



UpBeat
Mended Hearts Newsletter
Chapter #130– January 2023
Olympia, WA

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

Meeting Notice

Program: Visitor Training

Date/Time: Thursday, January 12, 2 PM

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

Upcoming Dates

- ⇒ January 5-Board Meeting
- ⇒ January 12-Chapter Meeting
- ⇒ February 2-Board Meeting
- ⇒ February 9-Chapter Meeting

Happy New Year!

President's Message
Michael Blonden

The National Mended Hearts Conference, which was going to be held in Georgia next summer has been cancelled due to limited member participation. It is sometimes not an easy task to get members to participate in organizations. I want to highlight that starting in 2023 we will have members provide the discussions/speaking for our first two months of member meetings. I encourage all members to be supportive of these members who volunteered to lead discussions in our meetings by showing up at these meetings.

I'd like to thank members who attended the December Luncheon. Pictures of the event are on our [website](#). Lance Caputo won the overnight stay and meals at Lucky Eagle and Darld won the Anthony's Restaurant Gift Card. Five members took home the beautiful table center pieces made by Diane Caputo. A special thank you to members who volunteered to become visitors at St Peter Hospital and Carolyn, Jeanne and Sonia who volunteered to present their experiences with heart attacks at our February Meeting. Note also that Mended Hearts National is putting together a Focus Group with another Heart Organization for persons who have had a heart attack within the last year. For further information please contact Mended Hearts, mandy.sandkuhler@mendedhearts.org.

For those who want to be part of the Chapter Visiting Program at St. Peter Hospital, please attend the January 12 Meeting, at 2PM, which is an in person meeting at Timberline Baptist Church.

Since I keep encouraging the use of our website, I thought it would be helpful to have a short Zoom Website Session on January 19, 2023, at 2 pm. We have been using the website more and more and the site is useful in communicating with you as members.

Christmas Luncheon Pictures



Exercising While Sick: Dos and Don'ts

Regular exercise is a healthy choice for most people, and a great way to shake off winter gloom. But when common winter illnesses hit, sometimes the healthiest choice is to stay home and rest. Here are basic tips to help exercisers know when to grab their shoes and when to head back to bed.

DO: The neck check. If your symptoms are all above your neck, such as a stuffy nose or mild headache, it's probably fine to exercise, said Thomas Weidner, professor of athletic training at Ball State University, in an interview with the New York Times. Multiple studies have shown that exercise does not worsen cold symptoms or lengthen illnesses.

DON'T: hit the gym if you have any symptoms below the neck, including hacking coughs, nausea, upset stomach, fatigue or body aches. Stay home instead and get some rest.

DO: take it easy. According to health.com, it might be a good idea to scale back the intensity if you're used to high-impact workouts. A 20-minute walk is good choice if you're a little under the weather, and may alleviate your cold symptoms.

DON'T: power through a fever or worsening symptoms. You should be fever-free for at least 24 hours before you consider working out again, and if you ever start to feel worse during your workouts, consider that a sign from your body that it's time to rest.

Flavonols May Slow Cognitive Decline

Higher dietary intake of flavonols -- antioxidants found in tea, wine and certain fruits and vegetables -- may help preserve memory and cognitive abilities among older people, according to a new study published in the journal Neurology.

Researchers followed 961 study participants whose ages ranged from 60 to 100 years old for an average of 6.9 years, tracking their intake of flavonols called quercetin, kaempferol, myricetin and isorhamnetin. None of the participants showed symptoms of dementia at the beginning of the study, and all participants underwent annual cognitive and memory assessments.

The study conclusion: People whose diets were highest in flavonols, particularly kaempferol, displayed measurably slower rates of cognitive decline compared to people who consumed flavonols in lower quantities. You can find kaempferol in apples, grapes, tomatoes, green tea, and several types of berries, among other foods.

Though the results are promising, researchers aren't jumping to conclusions or recommending flavonol supplements yet, according to CNN. Flavonol-rich diets typically include larger quantities of fruits and vegetables, which provide an array of health benefits. More research is needed to determine whether the cognitive benefits were a direct result of flavonol consumption or due to healthy diets and other factors. Still, a few extra daily servings of flavonol-rich foods, like leafy greens or berries, are unlikely to hurt you, and the benefits may be greater than we know.

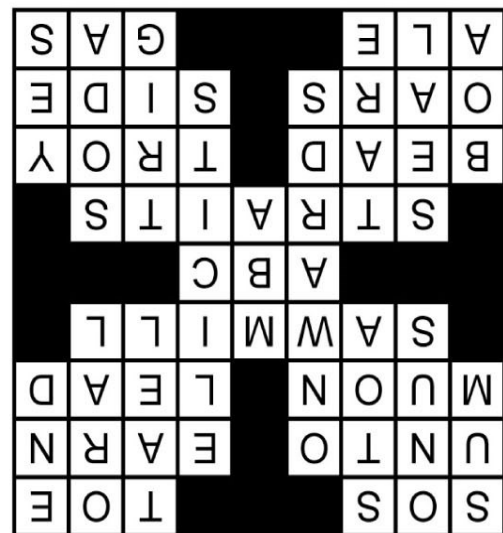
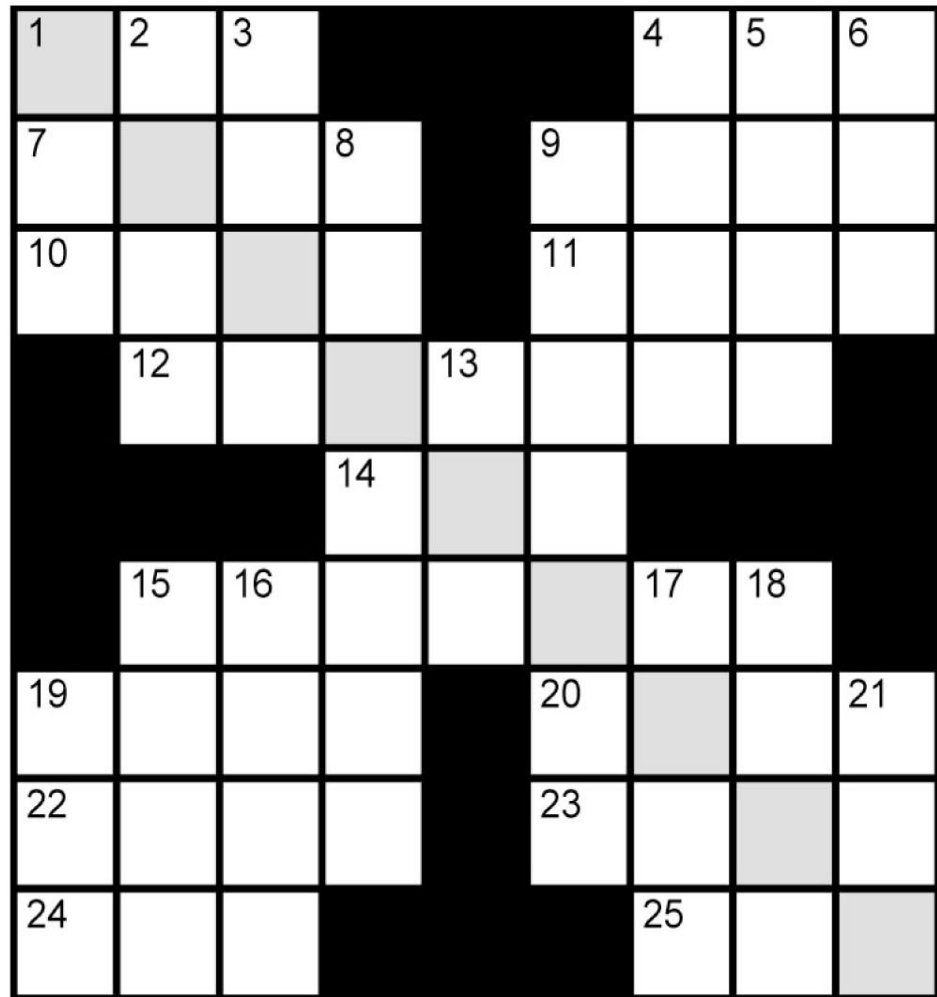
Winter Visitors

Across


1. ABBA song
4. Stocking part
7. "For ___ us a child is born ..."
9. Be worthy of
10. Atomic particle
11. Pewter component
12. Lumber factory
14. Agatha Christie's "The ___ Murders"
15. Gibraltar and Magellan
19. Necklace part
20. Helen of ___
22. Boat propellers
23. Faction
24. Pub pint
25. Fuel

Down

1. Total
2. Weight
3. Greek portico
4. Old Chinese money
5. Spoken
6. Stopping point
8. Moving ahead
9. Draws out
13. Wharton degree
15. Close, as an envelope
16. Weight not charged for
17. Math subject
18. Scotch's partner
19. Feathery wrap
21. Word on a Ouija board



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

January Birthdays	Chapter #130 Officers
<p style="text-align: center;"><u>Happy Birthday!!</u></p> <p>January 13-Velma (Sugar) Jordan</p> 	<p>President: Michael Blonden mblonden@msn.com 360-491-8869</p> <p>Vice President: Vacant</p> <p>Secretary: Kristi Wells 360-807-4411 klwells41@hotmail.com</p>
<p style="text-align: center;"><u>Chapter Board Meetings</u></p> <p><i>Chapter Board Meetings are open to the Chapter Members. We are currently meeting via ZOOM. Link can be emailed upon your request to Michael Bloom.</i></p>	<p>Treasurer: Bob Sherwood 360-438-3873; sherwoodjr@comcast.net</p> <p>Past President: Sonia Michaelis 360-458-3998</p> <p>Visitor & Membership Coordinator: Diane Caputo 360-705-1271 dianecaputo0304@gmail.com</p> <p>Special Projects: Darld Brannan 360-459-8175 Prof.volunteer@centurylink.net</p> <p>Member Relations/Sunshine: Cheryl Hougham 360-357-4987 dkhcmh@comcast.net</p>
Member Report	
No Updates	<p>Newsletter Editor: Michele Scott 360-561-1550 basquema@live.com</p>
<p>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:</p> <p style="text-align: center;">Mended Hearts Chapter# 130 PO Box 5551 Olympia, WA 98509-5551</p> <p>Every dollar helps. Thanks!!</p> <p>Chapter Newsletter</p>	<p>Chapter 130 Website Address: https://mendedheartsthurstoncounty.org/ Mended Hearts National Website: https://mendedhearts.org/</p>