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

MONDAY, MARCH 7TH
MENDED HEARTS
ZOOM CHAPTER MEETING
11:30 am - 1:00 pm
(Sign in 11:15 - 11:30 am)

GUEST SPEAKER
Dr. Kathleen Love, Cardiologist of Confluence Health, will talk about “Women and Heart Disease.”

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
April 4 - Chapter Meeting
Speaker to be announced

Celebration of our Chapter’s 21st Anniversary
Every February we celebrate our chapter’s anniversary and accomplishments and reflect on what Mended Hearts has meant to us.

Chapter History
This year, Dominick Ferraro, one of our chapter’s charter members, gave a brief history of our chapter and how we began. The first organizational meeting was held June 2000 and in January 2001, Greater Wenatchee Mended Hearts was awarded a charter by the National Mended Hearts, Inc. Since the beginning we have partnered with Confluence Health to help heart patients and their family caregivers to have a positive health-care experience.

We do this through our Mended Hearts Visitor Program, Chapter Support Group Meetings, our monthly newsletter, “Heartbeat Away,” educational speakers, special projects and events. Since we began in 2001, Greater Wenatchee Mended Hearts Visitors have made over 9,650 visits to more than 5,635 heart patients and their families in North Central Washington.

What Mended Hearts Has Meant to Us
At our February chapter meeting, we asked members to reflect on what Mended Hearts has meant to them, “Why I Joined Mended Hearts”/“What it Means to Me to be a Mended Hearts Member.” Here are their comments:

- My spouse needed heart surgery, became a member, and I came along for the ride
- I was visited by a Mended Hearts Visitor in the hospital and liked his/her friendliness and encouragement
- Talking to other Mended Hearts patients made me feel not so bad off or alone
- Love was a major benefit—met my wife through Mended Hearts
- Friendliness of Mended Hearts members
- Learned that everyone’s experience is different yet we are connected through heart disease
- Key support through second heart condition of AFib
- Being around supportive people brought me new friendships
- It helped/helps my psyche
- It helped me feel I could make it through this trauma/crisis
- Education about heart issues through speakers and others
- Zoom meetings made it possible and fun to meet
- Education that changed my attitude: It’s not an “over and done with” happening, but a life-long disease
- I like receiving the Heartbeat Away newsletter that Ann writes and sends out.
- I began to feel that it is “Great to be alive and help others”
- One of the things we have in common is that most of us were visited by a Mended Hearts Visitor when in the hospital.

“It’s great to be alive - and to help others!”
National News from our President

We were happy to have our National President, Ron Manriquez join us by Zoom from Southern California for our February Chapter Meeting. Under his leadership, Mended Hearts Inc. has taken steps to strengthen the organization and better serve heart patients and their families. Here are some of the highlights:

- Moved national headquarters from Dallas, TX to Albany, GA to reduce costs of operation.
- Implemented use of Zoom to conduct trainings, webinars, meetings and trained chapters on how to use Zoom.
- Increased membership by offering free national and chapter memberships.
- Improved the fiscal operation of Mended Hearts and its 501c3 Non-Profit status.
- Has worked to implement new programs to meet the challenges of the COVID-19 pandemic.
- Is making plans for the June 2023 International Mended Hearts to be held in Albany, GA and encouraged us to attend.

Ron reminded us that we are advocates for Mended Hearts, to tell our personal stories to others and to encourage our family and friends to join Mended Hearts.

Managing Your Heart Care

What can you do to help protect your cardiovascular health? Here are some ways you can to work together with your health team or manage your condition or both! Playing an active role in your health care will help you to feel more in control. By being involved from the start, you and your health care team can work together to map out a treatment plan to best meet your specific goals.

- Learn about your condition
- Partner with your health care team
- Keep up with your health care visits
- Take your medications as directed
- Lead a healthier life
- Know what increases your chances of heart problems
- Make time to relax
- Enlist help

Reference: https://www.cardiosmart.org/topics/manage-your-care

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.

Irish Words of Wisdom

Two people shorten the road. Company makes the journey fly.

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.