



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

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

**Meeting Notice (In Person Meeting)**

**Program: YOGA by Fred Wright**

**Date/Time: Thursday, October 13, 2022, 2pm**

**Location: Timberline Baptist Church  
6628 Mullen Road SE Lacey, WA**

**Upcoming Dates**

- ⇒ Oct 6-Board Meeting
- ⇒ Oct 13-Chapter Meeting
- ⇒ Oct 31-Halloween

**Happy Halloween**

**Meeting Program (Yoga)**  
**By Fred Wright**

Fred has been practicing yoga for over 7 years and it has helped him improve his health following a mild heart attack in 2019. After a busy career as an entrepreneur and business leader, yoga was the perfect transition to a more relaxed lifestyle. He chose to take his practice deeper and completed a 200hr RYT through True Self Yoga where a focused interest in Yoga Nidra developed.

An apprenticeship followed where his gentle nature and soothing voice led him to specialize in teaching Yoga Nidra meditation. Fred committed further by attending an at rest yoga Nidra Teacher Training earning a Level 1 Certificate. His passion is to help people feel better and learn to connect to their inner place of well-being, peace and ease. He is honored to share the practice and feels a wonderful sense of gratitude for having the opportunity help people relax and deal with the challenges of everyday life. We encourage those attending to have pillows, blankets, and comfortable clothing to get comfortable on the floor.

**Introduction to Yoga**

**Warm-up Breathing Exercises**

**Chair Yoga Exercises**

**Yoga Nidra Meditation**

**Chapter Newsletter**



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## President's Message Michael Blonden



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Our timing as a group seems to be right on with COVID. We had the expert doctor in Thurston County and our regular cardiologist present information on COVID. If you missed it, the President is saying that the COVID Pandemic is pretty much over. We are going to begin meeting in-person. Our first in-person meeting will begin in October. The Chapter meeting will be held at Timberline Baptist Church.

Another plug for World of Support: Hold up your hand, look at your five fingers, and imagine each finger as a reminder of the important lifestyle behaviors that heart patients need to acquire. All of us might have some variation on what we think is important, but exercise, moving, activity, whatever we label it would have to be one of our five important activities to insure better heart health. I'm not saying that we must be able to run a marathon or climb a mountain, but movement is needed for all of us. Think about the times you heard from Mike or Marikka in Cardiac Rehab. Speaking about Cardiac Rehab, do you remember how they had you walk around the floor in the exercise room. It's amazing how many miles we can walk if we just keep moving, even in our house. There goes the excuse of walking outside. World of Support is set up so even the smaller activities that we take for granted can be counted. Next year I'd like to see a minimum of a dozen members participate in this event and even organize a local heart walk.

The other side of the coin is that a lot of our members are exercising, but we are not getting to count it in the World of Support. World of Support is counted on by our organization as a fund raiser for Heart Guides ( a new one will be released shortly that is given out for free to Hospital Patients), Heart Pillows, Bravery Bags for Children having cardiac procedures and other items to support our activities. The goal was for each of the Mended Hearts Chapters to raise \$300. We have exceeded that goal, if you still would like to contribute to the event, please go to our website [Website Chapter 130](#) and click the link for our team to support team members (go to the bottom of page).

As I write this, I'm thinking about one of our team members who is just winning every which way. He helps by volunteering for a social service organization that helps others. He counts the volunteer effort in the World of Support and contributes to our Chapter and Organization by his efforts. In the process he is getting great exercise and helping his health. Check out your team on the website home page. All current stats are there for you.

**KEEP MOVING!**



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# Meatless Taco Filling Recipe

## Diane Caputo



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½ c. dry quinoa (I like using red)

½ c. dry lentils

½ onion, diced

2 cloves garlic, minced

2-3 T. taco seasoning

1, 10 oz. can diced tomatoes (I like using Red Gold Tomato Love mild diced tomatoes and green chilies)



Sauté diced onions in a large nonstick saucepan over medium heat until they are translucent. Add the minced garlic to the onions and continue to sauté over medium heat for another minute. Add a couple Tablespoons of water if onions begin to stick to the pan.

Rinse lentils and add to the saucepan with 1 ½ c. vegetable broth. Cover and simmer for about 15 minutes until most of the broth is absorbed.

Rinse quinoa and add to the pan of lentils with 1 c. water or broth. Cover and simmer on low about 10 minutes until quinoa is done. This mixture should look mushy, not too dry or wet.

Add diced tomatoes. (Do not drain the tomatoes.)

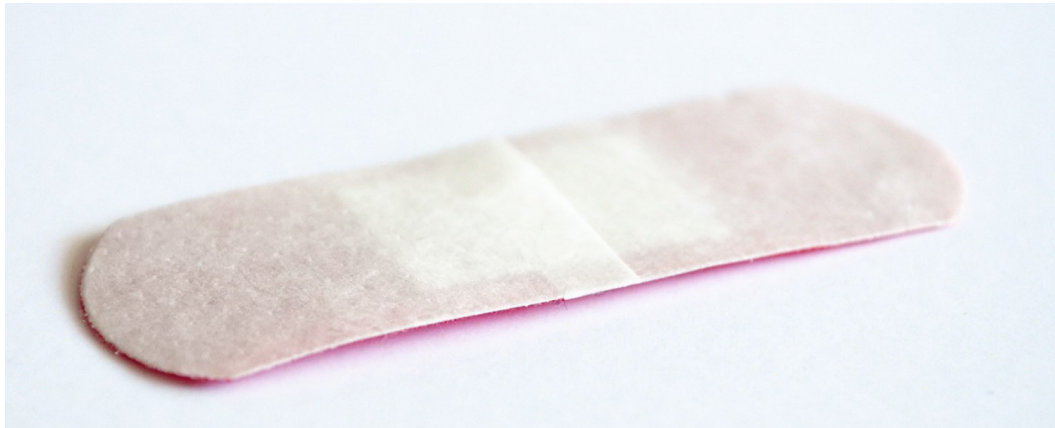
Add taco seasoning and about ¼ c. water.

Mix well and cook a few minutes to a “ground beef-like” consistency.

Serve this and any other taco toppings with corn or flour tortillas.

I like to pile on toppings over a plate of corn chips for a taco salad.

**Chapter Newsletter**



## *Flu season: **Get your shot***

### Experts say heart patients shouldn't skip flu shots

People with heart disease or history of stroke should always get an annual flu vaccine, according to the Centers for Disease Control and Prevention (CDC). While the agency recommends flu vaccines for everyone over six months of age, heart patients face elevated risk of serious illness leading to hospitalization and other complications.

Among 80,000 U.S. adults hospitalized for flu between the 2010-11 and 2017-18 flu seasons, half had heart disease, and sudden heart complications occurred in one out of every eight patients, according to the CDC. Flu patients also face significantly elevated risk of heart attack within a week of a confirmed infection, particularly among older adults or patients experiencing their first heart attack.

People with heart disease should also stay up to date on their pneumococcal vaccination, which is typically administered at the same time as the flu shot and protects against pneumococcal pneumonia, a serious flu complication that can result in death.

The CDC urges Americans to get their flu shots by the end of October. Contact your healthcare provider, a pharmacy or your local health department for an appointment or for information about vaccine clinics.

# Crossword Puzzle

## Enduring Plant

### Across

- 1. Opposite of post-
- 4. Kind of yoga
- 9. Gas station abbr.
- 10. Desert sight
- 11. Henley need
- 12. Turbaned Punjabis
- 13. Rains ice
- 15. Tallinn natives
- 19. Is unable to
- 20. Not fulfilled
- 23. "\_\_\_ Got a Secret"
- 24. Spa feature
- 25. Ed.'s request
- 26. Broadway backer
- 27. Unagi, at a sushi bar

### Down

- 1. Nonpoetic writing
- 2. Former Spanish coins
- 3. Everglades wader
- 4. After childbirth
- 5. Cereal fruit
- 6. Inquire
- 7. Govt. medical agcy
- 8. Beast of burden
- 14. Geological period
- 16. Biscotti flavoring
- 17. Star bursts
- 18. Symbol of strength
- 20. Dos Passos trilogy
- 21. A Bobbsey twin
- 22. Coffee holder

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		

L	E	E		L	E	G	N	A
E	V	S		V	N	U	S	S
E	V	I		T	E	M	N	U
T	O	N	N	V	C			
S	N	V	I	N	O	T	S	E
			S	T	E	E	L	S
S	H	K	I	S		R	V	O
S	I	S	O	A		G	R	E
V	A	N	A	P	R	A	P	R

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

## October Birthdays

### Happy Birthday!!

Dianne Devoe-Oct 1

Nick Chavez- Oct 18

Jim Notter- Oct 29



### 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*

## Chapter #130 Officers

**President:** Michael Blonden  
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**Chapter 130 Website Address:**  
[Website Chapter 130](#)

**Mended Hearts National Website:**  
<https://mendedhearts.org/>

Happy  
Halloween



## Member Report

Anne Monaghan has been a member of Mended Hearts Chapter 130 for 22 years!!!!!!

We appreciate your loyalty to Mended Hearts

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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