



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

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

Meeting Notice

Chapter Holiday Luncheon

Date: Thursday, December 15, 2022

Time: 12pm - 3pm

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

Upcoming Dates

- ⇒ Dec 1-Board Meeting
- ⇒ Dec 15-Christmas Luncheon
- ⇒ Jan 5-Board Meeting
- ⇒ Jan 12-Chapter Meeting

Merry Christmas!



President's Message
Michael Blonden



We had a great presentation by two pharmacists and a pharmacy intern at our November Member Meeting. Our next Member Meeting on December 15th will feature our multi-talented members at the Jacob Smith House. The meal and venue should be great. We still have a few seats left and would like you to attend. A local church youth group will provide the entertainment and we will have drawings for door prizes. How about a trip for two to a local casino, hotel, dinner, and breakfast included. We will address what our plans are for next year.

We can use your help to bring our Visitor Program back to life at the Hospital. We have ideas to improve the Program. I'm interested in hearing from our members what the Visitor Program meant in your lives during your hospital stay. Your Chapter's efforts have been noticed by the National Mended Hearts and in January the Chapter will be featured in the Heartbeat Magazine. I was told today by a National Mended Hearts Staff Member that we have a great Chapter. It's not time to sit back. Like the immortal words of John F. Kennedy applied to our Chapter Ask Not What Your Chapter Can Do For You, but Ask What You Can Do For Your Chapter And The Heart Patients We Help.

Our Visitor Program can use your help and we want to have you knock down Diane Caputo's door trying to help the Program. We need new folks to get involved. All of us have one talent or another. Let us know how you might help us out. We'll work with you to figure out how you can help us out.

Chapter Newsletter

President's Message (Continued)

In January Diane Caputo will be discussing the Visitor Program with our Members. We look forward to you volunteering to help us. This is a minimal amount of work for a tremendous payoff for patients having heart procedures. **"It's great to be alive and help others,"** is the Mended Hearts motto. Recent research suggests yet another way our well-being can benefit from practicing pro-social behavior: helping others regulate their emotions helps us regulate our own emotions, decreases symptoms of depression and ultimately, improves our emotional well-being. In short, it's good for us

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.



Happy Holidays!!



Chapter Newsletter

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: mendedheartsthurstoncounty.org NLT November 30

Chapter Newsletter

Impaired Driving Remains Deadly

By Presidential proclamation since 1981, each December is National Drunk and Drugged Driving (3-D) Prevention Month, dedicated to preventing motor vehicle crashes caused by impaired driving. December has been chosen because it is the month of parties, family gatherings and other events where liquor is often available.

About 30 percent of all traffic-related deaths in the United States involve alcohol, according to the National Highway Traffic Safety Administration. An alcohol-related motor vehicle crash kills someone every 45 minutes and injures someone every two minutes.

The astounding financial costs of fatal vehicle crashes exceed \$24 billion every year.

The personal cost of just one DUI ranges from \$5,800 to \$29,000, according to Money Geek. The cost of higher insurance following a DUI ranges from \$1,000 to \$10,000 and to up to \$40,000 over 13 years.

What's more, consider what it will cost you if your driver's license is suspended or revoked.

Maybe you've heard all of this before, but stop to think of how being arrested would affect you and your family. If you enjoy an alcoholic drink or two, be sure to have someone in your party who will not be drinking at all. It doesn't take much to have a blood alcohol reading of .08, and it could change your life for years to come if you are charged with impaired driving.

How To Boost Happiness

Get positive, stay upbeat and you'll enjoy a longer, happier life, science says.

Many studies have found that improving diet, getting out in nature and getting some exercise improve your overall attitude. And there is one other thing you can do too: Cultivate compassion for yourself and others.

According to the Epoch Times, compassion is sensitivity to the suffering of others (and ourselves) coupled with action. Empathy is just recognizing the suffering of others. Compassion is acting to help.

Compassionate people are less lonely, happier, and have decreased cardiovascular risk.

A 10-year study published in Transitional Psychiatry found that compassion had a greater positive impact on well-being than the negative impacts of smoking.

In other words, good deeds and real actions make you feel better and help you make friends. You get more responses from people who will in turn do good deeds for you.

Christmas tree

Across

1. Break bread
4. Type of asst.
9. "___ Got a Secret"
10. 100 equal 1
drachma in Greece
11. Shad delicacy
12. Seating sections
13. Hardened
15. Pa's mate
16. Heathen
18. Beaver St.
20. Wheaties or
Cheerios
23. Sensational
25. Country singer Joe
26. Utopian
27. Cozy room
28. Strangely
29. Craving

Down

1. Dublin's home
2. Shakespeare, the
Bard of ___
3. Get ready to drive
4. Presumably
5. Himalayan cedar
6. Automobile
sticker fig.
7. Big-ticket ___

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		
28						29		

8. Astronaut's insignia
14. Relating to or
characteristic
of a group of people
17. Destitute
18. Hodgepodge
19. Labor PM of
Australia
21. Sheltered, at sea
22. Boston suburb
24. Sunburned

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

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

December Birthdays

Happy Birthday!!

Patti Taylor-Dec 15

Ray Shannon-Dec 19

Irma Paradiso-Dec 25



Chapter Board Meetings

Chapter Board Meetings are open to the Chapter Members, and are currently meeting via ZOOM. If you want to attend, contact Michael Blonden for a ZOOM link.



Member Report

NO REPORT FOR
DECEMBER!



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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!!

Chapter Newsletter

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