May is National Mental Health Awareness Month

If you or someone you love is struggling with living with heart disease, we are here to support you. For more information, view our Mended Hearts Depression Discussion Guide: https://mendedhearts.org/wp-content/uploads/2021/09Depression_rev_v4.pdf

Everyone feels sad sometimes. That’s a normal part of life. But sometimes people feel sad for extended periods of time, with or without a “reason,” to the extent that it interferes with their daily activities. These could be signs of a condition called depression. Depression is actually a fairly common condition among people who have had a heart event.

As many as one in three who’ve had a heart attack report feelings of depression. Women, people who’ve already reported depression before, and people without a social network or emotional support are at higher risk for depression following a heart event.

It’s important to understand that depression isn’t a character flaw, nor is it something you can just shake off or snap out of. It’s a serious chronic condition that requires medical care. But there’s good news: Depression can be treated very effectively, and most people who are treated experience at least some relief from their symptoms.

Depression affects everything in your daily life, including your recovery from your heart event. In fact, depression can make recovery more difficult because it can lead to a lower desire to follow the treatment plan, greater likelihood to smoke and drink, greater risk for another heart event, lower desire for physical activity, bad eating habits, anxiety, problems at work or school, family and relationship problems, social isolation and suicide. That’s why it’s important to understand that depression isn’t a “normal” part of recovering from a heart event. It needs to be treated, along with the heart event itself. Depression affects the mind and the body. Left untreated, it can take a terrible toll on every aspect of a person’s life. Reprinted from the Mended Hearts Depression and Your Heart Booklet

Mental Health & Cardiovascular Disease Webinar Series

Mental health can have an impact on a patient’s recovery after a heart event, so equipping patients and caregivers with the tools and resources they may need to deal with depression or other mental and emotional factors is very important. Mended Hearts Inc. will be hosting a four-part webinar series that focuses on different topics relating to mental health and cardiovascular disease. Our first webinar, Psychological Connections and Changes After a Heart Event and the Brain’s Response to Stress and Anxiety, will be on May 3 at 1 PM PT. Register at www.mendedhearts.org

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 be glad to you about your heart condition and concerns.

“HEARTBEAT AWAY”
Greater Wenatchee Mended Hearts - Chapter 91
Offering hope and encouragement to heart patients, their families and caregivers in North Central Washington

May 2022

“Our chapter meetings are open to the public and you are always welcome to attend.”
MONDAY, MAY 2TH
MENDED HEARTS
ZOOM CHAPTER MEETING
11:30 am - 1:00 pm
(Sign in 11:15 - 11:30 am)

GUEST SPEAKER
“How Sleep Apnea Affects the Heart,”
Dr. Stephen Chung, Medical Director of Confluence Health Sleep Center

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
June 6 - Chapter Meeting
Speaker - “Diabetes and Heart Disease,” Dr. Lisa Stone, Endocrinologist of Confluence Health

“It’s great to be alive - and to help others!”
Spring Senior Health Fair
May 14, 9 am - 12 Noon at Pybus Market

Be sure to stop by our Mended Hearts Table and learn more about what we do to help heart patients and family members cope with the challenges of living with heart disease. This free event to the public will exhibit health and wellness clinicians, businesses and non-profits, and medical professionals in our valley.

Beyond the Numbers Lipid Control Webinar Series
If you missed the webinars on improving nutritional, exercise, medication adherence habits, and maintaining open communicating with your health care team, you can still view these on our YouTube channel by going to www.mendedhearts.org.

- Healthy Eating: I Know I Should Eat Healthy. But Why is it so Difficult?
- Exercise: I Know I Should Exercise, But Why is it so Difficult?
- Medication Compliance: I Know I Should Take My Medication/Statin, But Why is it So Difficult?
- Visiting with My Health Care Provider: I Know I Should Communicate with My Health Care Provider, But Why is it so Difficult?

2023 International Conference Registration Opens in June
In just over a month we'll be opening registration for our June 23—28th, 2023 International Conference in Albany, GA. This will be the first time in five years that Mended Hearts Inc. members will be able to meet, learn, and celebrate together in-person.

This international conference will host speakers and guests who are experts in the physical, emotional and mental components of heart health.

The early bird registration fee is only $100, and includes five days of food, beverages, and all program costs. We've also been able to negotiate affordable hotel prices, with rates between $100-$125/night. Albany, GA will be opening its doors to attendees and offering the best in Southern hospitality, so we hope you'll be able to join us as we come together once again!

At-home flu test coming this winter
Tests you can take a home to detect whether you have influenza will probably be available at pharmacies by the flu season this coming winter, according to Health.com. The tests, which have proven reliable, are FDA-approved.

May Birthdays
07 Rita COLEY
17 Mary Beth FERRARO

Memorial Day Quote
“This is the day we pay homage to all those who didn't come home. This is not Veterans Day, it's not a celebration, it is a day of solemn contemplation over the cost of freedom.” by Tamara Bolton