It’s that time of year when Spring is finally here. Leo Tolstoy said, “Spring is the time of plans and projects.” Some of us will plant flowers or vegetable gardens. Others will spruce up their lawns to make them beautiful. Some will clean out closets while others will embark on different projects. We all have a plan of sorts.

The thing about Spring is that it traditionally gives many of us hope and new purpose in our lives. It’s like a kind of rebirth but for many of us it’s a rebirth accompanied by the challenges of being older. However, no matter how many challenges we face, we still have that feeling of Spring on our side.

As your new chapter president, I also feel the freshness of Spring and the promise of new ideas and plans fulfilled. The effects of Covid have caused our chapter to lose many volunteers in the past three years. Now we are in a rebuilding mode and it’s one of my main goals.

Today we are beginning to plant the seeds that will grow into a more powerful chapter in the future. We will nurture it, water it, face it into the sun and make it strong. But we can only do this with you. You are our key to success. You are our chapter’s hope and rebirth.

We’re Doing a FUNDrive to Raise Money for Our Chapter

You know who you are. You’re one of those who has clothes that are out of style or don’t quite fit the same way anymore. Maybe you don’t even remember you tuck them away hoping the style would come back or hoping you might lose a bit of extra weight.

Well, we want those clothes, regardless of gender or age, if they are clean and in good condition. We’ll also take shoes, handbags, wallets, bedding, comforters, blankets, sheets, towels, linen, pillows, etc., all soft goods. We can’t accept household items, furniture, or books. Just follow Larry Irwin, our treasurer’s example and put your donations into a large kitchen bag and drop it off after our regular Mended Hearts meeting at the Holiday Inn, 4260 Mitchell Way, adjacent to the Bellingham airport.

We only have two more drop off dates, May 6 and June 3! Drop off time is from approximately 11:30 A.M. until noon, in the back parking lot of the hotel. Look for Tammy. Our goal is to collect 200 bags of donations and we are not even close to meeting this goal. So, ask your friends and family to clean their closets too. Donations can be dropped off without attending the meeting. Of course, we’d like to see you at the meeting too.

This drive will raise funds for our chapter to help with the administrative costs of keeping our chapter operating. We really would appreciate your help. And your closets will thank you!
Upcoming Mended Hearts Chapter Meetings

Saturday, May 6, 2023, 10 A.M.

What You Should Know About Heart Failure

Graham Meeks, MSN NP-C
PeaceHealth Medical Group Cardiology

What leads to heart failure? What is the difference between left and right sided heart failure? What kinds of treatments are available? Can you live with heart failure? Get answers to these and other questions about heart failure during our May meeting.

Saturday, June 3, 2023, 10 A.M.

So Let’s Not Have a Stroke

Dr. Spencer Hinds, MD, Cardiologist
PeaceHealth Medical Group Cardiology

What is the difference between a stroke and a heart attack? What is a code stroke? What different kinds of strokes exist? Who is at risk? Do athletes get strokes? Any prevention options? Want to know the answers? Don’t miss our June 3 meeting!

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.

Two Wonderful Speakers, Two More Great Topics

In March Trudy Zimmerman, North Star Medical Specialists, helped us understand the partnership between our heart and lungs. In April Dr. William Lombard, Mt. Baker Kidney Foundation, explained how heart and kidney disease can cause diabetes and the role prediabetes plays in the mix. If you missed these meetings, or if you want to see these talks again, you can view Trudy Zimmerman’s by going here: https://youtu.be/FWX9CpOqifE%20 and Dr. Lombard’s by going here: https://youtu.be/UI4ZFx4eXbQ

Once on YouTube, you can access any handouts and the PowerPoint slides by tapping on show more.

Above Ms. Zimmerman (l) and Dr. Lombard (r) were presented with thank you gifts by chapter president Dianna Konrad.
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, May 24, 6 P.M. PT** and **Wednesday, June 28, 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](https://www.facebook.com/groups/452596616994962/?ref=share_group_link)

Upcoming Caregivers' Group Meetings

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.

News From Around Our Chapter

We’d like you to meet Fred Brighten. Fred is one of our wonderful volunteers who works in the background. He folds meeting flyers, stuffs them in envelopes and labels our newsletters for our Mended Hearts friends who get our information by mail. Fred is a charter member of our chapter and he’s been helping us all this time. He doesn’t think he’s doing much for us, but we do. He’s one of our unsung heroes. Thank you, Fred! We really appreciate you.

You can help us too. Just call Susan Vaughan at 360-746-8684 and she can tell you how.

Our volunteers are back in business! We again have an information table in the Cardiology Office lobby where we spoke with 72 patients and their families in March. We are slowly resuming visits to patients in the hospital, the Fireside Room, PreOp visits with patients, TAVR phone calls, and at the Peace Island Medical Center Satellite in Friday Harbor. But we need more visitors to get back to full strength. Please contact Susan Vaughan at the phone number above to find out how to become someone who can give hope to heart patients and their families. It’s your opportunity to give back.

Here are others who are giving back. We are happy to introduce you to three new volunteers who signed up to work at the Cardiology Office information table. They are Micki Jackson, Leisa Quadt, and Patty Steiner. Micki is also doing press releases for us. Thank you, ladies. We need lots more volunteers just like you.

Many thanks to Peter Kilcline for developing our new Mended Hearts of Bellingham Facebook page. Now we would like you to follow us on Facebook. Joining is easy. You can use a QR app to read the code shown here or you can tap on the link below to be taken directly to our page. If you have a Facebook account, simply tap the blue button to request to join.

[https://www.facebook.com/groups/452596616994962/?ref=share_group_link](https://www.facebook.com/groups/452596616994962/?ref=share_group_link)

We will put our meeting information on the list as well as pictures from our events and other fun things.
Mended Hearts Officers and Board of Directors

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*Young Mended Hearts

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Young Mended Hearts of Northwest Washington

How to Contact Mended Hearts at the International Headquarters:
Phone:  888-HEART99
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