



“HEARTBEAT AWAY”

Greater Wenatchee Mended Hearts - Chapter 91

“Offering hope and encouragement to heart patients, their families and caregivers in North Central Washington”

December 2021



Monday, December 6th
MENDED HEARTS
HOLIDAY CELEBRATION
11:30 am - 1:00 pm
(Sign in 11:15 - 11:30 am)

Greater Wenatchee Mended Hearts is inviting heart patients and their families in Chelan, Douglas, Grant and Okanogan Counties to attend.

- Join us for a good time, including holiday games, sing-a-longs, celebration of our achievements, and announcement of the Chapter Mended Heart of the Year Award Winner.
- Come dressed in holiday attire, bring your favorite beverage for sipping and a pencil & paper for games.

Directions for Joining Zoom Meeting

- Zoom Link:
<https://zoom.us/j/8527811204>
- 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: atthehelmsterners@hotmail.com or by phone: 509-293-1603

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

2022 CALENDAR OF EVENTS
January 3 - Chapter Meeting

**A Warm Welcome
To New Member
Danielle Slatton**

Pharmaceutical Help for Heart Patients

Matt Slagle, Cardiology Integrated Clinical Pharmacist of Confluence talked about his work with heart patients to optimize heart function and health at our November Meeting.



Matt Slagle

Matt's office is located in the cardiology department on second floor at Central Washington Hospital.

Matt said his current position in the cardiology department was created to provide special help to heart patients regarding:

- Heart failure
- Cholesterol
- Blood pressure

His goal is to try and help patients reach optimal levels and improvement of blood pressure, cholesterol and ejection fraction by prescribing correct medications and making dose adjustments based on individual patient needs.

Additional services that he provides include:

- Medication management. Also referred to as polypharmacy or taking five or more meds.
- Smoking cessation (quit smoking)
- Help with navigating drug costs for patients

Matt said to access his services, you need to get a referral from a Confluence Health Cardiologist. He also sees heart patients without heart failure. Matt also invited those in attendance at the November Mended Hearts meeting, to give him a call if they want at 509-433-3866.



It's not too late for a year-end gift!

Please consider a gift to Greater Wenatchee Mended Hearts with a tax-deductible donation during this holiday season. Your gift will help many heart patients and their families with needed peer support and education. You may donate by mailing a check to Greater Wenatchee Mended Hearts, P.O. Box 3231, Wenatchee, WA.

Get Support Here!

Hope and encouragement are just a phone call away. If you are a patient with heart disease or a caregiver of a loved one with heart disease, we are here for you—you are not alone.

Call 509-421-3641. Dominick Ferraro, our Mended Hearts Visiting Program Chair, will talk with you about your heart condition and concerns.

We'd also like to encourage you to take care of yourself this holiday season. The holidays can be a stressful time and cardiac events increase during this time of year.

The holidays can also be a sad and lonely time. Remember, you are welcome to give us a call if you need to talk with someone.

“It's great to be alive - and to help others!”

Greater Wenatchee Mended Hearts

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OFFICERS

President—Chuck Phelps

Vice President—Phil Aamodt

Secretary—Jan Cripe

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Visiting Program—Dominick Ferraro

Membership—Chris & Chuck Phelps

Program—Ann Diede

Telephone—Fran Aamodt & Susan Young

Holiday Luncheon—Dominick Ferraro

Sunshine—Yvonne Dixon

Zoom Host—Gracie Helm

Fundraising—Phil Kepler

CHAPTER NEWSLETTER

Editor—Ann Diede

ACCREDITED PATIENT VISITORS

Gene Anderson

Bob & Jan Cripe

Dominick Ferraro

Nikki Johnson

Legs Cramps are More Common as We Age

In the night, or just upon waking, there they are: leg cramps. The excruciating pain comes on suddenly and goes away all too slowly. For people over age 60, more than 30 percent have a leg cramp at least once every two months and the older you are, the more likely you are to have them. Our tendons (the tissues that connect muscles to bones) naturally shorten with age, according to the Cleveland Clinic, and this can leave us vulnerable. But cramps can have unknown causes or be caused by medications, underlying disease or lack of activity.

Turkey Sliders with Avocado, Mushrooms, and Swiss Cheese

If you are looking for ways to use left-over turkey, you might want to give this recipe a try.

Calories: 470 Per Serving

Protein: 45g Per Serving

Fiber 8g Per Serving

Number of Servings 4

Serving Size: 2 sliders


Ingredients:

- 8 whole-grain slider buns (lowest sodium available)
- 1 1/4 pounds ground skinless turkey breast
- 1/4 teaspoon salt
- 1 cup sliced brown (cremini) mushrooms
- 4 slices low-fat Swiss cheese, cut in half
- 1 medium avocado, peeled, pitted, and mashed with a fork
- 1 medium tomato, cut into 8 slices (about 1/4-inch thick)

Directions:

1. Preheat the oven to 450°F.
2. Arrange the buns with the cut side up in a single layer on a baking sheet. Set aside.
3. Using your hands or a spoon, shape the turkey into 8 patties, each about 3 inches in diameter. (The uncooked patties will be larger than the bun and will shrink as they cook.) Sprinkle the salt over each patty.
4. Heat a large nonstick skillet or griddle pan over medium high heat.
5. Cook the patties for 2 to 3 minutes. Turn over. Cook for 2 to 3 minutes, or until the patties are no longer pink in the center and register 165°F on an instant-read thermometer.
6. Transfer the patties to the bottoms of the buns.
7. In the same skillet, cook the mushrooms over medium heat for about 3 minutes, or until soft, stirring frequently.
8. Spoon the mushrooms onto each patty. Top with the Swiss cheese.
9. Place the baking sheet on the middle rack of the oven. Bake the sliders for 1 to 2 minutes, or until the Swiss cheese is melted and the buns are heated through. Remove from the oven.
10. Spread the avocado over the Swiss cheese. Top with the tomato slices. Put the tops of the buns on the sliders.
11. Using four short skewers, pierce two sliders with each skewer, if desired. Serve immediately.

Recipe taken from <https://recipes.heart.org/en/recipes/turkey-sliders-with-avocado-mushrooms-and-swiss-cheese>

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


December Birthdays

08 Larry JOHNSON

09 Judy FICHTNER

30 Gene ANDERSON

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.