



Leading with Heart –a message from our President

When I think about this time of year, I often remember being a child living on a farm in Wisconsin. My mom always had a giant vegetable garden. I can vividly remember going into the garden and pulling a perfect carrot from the ground and eating it. That was usually followed by radishes and green onions. And nothing was better than fresh peas from their pods. I was too young to know all these things in my mom's garden were good for me. I just knew I liked them.

You're probably asking how that relates to Mended Hearts and what we do. We have spent the years after Covid growing our chapter and now we are ready to harvest our efforts. We have lots of new members. We're growing Young Mended Hearts. We have really good speakers who help us learn how to keep our hearts happy. We have worked with new areas of the hospital so we can visit more patients. We have a dynamite team of hospital volunteers. We have updated our newsletter and created new, attention getting meeting flyers.

This time I am old enough to know all the things in the Mended Hearts garden are good for me - and for you. It's a veritable feast of goodness for all of us.



Summer Picnic Event: **Saturday, July 11, 2026, Noon to 3 p.m.**



Squalicum Creek Park

1001 Squalicum
Parkway

Bellingham, WA 98226

Everyone Welcome!

Bring the whole family!

PeaceHealth St. Joseph Medical Center, Cardiovascular Services, will provide a variety of chicken. Please bring a side dish to share with the group – maybe a salad or dessert? Plates, utensils and water will be available. The park is next to a creek with walking trails, sports fields, a basketball court and playground. Please join us. We think you'll enjoy the company.

Inside This Issue

Leading with Heart

Summer Picnic

Member's Journey

Gratitude Gathering

Speaker Spotlight

Honoring Mary Shaner

Upcoming Events

A Member's Journey

This month, we are pleased to spotlight Karen Halldorson, a valued member of our Mended Hearts Chapter since 2014.

Karen first learned about Mended Hearts through a fellow church member, the son of late Marilyn Huffman. At the time, Karen was experiencing cardiac issues, and in 2013 she had a pacemaker installed. In 2022, Karen had her pacemaker replaced, and in 2025 she had her aortic valve replaced. Following her valve replacement, she later developed a-fib.



Through her own heart journey, Karen found a place in Mended Hearts where understanding, encouragement, and service come together.

Karen's roots in Whatcom County run deep. Her grandparents migrated from Sweden and homesteaded in Clearbrook where many of her relatives had settled and helped found the local church. Karen remembers the area as being like a "miniature Sweden," where you could speak Swedish and be understood.

Karen is a graduate of Nooksack Valley High School and has a beautiful family that includes four children, ten grandchildren, and ten great-grandchildren.

Karen served on the Mended Hearts Board from 2021 to 2023 and continues to volunteer today as our guest and member greeter and sign-in coordinator at every monthly meeting. In fact, if you don't know Karen, that probably means you haven't been to a meeting in a while. She is often one of the first friendly faces people see when they walk through the door.

Gratitude Gathering - recognizing those who shared their time and expertise with a Mended Hearts thank you gift for being a speaker



Mike Locke and Mark Shaner

March 2026

Mike Locke
Director of Fitness
Bellingham Athletic Club

Gift presented by Mark Shaner

Young Mended Hearts® Upcoming Events

Young Mended Hearts (YMH) is a support group for heart patients from young adult to 55 years old. During informal meetings, YMH offers a safe place to talk about the challenges and concerns you face as you and your family navigate a heart journey you hadn't expected.



Come hang with us!
We're a pretty chill bunch.

When: Monthly (4th Wednesday)
July 22, 2026 @ 6:00 pm
and
August 26, 2026 @ 6:00 pm

Where:

Hospital - Physician's Dining Room near cafeteria. Check in at East Tower and ask for directions.

Contact us

Message Line
(360 788-6928)

www.MendedHearts-Bellingham.org

Speaker Spotlight: Congestive Heart Failure - *What is it? What Can You Do About it?*



Jeanne M. Livorsi-Moore
MSN, ANP, CCNS, CHFN,
BCMAS Sr. Medical Science
Liaison, MannKind

*All meetings are open to
the public at no charge.*

Please join us on August 8, 2026 at 10:00am at the PeaceHealth Education Center (HEC) when guest speaker Jeanne M. Livorsi-Moore shares her expertise with us on Congestive Heart Failure

Congestive heart failure (CHF) is not the same for everyone. Join us and learn how people typically develop it, the different types, and how it's treated.

Gratitude Gathering - *recognizing those who shared their time and expertise with a Mended Hearts thank you gift for being a speaker*

June 2026 Speaker

Dr. Eric King
Cardiology Interventionalist
PeaceHealth Cardiology

Gift presented by Howard
Milewski



Dr. King and Howard Milewski

Founding Member Mary Shaner Honored for Years of Service

In June, we had the privilege of honoring Mary Shaner, one of our founding members, for her many years of dedicated service, leadership, and friendship.

Mary served as a member of our Board of Directors until 2021 and played an important role in helping our chapter grow and succeed. In the early years, Mary took on the responsibility of coordinating the Mended Hearts portion of training and scheduling for our hospital volunteers. She continued to remain active in these efforts in various roles until her retirement in June of this year.

Mary's service has extended beyond Mended Hearts as well. She has been active in other volunteer efforts throughout our community, always giving generously of her time and heart. Mary is a dedicated, sincere, and a truly wonderful person. In recognition of her outstanding contributions, Mary was presented with a plaque that read:

Presented to **Mary Shaner**

You were there at our beginning in 2012. You were there to help train and schedule our hospital volunteers. You were there as a contributing member of our Board of Directors. You were there when we became a successful chapter. You've always been there for us and we thank you!

We are deeply grateful for Mary's commitment, compassion, and years of faithful service. Her impact on our chapter and the people we serve will be remembered and appreciated for many years to come.



New Hospital Volunteers

Our number of hospital volunteers has increased. We have two new hospital volunteers who have successfully worked through the training program. Please join Training Officer, Deenie Berry, in welcoming Lisa Heuple and Dale Kinsley.

New Hospital Volunteer Location Opens for Our Mended Hearts Chapter

We are extremely pleased to announce that our partners at PeaceHealth have welcomed our Mended Hearts hospital volunteers into the Intensive Care Unit, expanding our ability to support patients and their caregivers during a critical time in their care journey.

Chapter President Dianna Konrad continues to advocate for meaningful ways our volunteers can offer encouragement, comfort, and peer support wherever we are needed most. Our relationship with the PeaceHealth St. Joseph Medical Center, Cardiovascular Services is one we truly treasure, and this new opportunity reflects the continued trust and collaboration between our organizations.

We are grateful to PeaceHealth for recognizing the value of our volunteers and for opening the door to this important new area of service.

If you no longer wish to continue receiving our materials, please call and leave a message on our message line at 360-788-6928. You may also unsubscribe from emails, and we can manage removing your email address from our system as well.

**Mended Hearts – Bellingham
c/o Volunteer Office
2901 Squalicum Parkway
Bellingham, WA 98225**