



UpBeat
Mended Hearts Newsletter
Chapter #130-September 2021
Lacey/Olympia, WA

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

Meeting Notice

Date: Thursday, Sept 9 via ZOOM
Time: To be announced
Dental Treatment and Heart Health
ZOOM link to be emailed

Upcoming Dates

- ⇒ Sept 2-Board Meeting
- ⇒ Sept 6-Labor Day
- ⇒ Sept 9-Chapter Meeting

Happy Labor Day!

President's Message
Michael Blonden

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I would like to thank members who attended our annual picnic this month. This was our first gathering in a long time, and seems like years. We had a good turnout of around 30 people. Ernie Ong, one of the Chapter's original members, attended the picnic. We announced that our local Chapter bought a brick for Ernie that will be placed at the St. Peters Providence Way in September, and is located in front of the hospital. Sonia Michaelis, Past President, updated us on what she has been doing during her absence. Diane Caputo celebrated her wedding anniversary with us.

We will start collecting member information about your heart events and procedures in the next month. Board members will be contacting you. We feel this information will be useful to connect new members with members that had similar experiences for peer support, which can relieve a lot of the anxiety and stress associated with heart events, as well as provide useful information to the new member. If you do not wish to share this information, just indicate this to the board member contacting you. This information will be collected and stored with our visitor coordinator, Diane Caputo.

As mentioned earlier, our next ZOOM meeting will be with a Dentist as our speaker. This is his first contact with our group. If you can attend, hope to see you online for this program in September. The Board is in the process of setting up an in-person meeting venue after utilizing your information provided in the survey concerning meetings.

Heart Story

By Darld Brannon

In 2015, I had minor chest pains after heavy exercise. Group Health performed an EKG and a scan with dye in the veins, and found nothing wrong.

In late 2016, I noted the time on my round trip runs to St. Peter Hospital of 11.87 miles on my recumbent Tri-Cycle went from the low 80 minutes to over 900 minutes and I was huffing and puffing to total near collapse on the fair ground hill. I could pedal the tricycle with little trouble, but I could barely walk due to a pending total knee replacement. Group Health scheduled an EKG prior to the knee operation. The technician told me to go immediately to urgent care.

Not wanting to cry wolf again, I did not go to the urgent care for further evaluation.

Three days later, cardiology contacted me with a schedule of tests. The tests were scheduled at several locations in Tacoma and Bellevue. The tests concluded I had a rapidly closing stenosis of the Aortic Valve. Dr. Binford recommended a minimally invasive procedure of spreading the ribs, and cutting out the defective valve and sewing in a new replacement. I inquired about a new procedure called Trans-aortic Valve Replacement/Repair (TAVR), but the doctor said that Medicare would not pay for the TAVR, if a person is healthy enough to withstand open heart surgery. I agreed to the minimally invasive procedure and the surgery was scheduled in mid April, 2017.

I had a pig valve, which is compatible with my personality. I could not walk far due to the knee, so my exercise was riding my tricycle 4 miles and walking one mile. In 2018, I was able to walk from the 1st floor to the 11th floor of the hospital in 3 1/2 minutes. This is the perfect place for this type of test because the 11th floor is the Cardiac floor.

I continued my program with riding my tricycle 8-12 miles per week, and walk 2-3 miles per week at 3mph. I do some light weight work out to keep the joints working, and average 12 hours per week doing volunteer work.



WATERMELON SALSA RECIPE



INGREDIENTS

- * 4 cups diced seedless watermelon
- * 1 cup diced red onion (about half a medium red onion)
- * 2/3 cup chopped fresh cilantro leaves
- * 1/2 cup chopped fresh mint leaves
- * 1-2 jalapeno(s), seeded and finely diced (add more/less to taste)
- * zest and juice of 1 lime

INSTRUCTIONS

Toss all ingredients together until combined. Serve immediately, or cover and refrigerate for up to 2 days.

PARISH NURSE MINISTRY PRESENTS:

“HOW TO STAY IN YOUR HOME WHEN HELP IS NEEDED”

*** Who pays for what?**

*** What services are available?**

This is a Panel Presentation with a Questions and Answer Program that includes:

- Advanced Health Care**
- Assured Home Health**
- Dispatch Health**
- Catholic Community Services**

DATE: Saturday, September 18

TIME: 10am to 12 pm

LOCATION: Sacred Heart Parish, Hallen Hall, Upstairs Room 5

REGISTRATION IS NECESSARY BY CALLING: 360-491-0890

PICNIC PICTURES



September Birthdays

Happy Birthday!!

Sept 3-Judy Mclean

Sept 26-Dave Belcher



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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