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

The renewed life in spring matches the renewed life with PeaceHealth as we restart volunteer work and ask for your help.

Happy Spring to Mended Hearts members, family, and friends,

Spring is a special time of year that brings a renewal of our environment. It’s like a fresh start that holds promise for the coming year. It’s a season I always look forward to.

As you know, PeaceHealth is starting a phased return for Mended Hearts to resume activities at the hospital. It seems poetic to me this new start with Peace Health coincides with the new start we have with spring. PeaceHealth is extremely happy to have us resume providing the support and encouragement for heart patients and their families. They have very high confidence in us through the patient benefits our efforts provide. That confidence has created what I will call a reservoir of trust. The reservoir is full to the brim as a result of the efforts of Mended Hearts and the solid partnership we have with PeaceHealth.

The maintenance of the reservoir is clearly very important for both Mended Hearts and PeaceHealth. That maintenance however involves a group effort. The group I’m referring to is the visiting volunteers, the Board of Directors, the team that handles the monthly meeting organization including greeters, sign-in and set-up. These are roles we need more members like you to provide help and I’m appealing to each of you to seriously consider helping us keep the reservoir full. Your help will be greatly appreciated. If you have an interest or questions, please contact me directly.

Have a great spring!!!!

All Mended Hearts In-Person Meetings Begin Again in May

Starting in May, all Mended Hearts, Young Mended Hearts, and our board of directors’ meetings will be held at the Holiday Inn and Suites. This change is necessary because the HEC will be used for planning the new medical center improvements. The Holiday Inn is new, bright, and inviting. The staff is friendly and welcoming, and you will like the new meeting rooms. We can’t wait to welcome you back to in-person meetings.

Since we are considered part of PeaceHealth St. Joseph Medical Center, and are using their conference space, we will require everyone to observe social distancing in the meeting rooms and to wear the hospital grade masks we provide. Anyone who does not wear the mask properly will be asked to leave. Please don’t come if you can’t follow PeaceHealth’s rules.
Upcoming Mended Hearts Chapter Meetings

Saturday, May 7, 2022, 10 A.M
From One Heart to Another
Share Your Heart Story

Please join us to celebrate our return to in-person meetings. Come see old friends and share your heart story. You will be with people just like you so this will be a friendly time to share your challenges and successes in living with heart disease. We will meet at our new conference room at the Holiday Inn & Suites, 4260 Mitchel Way, Bellingham. Remember, we must socially distance and wear the masks we provide.

June 2022

We are still confirming our speaker for our June meeting. If you are on our email and USPS mail lists, you will receive follow up information as soon as we have confirmation.

Saturday, July 16, 2022, 12 noon to 3:00 pm

It’s Time for Our Picnic!

Another first since Covid. It’s time to resume our summer picnics. Please bring your family for a nice afternoon at Squalicum Creek Park, 1001 Squalicum Way, Bellingham. We will be in the covered picnic area. There are also nice places for kids to play too.

PeaceHealth St Joseph Medical Center, Cardiovascular Services Line, will provide the main dish of a variety of prepared chicken. Please bring a side dish of your choice. All you have to do to join us is call our message line at 360-788-6928, leave your name and the number in your party. Come join us. It will be fun for everyone.

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 meetings are:

Wednesday, May 25, 6 P.M. PT
Wednesday, June 22, 6 P.M. PT

It’s our first in-person meeting since Covid! We’ll meet at our new meeting location, Holiday Inn & Suites, 4260 Mitchell Way, Bellingham, in the Salish East conference room. Please remember we will be required to social distance and wear masks. We will also provide a Zoom link.

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
Vice President and Treasurer are Sworn In - Again

Meet Susan Vaughn, our Vice President. Susan told us, “One of the most gratifying honors I have received is being voted Mended Hearts Chapter 382 Vice President for the last two years. My Mended Hearts family and the rich opportunity to volunteer is a foundation of friendship and community that enriches my life.”

And a rich life she has had. Susan is a native Washingtonian, her family being early settlers on the San Juan Island and Skagit County. She had a fulfilling career as a legal administrative secretary in the city attorney’s office in Alaska.

But the love of her life was her husband and hero, Darrel. They shared a love for all kinds of animals over the years. Unfortunately, Darrel passed away from a heart attack in 2013. Shortly after Susan also began to experience heart issues and had a stroke. Two of our former board members were actively involved in getting Susan to attend a Mended Hearts meeting. With an invitation to a meeting written on the back of Joyce Swanson’s grocery list in 2015, Susan made her first social venture out after her husband’s death. And Nancy King got her involved in volunteering. The rest as they say is history.

If you are a member, it is very likely you have had a phone call from Susan. She has dedicated a great deal of her time trying to keep us all connected during Covid-19. We’re very grateful for that and to have her agree to serve as our Vice President again. Thank you, Susan!

Most of you know our Treasurer, Larry Irwin, in part because he has been our Treasurer since January 2013. Born in Delta, CO Larry attended the University of CO in Boulder.

As another over achiever, Larry graduated with a BS in Chemical Engineering and a secondary teaching certificate. He taught chemistry, physics, math analysis, trig/solid geometry at high school levels. Five years later Larry was appointed Coordinator of Science for 50 schools, from elementary to high school in his county. Next, he served as a Teacher Preparation Manager for the National Science Foundation’s The Earth Science Curriculum Project, traveling a half million miles introducing faculty and students to the new materials and teaching approaches. During this time Larry completed his MS in Physics and his doctorate in Curriculum and Administration.

Next, he began a career as school administrator as an elementary school principal, followed by Assistant Director of Personnel all while in CO. Larry’s next challenge was Director of Personnel in Corvallis OR, a position from which he finally retired in Bellingham after 35 years in education. Through his career he taught kindergarteners through PhD level students. Larry said, “my favorite students are still middle schoolers – old enough to understand multisyllable words, young enough to intimidate.” Along the way he did take time out from work to marry his wonderful wife, Barb.

Our thanks to Larry for serving as Treasurer these past nine years. He is our very own treasure.

We Need Volunteers to Help in Many Different Ways

Now that we have begun in-person meetings, we will need people to help with a variety of different jobs, from people who help set up meeting tables, sign in our guests, take calls from our message center, volunteering to visit people in the medical center, talk to people on the phone, tracking the number and types of visits, ordering materials from Mended Hearts International, or any other place you think you can contribute. Please feel free to contact Dave Huber, our President, or any of the board members whose email addresses are on the last page of this newsletter and tell them what you are interested in doing. We welcome new thoughts and ideas, and we would really appreciate your help so we can continue to grow our chapter.
Mended Hearts Officers and Board of Directors

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How to Contact Mended Hearts in Bellingham

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

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