



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

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

Meeting Notice

**Program: Medication Review by St. Peter
Pharmacy Interns**
Date: Thursday, November 10, 2022
Time: 2pm
Location: Timberline Baptist Church
6628 Mullen Rd SE, Lacey, WA

Upcoming Dates

- ⇒ Nov 3-Board Meeting
- ⇒ Nov 6 Daylight Savings End
- ⇒ Nov 10-Chapter Meeting
- ⇒ Nov 11-**Veterans Day**
- ⇒ Dec 15-Christmas Luncheon

Happy Veterans Day!



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President's Message
Michael Blonden



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We have a Chapter Website that has been in operation for several months. The Board is moving in the direction of using our website to communicate with you. Currently, you will find information on the website about upcoming member meetings and speakers to include the December 15th Meeting/Luncheon information. How many of you know that Diane Caputo won the main drawing for the World of Support Fund Raiser, an all expense paid trip for two to see the Rockettes in New York City. This by the way is the second time a member from our Chapter has won a trip to New York City. Do you know who the previous member was?

Resources available through Mended Hearts and other organizations are also on our site. The Registration Form for the Luncheon is already on the site. Seating will be limited, so we ask that you sign up and pay early if you plan on attending. If you missed the picnic, you will find pictures of the picnic and other Chapter activities. Finally, if you do not use electronic devices and connect to emails, websites and other virtual activities, we will continue to reach out to you by phone. For members who would like to learn how to use electronic devices, but still have not ventured into this area, I would be glad to assist you with your device.

On Thursday, November 10, we will have St. Peter Pharmacy interns talk about medications and review your medications individually with you. This will give members a chance to ask about personal issues/concerns with medications. Bring a list of your medications to speak with the pharmacy interns.



President's Message (Continued)



Another big meeting is coming up in a few months. For a long time before the Pandemic, our Chapter had a December Holiday Meeting. We will have our first in person December Meeting since COVID this year. Speaking of COVID, we know that COVID hasn't disappeared, but we are resuming meetings in person, unless there are future changes in public health policy. We will not be doing hybrid meetings with Zoom and in person together.

St. Peter Hospital has asked us to begin visiting patients again. We are eager to have your assistance with visiting. For those of you who have not visited patients, it is not only rewarding for the patient, but also for ourselves. (See Diane Caputo's newsletter article and comments on our website at [Visitor Program Page](#).) We are starting fresh with our visiting program and could use volunteers to help visit. After your training, the program will require you to spend about 1.5 hours of your time per week.



Chapter Visiting Program Diane Caputo (Visiting Coordinator)



If you have visited in the past and/or would like to become a Mended Hearts volunteer visitor, Providence Saint Peter Hospital may soon be reopening their doors for our volunteers. Details concerning new protocols for the hospital have not yet been made known. This would be a good time to make sure your Mended Hearts accreditation is up to date.

Both course options are offered on the Mended Hearts national website at mendedhearts.org.

If you are accredited or if you have any questions, please contact Diane Caputo 360-705-1271.

Christmas Luncheon



Mended Hearts of Thurston County Christmas Luncheon

Date: Thursday, December 15, 2022

Time: 12:00pm - 3:00pm

Location: Jacob Smith House, 4500 Intelco Loop SE, Lacey, WA

Entertainment: Provided by Gospel Outreach Choir

Menu: Turkey Breast Roast with cranberry orange relish, Mashed Potatoes with Gravy, Herbed Bread Stuffing, Steamed Seasonal Vegetables, Salad and Dessert.

Mail Check NLT December 5 made out to Mended Hearts Chapter 130 for \$20 per person. Mail Payment for Luncheon to:

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

RSVP: Michael Blonden, 360-491-8869 or register at the Chapter website: [Mended Hearts Chapter 130](#) NLT November 30

**SACRED HEART CATHOLIC CHURCH
PARISH NURSES**

Presents:

Christa Huddleston, MS, OTR/L, CHT, LMP

Certified Hand Therapist

SATURDAY, NOVEMBER 19, 2022 10:00AM – Noon

Hallen Hall – Room 5

**The Art and Science of evaluating and treating conditions
of the hands and upper extremities.**

[2023 MHI International Conference](#)

For more information, open the following link: [2023 MHI International Conference - Mended Hearts](#)



To build

Across

- 1. Bivouac
- 5. Hat-tipper's word
- 9. Frost
- 10. Clearasil target
- 11. "Green Gables" girl
- 12. "Darn it all!"
- 13. Population statistics
- 15. Hog's home
- 16. Look at something again
- 22. Approximately
- 23. Twofold
- 24. All over
- 25. Killer whale
- 26. College bigwig
- 27. The bulk

1	2	3	4		5	6	7	8
9					10			
11					12			
13				14				
			15					
16	17	18				19	20	21
22					23			
24					25			
26					27			

Down

- 1. Neighbor of Libya
- 2. Top-rated
- 3. Educator Horace
- 4. Push, in a way
- 5. Fate of one with a cause, perhaps
- 6. Antioxidant berry
- 7. Poker pot starter
- 8. Military meal
- 14. "___ be my pleasure!"
- 16. Start of many Hope/ Crosby film titles.
- 17. Coastal raptor
- 18. Floating, perhaps
- 19. Continental currency
- 20. Pouches
- 21. Bed board

T	S	O	M		N	A	D
V	C	R	O		W	E	A
L	V	U	D		O	S	O
S	S	E	R	D	A	R	R
			Y	T	S		
S	E	I	T	I	S	N	D
S	T	V	R		E	N	A
E	N	C	V		R	A	H
M	A	A	M		P	A	C

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

November Birthdays

Happy Birthday!!

Jim Bryan-Nov 15
Deborah Ranken-Nov 26
Connie Mackie-Oct 19
Belated Happy Birthday!



Chapter #130 Officers

President: Michael Blonden
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Program Coordinator:** Vacant

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Newsletter Editor:
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basquema@live.com

Chapter 130 Website Address:
[Mended Hearts Chapter 130](http://mendedhearts.org/)
Mended Hearts National Website:
<https://mendedhearts.org/>

Chapter Board Meetings

Chapter Board Meetings are open to the Chapter Members. We are currently meeting in person at Timberline Baptist Church, 6628 Mullen Road SE Lacey, WA



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Longtime Member Jan Solt passed away in September
A celebration of her life was held at Westminster Presbyterian Church. Jan loved to quilt and many of Her quilts were on display at her celebration of life For family and friends to enjoy.

Member Report

Welcome NEW MEMBER

Fred Wright!!!!



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If you are feeling great and would like to help others, why not make a donation to our Chapter—Mended Hearts of Thurston County. Mail your donation to:

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

Every dollar helps. Thanks!!

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