

Redding Chapter 353, now known as Chapter 353, Redding, CA, Satellite, was started in 2008. The initial motivation was provided by the nurse in charge of Cardiac Rehab at Mercy Medical Center Redding.

In 2018, we expanded into the other hospital in town, Shasta Regional Medical Center.

Since its origin, we have been centered around visiting cardiac patients. Consequently, most of our members have been Accredited Visitors. That continues to this day.

Due to the COVID pandemic, we are still unable to visit patients at Mercy Medical Center as the only volunteers currently allowed there are those who do not interact directly with patients. We have been able to resume visiting patients at Shasta Regional Medical Center since early last year.

Since COVID our meetings have been few and far between as we can no longer hold our meetings in the hospital facilities.

We currently have 12 active members. Of those, 9 are Accredited Visitors although a couple of those accreditations may have expired due to the fact that those visitors only visit at Mercy Medical Center, and they have not been able to visit since COVID.

The decision to become a satellite came about largely due health issues among our members and their families which seems to increasingly limit their ability to actively participate in the Chapter duties. Fortunately, few, if any, of those issues involve cardiac problems.