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

Spring Brings Hopes for In-Person Meetings and the Resumption of Patient Visits

Hello to all Mended Hearts Members and Friends

You can always tell we’re headed to warmer weather and longer days when we change to daylight savings time. We’re on the doorstep of spring and all the changes that will bring. The same can be said for Mended Hearts and our role in the community supporting heart patients and their families.

With Covid on the decline, that will lead to changes for us as well. Our expectations for the near future include a resumption of face-to-face monthly meetings and restarting our visiting with patients at Peace Health. This represents a quantum leap from where we’ve been to what the future holds for us and for our support efforts.

It's been an effort for all of us to navigate the changes Covid has presented but I want to commend and thank each of you for staying with us at Mended Hearts. We have always been connected through our heart health experiences and conquering the challenge of sticking through Covid only serves to strengthen our bond. Thank you for that dedication and commitment and I look forward to seeing all of you in the not-too-distant future.

In February and March We Had Two More Great Speakers

Dianna Konrad, our PR Chairperson, presented our speaker thank you gifts to Mia Wurtz, pictured left, for Things You Would Like to Ask Your Pharmacist and to Dr. Nicole Jackson, pictured right, for Understanding and Managing Your Decisions for Cardiac Procedures in Today’s Environment. Both talks were wonderfully presented and full of information. If you missed them, you can view Ms. Wurtz talk here and Dr. Jackson’s talk here.

Meet Suzie Dunning, the New Volunteer Coordinator at St. Joseph’s

We’re excited to introduce you to Suzie Dunning who will assist Molly Watson, Director of Volunteer and Auxiliary Services, in the Volunteer Office at PeaceHealth St. Joseph Medical Center. Molly told us, “I am so delighted to be working with Suzie. She is such a positive and helpful addition to the Volunteer department! I look forward to the time when Mended Heart volunteers will once again come in and out of the Volunteer office.” All our volunteers are eager to get back to work and have an opportunity to meet Suzie personally. Welcome to the family Suzie!
Upcoming Mended Hearts Chapter Zoom Meetings

Saturday, April 2, 2022, 10 A.M

PeaceHealth St. Joseph Medical Center
Expansion Plan and COVID Recovery Updates

Elliot Kuida, MPH
PeaceHealth St. Joseph Medical Center, Chief Operating Officer, Northwest

To better meet the needs of the Whatcom County community, over the next 3-5 years, PeaceHealth St. Joseph Medical Center plans to build a new parking garage and add a new six-level pavilion that will house an expanded Emergency Department, a new Women and Children’s Center and expanded Medical/Surgical and Critical Care units. Elliot Kuida will share details on this upcoming expansion as well as provide an update on the current COVID status and plans for post-COVID recovery. You must first register here for the meeting to get a Zoom link.

Saturday, May 7, 2022, 10 A.M

From One Heart to Another
Share Your Heart Story

All of us with heart disease have a story to tell. This will be a friendly place to share your challenges and your successes in living with heart disease with people just like you. While you share your heart story with each other, you may learn new ways to help your heart stay healthy. You must first register here for the meeting to get a Zoom link.

Upcoming Young Mended Hearts Group Meetings

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:

April 27, Wednesday, 6 P.M. PT
May 25, Wednesday, 6 P.M. PT

With Covid on the decline, May could be an in-person meeting. We’ll keep you updated via email.

If you would like to be added to our email list, and to 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.
In February we all suffered the crushing and unexpected loss of John Heinemann. It has caused many of us to reflect on what John meant to us and Mended Hearts Bellingham. First and foremost, John was always a good friend to everyone he met. For our chapter, he was a charter member and served in various rolls as president, vice president and a member of our board of directors for the majority of our ten year history. He was our steadfast guy.

We thought you might appreciate some of our members’ and friends’ comments about John.

❖ Our hearts are aching for his family and all of us in Mended Hearts. He was such an amazingly warm, caring, funny, and sincere man. The sun will seem much darker today - David & Francine Kincaid, Mended Hearts

❖ Such sad news. He was one of the best. Heartbreaking - Cindy Gunderson, Administrative Assistant, Cardiovascular Services

❖ I am so sorry. John was such a good person - Fred Brighton, Mended Hearts.

❖ John’s passing is a huge loss for all of us. He was a steady hand on the tiller of our chapter and for so many lives. He’ll be greatly missed - Brad Yeung, Mended Hearts

❖ We are truly saddened by this news. John was a remarkable man and someone who I always admired - Jerry Marschke, Executive Director, Cardiovascular Services, Wound Healing & Hyperbaric Center

❖ Oh, my goodness, I am really shocked - Karen Halldorson, Mended Hearts

❖ John was a special person to many - Molly Watson, Director of Volunteer and Auxiliary Services, St. Joseph Medical Center

❖ We are so sad right now - Marc & Mary Shaner, Mended Hearts

❖ I just want to tell you how sorry I am. This just really hit me hard - Al Voss, Treasurer, Mended Hearts International

❖ I’m having such a hard time understanding John’s passing. I know I’m not the only one. I’m so sorry we lost our friend. He was a great man and friend - Jessica Morton, Young Mended Hearts

❖ John was certainly a wonderful volunteer with our cardiovascular patients and your Mended Hearts team. He will dearly be missed. My deepest condolences go out his family and your Mended Hearts family - Jennifer Fix, Development Officer, PeaceHealth St. Joseph Foundation

❖ So sad to get this news. We will keep his family and our Mended Hearts family in our thoughts and prayers - Tammy Longstaff, Young Mended Hearts

❖ I am so sorry to hear of John’s passing. He will be missed! - Mandy Van Hofwegen, Cardiac Rehab Supervisor, St. Joseph Medical Center

Our sincere condolences go to Terri, John’s sons, Bob, Charlie, and Morgan and their families, and for all of us who loved this man so much. It should be noted that if there is an afterlife, John is playing golf, having lunch at the country club with his best bud, Bob Parker, eating and drinking anything he wants, and all his favorite sports teams are winning. He’s just waiting for the love of his life, Terri. Rest in peace, my dear friend.
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