



UpBeat
Mended Hearts Newsletter
Chapter #130– April 2022
Olympia, WA

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

Meeting Notice

**Program: To be Announced. A Zoom link will
Be emailed the week of the Chapter meeting.**

Date: Thursday, April 14, 2022

Time: 2:00 PM

Upcoming Dates

- ⇒ April 7-Board Meeting
- ⇒ April 14-Chapter Meeting
- ⇒ May 5– Board Meeting
- ⇒ May 12-Chapter Meeting
- ⇒ April 17-Easter

Happy Easter

President's Message
Michael Blonden

We're getting closer to in-person meetings again. The Board has continued to explore venues at fire stations, and St. Peter Hospital. Thank you for your willingness to participate online with Zoom. Your continued participation has made it possible for our organization to exist for almost thirty years.

To increase our presence in the community, the Board is setting up a website. If you have ideas about how a website might help you, please forward them to Michael at Mblonden@msn.com. As members, we play a critical role in how our organization matures or turns out. At the last meeting, I asked for volunteers who would be willing to step up to become a visitor. One of our members stepped up, we could use more visitors.

Becoming a visitor will take about two hours a week of your time. This is a great opportunity to share your heart experiences with others, resulting in hope and support for hospital patients. Support for others and our group will help ensure we remain a viable force in our community.

Chapter Newsletter

Sacred Heart Parish Nurse Ministry

Parish Nurses Present

Problems of the Eye by Dr. Jay Rudd M.D. Ophthalmologist

April 9th 10:00 AM to 12:00 PM

Hallen Hall- Room 5



National Mended Hearts will be having the following webinars in April. There will be a 4-part series Beyond the Numbers – A Lipid Control Webinar Series

Check it out on the Mended Hearts homepage: mendedhearts.org.

April 6th (noon PDT) Webinar 1- Healthy Eating: I know I should Eat Healthy, But Why is it so Difficult?

April 14th (noon PDT) Webinar 2- Exercise: I Know I Should Exercise, Bur Why is it so Difficult?

April 20th (noon PDT) Webinar 3 – Medication Compliance: I Know I Should Take My Medication/Statin, But Why is it so Difficult?

April 28th (noon PDT) Webinar 4 – Visiting with My HCP: I Know I Should “Communicate with My Health Care Provider, But Why is it so Difficult?

You can register for the webinars at the Mended Hearts homepage.

Chapter Newsletter

Crossword Puzzle
Have Fun!!

PagesMag.com

Ballgame seats

Across

- 1. Halloween cry
- 4. Religious images
- 9. Mont Blanc, e.g.
- 10. Raise at an angle
- 11. Bottom of the barrel
- 13. "Bye!"
- 14. Water-softening compound
- 16. Word in a simile
- 17. TV watchdog org.
- 18. Therefore
- 20. Place for soaking
- 22. "Aquarius" musical
- 24. Abominable Snowman
- 25. "Encore!"
- 27. Actor Carney
- 28. Painter's plaster
- 29. More, in Madrid

1	2	3		4	5	6	7	8
9				10				
11			12		13			
14				15				
16			17				18	19
		20				21		
22	23				24			
25				26		27		
28						29		

Down

- 1. Light wood
- 2. Dairy section selections
- 3. Newspaper piece
- 4. Tagged player
- 5. Tacky
- 6. Brightly colored fish
- 7. Cashew, e.g.
- 8. Marienbad, for one

- 12. Some African expeditions
- 15. Be in a cast
- 18. Hindu sacred writings
- 19. Newspaper section
- 20. Slant
- 21. Locker room group
- 22. Witchy woman
- 23. Questionnaire datum
- 26. Thumbs-down

S	V	M		O	S	S	E	G
T	R	A		N	A	V	G	V
I	T	E		R	I	V	A	H
B	U	T	H	T	A	B		
O	S		C	C	F		S	V
		H	S	V	A	D	O	S
A	T	V	T		S	E	E	T
P	U	P	I	T		P	L	V
S	N	O	K	I		O	O	B

The headline is a clue to the answer in the diagonal.

April Birthdays

Happy Birthday!!

Rick Taylor-April 15

Diane Caputo-April 23

Larry Roediger-April 27



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:

**Mended Hearts Chapter #130
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Chapter Newsletter

Chapter #130 Officers

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