"HEARTBEAT AWAY"
Greater Wenatchee Mended Hearts - Chapter 91
“Offering hope and encouragement to heart patients, their families and caregivers in North Central Washington”
October 2021

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

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

GUEST SPEAKER
Dr. Jesse Regnier, Integrated Psychologist of Confluence Health, will talk to us about “Emotional Health.”

GUEST VISITOR
Beth Augee, Assistant Western Regional Director of Mended Hearts, will be making a special visit to our meeting.

Directions for Joining Zoom Meeting
- Zoom Link: https://zoom.us/j/8527811204
- To call in by phone: Dial (1) 253-215-8782 and follow the prompts. Meeting ID Number is 8527811204 #...
- 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
Greater Wenatchee Mended Hearts Chapter 91 meetings are held the 1st Monday of each month by Zoom from 11:30 am to 1:00 pm. Chapter 91 invites heart patients, families and caregivers to attend and meet others who have had similar struggles and experiences. Our meetings offer peer-to-peer support and educational speakers of interest. For more information, call Chuck Phelps, Chapter President, at 509) 264-7159.

November 1 - Chapter Meeting
Speaker - Matt Slagle, Cardiology Integrated Clinical Pharmacist of Confluence Health

The New Mended HeartGuide™
The new Mended HeartGuide™ Guide has arrived and is now available for free online at https://mendedhearts.org/toolsresource/mh-and-mh-heartguides/. This fantastic resource for both patients and caregivers includes current and updated education for all types of heart disease, as well as new sections on things you may be feeling, the empowered patient, being a caregiver and more!

Now is the Time to Get Your Flu Shot
People 65 years and older are at higher risk of developing serious flu complications compared with young, healthy adults. This increased risk is due in part to changes in immune defenses with increasing age.

The best way to protect against flu and its potentially serious complications is with a flu vaccine. CDC recommends that almost everyone 6 months and older get a seasonal flu vaccine each year, ideally by the end of October. Flu vaccines are updated each season to keep up with changing viruses. Also, immunity wanes over a year so annual vaccination is needed to ensure the best possible protection against flu.

Because immunity may decrease more quickly in older people, it is especially important that this group is not vaccinated too early (in July or August). September and October are generally good times to be vaccinated for people 65 years and older.

According to the Centers for Disease Control, people 65 years and older should get a flu vaccine, not an oral vaccine spray. There are two flu vaccines specially designed for people 65 and older: high dose and adjuvanted flu vaccines.

The High Dose Vaccine (brand name Fluzone High-Dose) contains four times the amount of antigen (the activated virus that promotes a protective immune response) as a regular flu shot. It is associated with a stronger immune response following vaccination. The high dose vaccine has been approved for use in people 65 years and older in the United States since 2009.

The Adjuvanted Flu Vaccine (brand name Fluad Quadrivalent) is made with MF59 Adjuvant, an additive that helps create a stronger immune response. The adjuvanted vaccine was available for the first time in the United States for the first time for the 2016-2017 flu season.

The high dose and adjuvanted flu vaccines may result in more of the temporary side effects that can occur with standard-dose flu shots such as pain, redness or swelling at the injection site, headache, muscle ache and malaise, and typically resolve in 1 to 3 days.

For more information, visit: https://www.cdc.gov/flu/highrisk/65over.htm

“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!”
Heart Healthy Artichoke Dip

Dietitians Tip: Serve with raw vegetables or whole grain crackers

Number of Servings: Serves 8
Serving Size: about 1/2 cup

Ingredients:
- 1 can (15.5 ounces) artichoke hearts in water, drained
- 4 cups chopped raw spinach
- 2 cloves garlic, minced
- 1 teaspoon ground black pepper
- 1 teaspoon minced fresh thyme (or 1/3 teaspoon dried)
- 1 tablespoon fresh minced parsley (or 1 teaspoon dried)
- 1 cup prepared unsalted white beans (or half a 15.5-ounce can unsalted white beans, rinsed and drained)
- 2 tablespoons grated Parmesan cheese
- 1/2 cup low-fat sour cream

Directions:
In a mixing bowl, combine the ingredients. Transfer to an oven-safe glass or ceramic dish and bake at 350 F for 30 minutes. Serve warm.

Nutritional Analysis per Serving

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<th>Nutrient</th>
<th>Amount</th>
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<tr>
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Have Your Renewed Your Mended Hearts Membership?

Records indicate that several of our chapter members have missed renewing their membership this year. To make it easier to renew, we will be mailing out letters and membership renewal forms to you this month. If you have any questions, please contact Chris or Chuck Phelps, Membership Co-Chairpersons, at 509-860-4554 or email: membership91@nwi.net.

Created by the chefs at Mayo Clinic’s Dan Abraham Healthy Living Center. January 25, 2019

“HEARTBEAT AWAY”

Greater Wenatchee Mended Hearts
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OFFICERS
President—Chuck Phelps
Vice President—Phil Aamodt
Secretary—Jan Cripe
Treasurer—Dominick Ferraro

CHAIRPERSONS
Visiting Program—Dominick Ferraro
Membership—Chris & Chuck Phelps
Program—Ann Diede
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

September Birthdays
01 Phil KEPLER
08 Jan CRIPE
22 Nikki JOHNSON
23 Chris PHELPS
23 John DIEDE

October Birthdays
19 Jan LEEMAN
20 Monte OLSON
29 Darin WOLD

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.