partnership with Eisenhower Health

When: Saturday, May 15, 2021, 9 am to 2 pm PT
Where: Virtual event. Join from anywhere by Zoom.

Join us for what is sure to be an empowering and educational regional conference on Saturday, May 15th. In addition to learning about new treatments and therapies for those living with heart failure, valve disease, and diabetes, attendees will also have the opportunity to hear some amazing patient and family stories. Two inspiring heart patients will share their stories about competing at the Transplant Olympics and conquering mountains (literally) and one M&L family will share the details of their journey with congenital heart disease.

This virtual meeting will take place on Zoom, but if you don’t have a computer, that’s OK, you can still participate by phone.

For questions about the event and to register, please reach out to:
Bill Stark, President, Mended Hearts of Coachella Valley
Email: bstarkdest@verizon.net, Phone: (760) 772-1461

“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!”
Greater Wenatchee Mended Hearts
P.O. Box 3231, Wenatchee, WA 98807
Phone: (509) 264-7159
Email: 91President2022@nwi.net
Website: www.mendedhearts.org

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Telephone—Fran Aamodt & Susan Young
Holiday Luncheon—Dominick Ferraro
Sunshine—Yvonne Dixon
Zoom Host—Gracie Helm
Fundraising—Phil Kepler

CHAPTER NEWSLETTER
Editor—Ann Diede

ACCREDITED PATIENT VISITORS
Gene Anderson
Bob & Jan Cripe
Dominick Ferraro
Nikki Johnson
Chris Phelps

April Birthdays
15 Dominick FERRARO
26 Chuck PHELPS

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.

Know your COVID-19 Treatment Options
Each day, more and more Americans are getting vaccinated across the country and gaining protection from getting sick from COVID-19. However, if you're not vaccinated yet and test positive for COVID-19 with mild to moderate symptoms, there's a treatment option that may help: monoclonal antibody treatments. For higher risk patients, like those 65 or older, or with certain health conditions, these treatments can fight the disease and avoid hospitalization.

If you're experiencing symptoms of COVID-19, get tested as soon as possible — monoclonal antibodies must be given within 10 days of the onset of symptoms. Monoclonal antibodies provide temporary antibodies to help fight COVID-19. The FDA approved this treatment for emergency use, and it's the only approved outpatient treatment currently available. Monoclonal antibody treatment may reduce your likelihood of being hospitalized and keep you from getting more severe symptoms. Talk to your doctor or healthcare provider to see if this treatment option is right for you.

Remember: Medicare covers tests to diagnose COVID-19, monoclonal antibody treatments, and COVID-19 vaccines — so there's no cost to you.

This message was created & distributed by the Centers for Medicare & Medicaid Services.

Nice Surprise! Stimulus Doesn't Count as Income
Tax free money? Is that even possible? It seems so with stimulus checks. Stimulus payments are not considered taxable income and will not be subject to income taxes, according to the IRS. More than half of Americans don't know that stimulus payments are non-taxable, a statistic that reflects the widespread confusion surrounding this year's tax season, according to Forbes.

No stimulus check? Individuals who never received economic impact payments can request a Recovery Rebate Credit. According to CNET, millions of Americans never got the first or second stimulus checks, possibly due to IRS error or missing money for dependents. Tax non-filers, such as SSI or SSDI recipients, were also more likely to miss their payments.

To request your rebate, simply claim your full stimulus check amount as a Recovery Rebate Credit on your tax return. According to CNET, this credit combines stimulus money with your tax return, so you could receive a larger tax refund as a result or reduce your tax bill. Outstanding debts such as overdue child support payments could be deducted.

Giving 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.

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.