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

NEW MEETING PLACE!
Monday, March 6th
MENDED HEARTS IN-PERSON & ZOOM CHAPTER MEETING
11:30 AM - 1:00 PM
(Arrival time 11:00 -11:30 am)

Aging & Adult Care
270 9th St NE, East Wenatchee, WA
(Next to Worx gym and across the street from East Wenatchee City Hall.)

The meeting room is on the bottom half of the Aging & Adult Care Building and has an outside entrance. Park in the lower parking lot. To get there, turn onto Colby Ct. from 9th St. The parking lot is just off Colby Ct. Handicapped parking is available.

GUEST SPEAKER
Chase Webley of Boston Scientific will talk about and show "Cardiac Devices" his company provides for heart patients such as pacemakers, stents, defibrillators, etc. Chase will also talk about his role during and after device installation and new products in development.

Directions for Attending by Zoom
- Zoom Link: https://us06web.zoom.us/j/9605232079
- 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: chapter91president@hotmail.com or phone: 509-293-1603

EXECUTIVE BOARD MEETING
10:00 am - 11:00 am

Greater Wenatchee Mended Hearts Chapter 91 invites you to attend and meet others who have had similar struggles and experiences. If haven't attended one of our meetings, this is an opportunity to get to know more about Mended Hearts. For more information, call Gracie Helm, Chapter President, at 509-293-1603.

Change is in the air! Since we are no longer able to hold our Mended Hearts Chapter Meetings at the hospital, the Board has been looking for another place to meet. As you can see in the column to the left, we are going to hold our March 6th Chapter Meeting in the Aging & Adult Care Meeting Room in East Wenatchee. You may want to give yourself a little extra time to find the place and get parked. If you need help, call Gracie at 509-293-1603.

2022 Mended Heart of the Year Award Winner
Gracie Helm received the 2022 Greater Wenatchee Mended Hearts of the Year Award at the holiday luncheon in December 2022 in recognition of her outstanding service and dedication to Mended Hearts, heart patients and families, the community and our chapter.

Gracie did an outstanding job in helping us learn how to use Zoom to hold Mended Hearts Meetings during the COVID pandemic. As Zoom Host, she was also an active member of the Executive Board. She also demonstrated how you can attend Mended Hearts Meetings while traveling in your RV. We credit Gracie with helping to keep our chapter together when we were unable to meet in person. Award recipients are selected by former award winners.

Installation of Chapter Officers for 2023 - 2025

Newly elected officers, Gracie Helm as President, Chuck Phelps as Vice-President and Dominick Ferraro as Treasurer, were installed to serve a 2-year term at our February meeting. Thanks to outgoing officers Chuck Phelps, President, Jan Cripe, Secretary & Phil Aamodt, Vice-President.

Celebration of our Chapter’s 22nd Anniversary
Pat Sax, on the left, used her dietician skills to create a heart shaped fruit dessert and frosting tipped mini pretzels for celebration of our Chapter’s 22nd Anniversary.

What a special treat! Pat showed us how to have a heart healthy dessert instead of cake or cup cakes. Thank you so much, Pat!!

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

“It’s great to be alive - and to help others!”
Emergency Air Medical Services

Linette Gahringer of Airlift Northwest spoke at our February Chapter Meeting about the emergency air services provided by Airlift Northwest, a not for profit entity of UW Medicine. She said they are dedicated to providing safe, efficient air medical transport to critically ill and injured infants, children and adults at an affordable cost. She said the goal is to get the right patient to the right hospital in the right amount of time.

When you or a family member are seriously ill or injured, the attending physician or emergency response team may determine air medial transportation is needed. Airlift Northwest provides on-scene 911 response and hospital to hospital transport.

Transport options include a Airbus H-135 Helicopter, Pilatus PC & Learjet 45XR Fixed Wing Airplanes. All aircraft fly with teams of two nurses certified in advanced cardiac life support, advanced trauma life support, pediatric advanced life support, neonatal resuscitation, critical care nursing and flight nursing. Linette explained that the level of care is comparable to that found in a hospital intensive care unit.

Linette said Airlift Northwest has a membership program for Washington residents to help cover the cost of out of pocket expenses. The cost is $60 per year for household members. For more information, contact Linette Gahringer by phone: (509)670-7439 or mail: lg65@uw.edu.

Garden Potato Salad

Low-fat cottage cheese is the secret to the dressing in this delicious low-fat, low cholesterol, and low-sodium mixture of vegetables and herbs.

**Ingredients**
- 3 lbs. potatoes, boiled in jackets, peeled and cut into 1/2 in cubes
- 1 cup chopped celery
- 1/2 c. sliced green onions
- 2 Tbsp chopped parsley
- 1 cup low-fat cottage cheese
- 2/3 cup of 1 percent milk
- 3 Tbsp lemon juice
- 2 Tbsp cider vinegar
- 1/2 tsp celery seed
- 1/2 tsp dill weed
- 1/2 tsp dry mustard
- 1/2 tsp pepper

**Directions**

In a large bowl, place potatoes, celery, green onions and parsley. Meanwhile, in a blender or food processor, blend cottage cheese, milk, lemon juice, vinegar and spices until smooth. Chill for 1 hour. Pour over vegetables and mix well. Chill for at least 30 minutes before serving. *Source: National Heart, Lung & Blood Institute*