



UpBeat

Mended Hearts Newsletter

Chapter #130– May, 2021

Lacey/Olympia, WA

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

Meeting Notice

Date: Thursday, May 13, 2pm
Program TBA via Zoom
For Zoom Meeting, link will be emailed

Upcoming Dates

- ⇒ May 6-Board Meeting
- ⇒ May 13-Chapter Meeting
- ⇒ June 3-Board Meeting
- ⇒ June 10-Chapter Meeting

Happy Mother's Day
May 9

President's Message

Michael Blonden

My wife and I got our second vaccination. Diane had a sore arm from the vaccinations, no other issues. Hopefully, all of you had your vaccinations.

I was able to discuss with the Cardiology Supervisor Providence Cardiology providing more support to our group. I received positive feedback about their willingness to help us out. This would mean that the cardiologists would provide talks with our group and maybe even add articles to our local newsletter.

I mention this due to a possible change in our scheduled meetings to accommodate the schedule of the doctors. I also want to encourage members to get excited about attending any presentations they provide, so the doctors will realize that our group is a worthwhile activity to support. We will have a speaker on Diabetes and Heart Disease this month.

I want to encourage you to attend the upcoming Western Region Conference. Invite friends, who may have interest in attending this conference online via Zoom.

Agenda for Western Regional Mended Hearts Zoom Conference

Saturday, May 15, 2021 9:00AM-2:00PM

Mark your calendar and join in with Mended Hearts, Inc., and our chapter in partnership with Eisenhower Health for this public day of learning about your heart and how to better cope with heart disease. Listen to personal stories of people who overcame difficult heart issues to accomplish amazing feats and respond to very emotional circumstances.

Doctors and nurses will discuss important heart issues and time permitting, answer your questions. The President of Mended Hearts, Inc. and staff will discuss what we do and give insight on the mission of this organization. The conference is open to Mended Hearts members and to the public.

9:00 - 9:10am Introduction (Ron Manriquez, President MHI and MLH)

9:10 - 9:50am DIABETES & HEART RELATIONSHIP (Marielena Cid, RN Diabetes Clinic)

9:50 -10:30am PERSONAL STORIES (Lew Rader-Heart transplant to Transplant Olympics and David Dibley-4XCABG to climbing Mt. Kilimanjaro)

10:30-10:40am Break

10:40-11:30am STRUCTURAL HEART UPDATES (TAVR, Mitra clip and Watchman) (Dr. Punheet Khanna - Interventional Cardiologist)

11:30-12:00pm MHI & MLH OVERVIEW (Andrea Baer Exec Dir MHI, Jodi Smith Prog Dir MLH)

1200-12:30pm Lunch Break

12:30-1:10pm HEART FAILURE UPDATE (Dr. Philip Patel – Cardiologist)

1:10- 1:40pm Personal Story A Child with CHD (Cindy Edgerly, Gavin and Isabella Hirst), a MLH story

1:40 - 2:pm General Q&A, closing comments (President MHI and staff) including a critique for the session as well as what topics attendees might like for future sessions)

MHI- Mended Hearts, Inc. MLH- Mended Little Hearts CHD- Congenital Heart Disease

The ZOOM conference will be operated by Mended Hearts, Inc. in Albany, GA.

You may register for this conference by calling 669-900-9128 and use Meeting ID 914 3779 8825, Passcode 083458.

Recipe for Raw Zucchini Salad



Zucchini is a low-calorie vegetable that packs a huge nutritional punch with vitamins, minerals and antioxidants, and its mild flavor makes it a versatile ingredient for a wide variety of dishes. This raw zucchini salad is quick to assemble and packs a ton of flavor -- a perfect side dish for your Memorial Day cookout.

Bulk it up with toasted pine nuts or cashews, or personalize it with your favorite fresh herbs. Make sure to use smaller zucchini -- larger squash tend to have a looser texture and more seeds.

You can also experiment with dressings -- add some extra dijon mustard to your vinaigrette, or try different types of vinegar instead of lemon juice, like champagne vinegar or mirin. Top with basil, parsley, cilantro -- whatever you like! Lemon Vinaigrette:

1/4 cup fresh lemon juice

1 grated garlic clove

1 teaspoon dijon mustard

1/4 teaspoon sea salt or more to taste, Fresh black pepper to taste

1/2 teaspoon honey or maple syrup (optional/to taste)

1/4 to 1/3 cup extra-virgin olive oil

1/2 teaspoon fresh or dried thyme (optional)

For the salad:

3 small zucchini

1 tablespoon chopped chives <https://pagesmag.com/current/files/2021/images/0521-recipe-zucchini.jpg>

Handful of basil

Grated parmesan or crumbled feta cheese (optional)

Sea salt and black pepper to taste

Raw Zucchini Salad Recipe (Continued)

To make the vinaigrette, whisk together the lemon juice, garlic, dijon mustard, salt, pepper and honey or maple syrup. Slowly drizzle in the oil while whisking quickly to emulsify the mixture. Add thyme if desired.

To prep the salad, use a vegetable peeler, sharp knife or mandoline slicer to slice zucchini in long, thin strips (or whatever shape you desire) and arrange on a plate. Drizzle with dressing, then top with chives, basil, other fresh herbs as desired, cheese as desired and salt and pepper to taste. Serve immediately.

Learn to perform a self-check **May is Skin Cancer Awareness Month**

It's a great time to start or continue good skin health habits to protect yourself against skin cancer. According to the Skin Cancer Foundation, more than 9,500 people are diagnosed with skin cancer every day. This adds up to at least one in five Americans developing cancer by the age of 70. Skin cancer is the most commonly diagnosed cancer in the U.S. More Americans are diagnosed with skin cancer each year than all other cancers combined. Prevention Sun protection is a great and easy way to reduce your risk of developing skin cancer.

According to the American Academy of Dermatology (AAD), everyone should take the following steps to protect themselves from the sun's damaging rays:

- Seek shade when appropriate. The sun's rays are strongest between 10 a.m. and 2 p.m. - Wear clothing with built-in sun protection, such as long-sleeved shirts, pants, hats and sunglasses. Look for clothing with a UPF label.

- Wear broad spectrum sunscreen of at least SPF 30 or higher, even on cloudy days. Most adults need about an ounce, enough to fill a shot glass. Reapply about every two hours.

- Never use tanning beds.

- Use extra caution near water, snow and sand. What to look for The AAD also encourages regular skin checks. Brigham Health Hub recommends self-skin checks using the ABCDE rule:

- A: Asymmetry (the two halves look different).

- B: Borders (irregular or poorly defined edges).

- C: Color (dark black or multiple colors).

- D: Diameter of greater than six millimeters, or about the size of a pencil eraser.

- E: Evolving size, shape or color.

If you see any suspicious spots, talk to your doctor right away. See a dermatologist regularly for preventative skin checks.

Sacred Heart Parish Nurse News	Chapter #130 Officers
<p>Sacred Heart Catholic Church is offering a class titled <u>"Having Hard Decisions as we Age"</u></p> <p>The class will include different care options: What is palliative care and what is hospice care?</p> <p>This class is on Saturday, May 8, 10am-12 Noon, Room 1 & 2 in Hallen Hall (upstairs). Masks and social distancing are required.</p> <p>To register for this class, please call 360-491-0890</p>	<p>President: Michael Blonden Mblonden@msn.com 360-491-8869</p> <p>Vice President/Web Admin & Program Coordinator: Vacant</p> <p>Secretary: Kristi Wells 360-807-4411 klwells41@hotmail.com</p> <p>Treasurer: Bob Sherwood 360-438-3873; sherwoodjr@comcast.net</p>
<p style="text-align: center;"><u>Chapter Board Zoom Meetings</u></p> <p><i>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.</i></p>	<p>Past President: Sonia Michaelis 360-458-3998</p> <p>Visitor Coordinator: Diane Caputo 360-705-1271 dianecaputo0304@gmail.com</p> <p>Special Projects: Darld Brannan 360-459-8175 Prof.volunteer@centurylink.net</p>
<p style="text-align: center;">Member Report</p>	<p>Member Relations/Sunshine: Cheryl Hougham 360-357-4987 dkhcmh@comcast.net</p>
<p style="text-align: center;"><u>Welcome to the following new members:</u></p> <p>Benjamin Grososf Merrit Reed</p>	<p>Senior Action Network: Nancy Maldonado</p> <p>Newsletter Editor: Michele Scott 360-561-1550 basquema@live.com</p>
<p>For Donations to our local Mended Hearts Chapter, Mail donations to:</p> <p style="text-align: center;">Mended Hearts Chapter #130 PO Box 5551 Olympia, WA 98509-5551</p>	<p>Mended Hearts National Website: https://mendedhearts.org</p>