We are heart patient and caregiver volunteers, adults, young and older, providing support and hope to patients and their caregivers from the diagnosis of heart disease through treatment and beyond.

From Our Chapter President, Dave Huber

Optimism and Inspiration in Our New Year

Happy New Year to all Mended Hearts Members, Family and Friends,

As we embark on another new year, I can only look forward. Granted, we learn from the past, but our future is what matters. I’m a perpetual optimist, and when I look at the coming year, I have optimism this year will be better than the last one. I’m optimistic this year we will start down a path that returns us to a new form of normal that is more like the “old days”.

I’ve always considered optimism to be directly connected to inspiration. At Mended Hearts we’re firmly linked to optimism. It’s one of the primary tools we utilize when we visit with patients and family members. When we speak with optimism, we are also inspiring the people we’re speaking to. We’re inspiring the patient to believe, to have patience and most importantly, reinforce confidence that they will be okay. That is no small task, and the results of those efforts are nearly immeasurable.

We have a common denominator among us with heart disease. It’s what binds us together through Mended Hearts and provides us the opportunities to stay connected as a group. It also provides us with the opportunity to provide optimism and inspiration for individuals just starting down the path we have all walked.

May your New Year be full of health and happiness.

It’s Another Successful Drive for Toys for Tots

Thanks to the generosity of our Mended Hearts members and friends, our chapter collected $225 for our Toys for Tots drive this year. If you were part of this wonderful drive, we thank you. The children in our community are very grateful for the gifts distributed by the Marine Corps each year.

Covid - How to Get a Digital Copy of Your Vaccination Record

Today you might need a verified copy of your Covid vaccine and booster record for eating in a restaurant, getting on an airplane, or using public transportation. Washington State makes it easy for you to get your verification. Simply log into https://waverify.doh.wa.gov. Fill out a simple form and jot down the 4-digit pin number you are asked to create. Your verification comes within 24 hours either in your email or directly to your phone depending upon which location you’ve chosen. Use the 4-digit code to open the digital copy of your vaccination record. You can store the verification on your phone or print it out to have handy if you need it.
Saturday, February 12, 2022, 10 A.M

Things You Would Like to Ask Your Pharmacist

Mia Wurtz, Pharm D
Pharmacy Manager, Haggen, Barkley Village, Bellingham

What's new in heart, diabetes, and lung disease drugs? What new drugs are available to help prevent and treat Covid-19 and its variants? What is the difference between rapid antigen and PCR Covid-19 tests? When is each appropriate and where can one get them? Ms. Wurtz will answer these and any other pharmaceutical questions you may have. Click here to register for this meeting.

Saturday, March 12, 2022, 10 A.M

Understanding and Managing Your Decisions for Cardiac Procedures in Today’s Environment

Nicole K. Jackson, DO
PeaceHealth St. Joseph Medical Center, Cardiothoracic Surgery

Heart procedures, whether surgery or interventions, are often accompanied by anxiety for the patient and family. Dr. Jackson will talk about the questions you should ask before having a heart procedure so the anxiety may be lessened. She will discuss how your decisions regarding your procedure can affect the outcome, especially during the pandemic. Dr. Jackson will also introduce us to her specialty, thoracic robotic surgery, a less invasive alternative for certain surgical procedures. Click here to register for this meeting.

Our Young Mended Hearts (YMH) group offers an opportunity for young heart patients (ages 18-55) and their families to meet. It is an informal environment where young people can safely share their concerns, fears, challenges, and most of all their successes while dealing with heart disease. Our next Zoom meetings are:

February 23, Wednesday, 6 P.M. PT
March 23, Wednesday, 6 P.M. PT

If you would like to be added to our email list, and be notified of upcoming meetings, please send an email to Dianna at dmk9@sbcglobal.net. Zoom links are sent the weekend before each meeting.

Follow us on Facebook at Young Mended Hearts of Northwest Washington

Please join us. Together we can help make a difference.
We are celebrating. We didn’t know when we started our Young Mended Hearts (YMH) group in 2015 that it would become the model for Mended Hearts International (MHI) to sponsor a nationwide program to provide support for young heart patients across the country. But it did and we are very proud to officially be named the first group to be granted a charter. YMH which supports heart patients ages 18-55, fills the support gap between our regular Mended Hearts Chapters, focused on older adults, and the Mended Little Hearts (MLH) group that supports the parents of children with congenital heart defects (CHD). While we do not support a MLH group locally, MHI provides support for all age groups.

Our group was started by Dr. Elisa Zaragoza (PeaceHealth St. Joseph Medical Center Cardiology), a specialist in CHD, and Marilynn Huffman and Dianna Konrad from our Mended Hearts chapter. Today because of Covid, the group sponsors monthly Zoom meetings in place of its usual in person meetings. Our Zoom meetings have been joined by people from all over the U.S. and an international guest from Tallinn, Estonia. Some like Rachel Rothenbuhler have moved away but still join by Zoom.

There are more young people than you might think with heart issues who feel isolated and alone. Young Mended Hearts makes a difference in their lives by giving them a safe environment to talk about their issues with people their own age. Our group is here, waiting for an opportunity to help other young heart patients during what can be a terribly frightening time. We encourage all young heart patients and their caregivers to join us. It really could change your life. You can contact Dianna at dmk9@sbcglobal.net to be added to our mailing list.

Please meet the charter members of Young Mended Hearts of Northwest Washington

Michael Bates Teresa Bosteter Rachel Caldwell Zoe Cardwell
Lisa Contaldo James Harris Dawna Hovenier Marilynn Huffman
Lori Johnson Monique Kerman Denise Kilcline Peter Kilcline
Dianna Konrad Jim Legg Tammy Longstaff Jessica Morton
Kyle Smith Steven Stokes Jackie VanZwol Dr. Elisa Zaragoza (honorary)

Some Important Information About Your Membership

Mended Hearts International has recently taken over membership renewals. They will send you an e-mail or a letter when your membership needs to be renewed. Follow their instructions to renew. Your National Associate Membership is free. If you would like a membership with more benefits, you can review the levels online and use a credit or debit card to upgrade. Please be sure to renew your membership.

Your local Chapter in Bellingham no longer automatically charges dues however we gratefully accept donations to help support our administrative costs. You can do so with a check to Mended Hearts Chapter 382. Send it to Mended Hearts, 3447 Spring Hill Place, Bellingham, WA 98226.

If you have questions or concerns about your membership, feel free to contact me at the e-mail below.

On a personal note: Thank you so much for your cards, calls and concern after the passing of my dear husband Jim. You have been a wonderful support and I SO appreciate you all!

Thank you,
Marilynn
marilynnrh@gmail.com or 360-933-1282
Mended Hearts Officers and Board of Directors

David Huber, President
dpamhuber@comcast.net

Susan Vaughan, Vice President
4rk7regence@gmail.com

Larry Irwin, Treasurer
larryandbarb@comcast.net

Vera Haug, Secretary
dvh413@gmail.com

John Heinemann, Past President
jwh@craigkallen.com

Marilynn Huffman, Past President
Chairperson, Membership
Young Mended Hearts
marilynnrh@gmail.com

Dianna Konrad, Chairperson, Public Relations,
Webmaster, Newsletter, Young Mended Hearts
dmk9@sbcglobal.net

Howard Milewski, Chairperson, Pre-Op Patient Escorts
howardmilewski@comcast.net

Jessica Morton, Chairperson, Liaison for Young Mended Hearts
rogers.jar@gmail.com

Brad Yeung, Chairperson, Visiting and Training
Emailing/Postal Mailing Coordinator
382visiting@mendedhearts.us

How to Contact Mended Hearts in Bellingham

Mended Hearts, Chapter 382
Dave Huber President
Message Line: 360-788-6928
Website: www.MendedHearts-Bellingham.org

Young Mended Hearts
Jessica Morton
rogers.jar@gmail.com
Dianna Konrad
dmk9@sbcglobal.net

Follow Young Mended Hearts on Facebook at:
Young Mended Hearts of Northwest Washington

How to Contact Mended Hearts at the
International Headquarters:
Phone: 888-HEART99
Website: www.MendedHearts.org

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