



“HEARTBEAT AWAY”

Greater Wenatchee Mended Hearts - Chapter 91

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

January 2022

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

Monday, January 3rd
MENDED HEARTS
CHAPTER MEETING
11:30 am -1:00 pm
(Sign in 11:15 - 11:30 am)

SPEAKER

Danielle Slatton, Cardiology Nurse Navigator of Confluence Health, will talk about the “Role of a Nurse Navigator with Heart Failure Patients.”

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: atthehelmsters@hotmail.com or by phone: 509-293-1603

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

Greater Wenatchee Mended Hearts Chapter 91 meetings are held the 1st Monday of each month by Zoom from 11:30 am to 1:00 pm. Chapter 91 invites heart patients, families and caregivers to attend and meet others who have had similar struggles and experiences. Our meetings offer peer-to-peer support and educational speakers of interest. For more information, call Chuck Phelps, Chapter President, at 509) 264-7159.

2022 CALENDAR OF EVENTS February 7- Chapter Meeting



Mended Heart of the Year Award

Yvonne Dixon received the 2021 Greater Wenatchee Mended Heart of the Year Award at the holiday celebration on December 6 in recognition of her outstanding service and dedication to Mended Hearts, heart patients and families, the community and our chapter.



Yvonne has been an active member of our Mended Hearts Chapter for 5 years. Even though she lives in Othello, she hasn't let distance keep her from participating in Mended Hearts. In March of 2018, she volunteered to be the Sunshine Chairperson, and has been sending hand decorated birthday and get well cards to members ever since with hand written messages of joy and encouragement.

Award recipients are selected by former award winners.

New Year's Resolutions: How to Put Change Ahead of Comfort

The urge for self-improvement is strong at the start of a new year. It's a time for looking back to see what kind of person we have been and a time for looking forward and visualizing ourselves as the person we want to be.

Here we come to a big question: Is the urge for change more powerful than the drive to fall back on what is comfortable to you? At first, change seems manageable, but as time goes on, we may tire like a runner in a long race. Then, as difficulties of our daily lives surround us, returning to the comfort zone could seem more important than making the change. Keep these points in mind when making resolutions:

- When one resolution involves an important lifestyle change, don't make any others. If you want to quit smoking, lose weight and learn a foreign language, you won't be able to do all three things at once.
- Study the obstacles to your resolution and determine ways to deal with them. If you want to lose weight, for example, decide to skip the ice cream and have a low-calorie popsicle instead. Tell friends you are not eating rich desserts so they won't tempt you.
- Think about professional help. Medical assistance could be valuable if you want to break an addictive habit.
- Keep your focus and monitor your progress. Keep a notebook and record how often the behavior you want to change occurs, who you were with and how you felt. You'll see a pattern that you can avoid in the future.
- If you break a resolution, don't give up on the effort. See it as an opportunity for self-compassion. Treat yourself kindly.

New Year's resolutions are supposed to make you feel good about yourself. If not keeping them makes you think badly about yourself, they aren't worth the effort. Work at it, but prioritize your well being.

Peer Support is Just a Phone Call Away Call 509-421-3641

If you a patient with heart disease, a caregiver of a loved one with heart disease, we are here for you -- you are not alone. Dominic Ferraro, our Greater Wenatchee Mended Hearts Visiting Program Chair, will talk with you about your heart condition and concerns.

“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
 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

Young Mended Hearts™ Launch

Mended Hearts Inc. is excited to launch Young Mended Hearts. Young Mended Hearts was created to give hope and support to young adults (ages 18 to 55 suggested) who have heart disease, including congenital heart disease (CHD). Many peer support groups for patients who have heart disease are made up of older adults, and young adult patients often don't feel they fit in. Young adults are dealing with heart disease at a different stage of life and have different life experiences as they manage their heart disease. Young Mended Hearts is a peer-support program designed to fill a gap for those who are often told they are “too young to have heart disease”—yet they do. Young Mended Hearts officially became a national program of The Mended Hearts, Inc. in August 2021. If you are interested in learning more about the program, please reach out to Mandy Sandkuhler at mandy.sandkuhler@mendedhearts.org.

Slow Cooker Hearty Chicken Noodle Soup

Now you don't have to spend hours in the kitchen for the rich flavor of homemade chicken soup. Just add your ingredients to the slow cooker, set it and forget it!

Ingredients:

- 2 boneless, skinless chicken breasts
- 3 cups peeled, sliced carrots (around 1 pound of carrots)
- 3 cups chopped celery
- 2 medium zucchinis, cut into a medium dice
- 1 can low-sodium chicken broth
- 6 cups water
- 3 bay leaves
- 2 teaspoons Italian spice blend
- 1 teaspoon garlic powder
- 1/2 teaspoon ground black pepper
- 1 cup chopped, fresh dill OR 2 tablespoon dried dill
- 1 (12-ounce) bag wide egg noodles, cooked according to directions



Directions:

Add chicken breasts to the bottom of a 6-quart (or larger) slow cooker bowl. Top with carrots, celery, zucchini, chicken broth, water, bay leaves, Italian spice blend, garlic powder, black pepper, and salt. Cover the slow cooker with a lid and cook until chicken is fully-cooked, about 8 hours on low heat or 4 hours on high heat.

Using a fork, remove and discard bay leaves from soup. Using tongs, transfer chicken to a medium bowl. Stir in the fresh or dried dill. Turn off heat but leave soup covered to keep warm. Let chicken cool and then cut into bite-size pieces.

Meanwhile, cook egg noodles according to package directions. To serve, portion noodles into the bottom of each bowl. Ladle soup over noodles and serve.

Reprinted with permission from: <https://recipes.heart.org/en/recipes/slow-cooker-hearty-chicken-noodle-soup>

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.

January Birthdays

- 09 Fran AAMODT
- 21 Ann DIEDE
- 21 Brian FUSON
- 26 Ray FICHTNER
- 31 Steve SYPE

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.