



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

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

**Meeting Notice**

**Date: June 10, 2pm, via Zoom**

**Subject: Share your Heart Stories**

**Speaker: Our June Speaker, Dr. Madden, had to cancel her presentation for our June Meeting due to FEMA Volunteer work in New Mexico**

**Upcoming Dates**

- ⇒ June 3-Board Meeting
- ⇒ June 10-Chapter Meeting
- ⇒ June 20-Father's Day

**Happy Fathers Day!**

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

Share your heart story or your experience helping a significant other with their heart disease. This is an opportunity for our members to support each other. We have new members who will benefit from hearing your stories, even if you have shared your story before. You also have new information to describe the adjustments that you have made to heart disease after the initial event or procedure.

Hopefully our program speakers, your personal study, Mended Heart Webinars, your physician consultations, lifestyle changes, and other activities are assisting you in getting a handle on heart disease. I hope you and your family are doing well and thank you for your support to our Chapter.

How many jogging shoes have you worn out or miles on a bike have you ridden? How many heart healthy meals have you learned to make and eat this past year? Are you sleeping well and getting plenty of rest. When was the last time you visited a dentist? Make sure you are keeping up with doctor visits and taking your medications regularly. Since Covid restrictions are easing up, the Chapter Board is considering a picnic this summer. As happened in May, we might have to change the day and time of our June program. If you have any additional ideas for future program speakers, please notify me at [mblonden@msn.com](mailto:mblonden@msn.com).

NOTE: A Zoom link will be emailed to you the week of June 6-10. If you do not receive the Zoom link, check your junk/spam email. See you on June 10.

## President's Message (Continued)

If you missed the May program with Terri Fox on Diabetes and Heart Health, you can watch the recorded program at the following link:

[https://zoom.us/rec/share/gEuH3ZcG2KJCRZcdef\\_B1fYiplLOw0MPCcE6OWPKZaKdOmpjl0jY0q5J-ggDt5p1.XYcr7XkbITPP37bh](https://zoom.us/rec/share/gEuH3ZcG2KJCRZcdef_B1fYiplLOw0MPCcE6OWPKZaKdOmpjl0jY0q5J-ggDt5p1.XYcr7XkbITPP37bh)



Listed below are the 2021 goals for Chapter 130. If you have any recommendations, please contact Bob Sherwood at [sherwoodjr@comcast.net](mailto:sherwoodjr@comcast.net).

### **2021 Goals**

**EXPAND OUR REACH:** Welcome all; courtesy calls/briefings to local Doctors to include Madigan Army Medical Center (MAMC), Capital Medical Center, and Kaiser Permanente Clinics

**EXPAND & DIVERSIFY OUR SUPPORT:** Implement new National programs; increase the use of ZOOM meetings; be flexible when scheduling events (day/times); participate in focus groups such as heart events, and book groups

**BUILD HOLISTIC EDUCATIONAL PROGRAMS:** Develop our education program through discussion with Members, Doctors and Health PROGRAMS Care Professionals; participate in MHI programs

**BUILD AWARENESS:** Develop & implement local awareness program to include City, County & State officials; join the Senior Action Network

**JUMPSTART COMMUNITY FUNDRAISING:** Develop and implement funding sources; use PSP/PSPF funds wisely

**EDUCATE & EMPOWER ADVOCATES:** Encourage & support members to share their stories locally, nationally, and through the Visitor Program

**INCREASE DIVERSITY:** Target our diversity and outreach efforts to diverse organizations to include local Tribal Governments. Member Diversity = Thought Diversity

## Know the ABCs of CPR



If you've never taken a course in cardiopulmonary resuscitation (CPR), these simple instructions could help you save a life. If you have taken a CPR course, reading the American Heart Association's procedure will serve as a review of what you learned.

**A: Airway.** If the person is not responsive, first call 911. If there are no head or neck injuries, gently tilt the head back by lifting the chin with one hand and pushing down on the forehead with the other.

**B: Breaths.** If the person is not breathing normally, give two rescue breaths. Keeping the head tilted, pinch the nose closed and place your mouth around the mouth. Blow two slow, full breaths (about two seconds each), while watching to see that the chest rises with each breath. After giving two breaths, check for signs of circulation such as breathing, coughing, movements or responsiveness to gentle shaking. Place your ear near the mouth, listen for breathing.

**C: Chest compressions.** If no circulation is detected, begin chest compressions. Place the heel of one hand in the center of the chest (between the nipples), with the heel of the second hand on top. Position your body directly over your hands, elbows locked. Apply 15 compressions, pushing the breastbone down about two inches with each thrust and allowing the chest to return to normal between compressions. Use the full weight of your body.

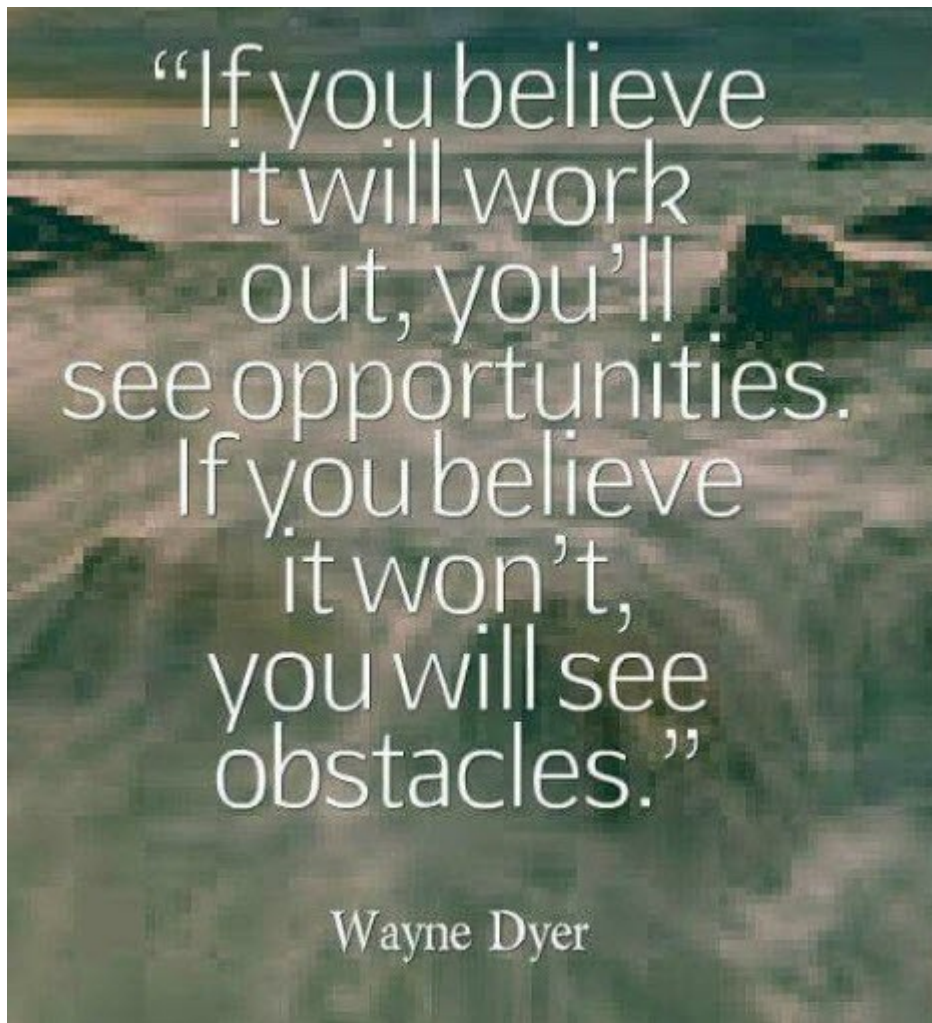
**Repeat the procedure three times.**

## Reminders

Sacred Heart Parish Nurse Program will not be having any programs during the summer months June-August.

A zoom link will be emailed to you for the June Chapter Meeting prior to the meeting.

## Quote



## June Birthdays

### Happy Birthday!!

June 13-Darld Brannan



### Chapter Board Zoom Meetings

*Chapter Board Meetings are open to 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.*

## New Member Report



Sara Wasser, & Bill and Tammy Whitmore

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

**Mended Hearts Chapter #130  
PO Box 5551  
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## Chapter #130 Officers

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