



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

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

**Meeting Notice**

**PICNIC: THURSDAY, AUGUST 5**  
**LOCATION: TUMWATER FALLS HISTORICAL**  
**PARK**

**SEE YOU THERE!!!!**

**Upcoming Dates**

- ⇒ August 5-Chapter Picnic
- ⇒ Sept 2-Board Meeting
- ⇒ Sept 9-Chapter Meeting

**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.

## **President's Message by Michael Blonden**

Our first in person meeting this year will occur on August 5th between 5 and 7pm at Tumwater Historical Park (Picnic). This is a great time to share stories of what you have been up to over the last year. There will be good food and games to entertain us. We hope this will be the first of in person meetings with more to come by October.

If you have been eating too many sweets or are concerned about what impact your teeth have on your overall health, join us on September 9th at our 5pm member meeting for a talk by Dr. Najib Ghadri about Cardiac Disease and Dental Health. This will be Dr. Ghadri's first presentation to our group, so let's give him a warm welcome.

In our last member meeting, we talked about how important it is for new members to talk with someone who had similar cardiac experiences. Members at the meeting supported collecting information about each member's cardiac events and procedures, so we will be in a better position to align new members with current members for support. If you prefer to NOT share your cardiac experience then tell the Board member your wishes when they call you.

We also discussed the Board Survey of members that indicated our members would like to resume meeting in person and although many members prefer meeting at the hospital, most members were open to meeting at a facility close to the hospital. Thank you for your feedback.

## **FDA Grants Accelerated Approval to New Alzheimer's Drug**

The Food and Drug Administration (FDA) has approved a new drug to treat Alzheimer's disease, according to the American Hospital Association. Developed by drugmaker Biogen, Aduhelm is the first medication approved for treatment of Alzheimer's since 2003. The controversial approval has sparked fierce debates as the approval comes after an independent advisory committee recommended that the agency reject the drug, according to CBS News.

According to Politico, Aduhelm's proponents are hopeful that the drug will be the first to slow the progression of Alzheimer's disease, which affects over six million older adults. Critics, including several experts on the advisory committee, say that the clinical trials did not conclusively prove the drug's effectiveness.

At an eye-popping \$56,000 per year, Aduhelm also threatens to blow a hole in the Medicare budget, with millions of potential patients who would take the medication for years, according to the New York Times. And Medicare would also be on the hook for additional costs, like expensive brain scans and in-person visits to administer the drug intravenously. Costs to patients could also be considerable -- Medicare enrollees who do not purchase supplemental coverage could be responsible for more than \$11,000 in out-of-pocket costs for Aduhelm.

Still, new drug options represent hope for individuals with Alzheimer's and their loved ones. According to Reuters, Eli Lilly and Co. will also seek approval for its rival drug donanemab, which, like Aduhelm, works to remove sticky clumps of beta amyloid protein from the brain.

# Mexican Sweet Corn Salad



Inspired by Mexican elote, this corn salad makes great use of late summer sweet corn with tangy lime juice and flavorful poblano peppers. Add jalapeno peppers for extra spice or chipotle chili powder for a smoky kick.

2 tablespoons vegetable oil

4 ears fresh sweet corn, shucked with kernels removed (about 3 cups fresh kernels)

Kosher salt

2 ounces crumbled cotija cheese

3 scallions, sliced (separate white bottoms from green tops)

1/2-cup freshly chopped cilantro leaves

1 large poblano pepper, seeded, stemmed and finely chopped

2 medium cloves of garlic, minced

2 tablespoons real mayonnaise

1 tablespoon fresh lime juice

Chili powder or hot chili flakes to taste

Heat oil in a large nonstick skillet over high heat until shimmering, then add corn kernels and a pinch of salt. Toss the corn a couple of times and then cook until the corn is charred on one side, about two minutes. Stir and repeat until the corn is evenly charred, about eight to 10 minutes total. Halfway through the charring process, add the chopped poblano pepper and the white ends of the scallions.

When the corn is evenly charred and the pepper and scallions and pepper have softened, transfer the vegetable mixture to a large bowl and add the cheese, green scallion tops, cilantro, garlic, mayonnaise, lime juice and chili powder. Toss to combine and add more lime juice or chili powder to taste. Serve warm.

# Lloyd Donald Rose, Jr. Obituary



Lloyd Donald Rose Jr – Don  
Born January 13th, 1940 Deceased July 4th, 2021

Don was born in Olympia, WA and lived most of his life here. His family moved around some in his early childhood, living in Chehalis, Elma and Tenino. He grew up with his two sisters Martha and Peggy. He graduated from Olympia High School in 1960. During his school years he enjoyed being in chorus, performing in plays, and being a part of the class officers. One of his favorite memories was being a camp counselor for several years at Spirit Lake, he spoke of those times often. Don had a few jobs through school also; he had a paper route, worked at his Dads tire shop and at the Olympian Hotel.

After graduation Don joined the Marines, his tour of duty took him to Okinawa, The Philippines, and Hong Kong to name a few. Don often regaled stories of his time on Okinawa. After his overseas tour he returned home on leave in October of 1962, just in time for the Columbus Day Storm. He and his father were at the top of the Space Needle when it hit. While on leave Don met Judy and it was love at first sight, as they were engaged 10 days later. Their engagement would last for 14 months while Don finished out his tour in the Marines. They were married on March 7th 1964. After his time in the Marines Don returned to Olympia and went to work at Millers Department Store. He started as a clerk and in six months was promoted to assistant manager. Don and Judy moved to Portland, OR in July of 1965, where he managed the Millers store until 1972.

Don went to work for Safeway on December 1st 1972 and worked there for 30+ years. Don enjoyed his work there; he worked as a cashier, frozen food manager and night stock manager. But his favorite job was one that had no official title..... #1 Shoplifting Catcher. Don was very good at catching shoplifters and always was eager to share the story of the day at the dinner table. He would make his family guess who (a man or woman), what they took and where he caught them. There were stories of foot chases, being hit and kicked once or twice and he even had a knife pulled him.

Don enjoyed years of volunteer service in his community. He served in his Church as a Sunday school teacher, Bible study leader, Head usher, on the Church Board and one of the founding families of Sunrise Church of God. He served on the Board of his Home Owners Association. He Volunteered at St Peters Hospital with the Mended Hearts organization. He coached the women's softball team at church.

Don and Judy were married for 41 years until Judy's passing in 2006. Don is survived by his children Eric (Rhonda) and Heidi (Lee), his sisters Martha (Glen) and Peggy (Denny), 6 grandchildren, 3 great grandchildren, and several nieces and nephews. He was preceded in death by his grandson.

A Celebration of Don's life, with military honors took place at Olympic Memorial Gardens on Saturday, July 17th, 2021

# Donald "Don" Erven Knoop Obituary



Donald "Don" Erven Knoop, 85, a resident of Shelton, WA., passed at Providence St Peter Hospital, Olympia, WA., on Sunday June, 6, 2021. Don was born on Thursday, July 11, 1935, in Sioux City, IA. to Frederick and Hallie Knoop. He served our country in the U.S. Army. Don is survived by; his wife, Flora Knoop; several children ; and three sisters, Frieda Parker, Betty Crnich, and Maxin Schwinn. Don is and will be missed. Don was a member of Mended Hearts Chapter #130 Olympia, WA

If you missed Dr. Rossow's July presentation, go to the following link to view the presentation:

[https://www.dropbox.com/s/yuiv8d1w9e2m9xe/zoom\\_0.mp4?dl=0](https://www.dropbox.com/s/yuiv8d1w9e2m9xe/zoom_0.mp4?dl=0) .



Mended Hearts™

## Mended Hearts Prayer



Mended Hearts™

We ask for your blessings Lord.

We ask for strength that we may pass it on to others...

We ask for faith, that we may give back to others...

We ask for health that we may encourage others...

We ask Lord for the wisdom that we ay use all your gifts well.

Amen.

## Members Birthday for August

### Happy Birthday!!

Michele Blonden-August 11  
Diane Blonden-August 24



### 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](mailto:mblonden@msn.com) and he will email you the link for the Zoom Meeting.*

### Member Report

“NONE”

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

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## Chapter #130 Officers

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