



**UpBeat**  
**Mended Hearts Newsletter**  
**Chapter #130– November 2021**  
**Olympia, WA**

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

**Meeting Notice**

**Date: Thursday, November 11, 2021**

**Program: To be Announced**

**Time: 2:00 pm via Zoom**

**Upcoming Dates**

- ⇒ Nov 4– Board Meeting
- ⇒ Nov 6-Time Change/Fall  
Back one hour
- ⇒ Nov 11- Chapter Meeting
- ⇒ Nov 11-Veterans Day

**Happy Veterans Day!**

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

Today, I did a review of the speakers that we had talk to us over the last year. They have provided us with a variety of ways to help improve our heart functioning. We had one session where we shared our heart stories that focused on our heart events and procedures. We have even asked for members to write up their heart stories for our newsletter. I'd like the members to focus on what they have changed since finding out about their heart disease. If you're comfortable with your changes, please email Michele Scott, at [basquema@live.com](mailto:basquema@live.com), a short article about the changes you've made since participating in Cardiac Rehab and/or Mended Hearts.

Our last speaker focused on some of the changes he has made since his heart attack. Sharing your successes with other members will help them. By the way, do you talk with others about their heart health if the opportunity arises. If you can help an acquaintance, invite them to our member meeting. According to Robert Pearl, M.D. "The truth is that the conditions of our daily lives influence our health to a far greater degree than traditional medicine ever could." We must rely on our lifestyle changes and medical interventions to assist us in stabilizing, improving or even reversing our heart disease. What changes have you made lately?

**Program Information and Zoom Link will be emailed week of November 8.**

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## President's Message (Continued)

To review previous speaker sessions, the following links can be used:

(Yoga)

[https://us06web.zoom.us/rec/share/GM5n4cTgDHRNjVLFAxtYO1-gcdjny](https://us06web.zoom.us/rec/share/GM5n4cTgDHRNjVLFAxtYO1-gcdjny8uYEX-li3pjl5Z51BX14Hc11zjyWVCQVW.FQAMHfNFDtd20Cg6)

8uYEX-li3pjl5Z51BX14Hc11zjyWVCQVW.FQAMHfNFDtd20Cg6

Passcode: CfW7@xd6

(Periodontal and Dental Care)

[https://us06web.zoom.us/rec/share/CdaEra77LOk52OVAheOJMKjpvxH1bz27fy9qwvlanu1BDvH](https://us06web.zoom.us/rec/share/CdaEra77LOk52OVAheOJMKjpvxH1bz27fy9qwvlanu1BDvHdvUz7FsNc9lHk4S)

Passcode: CyD3&62e



### Broken Bones could be a Warning Sign

It could happen to anyone -- slipping on a patch of ice or tumbling off a stepladder. You might hear or feel something snap and know instantly that you're in for at least a few weeks in a cast or worse. But a growing body of evidence suggests that for older adults, broken bones might not be just an unfortunate accident -- they could be a warning sign for more significant bone health issues.

According to a commentary published in the *Journal of the American Medical Association (JAMA)*, any adult middle-aged and older who sustains a bone fracture should have their bone health evaluated and be counseled on maintaining bone health in the future. According to a study published in the same issue of *JAMA*, postmenopausal women who sustained their first bone fracture faced elevated risk for another fracture later on when compared with women who had no history of fractures. For women whose first fracture was a result of minimal trauma (considered a symptom of fragile bones), the risk of a second fracture increased by 52 percent. Women who received their first fracture from a traumatic accident such as a serious fall were 25 percent more likely to incur a second fracture. Researchers concluded that a first fracture among postmenopausal women was associated with an elevated risk of additional fractures later on.

But despite the known risks of subsequent fractures, few patients are evaluated for bone loss after a fracture. According to the *New York Times*, a 2015 study of two million Medicare recipients hospitalized after fractures found that among those who sustained hip or spinal fractures, only nine percent were evaluated for bone loss or offered medications to protect bone density.

## Ransomware Attacks Disrupt Key Infrastructure

Ransomware continues to be a plague on private and governmental operations, even threatening health care.

According to HIPAA Journal, ransomware attacks cost the American healthcare system roughly \$21 billion in 2020, with attacks on at least 91 organizations. Attackers hit just 50 organizations in 2019.

Attackers have also hit energy companies, local governments and various other organizations in recent months. In May, the largest pipeline system in the United States, the Colonial Pipeline, was knocked offline by ransomware. The attack caused fuel shortages across the southern states.

Global consulting giant Accenture was recently hit by hackers as well. The hacker group LockBit allegedly stole databases containing six terabytes of data and threatened to release the data if the company didn't pay a \$50 million ransom. According to Cybernews, Accenture declined to pay and managed to restore their system.

According to cybersecurity firm Sophos, the per-incident cost for ransomware attacks surged from \$761,106 in 2020 to \$1.85 million in 2021.

Criminal groups sometimes pay for ransomware-as-a-service, using ready-built ransomware programs and agreeing to give ransomware developers a cut of any loot. This may have led to the recent proliferation of ransomware attacks.

According to cybersecurity firm Sonic Wall, at least 304.7 million ransomware attacks were attempted within first six months of 2021, already surpassing the 304.6 million attacks attempted during all of 2020.

The federal government is working alongside the private sector to develop more robust security solutions and better protocols. Still, experts warn that some governments and other organizations remain vulnerable to attack.

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Mended Hearts™

### Heart Articles

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

## November Birthdays

### Happy Birthday!!

November 15 - Jim Bryan

November 26 - Debra Ranken



### 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

**A new member has joined our Chapter.  
Welcome**

**Carmen Bowie!!!!**

**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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