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

November 2022

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

Thursday, November 3rd
MENDED HEARTS
IN-PERSON CHAPTER MEETING
11:30 am -1:00 pm
Confluence Health Conference Center
1000A N. Miller, Wenatchee
(located between Sangster Motors and Dutch Bros Coffee)
This is the first in-person meeting we’ve had since March 2020 due to COVID. We’d like to thank Ceci Wood, Confluence Health Volunteer Coordinator, for making the meeting room arrangements. Since we are meeting in Confluence Health facilities, we will be required to wear masks and be COVID vaccinated.
The meeting will also be available via Zoom to those unable to attend in person. The Executive Board is excited about us getting back together again to connect and renew relationships. A special feature of the November 3 Meeting will be the Election of Officers.

Directions for Attending by Zoom
- 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
10:30 am - 11:30 am

New to Mended Hearts?
Greater Wenatchee Mended Hearts Chapter 91 invites you to attend and meet others who have had similar struggles and experiences. If you have been receiving our newsletter and haven’t yet attended one of our meetings, this is an opportunity to get to know more about Mended Hearts. For more information, call Chuck Phelps, Chapter President, at 509) 264-7159.

How Embracing “Smart” Technology Can Benefit Heart Patients
Bob Clarke, Owner of Zerox & Wunz

Bob Clarke, guest speaker at our October Chapter Meeting, explored ways smart technology can provide useful information to heart patients in their daily lives. He talked about resources that are available to us on our smart phones, watches, tablets, computers and TV’s.

Bob reminded us that the concept of smart technology, introduced by Dick Tracy in 1931 with his 2-way wrist TV, is now here. Although learning how to use our smart devices can be challenging, Bob says, “People are smart! Devices….not so much.” They need people like us to operate them.

Bob presented a multitude of apps that can benefit heart patients. He recommended that we discuss with our medical staff and providers appropriate apps for our use.

He said the cost for this technology varies. Apps are either free or available for purchase. Some have in-app purchases and others are by subscription. Apps are available on Google Play on Android Devices and the Apple Store on Apple Devices. To see what is available, search for categories like “Health & Fitness” or “Medical.” Some apps may require additional hardware such as Austin James ad (FreeStyle Libre 2 Glucose Monitoring and A1C). Consult your medical staff to see which is right for you.

Apps for health include blood pressure monitor, blood oxygen, ECG, cardiovascular heart health videos, training videos and resources for information, sleep stages, medication management, exercise, hearing aids (including watching TV). Bob also showed us how to attach photos to messages sent to My Chart medical providers.

There are also apps for daily living such as weather, air quality and the North Central Washington Library (Libby—Magazine, Books and Audio). You may also find podcasts of interest to you and apps for emergencies such as fall and crash detection. Hope you will give one of these apps a try! For more information, contact Bob Clarke at 509-393-5550.

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.

Celebrate the Caregivers in Your Life
November is National Caregiver’s Month

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 be glad to talk with you about your heart condition and concerns.

“It’s great to be alive - and to help others!”
Experts say heart patients shouldn't skip flu shots

People with heart disease or history of stroke should always get an annual flu vaccine, according to the Centers for Disease Control and Prevention (CDC). While the agency recommends flu vaccines for everyone over six months of age, heart patients face elevated risk of serious illness leading to hospitalization and other complications.

Among 80,000 U.S. adults hospitalized for flu between the 2010-11 and 2017-18 flu seasons, half had heart disease, and sudden heart complications occurred in one out of every eight patients, according to the CDC. Flu patients also face significantly elevated risk of heart attack within a week of a confirmed infection, particularly among older adults or patients experiencing their first heart attack.

People with heart disease should also stay up to date on their pneumococcal vaccination, which is typically administered at the same time as the flu shot and protects against pneumococcal pneumonia, a serious flu complication that can result in death.

The CDC urges Americans to get their flu shots by the end of October. Contact your healthcare provider, a pharmacy or your local health department for an appointment or for information about vaccine clinics.

Tasty Apple Pie - Serves 8
by Mayo Clinic Staff

This pressed-in pie crust tastes like a cobbler – and is high in fiber. Low sodium and healthy carb.

Ingredients
- 1 cup dry rolled oats
- 1/4 cup whole-wheat pastry flour
- 1/4 cup ground almonds
- 2 tablespoons brown sugar, packed
- 3 tablespoons canola oil
- 1 tablespoon water

Filling
- 6 cups sliced and peeled tart apples (about 4 large apples)
- 1/3 cup frozen apple juice concentrate
- 2 tablespoons quick-cooking tapioca
- 1 teaspoon cinnamon

Directions
To prepare pie crust, mix dry ingredients together in a large mixing bowl. In a separate bowl, mix oil and water together with whisk. Add oil and water mixture to dry ingredients. Mix until dough holds together. Add a bit more water if needed. Press dough into a 9-inch pie plate. Set aside until filling is prepared. To prepare filling, combine all ingredients in a large bowl. Let stand for 15 minutes. Stir and then spoon into prepared pie crust. Bake at 425 F for 15 minutes. Reduce heat to 350 F and bake 40 minutes, or until apples are tender. (Source: Mayo Clinic Healthy Recipes)