



Leading with Heart –a message from our President

Everyone Wins!

The Mended Hearts, Inc.® (MHI), our headquarters in Georgia, held its annual meeting and awards presentation in late June. During this meeting our chapter was named the National Chapter of the Year for 2026. We are the best of the 187 chapters/groups in the U.S. We are extremely excited and proud to have won this award.

There are many reasons we are considered the best. We have an outstanding team of Mended Hearts Hospital Volunteers who offer heart patients and their families care and hope for the future. We are on our way to making 3,000 patient and caregiver visits this year from PreOp to Cardiology Office to hospital visits.

Along with increased visits, we have a record-breaking number of members. With the help of some talented speakers, many who are heart related specialists from St. Joseph's, we've provided at least 100 educational meetings in the past 14 years. The information shared at these meetings has helped lower anxiety and given hope to many.

We have a proactive board of directors that represents both Mended Hearts and Young Mended Hearts. Our goal will always be supporting heart patients and families and serving our community. We are a very determined group.

So, what does this award really mean? It's certainly more than bragging rights. It's recognition of all the effort from our teams. It's acknowledgement of what we've accomplished in our community. And each of you is part of our chapter. That means this award belongs to all of us. Together everyone wins.



The Heart of Giving

Thank you to our generous donors. Your support helps Mended Hearts® bring hope and education to heart patients and their families. Every gift, regardless of size, helps strengthen our heart community!

Mary S. and Linda C.

The Mended Hearts, Inc.®

Our national organization offers a wealth of educational resources on its website. Be sure to look for the **E3 Series—“Empower, Engage, Educate”**—featuring links in our newsletters. These resources provide valuable information and practical tools to help you stay informed and engaged in your heart-health journey.

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A Member's Journey – Fred Brighton

Fred Brighton describes himself simply: “I’m just an ordinary person.” But it doesn’t take long to see that this kind, humble gentleman is anything but ordinary.

Born in Bellingham in 1933, Fred graduated from Bellingham High School in 1951. After working in Alaska and briefly at Boeing, he served approximately three years in the U.S. Marine Corps. He later married Pat, the love of his life, and together they raised six children during their 62 years of marriage.

Mechanically gifted, Fred built a career in auto repair and opened Fred’s Auto Repair on Yew Street in 1972. Outside of work, he enjoys fishing, especially at Ross Lake.

Fred and Pat also shared a strong commitment to helping others. Through Lifeline, they visited patients and installed emergency alert equipment, and they became valued members of Mended Hearts Bellingham. Pat helped support the chapter in its early years, and after her major stroke in 2018, the group became an even more meaningful source of friendship and encouragement for them.

Fred continues to give back today, faithfully helping prepare and mail our newsletters and flyers. “It feels good to give back,” Fred says.

He may call himself “just an ordinary person,” but those who know him see a hardworking, generous gentleman who has spent a lifetime serving his family, his country, and his community.

Thank you, Fred, for all you do — and for sharing your very big heart with Mended Hearts Bellingham.



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, concerns and successes you experience as you and your family navigate a heart journey you hadn't expected.



**Want to stay cool?
Waddle on over and join us!**

When: Monthly (4th Wednesday)

September 23, 2026 @ 6:00 pm

October 28, 2026 @ 6:00 pm

Where:

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

Speaker Spotlight: Simple Swaps for a Healthier You



*Lisa Heuple, YMH Member,
MH Hospital Volunteer*

Please join us on September 12, 2026 at 10:00am at the PeaceHealth Education Center (HEC) where Young Mended Hearts member, and Mended Hearts Hospital Volunteer Lisa Heuple will share her expertise in simple, healthy food preparation.

Lisa will teach us easy, practical food swaps that make healthy eating simple and delicious. This session will include a live food prep demonstration, tasty samples, and tips you can start using right away to support a healthier lifestyle. This is definitely a guest speaker you won't want to miss!

Health Education Center (HEC)
3333 Squalicum Parkway, Bellingham

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

Contact us

Message Line
(360) 788-6928

www.MendedHearts-Bellingham.org

In The News - FDA Approves New Daily Cholesterol Pill

The U.S. Food and Drug Administration has approved Merck's **Lipfendra® (enlicitide)**, a new once-daily prescription pill designed to significantly lower LDL cholesterol—often called “bad” cholesterol. Approved on July 16, 2026, Lipfendra is the first FDA-approved **oral PCSK9 inhibitor**. Until now, medications that targeted the PCSK9 protein were available only as injections.

Lipfendra is approved for adults with high cholesterol, including those with an inherited condition called heterozygous familial hypercholesterolemia. It is intended to be used along with a heart-healthy diet and regular physical activity and may be prescribed in addition to statins or other cholesterol-lowering treatments.

The medication works by blocking PCSK9, a protein that limits the liver's ability to remove LDL cholesterol from the bloodstream. Blocking this protein allows more LDL receptors to remain available, helping the liver clear additional cholesterol from the blood.

Common side effects reported during clinical trials included diarrhea and dizziness. Although Lipfendra has been shown to lower LDL significantly, further studies are underway to determine whether it also reduces heart attacks and strokes.

PeaceHealth St. Joseph celebrates Mission & Values Awards

The 2026 Mission and Values Awards honorees from PeaceHealth St. Joseph Medical Center were announced during a special ceremony recently. These awards are PeaceHealth's highest honor, recognizing exceptional caregivers who carry on the Sisters' legacy of loving care and service in our communities. Only four awards were presented and two of the recipients are special to us.

Karen Hagen, Philanthropy Officer for St. Joseph Medical Center Foundation, recipient for the Value of Stewardship.

Karla Hall, Director of Nursing, Care Management, recipient for the Value of Collaboration.

Why are we talking about them? Because these ladies are well known to our Mended Hearts members. Karen is an active member of our chapter. She has also helped link us to some exceptional speakers for our meetings. Karla has been an extremely popular speaker at our meetings multiple times, talking about insurance, hospitalization and patient care transition from hospital to home.

They have both helped us build a better chapter with their support, time and interest in what we do. Well done Karen and Karla. You make us very proud.



Karen Hagen, Philanthropy Officer, PeaceHealth



Karla Hall, Director of Nursing, Care Management, PeaceHealth

E³ Series – Empower, Engage, Educate

Linked resources provided by The Mended Hearts, Inc.®

EMPOWERAFIB™ - Living with Afib

Flu Protection – You call the Shots

MH & CVD – Mental Health and Cardiovascular Disease

Advocacy Priorities – Voices in Developing Health Care Policies.

Speaker Spotlight: PeaceHealth Major Projects Update

Please join us October 10, 2026, at 10:00 a.m. at the PeaceHealth Education Center (HEC) for an update from Jerry Marschke, Executive Director of Cardiovascular Services. Jerry will highlight major projects at PeaceHealth St. Joseph Medical Center, including the new Peter Paulsen Pavilion and hospital tower expansion, as well as cardiovascular program updates: the Cardiovascular Center expansion and addition of a 5th EP lab, the Cardiology Clinic expansion with 10 new exam rooms and a complete clinic refresh, and the recruitment and growth of cardiovascular physicians and APCs to better serve our community.

This will be a great opportunity to learn more about the growth and improvements taking place at PeaceHealth and what they mean for cardiovascular care in our community. **We hope you will join us!**



*Jerry Marschke, MSHA
Executive Director of
Cardiovascular Services*

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
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Bellingham, WA 98225**

We can all fight
against loneliness
by engaging in
random acts of
kindness.

~ Gail Honeyman