



**UpBeat**  
**Mended Hearts Newsletter**  
**Chapter #130– January 2022**  
**Olympia, WA**

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

**Meeting Notice**

**Program: To Be Announced. Speaker is Dr. Charles (Rick) Rossow**

**Date: Wednesday, January 12**

**Time: 7pm, Note Time Change of Meeting**

**Upcoming Dates**

- ⇒ January 6-Board Meeting
- ⇒ January 12-Chapter Meeting
- ⇒ February 3-Board Meeting
- ⇒ February 10-Chapter MTG

**Happy New Year!**

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

Thank you again for attending our Holiday get together in December. By now all of you should have your mug or gift that you won. Diane and I enjoyed playing Santa and dropping off your mugs and gifts. I chatted with several members; one was wondering about Cardiac Rehab...definitely a big help to persons with heart disease. Another was telling me about how well he is doing now. Hope does shine eternal. Diane and I wish all of you a Merry Christmas and a Happy New Year. For those of you who said you would be getting together with family, have a great time.

Next year we will have our first Zoom Meeting on January 12<sup>th</sup> at 7 pm (note this is not our regular meeting day and time). This date and time was convenient for the doctor. I will send you the doctor's outline of discussion with the Zoom notice. I hope all of you can attend this session. Dr. Rossow did a great presentation previously. This will be a different presentation. If you are new to our group, this would be a great time to join us for more information on heart disease. By participating in Mended Hearts, you increase your chances of a successful cardiac rehabilitation.

The ZOOM link will be emailed the week of January 10.

**We encourage members to use their email addresses to receive our Newsletters to save mailing costs.**

## **Biography**

### **Dr. Charles F. (Rick) Rossow, MD, PhD, FACC**

Dr. Rossow completed his PhD in cardiology on channel physiology at the University of Nevada and subsequently completed a post-doctoral fellowship investigation regulation of voltage gated potassium channels and cardiac arrhythmia at the University of Washington. Dr. Rossow continued at the University of Washington completing medical school, Internal Medicine Residency and Cardiology Fellowship training in Seattle.

He completed Interventional Cardiology Fellowship at the University of Utah. During his tenure at the University of Washington, he was active in both clinical medicine and research. He has published in multiple peer review journals including: Circulation, Circulation Research, Journal of General Physiology, Current Cardiology Reports, Annals of the American Thoracic Society, Acta Physiologica, Journal of Molecular and Cellular Cardiology, Journal of Physiology, Journal of Biological Chemistry, Journal of Clinical Investigation and American Journal of Physiology: Heart. In 2006, he was awarded the Young Investigator Award from the North American Section of the International Society of Heart Research. He has also been recognized for teaching awards and patient care awards.

Dr. Rossow is a native of the South Puget Sound area with strong ties to the area. In 2019, he accepted his current position with Providence Cardiology Associates, a move that brought him closer to home. He maintains board certifications in Internal Medicine, Cardiology and Intervention Cardiology. He is passionate about providing the highest level of patient care to our community. He has a love for the outdoors.

#### **New Study Sounds Alarm on Colorectal Cancer**

According to a study published in October in the Journal of the National Cancer Institute, younger colorectal cancer patients are just as likely, if not even more likely, to die from the disease as older people. It's also one of the fastest-growing cancers among people under 50, but researchers don't know why, according to Axios, though it remains most common in adults between 65 and 74.

New U.S. screening guidance released in May recommends colorectal cancer screenings begin at age 45, according to Axios.

## **Parish Nurse Program**

**Dr. Xingwei Sui MD.**

**Oncologist- Hematologist**

**COMMON CANCERS AND DISORDERS OF THE BLOOD**

**SACRED HEART PARISH**

**HALLEN HALL UPSTAIRS ROOMS 1-2**

**SATURDAY, JANUARY 15 2022**

**10AM to 12PM**

**DIABETES MANAGEMENT UPDATE PART 2**

**PRESENTED BY:**

**Debra Ranken RN, CDCES, CCM, CCP**

**Faith Community Nurse**

**SACRED HEART PARISH**

**HALLEN HALL UPSTAIRS ROOMS 1-2**

**FRIDAY, JANUARY 21, 2022**

**10:00 AM to 12:00 PM**

**REGISTRATION NECESSARY: 360-491-0890**

# Caregiver Memories

## Cheryl Hougham

It has been over twenty years since I received a phone call from my husband, Doran, from work asking me to come and take him to the doctor. I arrived at the Olympia Brewery Co., where Doran worked, and saw the aid car was already there and a friend standing outside waiting for me. Two medics were working on Doran, another saw me arrive and quickly had me off in a corner to get Doran's medical history. I gave him what little medical history there was.

I got to the hospital not long after the aid car and asked for my husband at the Emergency Room desk. I was showed to the surgery waiting room and told to wait until someone came for me. Before long I heard my name over the loud speaker asking me to come to the front desk, there was a phone call for me. This was before everyone carried cell phones. It was a friend, one of Doran's hunting partners. I told him everything would be okay and he should go ahead and go on the trip. At that point I had no idea how Doran was doing, but I didn't want to ruin the vacation for the other hunters and I still was not ready to believe he had had a heart attack.

I looked up from the phone and saw a couple of friendly faces coming in the front door. They were square dance friends and were there to see another very ill square dancer. I told them about Doran. They sat with me in the empty waiting room until I received word that the surgery was completed.

I was told it was okay to enter Cardiac Intensive Care Unit (CICU). When I found Doran's room he was half sitting up in bed, eating a turkey sandwich with a nurse applying pressure to his groin area. The nurse told me that they had performed angioplasty and she was trying to stop the bleeding from where they went in.

The next day, after taking care of my mother, I returned to the hospital to find Doran doing very well. I still was not ready to believe that he had had a heart attack and I asked one of the nurses about it. She got his chart and said that indeed the blood tests showed he had. Doran was to stay in CICU for three days not because he needed to be there, but because there was no room on the 9th floor. The 10th and 11th floor were not finished at that time and the 9th was the heart floor. When a bed did open up he was wheeled out of the unit. There was no walking to the door in those days. Up stairs he stayed for another four days before he could go home.

On his last day in the hospital, a nurse, Mary Merry, came up from cardiac rehab and gave him information on rehab and a group called Mended Hearts. We started on this twenty year journey of living with heart disease, but I was still having trouble accepting that Doran had heart disease.

## January Birthdays

### Happy Birthday!!

January 13-Velma (Sugar) Jordan



### Chapter Board Zoom Meetings

*Chapter Board Meetings are open to the Chapter Members. We are currently using Zoom software via computer. If you want to attend the meetings, please email Michael Blonden at [mblonden@msn.com](mailto:mblonden@msn.com) and he will email you the link for the Zoom Meeting.*

## Member Report

**No Updates**

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

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

**Chapter Newsletter**

## Chapter #130 Officers

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