



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

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

**Meeting Notice**

**Date/Time: July 14, Wednesday, 6pm**  
**Location: Via Zoom**  
**Subject: Cardiac Patient Management**  
**Speaker: Dr. Charles Rossow, MD**

**Upcoming Dates**

**July 14-Chapter MTG**  
**Aug 5-Chapter Picnic**  
**Aug 14-Board MTG?**

**Presidents Message**  
**By Michael Blonden**

Thank you for joining us for the June member meeting and sharing your stories. We are experts on ourselves. We help each other in Mended Hearts. We focus on our wellness. Our group gives us an opportunity to learn new ideas and try new approaches in our lives.

In July, we will hear from a cardiologist, Dr. Charles Rossow, MD, will be speaking to us about emerging therapies for cardiac patients; management of acute coronary syndrome; current guidelines and performance metrics; recovery and rehabilitation after an acute coronary syndrome (ACS) including how to you know what level of exercise is appropriate; risk factor modification for primary and secondary prevention of coronary atherosclerosis; and developing a relationship with your cardiologist.

The day and time of the program in July has changed to accommodate the doctor's schedule. I hope that most of you will attend this meeting to help our chapter to develop a stronger relationship with the cardiologist group.

For August, we are planning a picnic, our first meeting in person since the COVID 19 started. We hope to see you in July on zoom, and at our picnic in August. A Zoom link will be emailed to you the week of the July chapter meeting.

## **Biography for Dr. Charles F. (Rick) Rossow, MD, PhD, FACC**

Dr. Rossow completed his PhD in cardiac ion channel physiology at the University of Nevada and subsequently completed a post-doctoral fellowship investigating regulation of voltage gated potassium channels and cardiac arrhythmia at the University of Washington. Dr. Rossow continued at the University of Washington completing medical school, Internal Medicine Residency and Cardiology Fellowship training in Seattle.

He completed Interventional Cardiology Fellowship at the University of Utah. During his tenure at the University of Washington, he was active in both clinical medicine and research. He has published in multiple peer review journals including: Circulation, Circulation Research, Journal of General Physiology, Current Cardiology Reports, Annals of the American Thoracic Society, Acta Physiologica, Journal of Molecular and Cellular Cardiology, Journal of Physiology, Journal of Biological Chemistry, Journal of Clinical Investigation and American Journal of Physiology: Heart. In 2006, he was awarded the Young Investigator Award from the North American Section of the International Society of Heart Research. He has also been recognized for teaching awards and patient care awards.

Dr. Rossow is a native of the South Puget Sound with strong ties to the area. In 2019, he accepted his current position with Providence Cardiology Associates, a move that brought him closer to home. He maintains board certifications in Internal Medicine, Cardiology and Intervention Cardiology. He is passionate about providing the highest level of patient care to our community. He has a love for the outdoors. In his free time he enjoys running, skiing, climbing, sailing, and spending time with his family.



**Marikka Benson accepting Mended Hearts 70th year Anniversary Mug for contributions to our Chapter. We didn't go to Hawaii to do the presentation, just a family get together.**

# Mended Hearts Annual Picnic



Date: Thursday, August 5

Time: 5-7 PM

Location: Tumwater Historical Park: 777 Simmons Rd. SW

Coffee, Paper plates, utensils, & napkins provided by Chapter

Food: Please bring the following dish according to the first letter in your last name:

**A-H: Dessert I-P: Salad Q-Z: Main Dish**

Directions to picnic: From I-5 heading south, take exit 103. Go to Custer Way (the first light) and turn left. Cross the bridge and turn right on Boston street which winds down around the old Brewery to Deschutes Way. Turn right on Deschutes Way to Grant Road or the Crosby House. (If you go under the freeway, you have gone too far.) That's Tumwater Historical Park at the bottom of the hill. Picnic location signs will be posted.

From I-5 heading north, take exit 103 which puts you directly onto Deschutes Way. Go straight, pass Custer Way and look for Grant Street on the right. That's Tumwater Historical Park at the bottom of the hill. Come and have fun!

We are required to follow any COVID 19 rules at the time of the picnic!


## How to Have a Happy and Healthy Summer



Eat right and stay healthy. Summer is the perfect time to enjoy an outdoor meal with friends and family. Refreshing salads, melons and berries add color and flavor to picnics and cook outs. But because warmer temperatures can easily spoil food, you'll need to be extra careful. Wash hands, utensils, containers and work surfaces before handling food to prevent harmful bacteria from spreading.

Cook food on the day of the picnic, not in advance, to give bacteria less time to grow. Wash fruits and vegetables before cutting, in case bacteria are present on the rind or peel. Keep mayonnaise-based foods and other cold foods in an insulated cooler with plenty of ice or frozen gel packs. Throw out leftovers that have been sitting out for more than 2 hours, or 1 hour if temperature is over 90°F.

Link for more information is: <https://www.cancer.org/latest-news/how-to-have-a-happy-healthy-summer.html>

July Birthdays	Chapter #130 Officers
<p style="text-align: center;"><b><u>Happy Birthday!!</u></b></p> <p>Ken Springer- July 26</p> <p>Duane Ullmann- July 31</p> 	<p><b>President:</b> Michael Blonden Mblonden@msn.com 360-491-8869</p> <p><b>Vice President/Web Admin &amp; Program Coordinator:</b> Vacant</p> <p><b>Secretary:</b> Kristi Wells 360-807-4411 klwells41@hotmail.com</p>
<p style="text-align: center;"><b><u>Chapter Board Zoom Meetings</u></b></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><b>Treasurer:</b> Bob Sherwood 360-438-3873; sherwoodjr@comcast.net</p> <p><b>Past President:</b> Sonia Michaelis 360-458-3998</p> <p><b>Visitor Coordinator:</b> Diane Caputo 360-705-1271 dianecaputo0304@gmail.com</p> <p><b>Special Projects:</b> Darld Brannan 360-459-8175 Prof.volunteer@centurylink.net</p>
<p style="text-align: center;"><b>Member Report</b></p>	<p><b>Member Relations/Sunshine:</b> Cheryl Hougham 360-357-4987 dkhcmh@comcast.net</p>
<p style="text-align: center;"><b>No Updates</b></p>	<p><b>Senior Action Network:</b> Nancy Maldonado</p>
<p><b>For Donations to our local Mended Hearts Chapter, Mail donations to:</b></p> <p style="text-align: center;"><b>Mended Hearts Chapter #130 PO Box 5551 Olympia, WA 98509-5551</b></p>	<p><b>Newsletter Editor:</b> Michele Scott 360-561-1550 basquema@live.com</p> <p><b>Mended Hearts National Website:</b> <a href="https://mendedhearts.org">https://mendedhearts.org</a></p>