



**Mended Hearts**<sup>®</sup>  
of Thurston County, WA

## Mended Hearts Thurston County celebrates 30 years

Congrats to partners of St. Peter Hospital.



InOurCircle

Tuesday, May 24, 2022

Congratulations Mended Hearts of Thurston County Chapter 130, for providing peer-to-peer support to heart patients, their families and caregivers.

The organization – the oldest Mended Heart chapter in Washington – recently celebrated its 30-year anniversary! That is indeed a significant milestone!

“Mended Hearts is a great organization, and we appreciate the volunteers that meet with the heart patients and provide valuable information that helps ease their way during a very vulnerable time,” said St. Peter Heart Program Director Kurt Miller. “It’s an honor to be associated with them for the past 30 years.”

Mended Hearts volunteers have brought hope and inspiration to thousands of cardiac patients, by supporting them through their emotional and physical challenges of recovery.

‘It has been each visitor’s privilege to return to the place where they received such compassionate care to the hope of passing it along to someone else,’ said Bob Sherwood of Mended Hearts.

Mended Hearts is the largest peer-to-peer heart patient support network in the world. Chapter 130’s goals are to inspire hope and improve the quality of life for all types of heart patients and their families through ongoing peer support. During most months, trained volunteers provide more than 100 visits. Monthly chapter meetings allow members to share and support each other, celebrate individual milestones and receive quality education from guest speakers.

The inspiration, hope, and encouragement provided not only improves recovering patient’s quality of life but introduces them to the Mended Hearts motto: “It’s Great To Be Alive and To Help Others!”

The Western Region of Mended Hearts consists of Alaska, Washington, Oregon, California, Nevada and Hawaii.

You can find out more about Chapter 130 at <https://mendedheartsthurstoncounty.org/> or calling Diane Caputo, (360) 705-1271.

You can find out more about The Mended Hearts, Inc. at <https://mendedhearts.org>.