



**UpBeat**  
**Mended Hearts Newsletter**  
**Chapter #130– January 2021**  
**Lacey/Olympia, WA**

**It's Great  
To Be Alive  
And  
To Help  
Others!**

**Meeting Notice**

Chapter Zoom Meeting, Thursday, January 14, 2pm

*Happy  
New Year* \*\*

**Upcoming Dates**

- ⇒ Jan 7-Board Meeting
- ⇒ Jan 9-Sacred Heart Parish Program
- ⇒ Jan 14-Chapter Zoom Meeting

**President's Message**  
**Michael Blonden**

I'd like to thank all members who attended our December Zoom Membership Meeting. A few members left the meeting before we had a chance to hear from them. All members will have an opportunity to speak at future Zoom Meetings. Another reminder...if you received Bonus Cards for Panera from the Chapter they will need to be used in January 2021.

We will have a zoom meeting on January 14<sup>th</sup> at 2 pm. Marikka Benson from Cardiac Rehab, will do a presentation on Exercise at home. She will start around 2:45 pm. I hope you can join us for the meeting. Plans for February will include a presentation by April Hatcher, Hospital Dietitian. Please be patient as we move into speaker presentations on Zoom. This will be new for our Chapter and speakers.

Please note Bob Sherwood's information on membership processing changes in this newsletter.

As mentioned by Michele, we would like to have more articles, recipes, and stories, that you'd like to share with members. Our Chapter, like Heart Disease reflects a wide variety of occupational backgrounds. Stories from all would really spice up our newsletter and give us additional learning experiences..

## KEEPING HEALTHY DURING A PANDEMIC

**Marikka Benson**

Marikka Benson is our speaker via the Zoom meeting scheduled for January 14, at 2pm.

Beginning a walking program during the Pacific Northwest winter and amid a pandemic can be a significant challenge. Essentials to getting started include the right gear for winter weather, a mask, a safe place to walk, and a program that fits your lifestyle.

Winter weather necessitates gear that keeps you warm, dry, and comfortable. There are a plethora of choices when it comes to all-weather jackets, pants, and shoes. The main thing to keep in mind is water-resistance and comfort. The mask you wear should allow for breathability and if you wear glasses, minimize condensation by fitting snugly along the bridge of your nose.

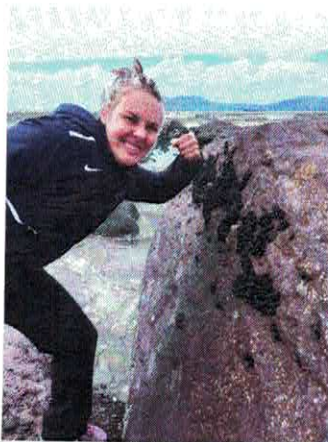
COVID-19 has impacted all aspects of life, and choosing where to exercise has not been spared. When choosing where to walk, try selecting a location that has an even surface throughout and allows for distancing from other people. Keep a minimum 6ft distance between you and other people, and follow CDC guidelines regarding masking.

Start slow and listen to your body. As little as 10 minutes walking at a comfortable pace can benefit your cardiovascular system. You do not have to walk for an hour continuously or at a sub maximal effort to achieve cardiovascular benefit. Exercise will be beneficial to most people who choose to partake. However, you should always consult with your Healthcare Provider before starting an exercise program.

Marikka is an Exercise Physiologist for Providence St. Peter Cardiopulmonary Rehab. I have been involved with exercise and sports since a young age and have in more recent years added health promotion to that list.

I have a Bachelor of Science (BS) in Kinesiology with an emphasis in Exercise Science from Pacific Lutheran University. Currently enrolled in RN Program and will switch to a Physician Assistant Program next summer. In addition to Cardiopulmonary rehab, I volunteer as an EMT at South Bay Fire Department and have coached Fast pitch at North Thurston High School.

**Marikka Benson**



## Plant Based Shake — April Hatcher, Dietitian, PSPH

- Milk: Use unsweetened, vanilla almond milk. Start your day out right with this quick and simple, plant-based shake. This is my go-to breakfast on busy mornings and it happens to have an exceptional nutrition profile. It will provide you with a full serving of fruit, a full serving of vegetables, up to 20 g protein depending on the type of milk you use, heart healthy omega 3 fatty acids, and 10 g of dietary fiber (> 30% of your daily fiber needs). This recipe is quick versatile. Let's break down each ingredient milk for the lowest calorie, lowest carb option. Use unsweetened soy milk, skim milk or 1% milk for a higher protein option. Avoid using milk that is high in saturated fat such as whole milk, 2% milk or coconut milk as high amounts of saturated fats can lead to increased LDL (bad) cholesterol (and plaque build-up over time). You can add a little less milk if you want a thicker consistency and a little more milk if you want a thinner consistency.

- Peanut butter: I recommend using a natural peanut butter, such as Adam's (the kind with the oil separation at the top) as many peanut butters contain hydrogenated oils, or trans fats, which can also lead to increased LDL (bad) cholesterol and have been shown to be quite detrimental to heart health.

- Banana: Make sure your banana is very ripe in order to sweeten the shake and mask the taste of the spinach.

- Spinach: I try to pack as much raw spinach into the shake as possible, which usually ends up being about 3 cups of raw spinach. I absolutely love that this shake allows you to include a full serving of green, leafy vegetables with breakfast. While the spinach will turn the shake a nice green color, you cannot necessarily taste the spinach at all. For those on warfarin/coumadin, it is important to know that you do not have to avoid foods high in vitamin K, you simply need to be consistent with them. If you have been avoiding green leafy vegetables due to taking warfarin/coumadin, talk to your doctor on how to safely reintroduce them.

- Seeds: The spoonful of seeds adds a hefty dose of omega 3 fatty acids, which are particularly protective for your heart. There are only a few plant-based sources of these special kinds of fats, so take advantage of easy ways to use them, such as this recipe. Omega 3 fatty acids are unique in the fact that they can help reduce plaque build-up in coronary arteries and they can also help to reduce overall inflammation in our bodies. The American Heart Association recommends consuming 1 gram/day of omega 3 fatty acids and this shake provides a total of 1.5 grams due to the addition of these seeds. You can find bags of chia seeds, hemp seeds, ground flaxseeds (or blends of any of the three) in most health food aisles at grocery stores.

- Ingredients:

1 ¼ cup milk

2 Tbsp natural peanut butter

1 banana

2-3 cups raw spinach

1 Tbsp chia seeds, hemp seeds or ground

flaxseed (or a blend of any of these)

2-3 cubes of ice

Instructions:

Add all ingredients to a high speed blender and blend well. Serve immediately.

## January Birthdays

## Chapter #130 Officers

### Happy Birthday!!

January 13-Velma (Sugar) Jordan

**President:** Michael Blonden  
Mblonden@msn.com  
360-491-8869

**Vice President/Web Admin &  
Program Coordinator:** Vacant

### Changes to Membership Processing.

Starting January 1, 2021, the Mended Hearts Resource Center in Albany Georgia will process all new memberships (all levels) and all membership renewals. Effective January 1, 2021 **chapter dues are eliminated.**

**Secretary:** Kristi Wells  
360-807-4411  
klwells41@hotmail.com

**Treasurer:** Bob Sherwood  
360-438-3873;  
sherwoodjr@comcast.net

In consideration of this change the Resource Center will reimburse chapters 25% of all paid national dues. For example, if a member pays for a new \$20 individual membership, or renews a \$20 individual membership the chapter will receive \$5 (25%). If you have an email address on file, the Resource Center will notify you when it is time to renew your membership. Included in the email will be a link to a newly revised Membership Form. You may complete the form and mail it along with your check payment to the Mended Hearts, Inc. Resource Center, 1500 Dawson Road, Albany GA 31707.

**Past President:** Sonia Michaelis  
360-458-3998

**Visitor Coordinator:**  
Diane Caputo 360-705-1271  
dianecaputo0304@gmail.com

If you prefer you may renew on line and pay with a credit card, or call the Resource Center (888-432-7899 or 229-518-2680) and give them your information and your credit card information.

**Special Projects:** Darld Brannan  
360-459-8175  
Prof.volunteer@centurylink.net

If you do not have an email address on file the Chapter will notify you when it is time to renew. Your renewal and payment options are the same as mentioned above. Donations are always encouraged and can be made at any time directly to National or the Chapter.

**Member Relations/Sunshine:**  
Cheryl Hougham 360-357-4987  
dkhcmh@comcast.net

**Senior Action Network:**  
Nancy Maldonado

**Newsletter Editor:**  
Michele Scott  
360-561-1550  
basquema@live.com

**For Donations to our local Mended Hearts  
Chapter, Mail donations to:**

**Mended Hearts Chapter #130  
PO Box 5551  
Olympia, WA 98509-5551**

**Mended Hearts National Website:**  
<https://mendedhearts.org>