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

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

Monday, May 1st
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
“Where to go for Help.” Guest speaker, Diana Vazquez of Aging & Adult Care, will talk about the wide variety of programs and services they provide seniors and adults with disabilities.

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.

What is Greater Wenatchee Mended Hearts?
Greater Wenatchee Mended Hearts is a local chapter of Mended Hearts, Inc., a national, volunteer peer-to-peer support organization dedicated to inspiring hope to people of all ages with heart disease, their families and caregivers.

We offer hope and encouragement to those affected by heart disease in North Central Washington.

• Chapter Group Meetings
• Educational Speakers
• Social Gatherings
• Monthly “Heartbeat Away” Newsletters
• Special Events & Projects
• Heart Patient Visiting Program

"We understand your needs and concerns because we’ve experienced them ourselves - we are heart patients and families, sharing our experiences as we offer hope to others."

Visitors are always welcome at our meetings held the first Monday of each month, January - June, August, October and November from 11:30 am - 1:00 pm. both in-person and via Zoom.

To find out more about our organization and how we can help you and your family, call Gracie Helm, Chapter President, 509 - 293-1603, email: chapter91president@hotmail.com or visit the National Mended Hearts website: www.mendedhearts.org

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.

Thank You, Pat
Pat Sax was appointed Chapter Secretary by the Executive Board in April. We appreciate Pat’s willingness to help and also serve as a member of the Board.

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.

“A Warm Welcome to New Member
Julie Blume

“It’s great to be alive - and to help others!”
May Birthdays
07 Rita COLEY
17 Mary Beth FERRARO

“May may sound stupid, but why can’t they make a prescription drug with good side effects?”

Memorial Day Versus Veteran’s Day

On Memorial Day, we honor the memory of the brave men and women who died while serving our country. We put flags on veterans’ graves, listen to Taps played at sporting events, and lower our flags to half-mast. In the U.S., poppies are often worn to honor those who died.

This solemn occasion is often confused with Veteran’s Day, Nov. 11, when we honor everyone who served.

5 Ways to Avoid Sitting Too Much

By Mayo Clinic Staff

If you spend most days sitting at a desk or most evenings parked on your couch, you’re not alone. A recent study estimates that American adults now spend an average of 6.5 hours a day sitting.

While no one is denying the importance of rest, too much rest isn’t a good thing. In fact, research has shown that the more time a person spends sitting, the higher the risk of cardiovascular disease, diabetes, certain cancers and earlier death.

What can you do to minimize your sitting time? Here are a few ideas:

- **Take a break from sitting every 30 minutes.** Get up to get a glass of water, take out the trash, or do some squats or simple stretches. These breaks are also important during long car rides and plane trips. Set an alarm if this helps you stay aware of the time.

- **Stand during routine tasks.** Take a walk while talking on the phone or stand during your favorite television show.

- **Try a standing desk.** If you use a desk at home or work, consider switching to a version that allows you to change between standing and sitting. You can also improvise with a high table or counter. Treadmill desks, which add in physical activity, are another option.

- **Take your meetings on the go.** Whether chatting with co-workers or meeting friends for a coffee date, suggest taking a walk while you talk.

- **Invest in a fitness monitor.** These devices can alert you when you’ve spent too much time without moving. Setting a daily step count goal can also motivate you to get up and move.

Renew Your Mended Hearts membership or join us. National dues: Associate $0; Individual $20; Family $40. No local dues as chapter receives 25% of national dues paid.