



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

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

Meeting Notice

Program: Mediterranean Diet
Date: Thursday, March 10, 2022
Time: 2pm via Zoom

**A Zoom Link will be emailed the week of the
 Chapter Meeting**

Upcoming Dates

- ⇒ **March 3-Board Meeting**
- ⇒ **March 10-Chapter Meeting**
- ⇒ **March 13-Daylight Savings**
Move clocks forward
one hour
- ⇒ **March 17-St Patrick's Day**

Mediterranean Diet
Cathy Visser (Nutritionist/Dietitian)



During covid-19, I am providing telehealth services via Zoom or telephone consultation. Tired of diets that fail? Stop dieting forever! I will guide you as you heal your relationship with food. I am a Registered Dietitian Nutritionist and certified Intuitive Eating Coach. I can teach you empowered eating that includes all types of foods that meet your needs.

I will help you learn to buy and prepare foods that are tasty and delicious while incorporating a non-dieting philosophy into your life. Live free from the bondage of dieting, yo-yo weight gain/loss, and worry about food and eating. Learn self-care and achieve a renewed sense of self-acceptance.

I am here for you. Contact me for a free 20-minute consultation. Reach out, learn more about my services, and decide if I am a good fit for you.

Specialties

- Weight Management
- Wellness Counseling
- Cholesterol
- Diabetes
- Diet and Nutrition

Issues

- | | |
|--------------------|---------------------|
| Bariatric Support | Corporate Wellness |
| Corporate Wellness | Eating Disorders |
| Digestive Issues | Food Allergies |
| Vegan | Geriatric |
| Food Sensitivity | Heart |
| Osteoporosis | High Blood Pressure |
| Vegetarian | Health Coaching |

Chapter Newsletter

President's Message

Michael Blonden

National Mended Hearts is starting a new heart failure program called Welcome Home that supports heart failure patients leaving the hospital and transitioning into life at home. The goals of Welcome Home are to improve patient outcomes, increase quality of life, and reduce hospital readmissions. This program has three components:

1. Weekly educational emails
2. Weekly emotional support emails
3. Bi-weekly support call from accredited heart failure visitor

We are in the process of reviewing whether St. Peters Hospital and the Cardiologists are interested in the Program. If members have interest in training to be a heart failure visitor making calls biweekly to patients returning home, please let me know. If you have heart failure, you can become a member in the Program.

Our local Chapter is considering creating a website and or Facebook site to create greater visibility in our community. If you have skills in the web or Facebook sites, please contact me. On another note, I am trying to bring different speakers/topics to our group, if you have already heard a topic being discussed by a new speaker please try to make our meeting to learn new ideas as well as help support our relationship with professionals in the community.



Diane Caputo (Mended Hearts Visitor Coordinator) delivered Valentine baskets to Merrit Reed (Director of Volunteer Services) for the 10th and 11th floor staff at St Peter Hospital

Chapter Newsletter

Mended Hearts of Olympia

2022 - Goals

The following Goals were approved at our Chapter Board Meeting and we will be focusing on this year:

Expand Our Reach

Welcome all; provide courtesy calls/briefings to local Doctors and Medical Organizations

Implement new national programs; increase the use of ZOOM Meetings, be flexible (days/times); participate in focus groups Such as heart events and book groups

Build Awareness

Develop & Implement a local awareness program to include City, County, & State Officials

Develop our education program through discussion with Members, doctors, and health care professionals; participate in Mended Hearts International programs

Increase Diversity

Target our outreach efforts to diverse organizations to include Local Tribal Medical Facilities

Member Diversity = Thought Diversity

Smart glasses: Hot gadget or dud?



You might wonder if you've accidentally stumbled across an old article. Back in 2014, Google Glass was all the rage for a few short months before the reality-altering fad faded away. Was Google Glass ahead of its time or simply a misfire? With a new generation of smart glasses -- also called augmented reality or AR glasses -- hitting the market, we may find out.

Back in December, the Wall Street Journal mused that smart glasses could be Apple's successor for the iPhone. Just as smart phones put computers in our pockets and ushered in a new age of GPS navigation, localized search results and all the rest, smart glasses may immerse us in a metaverse that breaks down the gap between virtual reality and real reality.

Research firm Facts and Factors estimates that the smart glasses market was worth about \$5.8 billion in 2018, but will rise to \$123 billion in 2027.

So what makes AR glasses interesting? Smart glasses want to put the web right in front of your eyes. Need directions? Instead of glancing down at your phone and then up at the road or sidewalk, smart glasses could simply overlay directions in your field of vision, showing you where to turn or whatever else.

Smart glasses aim to augment our reality. Rather than replacing what's in front of us like virtual reality, they aim to improve real-world interactions. For example, walking past a restaurant? Smart glasses could automatically pull up reviews or perhaps coupon codes.

So are AR glasses the next hot gadget? Many think so, but doubters persist. And ultimately, it's us end-users who typically decide the fate of gadgets. But if AR glasses do stick, businesses should pay close attention. Just as the internet, social media, and smart phones changed markets, smart glasses could as well.

Sacred Heart Parish Nurse Ministry Presents

**DIABETES UPDATE
PART 2**

**Presented by:
Debra Ranken RN, CDCES, CCM, CCP
Faith Community Nurse**

**March 19, 2022: Saturday-10:00-12:00 pm
HALLEN HALL UPSTAIRS ROOM 5**

March Birthdays

Happy Birthday!!

March 24-Cheryl Hougham

March 28-Sonia Michaelis



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 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:

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Chapter Newsletter

Chapter #130 Officers

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