



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

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

Meeting Notice

Program: To Be Announced

Date: Thursday, May 12

Time: 2pm

Upcoming Dates

- ⇒ May 5-Board Meeting
- ⇒ May 12-Chapter Meeting
- ⇒ June 2-Board Meeting
- ⇒ June 9-Chapter Meeting

President's Message
Michael Blonden

As noted in the April Member Meeting notice we are starting our own website within a month. The website will give our Chapter more visibility within the community. Hopefully, the site will attract even more members. I would appreciate member feedback on the site and should have an onsite survey ready for you to take when the site goes live. Web site address for Chapter 130 is:
<https://mendedheartsthurstoncounty.org/>

We are close to resuming in person meetings. Some speakers like the Zoom Sessions, so we may have a hybrid set up on meetings for a while, with some meetings being held online. In August we will have our picnic combined with a 30-year anniversary for the Chapter. Next month the Board will be considering sending some members to the Mended Hearts Conference in Atlanta, Georgia, in 2023.

What does it mean when your blood pressure fluctuates?

Most people shouldn't be alarmed to find they have minor fluctuations in their blood pressure, especially if the fluctuations are in normal range. But if blood pressure regularly spikes higher than normal, something might not be right.

According to the Cleveland Clinic, labile hypertension, or blood pressure that regularly spikes past normal levels, could be an indication of cardiovascular or kidney disease, sleep apnea or a problem with the adrenal glands. Sometimes a medication can be a factor and making changes can resolve the labile hypertension.

A host of factors may contribute to labile hypertension, including: nonsteroidal anti-inflammatory drugs like ibuprofen, naprosyn or celecoxib; high estrogen oral contraceptives, oral steroids; or stimulants used to treat attention deficit/hyperactivity disorder.

Those who develop hypertension in their 40s are more likely to have basic hypertension, rather than labile hypertension. Factors include weight and excessive use of salt or alcohol.

High blood pressure can double (or even quadruple) the risk of stroke for men and women, according to Harvard Health.

The ideal blood pressure is about 120/80.

If you are being treated for hypertension, monitor your blood pressure. If you consistently see spikes above normal, tell your doctor.

Sacred Heart Parish Nurses Present:

**Dr. Xingwei Sui MD
Oncologist-Hematologist
Common Cancers & Disorders of the Blood**

Questions and Answers

**Saturday, May 14th 2022
10am to 12pm
Hallen Hall**

MAY IS DENTAL HEALTH CARE MONTH

Don't Neglect Your Dental Health!!!

May is National Dental Care Month, and it's a great time for all Americans to brush up on current recommendations to maintain good oral health. Seniors especially should take stock of their smiles and either keep up with regular visits to the dentist or get scheduled with a dentist who can work with them to take control of their oral health.

According to the Centers for Disease Control and Prevention (CDC), older adults frequently experience untreated tooth decay, gum disease and tooth loss. Older adults are also more likely to be diagnosed with oral cancers, and adults with chronic diseases like arthritis, diabetes, cardiovascular disease and chronic obstructive pulmonary disease may be more likely to develop gum disease. A number of prescription and over-the-counter medications that seniors commonly take can cause dry mouth, which can further increase their risk for developing cavities.

According to My Health finder, some steps that older adults can take to preserve and improve their oral health include:

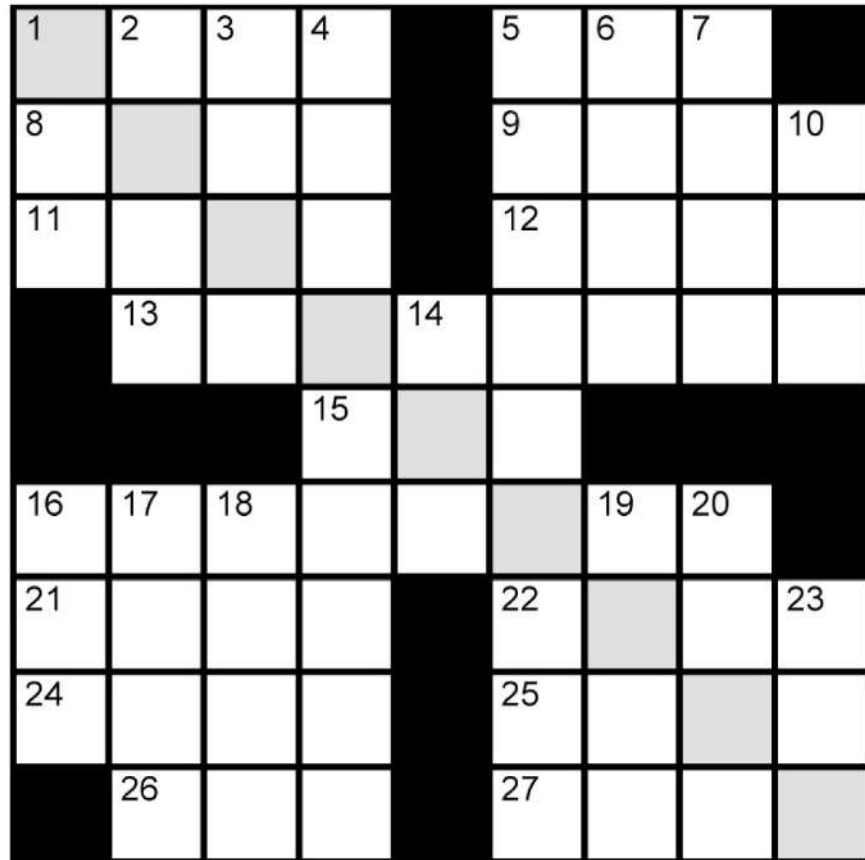
- * Brush with fluoride toothpaste twice each day.
- * Floss every day.
- * Watch for changes in the mouth, like sore spots, lumps, white or red patches, difficulty chewing or swallowing, numbness, swelling or ear pain without hearing loss.
- * Regular checkups and cleanings with their dentist.
- * Talk to their doctor or dentist about dry mouth.
- * Make healthy choices. Cut back on sugary foods and drinks, quit tobacco and drink only in moderation.

Medicare doesn't currently offer dental coverage, but private insurance options for seniors are available. Many dental schools also offer services on a sliding fee scale to accommodate patients on low or fixed incomes, and the U.S. Administration on Aging's Eldercare Locator (eldercare.acl.gov) can direct users to local services for older adults and their families.

Spring rain channel

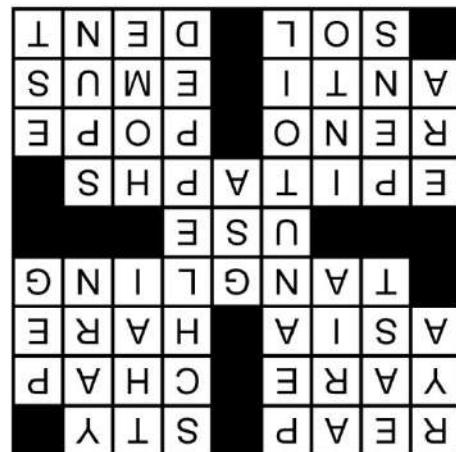
Across

1. Harvest
5. Pigpen
8. Agile
9. Bloke
11. Where China is
12. Fabled racer
13. Twisting together
15. Function
16. Tombstone inscriptions
21. Attorney General Janet
22. Vatican VIP
24. Against
25. Outback birds
26. Note after fa
27. Job for a body shop



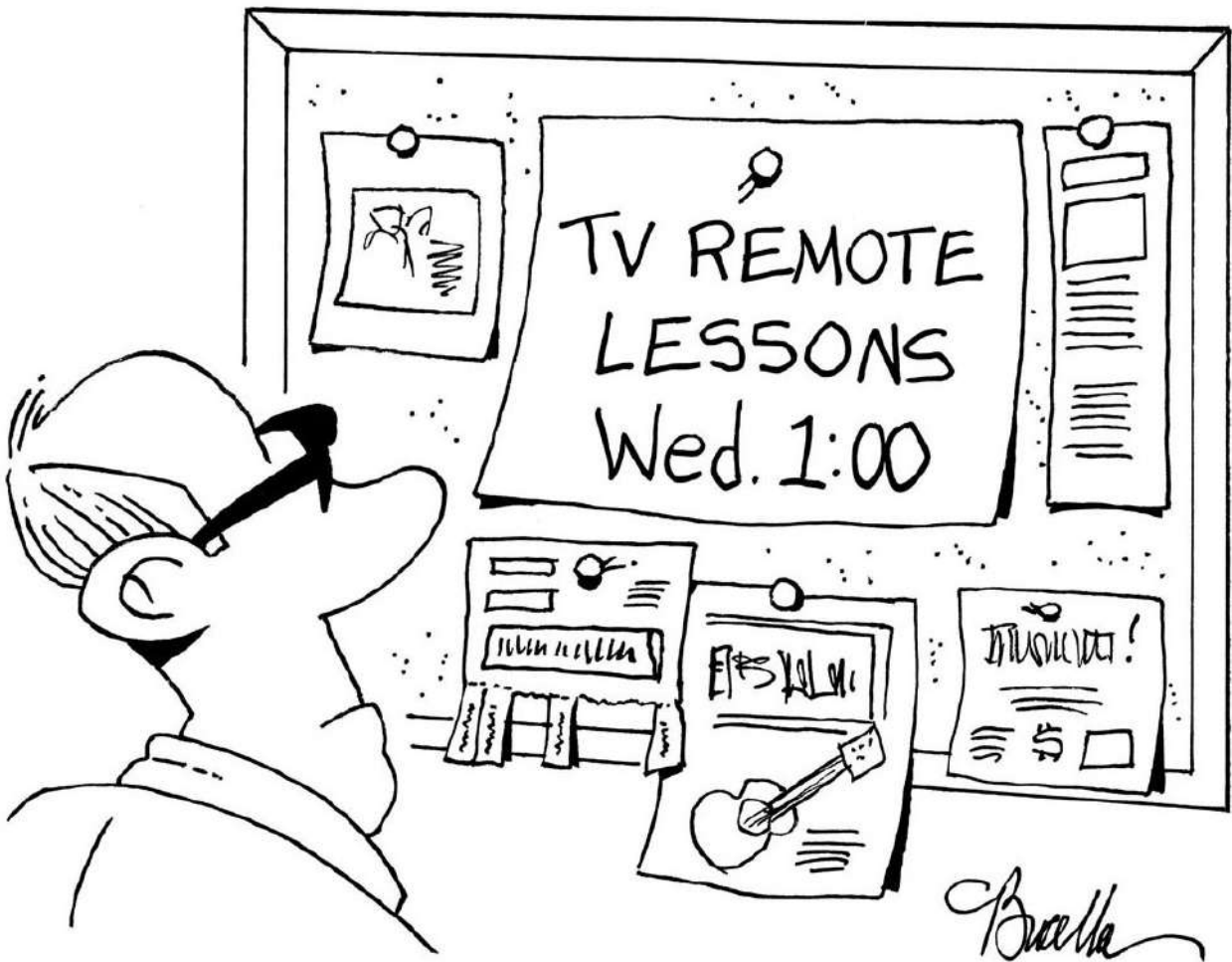
Down


1. Shaggy Scandinavian rug
2. White House's ____ Room
3. La Scala highlight
4. Used in a deep fryer
5. Lugged
6. Spicy cuisine
7. Knitting stuff
10. Hard throw, in baseball
14. Fed. construction overseer
16. Stat for Clemens
17. Parker and Waterman
18. "What's gotten ____ you?"
19. Residence
20. Whirled
23. Superlative suffix



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

CARTOON TIME!!



Holiday Celebration	Chapter #130 Officers
<p data-bbox="237 275 633 317"><u>Happy Mother's Day</u></p> <p data-bbox="293 369 576 411"><u>Sunday, May 8</u></p> 	<p data-bbox="1021 201 1390 317">President: Michael Blonden Mblonden@msn.com 360-491-8869</p> <p data-bbox="1021 363 1471 436">Vice President/Web Admin & Program Coordinator: Vacant</p>
<p data-bbox="264 548 844 590"><u>Chapter Board Zoom Meetings</u></p> <p data-bbox="102 642 1000 842"><i>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.</i></p> <p data-bbox="334 932 774 974"><u>Articles for Newsletter</u></p> <p data-bbox="102 1016 919 1136">Please submit your newsletter articles, recipes, & heart stories, to Michele Scott, newsletter editor, basquema@live.com.</p>	<p data-bbox="1021 485 1349 600">Secretary: Kristi Wells 360-807-4411 klwells41@hotmail.com</p> <p data-bbox="1021 646 1370 762">Treasurer: Bob Sherwood 360-438-3873; sherwoodjr@comcast.net</p> <p data-bbox="1021 808 1442 882">Past President: Sonia Michaelis 360-458-3998</p> <p data-bbox="1021 928 1461 1043">Visitor Coordinator: Diane Caputo 360-705-1271 dianecaputo0304@gmail.com</p> <p data-bbox="1021 1089 1445 1205">Special Projects: Darld Brannan 360-459-8175 Prof.volunteer@centurylink.net</p>
<p data-bbox="380 1205 729 1247">Member Report</p>	
<p data-bbox="428 1388 688 1430">No Updates</p>	<p data-bbox="1021 1255 1445 1371">Member Relations/Sunshine: Cheryl Hougham 360-357-4987 dkhcmh@comcast.net</p> <p data-bbox="1021 1417 1344 1491">Senior Action Network: Nancy Maldonado</p>
<p data-bbox="112 1562 925 1646">For Donations to our local Mended Hearts Chapter, Mail donations to:</p> <p data-bbox="274 1703 834 1839">Mended Hearts Chapter #130 PO Box 5551 Olympia, WA 98509-5551</p> <p data-bbox="102 1892 482 1934">Chapter Newsletter</p>	<p data-bbox="1034 1539 1304 1696">Newsletter Editor: Michele Scott 360-561-1550 basquema@live.com</p> <p data-bbox="1034 1743 1503 1816">Mended Hearts National Website: https://mendedhearts.org</p>