



UpBeat

Mended Hearts Newsletter

Chapter #130– December 2021

Olympia, WA

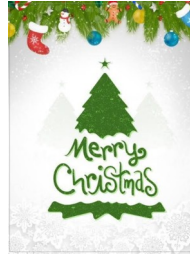
It's Great
To Be Alive
And
To Help
Others!

Meeting Notice

Program: Sharing Issues with Heart Disease and COVID

Date: Thursday, December 9

Time: 2:00pm via Zoom



Upcoming Dates

- ⇒ Dec 9-Chapter Meeting
- ⇒ Dec 25-Christmas
- ⇒ Jan 6-Board Meeting
- ⇒ Jan 13-Chapter Meeting

Merry Christmas

President's Message

Michael Blonden

Mended Hearts-Chapter 130 will meet on December 9th at 2:00 pm. You will receive a holiday card and ticket for the drawings from the Board prior to the meeting. There will be drawings for eleven items at the meeting. Our meeting will have a format of sharing what we are planning for Christmas. Sharing issues with heart disease and COVID. Basically, anything you want to share with the group.

Drawing Prizes:

- MH 30oz Stainless Steel Tumbler
- Red MH/MLH Double Logo Blanket
- Hamilton Beach Breakfast Sandwich Maker
- Fred Meyer Gift Card (\$50)
- Starbucks Gift Card (\$20)
- Panera Bread Gift Card (\$20)
- Three 70th Anniversary Pint Glass
- 70th Mended Hearts Anniversary Porcelain Plate
- 70th Anniversary Set of Coasters (4)

Three drawings at beginning, three drawings in middle and five drawings at end of meeting. Members who are present on Zoom will receive Mended Hearts 70th Anniversary Mug. Members need not be present to receive Drawing Prizes.

A ZOOM LINK WILL BE EMAILED THE WEEK OF THE MEETING!

Chapter Newsletter

President's Message (Continued)

For members who missed the presentation from Donna Thomas, BSN, RN, PCCN-K, CHFN Heart Failure Nurse Navigator in Oregon click the following link to view recording. Donna spoke at our Mended Hearts Regional Conference last year.

https://us06web.zoom.us/rec/share/Ym2r6tEt7ewNHIM7FP_v4bBhcjdLkTiHp_sdiuS5Uxbpp9_TKC0dsLjwAj2w_tH3.9a5hRQ-9gpPre4db

Passcode: 9uJ4WTp@

Brain Pacemaker Treats Crippling Depression

Once taboo, seeking mental health treatment is now common. Still, treating major depressive disorder (MDD) and other severe mental health issues remains difficult. Traditional methods, such as medications and talk therapy, sometimes prove insufficient.

That's why doctors are turning to "brain pacemakers" and deep brain stimulation to fight severe cases of depression. Early attempts at deep brain stimulation focused on cookie-cutter approaches, stimulating the same parts of the brain in different patients. Researchers at the University of California, San Francisco, however, recently monitored one patient's brain activities during bouts of depression.

Doctors worked to understand the patient's emotional circuitry, including the orbit frontal cortex, amygdala, and hippocampus. They found that the patient's most severe depressive bouts were accompanied by a massive increase in activity in her amygdala. Using electrical pulses, researchers reduced brain activity in the amygdala, which correlated with a reduction in symptoms.

Earlier studies also showed promise. In one proof of concept study, doctors treated six patients with deep brain stimulation targeting the same area of the brain. All six reported relief from depression symptoms. Within six months, however, two patients experienced a recurrence of symptoms. The other four patients continued to report improved symptoms.

Currently, some deep brain stimulation treatments rely on the NeuroPace RNS to monitor electrical signals in the brain, and when needed, will deliver electrical pulses. This so-called brain pacemaker helps regulate the brain's functioning. The NeuroPace RNS is also used to treat seizures.

Over 16 million Americans suffer at least one major depressive episode per year. While many can be treated with traditional talk therapy and medications, a small number suffer severe depression that is unresponsive to traditional treatments. Deep brain stimulation may help.

Chickpea Soup

By Michael Blonden

- 1/2 Onion
- 1 clove garlic
- 2 carrots
- 2 celery stalks
- 1 cup spinach
- 1 cup no-salt canned garbanzo beans
- 4 cups of low-sodium vegetable stock/broth (may need to add more stock if you like plenty of liquid in soup)
- 1 cup pasta (whole-grain or gluten-free)
- 1 tbsp white miso paste or low sodium better than bullion (vegetable)
- 2 tsps nutritional yeast

Optional

- 1/2 avocado
- Salt & pepper to taste
- 2 slices bread (whole-grain or gluten-free)

Directions

1. Produce Prep: Slice the avocado lengthwise, all the way around the pit. Gently twist each side to open the avocado. Scoop out flesh and cut into small pieces. Peel and finely chop the onion and garlic. Rinse the carrot and celery stalks and chop into bite-size pieces. Roughly chop the spinach. Drain and rinse the beans.
2. Heat soup pot over medium and add a few tablespoons of water. Add the onion, garlic, carrots, and celery. Water sauté until veggies soften (about 5 minutes).
3. Add stock/broth and bring to a boil. Once boiling, add the pasta.
4. When the pasta is almost cooked, stir in the white miso paste, nutritional yeast and beans. When pasta is tender, turn off the heat and fold in the spinach until wilted. Season with salt and pepper.
5. If desired, serve with avocado toast. Toast the bread and spread with the avocado.

Heart Story

Dahlia Bernal

Hello, my name is Dahlia Bernal. I was born in Burbank, California and lived most of my life in California. I worked for almost thirty years for Gillette Corporation - Papermate Pens. I started at a lower-level position and with additional education and training was able to work up to a quality control role in the organization. When the Papermate company was sold, I retrained and worked on at least two other jobs before retiring.

I have Type 2 Diabetes and an old injury to my upper legs from a car accident. The leg injury has resulted in me using a walker. More recently I have developed arthritis in the knees and will need surgery shortly. During my stay in California, I helped raise my daughter's son, grandson. Unfortunately, my grandson was killed at 26 years of age.

At 70 years old, I moved to the Olympia area to be near my son and grandchildren. After moving here, I was walking and found I couldn't breathe very well. This went on for three days and I finally went to Kaiser Urgent Care. They evaluated me and sent me to St. Peter's Hospital for heart valve replacement surgery. When I was operated on, they found I needed bypass surgery and other heart work. Hospital staff told me I almost died. After a stay at the Hospital, I went to Mother Joseph Rehabilitation for further care. While at the Hospital I was visited by Mended Hearts and have attended numerous member meetings since being visited.

I thought my son would return to California after leaving the military. He decided to buy a house and stay in Washington. For now, I'm staying also. My heart has improved gradually, and I have exercised Monday through Friday with water aerobics and take Saturday and Sunday walks of three to four miles.

I enjoy attending Mended Hearts Meetings because I feel if I listen, I am always going to learn something from the speakers and other members. I have always enjoyed learning and continue to participate in Zoom activities/classes.

I feel blessed that I didn't die during heart surgery and I have been able to be around for the birth of another grandchild and have regular contact with my son and all grandchildren. It has also been special for me to change a rocky relationship with my daughter-in-law into a much better relationship. During my life I have always supported mental health/counselor assistance for individuals and currently see a counselor who has helped me immensely with my depression from my health changes. Mental health support is very important for heart patients.

Sacred Heart Parish Nurse Program

DIABETES UPDATE

Presented by:

Debra Ranken RN, CDCES, CCM, CCP

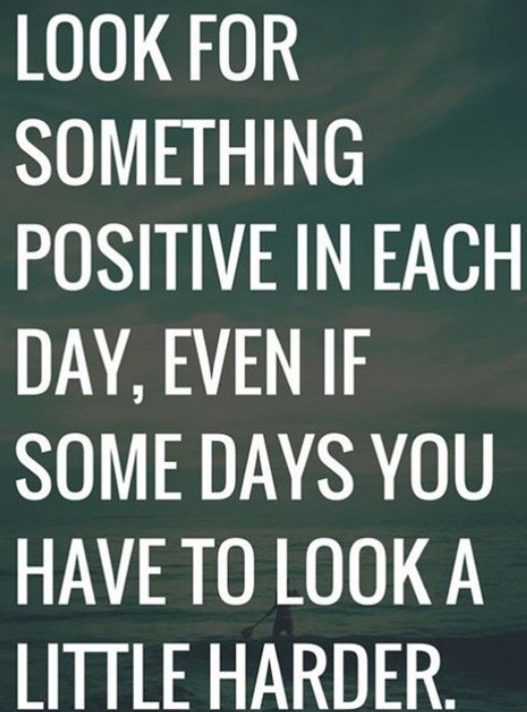
Faith Community Nurse

December 04, 2021: Saturday 10:00-12:00 pm

HALLEN HALL UPSTAIRS ROOM'S 1-2

REGISTRATION NECESSARY: 360-491-0890

* Class may be via Zoom if warranted*



LOOK FOR
SOMETHING
POSITIVE IN EACH
DAY, EVEN IF
SOME DAYS YOU
HAVE TO LOOK A
LITTLE HARDER.

RECOVERYEXPERTS.COM

December Birthdays

Happy Birthday!!

Dec 15-Patti Taylor

Dec 19-Ray Shannon

Dec 25-Irma Paradiso



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

Welcome New Member: Dave Panco

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

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Chapter Newsletter

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