February is American Heart Month

The first American Heart Month, which took place in February 1964, was proclaimed by President Lyndon B. Johnson via Proclamation 3566 on December 30, 1963.

Heart disease is still the leading cause of death for men and women. To raise heart disease awareness in women, this February 4th has been proclaimed National Wear Red Day for Women by the American Heart Association. Mended Hearts is encouraging people of all ages to take charge of their health and start one new, heart-healthy behavior that can help reduce their risk of heart disease and stroke. Small changes can make a big difference. To help improve your heart health, try introducing one or two changes at a time.

• Schedule a heart health visit with your doctor.
• Add exercise to your daily routine—start small and increase duration and frequency as time goes on.
• Increase healthy eating. Try to cook a healthy meal at least three times/week or try substituting fresh herbs for salt.
• Take steps to quit smoking.

Heart Facts You May Not Know:

• Your heart beats over 100,000 times a day
• Your heart pumps about 1.5 gallons of blood every minute. Over the course of a day, that adds up to over 2,000 gallons.
• The average heartbeat of a woman is about 8 beats a minute faster than a man’s heartbeat.
• Other than the cornea, every cell in the human body gets blood from the heart.

What is a Cardiac Nurse Navigator?

Kiley Fenney, Cardiac Nurse Navigator of Confluence Health, spoke about role of nurse navigators in the cardiology department at our February meeting. She said the nurse navigator program was started about two years ago to increase patient access and provide a direct link to care to doctors. Nurse navigators are there to assist the patient in care navigation and to help them with specialized health care needs.

Kiley explained that the nurse navigator is assigned to work with the doctors and their patient case load together. The provider and the nurse have a seamless relationship in providing care to Cardiology patients, and are there for as long as the patient is a cardiology patient. If a heart patient hasn’t seen a cardiologist in the last three years, they will need to get a referral from their primary doctor. Kiley said the Wenatchee Cardiology Department is divided into 6 PODS of Cardiac MD’s, PA-C’s and DNP’s with a nurse navigator assigned to each POD. The Cardiovascular Service line is 509-433-3862.

Peer Support is Just a Phone Call Away
Call 509-421-3641

If you are a patient with heart disease, a caregiver of a loved one with heart disease, we are here for you -- you are not alone. Dominick Ferraro, our Greater Wenatchee Mended Hearts Visiting Program Chair, will talk with you about your heart condition and concerns.

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

Monday February 7th
MENDED HEARTS
ZOOM CHAPTER MEETING
11:30 am -1:00 pm
(Sign in 11:15 - 11:30 am)

Come join us for celebration of our Chapter’s 21st Anniversary and hear why members think Mended Hearts is special to them.

SPECIAL GUEST
Ron Manriquez, National President of Mended Hearts, Inc., will share in the celebration of our 21st Chapter Anniversary and talk about what’s happening at the national level and what to expect in 2022.

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.

2022 CALENDAR OF EVENTS
March 7- Chapter Meeting
Speaker: Dr. Love of Confluence Health, “Women and Heart Disease”

Executive Board Meeting
February 7, 2022
Join Mended Hearts Today

Membership is about how you can help improve the lives of heart patients and their families, beginning with your own. To find out more, contact Chris or Chuck Phelps, Membership Chairpersons, at 509-860-4554 or email: membership91@nwi.net.

February Birthday

26 Gracie HELM

FEbruary

COVID-19 NEWS & RESOURCES

At Home Test Kits:
Through a new White House initiative, you can get free at-home COVID-19 tests online. Every home in the U.S. can receive one package with a total of four tests. Go to covidtests.gov to order for your household. The tests available for order:
- Are rapid antigen at-home tests, not PCR
- Can be taken anywhere
- Give results within 30 minutes (no lab drop-off required)
- Work whether or not you have COVID-19 symptoms
- Work whether or not you are up to date on your COVID-19 vaccines
- Are also referred to as self-tests or over-the-counter (OTC) tests

Also check with your health insurance company to find out if they provide coverage for the purchase of at-home tests.

Digital Covid-19 Verification Records:
You can use the Digital Covid-19 verification system to get a link to a QR code and digital copy of your Covid-19 verification record. If you want to share proof of vaccination, you can use either the electronic or printed version of the record you will get from the system. One of the advantages of doing this is that you can have the information on your phone if you want and not have to carry printed copies with you.

The system provides a digital copy of state vaccine records. If you received your vaccinations from a federal agency (Department of Defense, Indian Health Services, or Veterans Affairs), you will need to contact those agencies for assistance. To get a copy of your Digital Covid-19 Verification Record, go to waverify.doh.wa.gov

Hugging is Good for the Heart

Hugging is Good for the Heart

National Hugging Day is an annual event dedicated to hugging held on January 21st. It was created by Kevin Zaborney in 1986. The idea of National Hugging Day is to encourage everyone to hug family and friends more often.

Whether you hug a family member or a stranger, the mental and physical health benefits are the same. From the day we are born, hugs or touch improve our sleep. Hugging, like cuddling, releases oxytocin. On its own, this hormone provides tremendous health benefits. Not only does it give us feel-good hormones, but it reduces pain. Receiving a hug helps reduce stress, eases anxiety, lowers blood pressure, and lowers the risk of heart disease. The giver as well as the receiver benefits from hugging.

It’s important to take time to give hugs to family and friends every day. The average hug with a friend or family member is about 3 seconds long (a quick embrace before continuing a conversation), but longer hugs, 20 seconds is recommended, are the ones that are beneficial to your health.

References: https://nationaltoday.com/national-hugging-day/ and Mended Hearts, Inc.