“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: atthehelmers@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.

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!”
- 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.

“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 and click the blue DONATE button.

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