



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

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

**Meeting Notice**

**Date: Thursday, Oct 14, 2-3 pm**

**Program: Yoga via Zoom**

**Speaker: Fred Wright**

**Upcoming Dates**

⇒ Oct 7-Board Meeting

⇒ Oct 14-Chapter Meeting

⇒ Oct 31-Halloween

**Happy Halloween!!**

**Zoom Meeting Program (Yoga)**  
**By Fred Wright**

Fred has been practicing yoga for over 7 years and it has helped him improve his health following a mild heart attack in 2019. After a busy career as an entrepreneur and business leader, yoga was the perfect transition to a more relaxed lifestyle. He chose to take his practice deeper and completed a 200hr RYT through True Self Yoga where a focused interest in Yoga Nidra developed.

An apprenticeship followed where his gentle nature and soothing voice lead him to specialize in teaching Yoga Nidra mediation. Fred committed further by attending an iRest yoga Nidra Teacher Training earning a Level 1 Certificate. His passion is to help people feel better and learn to connect to their inner place of well-being, peace and ease. He is honored to share the practice and feels a wonderful sense of gratitude for having the opportunity help people relax and deal with the challenges of everyday life.

A zoom meeting email will be emailed to you during the week of 7-14 October.

**Information for Yoga Program presentation is on next page.**

# **Mended Hearts Yoga Class**

## **Introduction to Yoga: 60 minutes**

How using a sturdy chair you can learn a simple yoga practice to improve your heart health, gain flexibility, clear the mind and have some fun! We will do the following in this class:

## **Warm-up Breathing Exercises: 15 minutes**

Pranayama - It literally mean "life force." In yoga the breath is used to calm the nervous system which calms the body and the mind. We will share breathing techniques that help to bring an immediate sense of calm. which can easily become part of your daily routine.

## **Chair Yoga Exercises: 25 minutes**

Chair yoga is a wonderful way to bring movement and energy into the body as you explore the benefits of yoga. We will share many of these poses:

Angel Breath, Chest Expansion, Dog/Cat, Forward Fold, Leg Extension, Mountain 1+ 2, Shoulder Openers, Side Flexion, Sunflower, Toe/Heel, Airplane, Chair Twist, Bridge, Fish, Moon Salute, Pigeon, Thread the Needle, and Windshield Wipers

## **Yoga Nidra Mediation: 20 minutes**

Yoga Nidra is a simple form of mediation where you sit or lay down in a comfortable position and follow the voice guidance of the teacher. The ancient teaching of yoga nidra have been helping human for over 5000 years connect with their place of peach and easy. It is a wonderful, relaxing yoga practice.

We encourage those attending to have plenty of pillows and blankets ready to get comfortable on the floor for this closing sequence.

## Tech for Seniors

When the pandemic forced most of us to turn almost exclusively to our devices for our day-to-day routines, seniors were no exception. And a generation that has often been hesitant to try new tech suddenly found itself learning about new tools -- a trend that may have stuck.

AARP's annual technology survey reported, not surprisingly, that ownership of all devices is up across all age groups. Spending increased significantly from 2019 to 2020, with older adults spending an average of \$1,144 on tech compared to \$394 in 2019. The top three tech purchases were smart phones, smart TVs and Bluetooth headsets/ear buds.

Seniors reported feeling better about tech, too. Forty-four percent said they have more positive feelings about tech now than they did prior to the pandemic.

Adults 70-plus like tablets, with 53 percent owning one, up from 40 percent in 2019. And nearly 70 percent of respondents said they use their tablets daily. More than half of those in the 70-plus group also own a smart TV, and their viewing habits had changed dramatically. Thirty-eight percent of adults 50-plus said they primarily watched network and cable TV in 2020, a figure that was at 60 percent just a year prior.

Still, some discomfort remains regarding cost, how-to, and privacy. About 44 percent of older adults are not confident that what they do online remains private, and more than half are not confident the information they communicate with their smart home assistant (like Alexa) stays private. More than half also said they want to understand their devices better.

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### Heart Articles

If any member or care giver would like to write a Heart Article about your heart experiences for our Mended Hearts Newsletter, please email your article to Michele Scott, at [basquema@live.com](mailto:basquema@live.com).

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## Sacred Heart Parish Nurse Ministry is offering:

A FREE ZOOM” CLASS on Saturday, October 9th from 10:00-12:00 pm.

The class will be on “Mental Health Saints.”

Presenters are Deacon Ronnie San Nicolas & Brent Hyde RN, FCN.

**Registration is required:**

Please call 360-491-0890 to register. Please leave Name, Telephone Number & Email Address when registering for this program at Sacred Heart Office  
Sacred Heart will contact you before the class with login information



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## October Birthdays

### Happy Birthday!!

October 11-Diane Devoe  
October 18-Nick Chavez  
October 29-Jim Notter



### 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

**No Updates**

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

**Mended Hearts Chapter #130  
PO Box 5551  
Olympia, WA 98509-5551**

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## Chapter #130 Officers

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