



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

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

**Chapter Picnic-Celebrating 30 years**

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

**Time: 5-7pm**

**Location: Tumwater Historical Park**

**Upcoming Dates**

- ⇒ Aug 4-Board Meeting
- ⇒ Aug 11-Chapter Picnic
- ⇒ Sep 1-Board Meeting
- ⇒ Sep 8-Chapter Meeting

**Mended Hearts Chapter Picnic  
Celebrating 30 Years**

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

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

**Time: 5-7pm**

**RSVP to Michael Blonden at 360-491-8869 or email to  
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”**

## President's Message

### Michael Blonden

Our July Membership Meeting had a speaker from the Thurston County Department of Health, Dimyana Abdelmalek, MD, MPH. She did a great job telling us about COVID-19 in the county. After she spoke our members talked about the upcoming picnic on Thursday, August 11<sup>th</sup>, 5 to 7 pm. Concerns about going to the picnic were talked about. People have become comfortable with working from home and using technology to communicate with others. We know that Zoom and social media are not the same thing as communicating in person.

The other side of the coin that isn't talked about as much, we are social beings. Interacting with people is built into our nature. We find comfort in our social contact. Our Mended Hearts motto "It's great to be alive and help others". The key to our organization-helping others (peer support). The more scientific description of person-to-person contact would be that contact triggers parts of our neuron system releasing a cocktail of neurotransmitters tasked with regulating our response to stress and anxiety. In short, being around others can strengthen us both mentally and physically.

Members discussed their risk tolerance and level of vulnerability at our member meeting after the speaker was finished. I would hope that everyone would evaluate his/her situation as it pertains to being around others. The picnic represents the beginning of our in-person connections. We have the support of local health rules, and Mended Hearts International by their attendance at the picnic. We will try to make the picnic as safe as we can for our members.

On another note, our Member Meeting in September will be Charles F. (Rick) Rossow, MD, PhD, FACC and he will be discussing the importance of patient education in cardiology.

### Heat Exhaustion

Heat Exhaustion is one of the heat-related syndromes. These syndromes range in severity and seriousness from mild to potentially life-threatening. Other types of heat-related illnesses include heat rash, heat cramps, heat syncope and heatstroke.

Heat exhaustion can occur when your body loses too much water or salt—usually as a result of excessive sweating or dehydration. It can begin suddenly or happen over time, usually after working, exercising or playing in the heat.

**Heat exhaustion signs and symptoms include:** Cool, moist skin with goose bumps when in the heat; heavy sweating; faintness; dizziness; fatigue; weak rapid pulse; low blood pressure upon standing; muscle cramps; nausea or vomiting; headache; extreme thirst; mild confusion; and decreased urine output.

**If you suspect heat exhaustion, call 911.**

## **Fitness gadgets to avoid**

The global home fitness equipment market is big business -- more than \$10 billion in 2020, according to Fortune Business Insights, with years of continued growth expected.

For health-conscious consumers, this means more options than ever before. But exercisers should be cautious -- some available gadgets do nothing, or worse, can put their safety at risk. Some of the most famous offenders include:

- \* Abdominal stimulation belts. At best, these devices will do nothing to slim or tighten the midsection, and at worst they can lead to shocks, burns, bruising and other injuries.

- \* Toning shoes. These shoes offer no calorie-burning or muscle-strengthening benefits and can increase the wearer's risk of injury due to a reduced base of support.

- \* Sauna suits. These full-body suits retain body heat and force wearers to sweat more, which can lead to dehydration, fainting and heat-related illness.

- \* Vibration plates. While vibration training may offer some benefits, these devices often exceed safety standards for vibration intensity and can be dangerous when used improperly or by people with certain medical conditions, such as heart disease or joint replacements.

There are no shortcuts when it comes to fitness, so exercisers should be skeptical of any gadget that relies on a gimmicky approach or promises dramatic results with minimal time and effort. And despite what manufacturers may want consumers to believe, fitness equipment -- even useful, versatile items like dumbbells and jump ropes -- aren't necessary to get an effective workout. For many at-home fitness enthusiasts, the only necessary items are a comfortable pair of shoes and a good workout playlist.


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Registration for our June 2023 International Conference in Albany, GA is now open! In addition to hosting excellent speakers, we'll also be offering registration, free programs, free entertainment, free transportation, and 5 days of free food and drink at an amazingly low total cost of \$100 plus hotel cost of \$100-125 per night. Save the date now for June 23-28, 2023.

**Albany James H. Gray Sr. Civic Center**  
100 West Oglethorpe Boulevard  
Albany, GA 31701

**For More Information and Registering, go to website: [2023 MHI International Conference - Mended Hearts](#)**

August Birthdays	Chapter #130 Officers
<p><b><u>Happy Birthday!!</u></b></p> <p><b>Michael Blonden-Aug 11</b></p> <p><b>Diane Blonden-Aug 24</b></p>	<p><b>President:</b> Michael Blonden Mblonden@msn.com 360-491-8869</p> <p><b>Vice President/Web Admin &amp; Program Coordinator:</b> Vacant</p>
 <p><b><u>Chapter Board Zoom Meetings</u></b></p> <p><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><b>Secretary:</b> Kristi Wells 360-807-4411 klwells41@hotmail.com</p> <p><b>Treasurer:</b> Bob Sherwood 360-438-3873; sherwoodjr@comcast.net</p> <p><b>Past President:</b> Sonia Michaelis 360-458-3998</p> <p><b>Visitor Coordinator:</b> Diane Caputo 360-705-1271 dianecaputo0304@gmail.com</p> <p><b>Special Projects:</b> Darld Brannan 360-459-8175 Prof.volunteer@centurylink.net</p>
Member Report	
<p>We are sad to report that Connie Mackie's son, Brent, passed away recently. Connie is a member of our Chapter.</p>	<p><b>Member Relations/Sunshine:</b> Cheryl Hougham 360-357-4987 dkhcmh@comcast.net</p> <p><b>Senior Action Network:</b> Nancy Maldonado</p>
<p><b>For Donations to our local Mended Hearts Chapter, Mail donations to:</b></p> <p><b>Mended Hearts Chapter #130</b> <b>PO Box 5551</b> <b>Olympia, WA 98509-5551</b></p> <p><b>Chapter Newsletter</b></p>	<p><b>Newsletter Editor:</b> Michele Scott 360-561-1550 basquema@live.com</p> <p><b>Mended Hearts National Website:</b> <a href="https://mendedhearts.org">https://mendedhearts.org</a></p>