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

NEW MEETING PLACE!
Monday, April 3rd
MENDED HEARTS IN-PERSON & ZOOM CHAPTER MEETING
11:30 AM - 1:00PM
(Arrival time 11:15 -11:30 am)
Aging & Adult Care Meeting Room
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. The door to the meeting room is to the right of the main entrance. Park in the lower parking lot. To get there, turn onto Colby St. from 9th St. The parking lot is to the left off Colby St. Handicapped parking is available.

GUEST SPEAKER
Dr. Lin, Cardiac Electrophysiologist of Confluence Health, will talk about “AFib Treatment Options.”

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 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.

A Warm Welcome to New Member
Liz Hemberry

In–Person Meetings are back. Beginning in March, our monthly meetings will be hybrid: both in-person and via Zoom. In-person will be at the Aging & Adult Care Meeting Room in East Wenatchee.

Pacemakers, ICDs, BiVs
What They Do, How They Work
Chase Webley of Boston Scientific talked about and showed us samples of cardiac devices for treating arrhythmias his company provides for heart patients at our March Meeting.
Chase explained the following devices & products as follows:
- **Pacemakers**: Pacemakers are designed to mimic the heart’s natural pacing synchrony and assist in rhythm and conduction disorders when needed.
- **Defibrillators (ICD)**: ICDs are designed to treat fast, irregular, life threatening arrhythmias. Use one to three wired (leads) that run through veins to the heart. This is a transvenous approach (Tv-ICD). But subcutaneous ICDs are less invasive than because they use only one lead that runs under your skin, not through your veins.
- **Heartlogic for Heart Failure**: This is an available feature of Boston Scientific CRT-Ds and ICDs that uses multiple sensors to track physiological trends, combines them into one composite index and sends early warning signs of worsening heart failure.
- **CRT (Cardiac Resynchronization Therapy)**: BiVs are designed to improve medical coordination of the heart by providing synchrony, both for AV conduction and intraventricular conduction.

Remote Patient Management: LATITUDE™ NXT enables patients’ cardiac health and implanted device data to be remotely followed between scheduled office appointments.

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.

“HEARTBEAT AWAY”
Greater Wenatchee Mended Hearts - Chapter 91
Offering hope and encouragement to heart patients, their families and caregivers in North Central Washington”
April 2023

HEART BEAT AWAY

Greater Wenatchee Mended Hearts
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OFFICERS
President—Gracie Helm
Vice President—Chuck Phelps
Secretary—Open
Treasurer—Dominick Ferraro

CHAIRPERSONS
Visiting Program—Dominick Ferraro
Membership—Chuck Phelps
Program—Ann Diede
Telephone—Fran Aamodt & Susan Young
Holiday Luncheon—Dominick Ferraro
Sunshine—Yvonne Dixon
Zoom Host—Gracie Helm

CHAPTER NEWSLETTER
Editor—Ann Diede

ACCREDITED PATIENT VISITORS
Gene Anderson
Bob & Jan Cripe
Dominick Ferraro
Nikki Johnson

April Birthdays
15 Dominick FERRARO
26 Chuck PHELPS

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 Chuck Phelps, Membership Chairperson, at 509-860-4554 or email: membership91@nwi.net.

Help raise donations for Greater Wenatchee Mended Hearts 91
Link your Fred Meyer’s Rewards Card to Greater Wenatchee Mended Hearts 91 at www.fredmeyer.com/community rewards and search for us by our name. Then, every time you shop and use your Rewards card, you are helping Greater Wenatchee Mended Hearts 91 earn a donation.

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 others considering membership.

Be Aware of Morning Brain Drain
There’s more than one reason why you shouldn’t be out cutting the grass at 7 a.m. on Sunday morning. You probably aren’t safe doing it.

The fuzzy-brain feeling you have when you first wake up, called sleep inertia, can be as bad as being drunk, say researchers at the University of Colorado at Boulder. It can last from a few minutes to an hour or more, depending on the individual.

The area of the brain responsible for problem-solving, complex thought, and emotions takes longer to wake up than other parts of the brain. If you will be working with machinery or driving in heavy traffic, be awake first for at least an hour before you start.

Matters of the Heart
Sunday, April 23 1:00 - 3:00 PM.
This is a great opportunity for the children in your life to learn about the heart. Students 4th grade and up will join a team of local medical professionals to conduct an exploration of hearts in this dissection lab! This is an incredible opportunity to expose students to science in a hands-on class with noted professionals. The class is being sponsored by Wenatchee Valley Museum & Cultural Center and Confluence Health. Cost is $40 per person for museum non-members ($30 for members). Registration is required and limited. To register, call Wenatchee Valley Museum at (509) 888-6240.

Heart Healthy Blue Cheese, Walnut Spinach Salad
Low Fat, Low Sodium and Healthy Carb

Dressing Ingredients
4 teaspoons olive oil
2 tablespoons balsamic vinegar
1 tablespoon maple syrup
1/4 teaspoon nutmeg

Salad Ingredients
2 pounds roughly chopped spinach
1/2 cup sliced red onion
1 1/2 cups sliced cucumbers
1 1/2 cups grape tomatoes
1/4 cup chopped walnuts
1/4 cup blue cheese crumbles

Combine ingredients for dressing in a blender or processor, then chill. Toss spinach greens with dressing and mound a generous 2 cups onto chilled plates. Layer vegetables, walnuts and blue cheese crumbles on top of spinach. Serve.

By Mayo Clinic Staff