Over my last 80 plus years I have made many friends, but none is more special than the ones I have made in Mended Hearts.

One friendship in particular is very special. When our Mended Hearts chapter was chartered in 2012 we met over coffee at the hospital. From then on, we have had a special “I got your back” kind of friendship.

After my catastrophic fall in 2018 and I was no longer chapter president, she had my back. She brought full dinners for Jim and me. She brought food for the family after Jim passed away. We have worked together in the following years! She is a special blessing in my life!

Why I am I telling you this? Because some of my dearest friendships have been within our Mended Hearts Chapter 382.

Our Mended Hearts chapter started as a peer-to-peer support group, but it is that and much more. When I look over the guest book from Jim’s memorial service I see that it is filled with names of Mended Hearts members. I have a basket filled with cards of sympathy from these special friends. Bottom line is my life has been enriched greatly with friendships I have made within this group.

If you have been thinking about coming to a meeting and hopefully joining our ranks, please do. You will find our group full of individuals who care about each other, and that friendship is available to you.

I hope to see you at the next meeting and all the following ones. This is a group where you will not only find support, but you also find friends. I hope to see you soon.

Two of Our Favorite Speakers, Two Great Topics

We started the year with Dr. Thomas Oliver telling us about the wonderful new cardiology imaging center including the tests that are performed there and the new tools available to make a visit to the center more efficient. He also talked about the additional of staff to the cardiology center to improve patient access.

Dr. John MacGregor gave an outstanding tutorial about Atrial Fibrillation. We learned what it is, what causes it and that treatment plans must be tailored to the individual patient.

If you missed these meetings, or if you want to see these talks again, you can view Dr. Oliver’s by tapping here https://youtu.be/nLmpPO4WBCe?t=202 and Dr. MacGregor’s by tapping here https://youtu.be/vPoPbbhbtGE

Above (L to R), Marilynn Huffman, presented our thank you gifts to Dr. Oliver and Dr. MacGregor.
Upcoming Mended Hearts Chapter Meetings

Saturday, March 4, 2023, 10 A.M.

Lung Disease and Your Heart
The Two Can Get Along Together

Trudy Zimmerman, LRCP, RT
Pulmonary Rehabilitation Coordinator
NorthStar Medical Specialists, Bellingham

This will be an opportunity to learn about lung disease and the large affect it can have on your heart. You will learn about its causes, symptoms, and treatments to improve your lung’s relationship with your heart. You’ll also learn how to take a deep breath to breathe better and live better.

Saturday, April 1, 2022, 10 A.M.

Prediabetes is Not Benign
Diabetes, Kidney Disease and High Blood Pressure

William E. Lombard, MD

The main causes of diabetes are kidney disease and high blood pressure. As heart patients we need to be aware of these risks. We also need to understand that prediabetes is not a benign condition. It can lead to kidney and heart disease complications. Dr. Lombard will discuss steps you can take to prevent prediabetes and even reverse it before the condition progresses to type 2 diabetes.

Both meetings will be held at the Holiday Inn and Suites, Main Conference Room, 4255 Mitchell Way, Bellingham WA, near the airport.

Alternatively for both meetings you can join us on Zoom at: https://us06web.zoom.us/j/84468535997 or live stream on YouTube, by tapping on “Live”, then search Chapter 382 of MH

All meetings are open to the public at no charge.

News From Around Our Chapter

Meet Patty and Ron Steiner. They arrived at our meeting as guests and left as members. Ron, who is a heart patient, said he’d been “blessed by good care” from St. Joseph Medical Center and Cardiovascular Center. And Patty would like to join our Caregiver Group. These Bellingham residents are retired and enjoy playing golf and working in their community garden. They both feel being part of Mended Hearts is a good way to give back. We agree and welcome them as new members!

This month our chapter announced that Peter Kilcline, a member of our board of directors, has also been named the Liaison for Young Mended Hearts (YMH). In this capacity Peter will report on activities for the group. Peter will also help host YMH meetings and oversee their Facebook Page. Congratulations, Peter. We appreciate you taking on the additional responsibilities. By the way, if you are a young heart patient and want to get in touch with us, you can contact Peter at kilcline.p@gmail.com.
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 we focus on what it’s like to be young and live with heart disease. Our next meetings are:

**Wednesday, March 22, 6 P.M. PT**

**Wednesday, April 26, 6 P.M. PT**

Our in-person meetings are held at the Holiday Inn & Suites, 4260 Mitchell Way, Bellingham, Salish West conference room. We will also provide a Zoom link for our friends outside the Bellingham area.

If you would like to be added to our email list, 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**

Upcoming Caregivers’ Group Meeting

If you are someone caring for a heart patient and would like to join others just like you, please contact Peg Smith, our Mended Hearts Caregivers Group coordinator at tompegsmith@q.com. Peg will give you the date, time, and location of the next meeting. Just have questions? Peg will be happy to tell you what the group is all about.

We’re Back…Volunteering at the Hospital!

And We Need You!

Our accredited visitor/volunteers offer hope, support, guidance, and resources to heart patients and their families. Now St. Joseph Medical Center is allowing us to return to visiting patients. So we definitely need more volunteers, both patients and caregivers, to help us meet the increased needs. As part of this program, you could visit patients and their caregivers before and after a cardiac procedure or surgery.

To get started, there is a three-hour online training course from Mended Hearts International that will allow you to participate in a variety of ways to interact with patients, including visits by phone, email or in person. To become a volunteer in the hospital, there is a volunteer screening and a background check followed by a four-hour hospital orientation. We follow that up with some on-the-job training with us so you can feel relaxed and confident when you talk with patients and their families.

If you have questions about the program, please contact any of our accredited visitor/volunteers you see at our meetings. They include Marilynn Huffman, Susan Vaughan, Larry Irwin, Howard Milewski, Dianna Konrad, Marc Shaner, Tom Smith, Francine and David Kincaid, Rodger Teig, David Cohn, and Karen and Bradley Yeung.

To join our chapter’s volunteer team, please contact Bradley Yeung, Visiting and Training Chair at 382visiting@mendedhearts.us or text 360-602-2636.

We really would like you to join our team. It’s easy and it’s a great way to give back to our community.

Special thanks to Bradley Yeung for contributing to this article.
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Past President
Chairperson Membership
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Young Mended Hearts of Northwest Washington

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*Young Mended Hearts