



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

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

Meeting Notice

Feb 11, 2pm, Chapter Meeting via Zoom

**April Hatcher will be speaking on the
Mediterranean Diet, a plant-based diet.**

Upcoming Dates

- ⇒ **Feb 4-Board Meeting**
- ⇒ **Feb 11-Chapter Meeting**
- ⇒ **Feb 14-Valentine Day**

Happy Valentine's Day

Mediterranean Diet
April Hatcher, Registered Dietitian



April Hatcher is a Registered Dietitian at Providence St. Peter Hospital, Olympia, WA. April was born in Janesville, Wisconsin where she attended elementary school and middle school. She moved to the Blue Ridge Mountains in Cashiers, North Carolina where she attended and graduated high school

April has always had a passion for food and developed a love for cooking early on. In fact, she loved cooking so much that she decided to attend culinary school with dreams of becoming a chef and possibly opening a restaurant. After one year, she decided to change career paths as her passion for nutrition grew. She attended the University of Wisconsin-Madison for 4 years and obtained her Bachelor's of Science in Dietetics in 2017. She completed the required dietetics internship at the University of Wisconsin-Green Bay the following year.

Mediterranean Diet (Continues)

By April Hatcher, Registered Dietitian

April moved to Olympia, WA after accepting a job at St. Peter Hospital as a Clinical Dietitian. It was a big and spontaneous move but it wasn't done alone as her boyfriend of 3 years and dog of 10 years followed her to her new home. April has thoroughly enjoyed living in the Pacific Northwest. She enjoys hiking, kayaking, scenic drives, farmer's markets and trying out new restaurants with local cuisine.

April is very passionate about living a healthy lifestyle and helping others to do so as well. She regularly helps her family and friends with meal plans and various nutrition concerns. At St. Peter Hospital, April works on the cardiac and orthopedic units as well as in Cardiac Rehab where she teaches nutrition classes to patients twice a month

April will be presenting to the Mended Hearts group on February 11. She will be talking about diet patterns that hold the potential for reversing heart disease, specifically speaking on the Mediterranean Diet and the transition to a completely plant-based diet.

President's Message

By Michael Blonden

We held our first member meeting with a speaker in January. See follow-up information from Marikka in this newsletter. In February, April Hatcher will be talking with us about diet. Diet and exercise are two of the most important changes one can make to improve your cardiac condition. We will continue with online Zoom meetings until we can return to in person meetings. During our meetings it would be helpful if members shared changes you are making in your own lifestyle. Please feel free to suggest topics you would like speakers to cover for our group.

At our last member meeting, we discussed how to get a COVID vaccination. To find out your status for COVID Vaccination go to the following link (WA Dept of Health-Phase Finder Application) and enter this address-Phase Finder/Encuentra Tu Fase (findyourphaseswa.org). This link, Crystal.Billings@providence.org is a contact for vaccinations planned through St. Peters Hospital. In a few months, more people will be eligible for the vaccinations. There is Limited Supply of Vaccinations Available now. If you qualify for a vaccination through the state phase finder application, you will be made aware of resources in your community for the vaccination. At this time, it will take your diligence to get a vaccination.

Got Some Favorite Fitness DVD's?

By Diane Caputo

Since COVID has enabled us all to spend more time at home, I thought maybe people would have some favorite fitness DVD's that keep them active and would like to share them with the membership. I don't have a lot but I thought I would share some of my go-to DVD's. I originally found them at the library so they are probably still available. Just rotate them into your routine and keep switching them out to keep fresh.

Prevention Fitness Systems featuring Chris Freytag has lots of DVD's to pick from. A couple of my favorites include the 3-2-1 workout and personal training. I like when the routine will also include some Pilates and/or yoga for strength, flexibility, and balance practice.

Leslie Sansone has made more walking DVD's than I can count. She is the happiest walking/fitness coach ever. Any of her DVD's will give you a walk using simple affective movements. It is hard to pick a favorite but her walking DVD called, The Burn to the Beat is one I often do during rainy winter months.

Would you be interested in the following ideas?

1. We could pick a book or two and post them in the newsletter, then later schedule a meeting for those who would like to discuss the book they read. This would be like a virtual book review using Zoom.

2. Another idea is to post the name of a cookbook. Members could pick a recipe from the cookbook and share virtually at a meeting.

Please notify Michael Blonden at mblonden@msn.com, if you are interested.

Pineapple Cream Pie

Kristi Wells

1/4 cup cornstarch
1/2 cup orange juice
1 1/2 cup Pineapple Juice
1 cup coconut milk (1/2 can)
(can use 1/2 cup cashews or 1/4 cup soft tofu instead)
1/4 cup honey
2 T lemon juice
1/2 teaspoon lemon extract
1/4 teaspoon salt
1 baked crumble nut crust (recipe follows)

1. In medium saucepan, place the cornstarch and 1/2 cup orange juice. Stir until dissolved.
2. Add the remaining ingredients and bring to a boil while stirring constantly until thickened.
3. Remove from heat and pour into baked crumble nut crust. Refrigerate several hours to chill. Can be served with whipped topping if desired.

Crumble Nut Crust

1/2 cup unsweetened coconut
1/2 cup raw almonds
2/3 cup flour (whole wheat pastry or barley) or 3/4 cup quick cook oats
1/2 teaspoon salt
2 tablespoons honey (warm and runny) (may use 2 T sugar and 2-3 T water instead)

1. Place coconut, almonds, flour and salt in food processor. Blend for about 30 seconds, then add honey and blend 15 seconds more. Turn off processor and test mixture to see if it feels soft and moist enough to stick together slightly when pressed. Careful not to add too much water or it won't be as tender when baked.
2. Press evenly into a lightly oiled pie plate. Can use plastic wrap over it to keep from sticking to your fingers.
3. Bake at 375F for about 8-10 minutes.

Pineapple Cream Pie Recipe (Continued)

Whipped Topping

1 cup water
1 rounded Tablespoon agar flakes
1/2 cup raw cashew nuts
1/3 cup honey or 1/2 cup sugar
1/2 teaspoon salt
1 teaspoon vanilla
1/2 teaspoon coconut extract
1/4 Xanthan gum (optional)
1 can coconut milk or two cups soy milk

1. Stir together the agar & water. Bring to a boil stirring constantly. Reduce heat & simmer for 1-2 minutes
2. Place remaining ingredients in blender along with hot agar mixture. Blend on high until smooth. Pour into quart container and chill in refrigerator for several hours or overnight.
3. Before using place chilled mixture in blender or food processor. Blend until Creamy . mixture should be the consistency of Cool Whip & spreads nicely.

**Recipe can be found at '7 Secrets Cookbook.'by Neva & Jim Brackett.
Available on Amazon.**

February Birthdays

Happy Birthday!!

February 13-Ernie Ong



Board Zoom Meetings

Chapter Board Meetings are open to the Chapter Members. We are currently on Zoom, so if you want to attend the meetings, please email Michael Blonden at mblonden@msn.com and he will email you a link for the Zoom Meeting.

Member Report

No Updates

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

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