



# “HEARTBEAT AWAY”

## Greater Wenatchee Mended Hearts - Chapter 91

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

January 2021

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

Monday, January 4, 2021  
**MENDED HEARTS**  
**CHAPTER MEETING VIA ZOOM**  
11:30 am -1:00 pm  
(Sign in 11:15 - 11:30 am)

### SPEAKER

Dominick Ferraro, Mended Hearts Member and long time heart patient, will talk about “Living with Heart Disease.”

### ELECTION OF VICE-PRESIDENT

The election of Chapter Vice-President for the upcoming 2021-23 term will be held at our January Chapter Meeting. The candidate running for this office is Phil Aamodt.

### Directions for Joining Zoom Meeting

- Zoom Link: <https://zoom.us/j/8527811204?pwd=cDhiZGdCSzBjSU80aFc0VHpwbU0zZz09>
- To join meeting by phone: dial (1) 253-215-8782, then when asked, enter 8527811204, then press #, followed by another #.
- For more information, contact Gracie Helm, Zoom Host, email: [atthehelmsters@hotmail.com](mailto:atthehelmsters@hotmail.com) or by phone: 509-293-1603

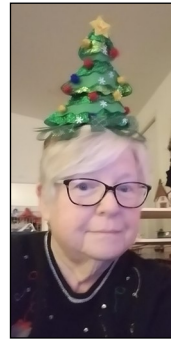
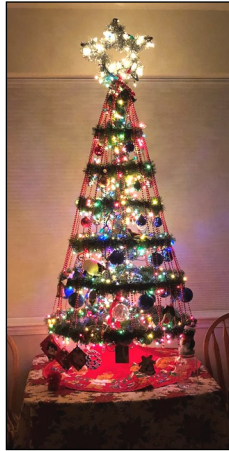
**EXECUTIVE BOARD MEETING**  
10:00 am - 11:00 am

### 2021 CALENDAR OF EVENTS

**February 1st - Chapter Meeting**  
Installation of Vice-President and Chapter Birthday Celebration. Speaker to be announced.



## *Traditions are the Ties That Bind*

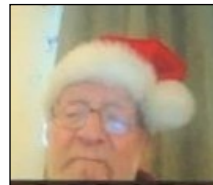
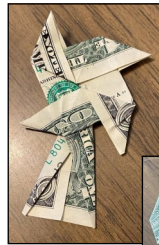


At our December Mended Hearts Holiday Meeting, Chaplain Scott Langager of Confluence Health spoke to us about giving and receiving hope in these troubles times, including how important our traditions are with family, friends and faith and the role of gratitude in our lives. He shared traditions reflective of his Norwegian Heritage, lutefisk and his Norwegian sweater.



### *Sharing of our Traditions*

- The Aamodt's Forever Christmas Tree, made of steel, was created & welded by Phil over 40 years ago.
- Susan Young wears a Christmas Tree Hat to brighten spirits at her local Senior Center.
- Gracie Helm and her tennis friends wear Christmas Tree Skirts at their holiday social.
- Jan Cripe makes origami folded dollar bills in windmill and heart designs to give to the barristers at her favorite Drive-Thru Coffee Stand.
- Chris and Chuck Phelps have been topping their tree with this special Angel for more than 40 years.
- Bob Cripe grows a beard and wears a Santa Hat each year at Christmas.  
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### **2020 Mended Heart of the Year Award**



Chuck and Chris Phelps received the 2020 Greater Wenatchee Mended Heart of the Year Award at the Holiday Meeting in December in recognition of their outstanding service and dedication to Mended Hearts, heart patients and families, the community and our chapter.

They work as a team to co-chair the membership committee, writing letters to new members, distributing flyers, magazines, and newsletters at the hospital and clinic. They have also hosted display tables at RunWenatchee Heartbreaker Runs, the museum and library. Chris is also a Mended Hearts Visitor. Chuck is president of our chapter and took the lead in initiating the use of Zoom to hold our chapter meetings. The Mended Heart of the Year is selected by previous award recipients.

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

**Greater Wenatchee Mended Hearts**  
 P.O. Box 3231, Wenatchee, WA 98807  
 Phone: (509) 264-7159  
 Email: 91President2022@nwi.net  
 Website: www.mendedhearts.org

**OFFICERS**

President—Chuck Phelps  
 Vice President—Phil Aamodt  
 Secretary—Jan Cripe  
 Treasurer—Dominick Ferraro

**CHAIRPERSONS**

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**

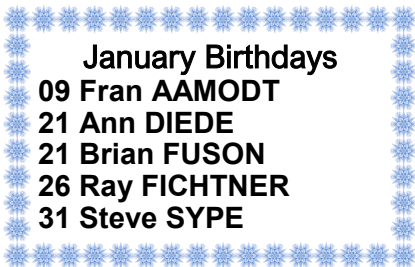
Gene Anderson  
 Bob & Jan Cripe  
 Dominick Ferraro  
 Nikki Johnson

***In Remembrance***

Darlene Smith passed away on November 6 in her home in Wenatchee. She is survived by her husband, Lee Smith. Both Darlene and Lee are members of Mended Hearts and she will be missed.

**New Chapter ByLaws**

Our revised Chapter Bylaws have been approved and signed by Mended Hearts Inc. If you'd like a copy, call Ann Diede at 509-679-8181 or email: [mendedhearts91@frontier.com](mailto:mendedhearts91@frontier.com)

**- More Traditions -**

- Rita Coley treasures the special ornaments with pictures of her children on them that she made when they were young.
- Ann Diede's Mail Box Neighbors hold a yearly gift exchange as a way of showing appreciation and saying, "I'm glad you are my neighbor."
- Mary Beth Ferraro bakes loaves of special strawberry bread each year to share with family and friends at Christmas time. See recipe below:

**Strawberry Bread Recipe**  
from Mary Beth Ferraro**(A family holiday tradition passed down by her mother)****Ingredients:**

3 cups all-purpose flour  
 2 cups sugar  
 1 teaspoon baking soda  
 1 teaspoon salt (I use "No Salt" sodium-free salt)  
 3 teaspoons cinnamon  
 15.5 ounces frozen sweetened strawberries,  
 (thawed and undrained)  
 4 eggs well beaten  
 1 1/4 cups oil  
 1 1/4 cups chopped pecans or walnuts

**Directions:**

1. Preheat oven to 350 degrees F.
2. Grease and flour two 8x4x3" loaf pans (I use Baker Joy's No Stick Baking Spray instead of grease & flour)
3. Combine dry ingredients including nuts, and mix
4. Make a well in the center.
5. Pour thawed strawberries, eggs, and oil in the well
6. Mix thoroughly into a nice batter
7. Pour into two greased loaf pans
8. Bake 1 hour at 350 degrees or until toothpick inserted in center comes out clean
9. Cool in pans 10-15 minutes, then remove from pans and place on rack to cool

**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](mailto:membership91@nwi.net).

**“You Are Not Alone”**

Hope and encouragement are just a phone call away. If you or your family would like to talk with one of our Mended Hearts Visitors about your heart condition and concerns, please call Dominick Ferraro, Visiting Program Chair, at 509-421-3641.

**Try out our new Text-To-Donate**

*It's easier than ever to donate to Mended Hearts Inc!* Text **MENDEd** to **269-89** to give to MHI today! Or visit [www.Mendedhearts.org](http://www.Mendedhearts.org) and click the blue DONATE button.

**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](mailto: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.