“HEARTBEAT AWAY”
Greater Wenatchee Mended Hearts - Chapter 91
Offering hope and encouragement to heart patients, their families and caregivers in North Central Washington
July 2022

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

MENDED HEARTS
IN-PERSON
SUMMER SOCIAL
(Masks are optional)
Monday, July 18th
1:00 - 2:30 pm
Castlerock Village Meeting Room
1535 Castlerock Avenue
Wenatchee, WA
Look for the Red Heart Balloons!!
Directions: From Miller Street, head west. From Western Avenue, head east. 1535 is on the south side of Castlerock Avenue. The entrance to the meeting room is on the south end of Building Three ground level. The swimming pool is to the east of Building Three. There are three sliding doors that can be opened to allow for good circulation.

Hope to see you at our Summer Social. It has been a long time since we have met in-person due to the COVID pandemic. The Greater Wenatchee Mended Hearts Executive Board is hosting the summer social to renew and strengthen member relationships.
Refreshments will be provided by Mended Hearts. Please RSVP to Dominick Ferraro at 509-421-3641.

Get (a little) Sun
A few minutes of direct sunlight each day can bring big benefits.
Sunlight prompts the body to produce vitamin D. Studies show that people who get the least exposure to the sun have a greater risks for prostate cancer, multiple sclerosis, depression and high blood pressure according to a University of Alabama study.

Sun Protection. People often think that a tan will protect them from the sun's UVA and UVB rays. Not true. A tan is the body's desperate attempt to protect itself from sun damage. Rather than being helpful, sun tanning can lead to wrinkles, skin cancer and other skin problems.

When you will be outdoors for more than 20 minutes, use a broad spectrum sunscreen that protects against both UVA and UVB rays. At the beach, use one with a sun protection factor (SPF) of 30 and make sure to reapply every two hours.

Get Out There and Walk, Run and Play
All through the winter you promised yourself that when warm weather came, you would start walking. Well, it's here. Being busy doesn't cut it now. All you have to do is put your shoes on and walk out the door. Just start with a 15-minute walk. Once you do, you'll enjoy it so much that extending the time, little by little, will be a pleasure.

Another thing you will enjoy is how you will look after walking for a few weeks. Your waistline will thank you and you'll have a more toned look.

According to exercise tables, it could seem as if a few of hundred calories won't count for much when it comes to losing weight. The better part of exercising is that your body will continue to burn more calories for a time after your session is over.

As you exercise more, particularly if you add some weights to your exercise routine, you will build more muscle. Muscle burns more calories than the fat you are losing, so you will burn more calories 24 hours a day.

Doctors at the Mayo Clinic say exercise will improve your mood and calm you down when you are stressed. It promotes better sleep and a better sex life.

Exercise helps to manage or prevent chronic diseases, such as heart disease, osteoporosis, high blood pressure and breathing problems. Doctors at Duke University say walking is the magic pill for better health. And it's fun, so get out there!

2022 CALENDAR OF EVENTS
August 1 - Chapter Meeting

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.

“It's great to be alive - and to help others!”
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.

Julie Birthdays

10 Bob CRYPE
14 Bill STOKES
19 Danielle SLATTON
21 Ford BARRETT
21 Lena KULICZKOWSKA
28 Carolyn FUSON

QR Codes—When to Use Them and When Not to

We are seeing more and more QR (Quick Response) codes in advertisement and on the internet. A QR code is shorthand for a similar type of link. They are a convenient way to quickly go to a website without the burden of typing out a lengthy weblink address.

A growing number of Mended Hearts® publications can be found with QR code references. As we ease out of the pandemic, these QR codes provide a germ-free method to obtain the same information you would find in a hard copy. But before you tap on one of these QR codes elsewhere, please heed this warning:

Know the source of the QR Code! If you’ve ever received an email with a link from an unknown source, what do you do? You thought correctly, never tap on that link!

Trust the source? If yes, open the camera app on your smartphone or tablet: 1. Aim your camera at the QR code 2. A notification appears on your screen above or below the QR code 3. Tap that notification to open the link associated with that QR code

If you have an Android phone and your camera app does not function as a QR code reader, please consider the Google Lens app in the Play Store. Next, open up your camera app or Google Lens app and have fun scanning!

The Wonders of Watermelon

Watermelon is a staple at many summertime picnics and gatherings around the country. While most people agree watermelon tastes good, a majority are unaware of the many health benefits this wonderful fruit contains.

Watermelon is a disease fighter. Did you know watermelon has more lycopene than any other fresh fruit or vegetable? Lycopene is an antioxidant linked to decreased risk of cancer, heart disease and age-related eye disorders.

Watermelon is nutritious. Watermelon is the perfect sweet treat that is nutritious and tasty. One cup of watermelon contains:

- 46 calories
- 12 grams of carbohydrates
- 865 international units (IU) of vitamin A - (equates to .26 milligrams)
- 12 milligrams of vitamin C
- 170 milligrams of potassium
- 0.1 milligrams of vitamin B6
- Zero fat, cholesterol or sodium

Watermelon hydrates. As its name states, 92% of watermelon consists of water. No wonder it's the most common melon eaten in America and is perfect for staying refreshed and hydrated on a hot summer day.

Source: https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/the-wonders-of-watermelon

Newsletter Publication

HEART BEAT AWAY is published monthly by Greater Wenatchee Mended Hearts, Chapter 91 and printed courtesy of Confluence Health. If you have an item you would like to include in the newsletter or would like to receive the newsletter, contact Ann Diede at 509-679-8181 or email: mendedhearts91@frontier.com.

Newsletters are sent each month to our members as a benefit of Greater Wenatchee Mended Hearts membership. We also send complimentary copies for three months to recent heart patients who have requested our newsletter, meeting visitors and