



**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:

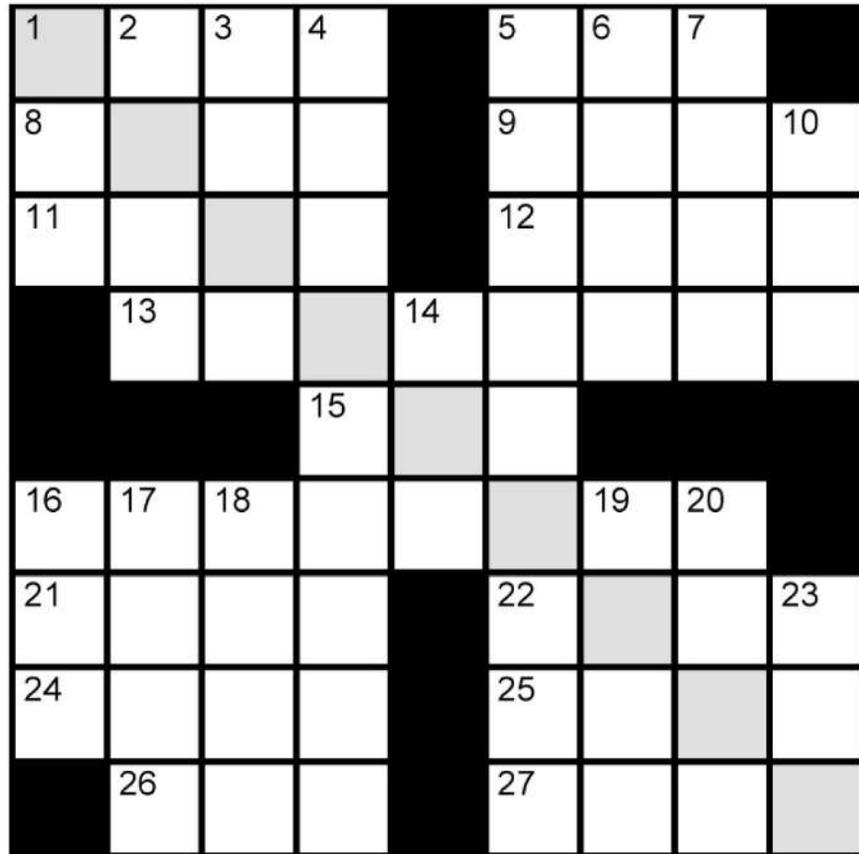
- \* Brush with fluoride toothpaste twice each day.
- \* Floss every day.
- \* Watch for changes in the mouth, like sore spots, lumps, white or red patches, difficulty chewing or swallowing, numbness, swelling or ear pain without hearing loss.
- \* Regular checkups and cleanings with their dentist.
- \* 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](http://eldercare.acl.gov)) can direct users to local services for older adults and their families.

# Spring rain channel

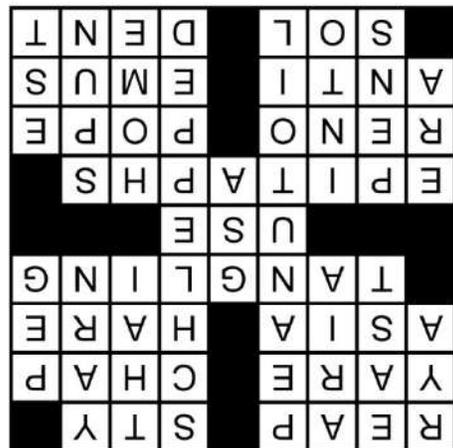
## Across

- 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



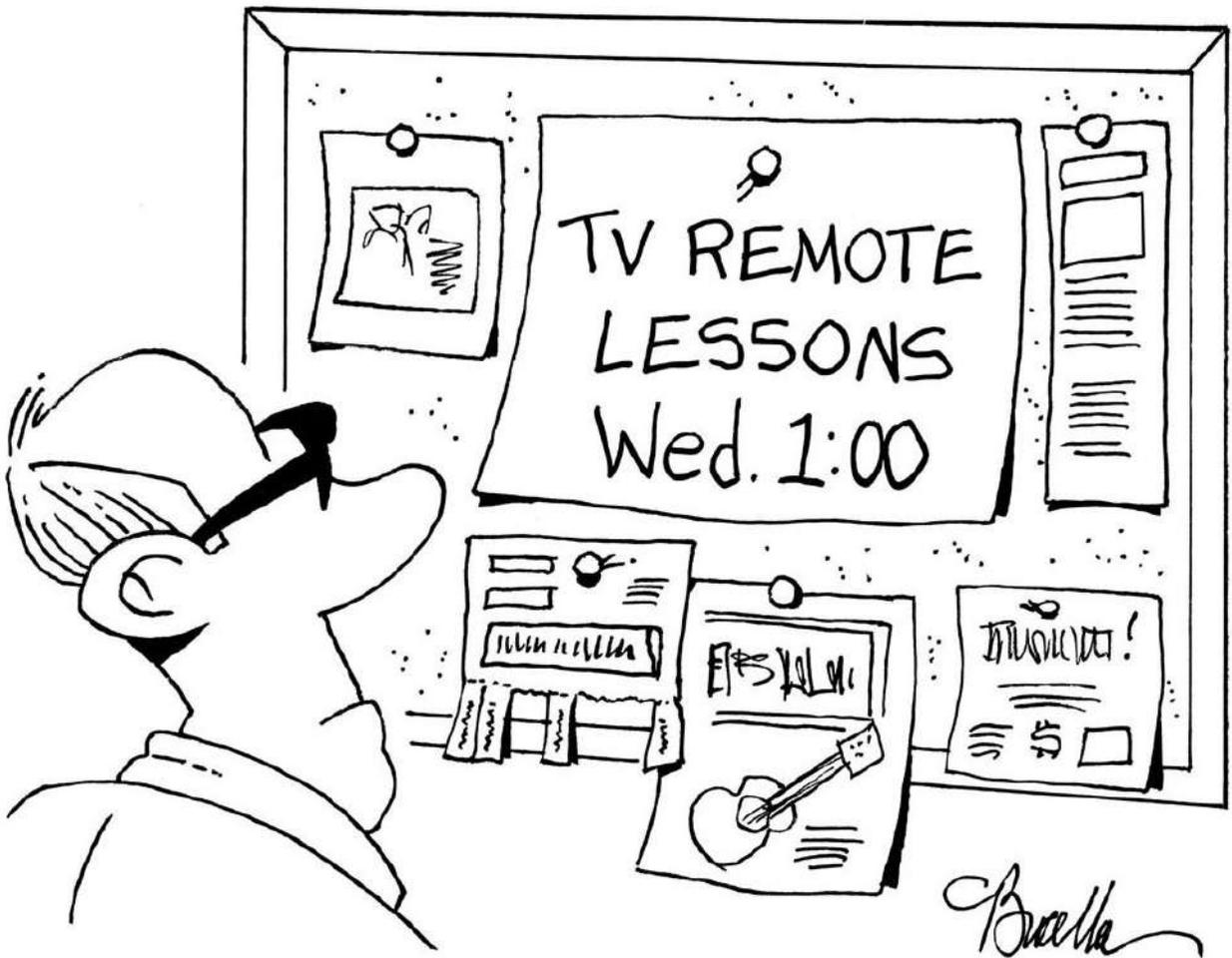
## Down

- 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

### Happy Mother's Day

Sunday, May 8



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<https://mendedhearts.org>

### 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.*

### Articles for Newsletter

Please submit your newsletter articles, recipes, & heart stories, to Michele Scott, newsletter editor, basquema@live.com.

## 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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