



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

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

Meeting Notice

Program: Stump the Cardiologist, Dr. Rossow

Date: Thursday, September 8, 2022

Time: 2 pm via Zoom-Link will be emailed

Upcoming Dates

- ⇒ Sept 1-Board Meeting
- ⇒ Sept 8-Chapter Meeting
- ⇒ Oct 6-Board Meeting
- ⇒ Oct 13-Chapter Meeting

Happy Labor Day-Sept 5

President's Message
Michael Bloom

Well, another picnic has come and gone. If you missed this one, you missed a great get together of about 50 people. We had Mended Hearts Incorporated (MHI) officers and staff visiting with us. We also had several Providence Staff at the get together. Cheryl Hougham was honored for her 30 years of hard work and support of the Chapter. Bob Sherwood, Diane Caputo, and I met with the MHI officers and staff for brunch. Diane went home to work on the taco bar, and we moved the get together over to Providence to meet with the Chief Executive, Providence Health and Services SW Washington and the Chief Nursing Officer. If you were absent, you missed Diane's great taco bar. All our get togethers turned out to be positive and the Hospital appears to be even more interested in helping support our Chapter.

If you have interest in stepping up to volunteer to be a visitor at the Hospital, assisting with phone calls to members or any other function for the Chapter, please contact Diane Caputo. Our Chapter is interested in resuming meeting in person and we should be able to resume this format by October. Picnic pictures are available on our website. Go to <https://mendedheartsthurstoncounty.org/> for further details and pictures.

The next speaker in our Membership Meeting will be on September 8th (Zoom) with Charles F. (Rick) Rossow, MD, PhD, FACC. He will put together a few organized slides and leave most of our time for Questions and Answers. This will be a stump the Cardiologist Meeting. I want our members to think of any questions they have for the Cardiologist ahead of time and write them down ready to ask at our meeting. Include questions about your cardiologist's approach to your treatment...why does he or she do this. Test, lab, or procedure questions. What else can you do to improve besides taking medications. Any questions for the cardiologist.

President's Message (Continued)

What can you hope for. How to have a good interview with your cardiologist. How to prepare to get the most out of your time with the cardiologist.

Dr. Rossow completed his PhD in cardiology on channel physiology at the University of Nevada and subsequently completed a post-doctoral fellowship investigation regulation of voltage gated potassium channel's and cardiac arrhythmia at the University of Washington. Dr. Rossow continued at the University of Washington completing medical school, Internal Medicine Residency and Cardiology Fellowship training in Seattle.

He completed Interventional Cardiology Fellowship at the University of Utah. During his tenure at the University of Washington, he was active in both clinical medicine and research. He has published in multiple peer review journal's including: Circulation, Circulation Research, Journal of General Physiology, Current Cardiology Reports, Annals of the American Thoracic Society, Acta Physiological, Journal of Molecular and Cellular Cardiology, Journal of Physiology, Journal of Biological Chemistry, Journal of Clinical Investigation and American Journal of Physiology: Heart. In 2006, he was awarded the Young Investigator Award from the North American Section of the International Society of Heart Research. He has also been recognized for teaching awards and patient care awards.

Dr. Rossow is a native of the South Puget Sound area with strong ties to the area. In 2019, he accepted his current position with Providence Cardiology Associates, a move that brought him closer to home. He maintains board certifications in Internal Medicine, Cardiology and Intervention Cardiology. He is passionate about providing the highest level of patient care to our community. He has a love for the outdoors.

Chapter Member Honored

Congratulations to Cheryl Hougham for 30 years of service to Mended Hearts Chapter 130!

Award presented by Michael Blonden.



Picnic Celebration Thank You!

By Kristi Wells

We had a great 30th Anniversary Celebration at the Tumwater Falls Park on August 11 as I'm sure those who attended will agree. The picnic led me to pause and reflect on where we've been and how the past couple years have been anything but typical for all of us.... Seemed like life abruptly devolved into one big "NO": NO dining out, NO shopping, NO gym, NO haircuts, NO manicures, NO movies, NO church, NO school, NO public gatherings, NO doctor, NO dentist, etc....Couldn't even take the dog to the vet! Nada!!!

HOWEVER....I am proud to say our support community remained undaunted. Our chapter and many others, dove into a crash course and learned to navigate the online world of all things INTERNET. Many of us 'gray-hairs' learned for the first time that 'ZOOM' meant more than the speed you travel in the fast lane. We learned to mute and unmute! In short order, we were able to conduct our board and member meetings online and, in lieu of 'in-person' patient visits at our hospital, we now reach our heart patients via phone and virtual visits. Contrary to membership lagging or even fading away over these past three years, we have grown nationally in enrollment from 18,000 members to 80,000 members currently... a quadruple increase!

All this wonderful sense of 'community' came to light when, in 1952, our founder, cardiac surgeon pioneer, Dwight Harken, recognized in his own patients the profound healing qualities that camaraderie and encouragement can foster. Our mission continues: go forward to support, educate and advocate. On behalf of the board, I thank you sincerely... from the bottom of our "Mended Hearts" for your continued support of Chapter #130 .

Sacred Heart Parish Nurse Presents:

"Common Foot Ailments"

- **Bunions**
- **Hammer Toes**
- **Ingrown Nails**
- **Shoe Orthotics**

September 17, 2022: Saturday 10 am - 12 pm

Hallen Hall, Upstairs, Rooms 1-2

Presented by Dr. Mark Hopkins, DPM, FACFAS, South Sound Foot & Ankle Clinic

Special Thank You to Diane Caputo From Jay Andrews

I am new member in Mended Hearts. It surprised me that I would become a member. As an active person who walked every day & stayed busy, I never expected that I would need help with a medical condition. I noticed walking & mowing my yard became harder and harder to do. I figured it was just age creeping up on me. Then came the day where I woke & found it hard to breathe.

I had some tests done, which came back & showed I needed surgery. I was stuck with so many questions & I could not get straight answers from the doctors.

My father in law who lived with my wife & I for many years (to age 97) was a member of Mended Hearts, and my wife suggested that we contact the local Mended Hearts chapter. The pandemic made it difficult for people to access the hospital. The hospital agreed I could see someone. Luck was with me because Diane Caputo was at St. Peter's hospital and came to talk with my wife & me.

Diane patiently answered every question that I asked her and provided information about bypass surgery that I did not know. Diane told me honestly what to expect through the process. Diane handed me the book she had written about her experience with the surgery. "From One Mended Heart to Another "The Cardiac Patient's Companion."

If you have not read the book, you should. (It is available on Amazon). I read it cover to cover while I waited for my surgery and finally understood what was expected.

On May 5th 2022. (Cinco De Mayo) I had open heart surgery.

When I was taken to the operating room I was calmer & ready because I had a better idea of what to expect. I was aware of the steps that would happen in recovery & was ready to face them. In Diane's book, she talks about a fifty day recovery period. This was the amount of time when she got close to feeling normal again, & she was spot on.

The comfort that I took to the operating room was something Diane added near the end of her book. I shared it with the Doctors & prep nurses in pre-op & they dashed to their cell phones to look it up. Psalm 73:26. It can be found on your cell phone also.

I am now on the road to better health feeling much stronger thanks to my wife Mariann, & all the love & support she has given me. I have Diane to thank for a bit of confidence when I needed it.

Meeting her again at the picnic was special & I told her so.
Alive and healing is a special gift & I am glad I got to share that with her.

World of Support 2022



Chapter 130 has a World of Support Team named **HEART OF GOLD**. Please register for the World of Support event using our team named Heart of Gold! The web site for registering is:

<https://mendedhearts.org/world-of-support/>

Any questions, contact Michael Blonden, Mblonden@msn.com, 360-491-8869



What Is World of Support?

Creating a World of Support is an online/virtual fundraiser designed to raise awareness of Mended Hearts, Young Mended Hearts and Mended *Little* Hearts, of your local chapter or group, of heart disease and congenital heart disease across the lifespan AND to help us keep the national resource center/operations going strong so our chapters and members get the services and support they need to thrive.

Ways to Show Your Support

- **Register today! Receive a free wrist-band just for registering!**
- **Create a Team**
- **Join a Team**
- **Donate**
- **Buy a really awesome T-shirt**

There are many activities that count as World of Support activities! Even just simple house work counts! Take a look on the website on what other activities you can do.

Picnic Pictures—August 2022



Congratulations to Larry Swift who won the grand prize (a Fred Meyer gift certificate).

September Birthdays

Happy Birthday!!

Sep 3-Judy McLean
Sep 26-Dave Belcher



Enjoy Your Special Day!

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 REPORT

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

**Mended Hearts Chapter #130
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Chapter Newsletter

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