



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

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

Meeting Notice

Date/Time: April 8, 2pm

Place: Via Zoom

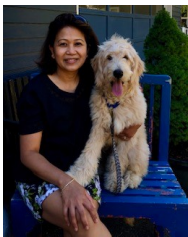
*Program: Medications by the Pharmacy Department at
Providence St. Peter Hospital*

Upcoming Dates

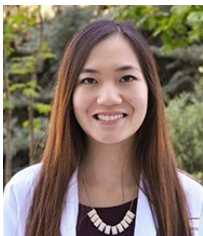
- ⇒ April 1-Board Meeting
- ⇒ April 8-Chapter Meeting
- ⇒ May 6-Board Meeting
- ⇒ May 13-Chapter Meeting

Program: Medications-April 8 via Zoom

By Lisa Schmiedeberg, Sharon Chen, and Connor Capdeville



Liza B. Schmiedeberg, PharmD is a clinical pharmacist and preceptor for pharmacy residents and students at Providence St. Peter Hospital since 2004. She received her Doctor of Pharmacy degree from Virginia Commonwealth University in Richmond and is board-certified in Pharmacotherapy. In her free time, she enjoys traveling the world with her husband and two daughters, reading, and playing with the family golden doodle Bubba.



Sharon Chen is a 4th-year student pharmacist at the Washington State University College of Pharmacy and Pharmaceutical Sciences. She is currently on her Transition of Care rotation with Dr. Stephen Gunadi. In her free time, she enjoys cooking and exploring the parks in Washington. She is interested in pursuing community pharmacy after she graduates.



Connor Capdeville is a 4th-year student pharmacist at the Washington State University College of Pharmacy and Pharmaceutical Sciences. He is currently on his cardiology rotation with Dr. Maryliz B. Schmiedeberg. He is interested in pursuing in-patient and out-patient cardiology pharmacy after he graduates. When he's not knee deep in medication reconciliations, he enjoys playing bass guitar and petting cats.

President's Message

Michael Blonden

Presentation this month on medications by the Pharmacy Department from St. Peter's Hospital. This has been a great presentation for members in the past to get a better understanding of their medications and how to work with doctors and pharmacists if you have issues with your drugs.

My spouse, (Diane) and I finally received our first vaccine last weekend through Kaiser after being signed up for months. All went well, very organized process, and we look forward to the next vaccine in April. How are the rest of you doing on your vaccinations? Hopefully, most of you are ahead of us and have received both vaccinations already.

Along with presentations we offer at the local chapter, members can attend webinars and zoom meetings online with National Mended Hearts.

Here is a list of some of the upcoming events:

Webinar 1 – Bring It Home Under Budget: Cooking Demo and Tips for Heart Healthy Eating
March 23, 2021

Webinar 2 – The Deal with Blood Pressure
March 30, 2021 at 3 PM

Webinar 3 – Beyond Total Cholesterol Understanding Your Lipid Panel
April 6, 2021 at 3 PM

Webinar 4 – Your Doctor Prescribed You What? A Review of Lipid-Altering Therapies
April 13, 2021 at 3 PM

Webinar 5 – Calling All Women: Sex-Specific Risk Factors for Heart Attack and Stroke
April 20, 2021 at 3 PM

Webinar 6 – Lipid Myth Busters: Dietary Supplements and Cardiovascular Risk
April 27, 2021 at 3 PM

Go to the national mendedhearts.org and check them out.

Easy Cream Scones and Lemon Curd



Enjoy the sunny, sharp flavor of lemon curd on a warm scone, fresh from the oven. It doesn't take a pastry chef to throw this combo together, either. From start to finish, these scones are ready to eat in less than an hour, and the lemon curd takes about 15 minutes, plus time to chill in the refrigerator (overnight is best). Meyer lemons, with their lower acidity and sweet, floral flavor are perfect for this curd, but regular lemons are also delicious. If you like more than just plain scones, jazz them up with dried fruits, nuts or chocolate chips.

Lemon curd:

3 large eggs

3/4 cup granulated sugar

Pinch of salt

1/2 cup fresh-squeezed lemon juice (Meyer lemons preferred if available)

Zest from 1 to 2 lemons, depending on size and preferred flavor intensity

4 tablespoons unsalted butter, diced

Place eggs, sugar, salt, juice and zest in a medium saucepan, away from heat. Whisk the ingredients together until smooth and incorporated. Place over low heat and stir constantly with a wooden spoon or silicone spatula until the mixture thickens, around five minutes. Turn the heat all the way to low when the mixture thickens and add the butter. Stir until smooth. Remove from heat and pour into a jar or other storage container, then chill. Makes around two cups and keeps for about a week in the refrigerator.

Recipe Continued- Easy Cream Scones and Lemon Curd

Cream scones:

1/4 cup granulated sugar

2 teaspoons baking powder

1/2 teaspoon baking soda

1/2 teaspoon kosher salt

3 cups all-purpose flour, plus more for dusting surface

1/2 cup (1 stick) chilled unsalted butter, diced

1 large egg, beaten to blend

1-1/4 cups heavy cream, plus more for brushing

Coarse sugar for sprinkling

Preheat oven to 375 degrees Fahrenheit. Combine granulated sugar, baking powder, baking soda, salt and flour, stir to combine. Alternatively, you can combine in the bowl of a large food processor and quickly pulse to mix dry ingredients. Add butter and toss to coat. Using your fingers or a pastry blender, or quick pulses if using a food processor, work butter into the flour until pea-sized. If using a food processor, dump flour mixture into a bowl now. Make a well in the center of your flour/butter mixture and add the egg and cream, mixing with a fork while incorporating dry ingredients a little at a time until a shaggy, dry dough forms. Don't overwork the dough -- it's okay if it looks a little bit dry.

Once the wet ingredients are incorporated, use your hands to gently knead the dough until it just comes together. Turn the dough onto a lightly floured surface and pat into a 1-inch thick round. Cut into wedges and place wedges onto a parchment-lined baking sheet, giving each wedge room to expand. Brush the dough wedges with cream and sprinkle with your coarse sugar. Bake 25-30 minutes, or until golden brown. Scones can be made ahead of time and stored in a covered container.

Recipe is from Pagesmag.com

Chapter #130 Officers

Happy Birthday!!

April 15-Rick Taylor

April 23-Diane Caputo

April 27-Larry Roediger



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

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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