



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

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

**Meeting Notice**

**Program: Latest Information on COVID**

**Date: July 14, 2022**

**Time: 2pm via ZOOM**

**Upcoming Dates**

- ⇒ July 7-Board Meeting
- ⇒ July 14-Chapter Meeting
- ⇒ Aug 4-Board Meeting
- ⇒ Aug 11-Chapter Picnic

**Happy Fourth of July!!**

**Latest Information on COVID**  
**Dr. Dimyana Abdelmalek**



Dr. Dimyana Abdelmalek, Thurston County Health Department, will be giving us the latest information on the COVID Pandemic for Thurston County.

Dr A (as the staff at Public Health have dubbed her) has dedicated her career to emergency medicine, and to serving people who lack access to health services around the world. She has a degree in medicine and another in global health. She has the capacity to lead—and though you can tell from her smile she's seen a lot, it's also clear she is happy to help.

Dr. A is going to speak to us about who she is and what she hopes to accomplish. Most recently, she worked clinically as an Emergency Physician in Redwood City, California where she led a multi-disciplinary team that helped connect patients who have complex medical and social needs with care and resources.

Dr. Abdelmalek brings a wealth of experience and education to Thurston County, well matched to the needs of our community. She will be lending her strength and insight to a wide variety of issues, not least of which is getting us all through this pandemic.

**Chapter Newsletter**

## President's Message

### Michael Blonden

After encouraging members to attend Mended Hearts National Training in June, I hope we have developed even more leadership skills to carry this Chapter into another three decades of service to members and the community. It is no small feat to have a Chapter continue to thrive after thirty years. Our Chapter is the oldest in our state. I want to thank all of you for helping this Chapter to continue even during COVID. Your perseverance and dedication are appreciated.

I'm looking forward to hearing from Dr. Dimyana Abdelmalek from Thurston County Health Department on July 14<sup>th</sup> at 2 pm. See our [website](#) (Banner at top also contains links) and newsletter for more information about the doctor. She will be updating us on the newest information about COVID. I believe the timing of her talk will work out great for our picnic get together in August and future in-person meetings.

In August, we will have our picnic and celebrate our 30<sup>th</sup> year anniversary for the Chapter. We will have a Taco Bar for food. Who doesn't like Tacos! How hot do you like your salsa? We will have drawings for prizes at the event. Hope to see you all at [Tumwater Historical Park](#).

In September, we will have Dr. Rossow present another Cardiologist talk. If you have specific cardiac questions you would like to address in the September meeting, please send them to me right away so we can send them to him ahead of time to prepare.

Michele Scott, our newsletter editor, has been nominated for a National Mended Hearts Award. The Awards Ceremony will be held on Sunday, June 26, 3pm via Zoom.

### Physical Activity Protects Heart



A study from Italy found that at least 20 minutes of physical activity can help avoid cardiovascular problems in your 70s, according to the journal Heart. The study followed 2,800 people ages 65 and older for 20 years. People who did moderate activity (brisk walking) or vigorous activity (gardening, biking swimming, dancing) had fewer heart attacks. Among men, 20 minutes of daily exercise was associated with a 52 percent lower risk of heart problems, compared with those who didn't exercise.



Mended Hearts™

**Mended Hearts Chapter Picnic**  
**Celebrating 30 Years**

**Place: Tumwater Historical Park, 777 Simmons Rd. SW**

**Date: Thursday, August 11, 2022**

**Time: 5-7 pm**

**RSVP to Michael Blonden at 360-491-8869 or email to [mblonden@msn.com](mailto:mblonden@msn.com)  
NLT July 25**

**“All Food and Drinks will be provided by the Chapter”  
Taco Bar**

**Directions to picnic: From I-5 heading south, take exit 103. Go to Custer Way (the first light) and turn left. Cross the bridge and turn right on Boston Street which winds down around the old brewery to Deschutes Way. Turn right on Deschutes Way to Grant Road or the Crosby House. (If you go under the freeway, you have gone too far.) The park is at the bottom of the hill. From I-5 heading north, take exit 103 which puts you directly onto Deschutes Way. Go past Custer Way and Grant road is located on the right. Picnic signs will be posted.**

**“National Mended Heart Officers will be attending”**

**“Hope You Can Join Us”**

**Chapter Newsletter**



## **Five Bean Salad Recipe**

Crisp, cold, sweet and sour, this easy five bean salad is a quick side dish that feeds a huge crowd and can mostly be assembled with pantry ingredients.

It's vegetarian, gluten-free, dairy-free and nut-free, which makes it a good choice for diners with varying or unknown dietary needs. The dressing is easy to alter to your preferences -- go heavy on the vinegar for a sharper bite or use olive oil for a different flavor. Make it at least one day in advance and let chill overnight so the flavors can mingle and develop.

### **Ingredients:**

1 can each green beans, wax beans, kidney beans, garbanzo beans and cannellini beans

1 medium sweet onion, minced

1 cup celery, chopped small

1 green pepper, diced

For dressing:

About 2 cups apple cider vinegar

About 2 cups of neutral oil

1 tablespoon celery seed

2 teaspoons ground mustard seed

1 to 2 tablespoons white sugar, if desired

Salt and pepper to taste

### **Directions**

Drain all canned beans. Discard liquid and pour beans into a large bowl. Add chopped vegetables and set aside. In another large bowl, stir together all remaining ingredients and adjust to your preferences.

Once the dressing is ready, stir again and mix with beans. Cover and place in refrigerator overnight to chill. Taste before serving and adjust again as desired.

Use a slotted spoon to serve -- the salad will have a lot of dressing. Keeps in the refrigerator for about five days.

## July Birthdays

### Happy Birthday!!

Michele Scott-July 26  
Ken Springer-July 26  
Duane Ullmann-July 31



### 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

**New Member— Jay Andrews**

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

**Mended Hearts Chapter #130  
PO Box 5551  
Olympia, WA 98509-5551**

**Chapter Newsletter**

## Chapter #130 Officers

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