You are Invited to Join Mended Hearts!

We’d like to invite you to join the nation’s largest cardiovascular disease support network today and be part of our caring support network. Free memberships are available, and we welcome all. If you join at a donation level, you will get some gifts from Mended Hearts and Mended Little Hearts. All membership levels are for ONE YEAR and are renewed annually, except for the Heart of Gold Lifetime Sponsorship. National membership levels are shown here:

- **Associate Membership** is FREE per individual.
- **Individual Membership** is $20.00 donation annually.
- **Family Membership** is $40.00 donation annually for members of one household with one mailing address.
- **Bronze membership** is $45.00 donation annually per individual or $75 annually per family.
- **Silver membership** is $100.00 donation annually per individual.
- **Gold Membership** is $250.00 donation annually per individual.
- **Heart of Gold Lifetime Sponsorship** is a one-time payment of $1,500.00 per entity, an individual, family or a business.

When applying for membership, you will be asked which Chapter you wish to join and a part of your membership dues will be sent to that Chapter, depending on your membership level. You can make an additional donation to your local Chapter when you register if you wish. Our local Chapter is Greater Wenatchee Mended Hearts Chapter 91, serving heart patients and families in Chelan, Douglas, Grant and Okanogan Counties.

Please note: Chapter Only Memberships are not available. If you want to be a member of Greater Wenatchee Mended Hearts Chapter 91, you also need to be a member of the National Mended Hearts Organization. Chapters are also no longer charging dues as in the past. For questions about joining and to get a copy of the membership application form, please contact Greater Wenatchee Chapter 91 Treasurer Dominick Ferraro, at 509-421-3641, email: dfmb1517@aol.com or Chris & Chuck Phelps, Membership Chairpersons at 509-860-4554, email: membership91@nwi.net.

**Fun Facts About the Heart You May Not Know**

- The average heart is the size of an adult’s fist.
- Your heart will beat about 115,000 times each day.
- Your heart pumps about 2,000 gallons of blood each day.
- The heart can continue beating even when it’s disconnected from the body.
- The beating sound of your heart is caused by the opening and closing of the heart valves.

**“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.
**Breakfast Toast with Cottage Cheese and Avocado**  
4 Servings, 1 slice toast per serving

A fresh take on avocado toast, this version adds creamy cottage cheese and a dash of chipotle chili powder for an extra morning kick. This Heart-Check Certified recipe is brought to you by the Hass Avocado Board.

**Ingredients:**
- 4 slices whole-wheat bread
- 1 1/3 cups 1% fat cottage cheese
- 1 large ripe, fresh avocado (halved, pitted, peeled, sliced)
- Chipotle chili powder, to taste

**Directions:**
1. Top whole-wheat toast with cottage cheese and sliced avocado, dividing evenly.
2. Sprinkle with chipotle chili powder to taste.

**Nutrition Facts:**
- Calories: 190 per serving
- Protein: 13 grams per serving
- Fiber: 4 grams per serving

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**Shrimp-Apple Salad**  (Serves 4)

Make use of your fresh tomatoes by stuffing them with this shrimp-apple salad. Serve with a whole-grain roll or bagel, or low-fat whole-grain crackers. This is one of Mayo Clinic’s Healthy Recipes.

**Ingredients:**
- 1 tablespoon water
- 48 tiny frozen shrimp, thawed (about 1 cup)
- 2 tablespoons chopped red onion
- 2 medium apples, cored and cubed
- 1/4 cup lemon juice
- 1/2 cup diced celery
- 1 tablespoon chopped parsley
- 1 teaspoon dried dill
- 4 teaspoons horseradish
- 1/2 cup fat-free mayonnaise
- Ground black pepper, to taste
- 4 tomatoes, cored

**Directions:**
In a nonstick frying pan, heat the water over medium heat. Add the shrimp and onion and saute until the shrimp is opaque and onions are translucent. Transfer to a bowl, cover and refrigerate until well-chilled. In a small bowl, add the apples and lemon juice. Toss to coat and set aside. In a large bowl, combine the celery, parsley, dill, horseradish and mayonnaise. Add black pepper to taste. Stir in the shrimp mixture and the apples. Refrigerate until well-chilled. Just before serving, stuff the shrimp salad into the cored tomatoes. Serve immediately.