



# UpBeat

## Mended Hearts Newsletter

### Chapter #130– February 2023

#### Olympia, WA

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

### Meeting Notice

**Program: Heart Attack Stories**

**Date: February 9, 2023**

**Location/Time: Timberline Baptist Church, 2pm  
6628 Mullen Road, SE, Lacey, WA**

### Upcoming Dates

- ⇒ Feb 2-Board Meeting
- ⇒ Feb 9-Chapter Meeting
- ⇒ Feb 14-Valentine Day
- ⇒ Mar 2-Board Meeting
- ⇒ Mar 9-Chapter Meeting

### **President's Message** **Michael Blonden**

I want to share a story I heard this week from my dental hygienist who is also a grandmother. She told me that her three-year-old granddaughter stayed over with her, and she noticed she was in the bathroom for quite a while. She peeked in on the granddaughter to see what was going on and got quite a surprise. Granddaughter was busy cleaning the toilet with grandmother's toothbrush, apparently this was nothing new she helped at her own home by cleaning the toilet with the toothbrush. It pays to know what our grandchildren are up to and while we teach them about toothbrushes and toilets, why don't we go a step further and talk to them about all the lifestyle changes we've learned in Mended Hearts.

Our Chapter gets one vote for National Officers. As President I voted for the Chapter. Persons running for Mended Hearts National Officers were all uncontested. The following persons ran for National Offices:

MH President-Denise Duch Widzowski  
MH Vice-President-Lea Parker  
MLH Vice-President-Amanda Stewart  
MH Western Region Director-Ray Trapp (Idaho)

For members who attended the Luncheon in December, please give the Board feedback on what you thought about the food and place we met. Would you like to have another meeting like this one?

I'd also like to get feedback from members on the importance of the pillow you received from the hospital when you had open heart surgery. We are considering working with National Mended Hearts and providing pillows which have our logo on them. We would like to pass them out during our visits with Heart Patients at Providence St. Peter Hospital.

## President's Message (Continued)

### Michael Blonden

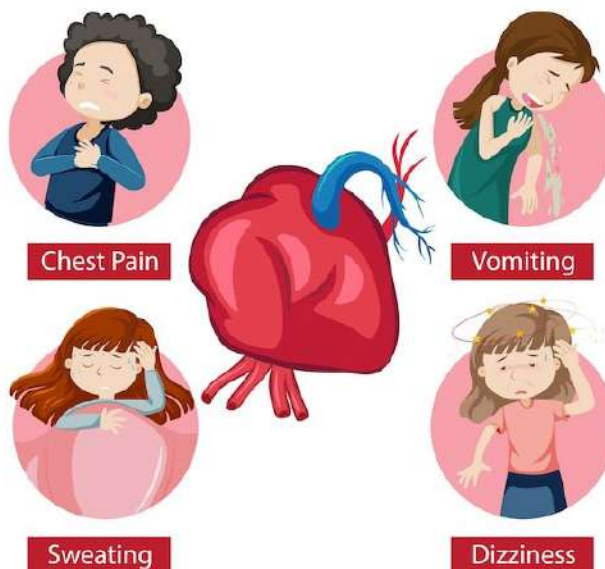
I'm looking forward to the program presentations by Carolyn Kelly, Jeanne Adams, and Sonia Michaelis. I hope you will all be able to make it on February 9th at 2:00 pm for their presentation on heart attack experiences. Due to football player Damar Hamlin's and singer and songwriter Lisa Marie Presley's cardiac arrest, we are even more aware of the importance of CPR. I'm planning a CPR Training Class in the next few months, I hope you'll plan on attending.

Carolyn Kelly, Registered Nurse, will lead the group discussion on Heart Attacks. She has stepped up since joining our group to volunteer to be a Hospital Visitor. She worked at St Peter Hospital and several other hospitals during her career. She has experience with surgery and other nursing interventions.

Jeanne Adams worked at Albany International, Tumwater and retired. She has been active in volunteering at the Evergreen Forest Elementary Library, helping with Adult Reading at the Tacoma Area Literacy Program, assisting homeless people, and has served as our chapter president. COVID has put a damper on her volunteering for awhile now, and Jeanne has been dealing with heart issues and cancer.

Sonia Michaelis is still working at JCPenney in customer service. She has worked for the state in the past. She kept herself busy with working in Olympia, Tacoma, and Puyallup over the course of her career. She also worked for NordicTrack an exercise equipment company.

### HEART ATTACK SIGNS



# **Four Days in the Big Apple**

## **Diane Caputo**

This past December, as a result of winning Mended Hearts' World of Support grand prize drawing, my daughter Lauryn and I had a grand time in NYC.

From the moment my name was drawn in October, we were enjoying the trip as we planned out our 4-day itinerary together. I wanted to see things; she wanted to eat things. We had a wish list so long we couldn't possibly get to it all. We packed our warm down coats, boots, and gloves, because we were going to see as much as we could in the time we were given. We even opted to fly the red-eye special (first class, I may add) the night before so we could arrive there first thing in the morning. We didn't want to miss a whole day in NYC on an airplane getting there.

It was our first time to the city for both of us, and going there in December was such a magical experience. The whole city seemed to be in a merry Christmas spirit. Decorations were everywhere, and the weather was sunny every day.

We walked, we rode the subway, we had limo drivers, we rode in bicycle cabs; we were always moving and looking up. Al Voss, National MH, Inc. Treasurer, was the most gracious host. He escorted us to 4th row center seats for the Rockettes Show, and then to an amazing dinner together afterwards. I understand why people say if you are in NYC in December, you must go to the Rockettes show. Now I'm someone who says that. It's a show one can experience over and over again. It transforms everyone back to the wonderment of childhood.

We saw many iconic NY sites from the ground and from skyscraper observation decks... the Brooklyn Bridge, Statue of Liberty, Empire State Building, Saint Patrick's Cathedral, Rockefeller Center with its annual tree and skating rink, The 911 Memorial and Museum, Saint Paul's Chapel, Times Square, Grand Central Station, China Town, Little Italy, the Chrysler Building, the Oculus Building, One World Trade Center...etc. We were busy. I have to say an afternoon at the 911 Museum was not long enough. The place was absolutely fascinating as well as reverent. Along with seeing the Rockettes, I now say don't go to NYC without visiting this memorial. Even throughout the city there are many tributes in the form of murals, statues, and plaques remembering the events of 911.

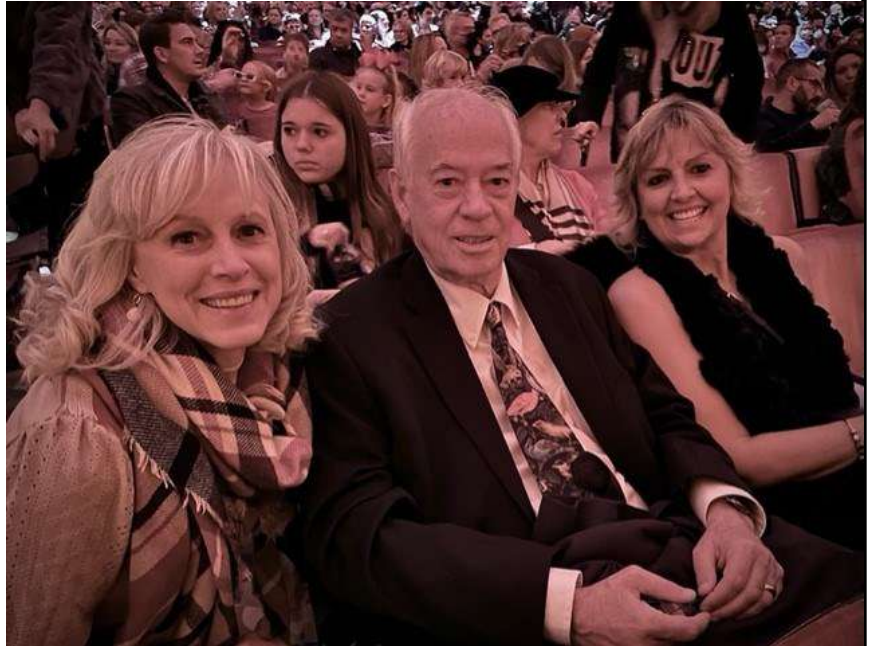
We even got to see Phantom of the Opera on Broadway. Wow, some people can sing! The way they transform a stage into all those scenes is incredible.

Now that we have been there, would we go back? Heck, yes. We only scratched the surface of what there is to see, and do, and eat. It's true what they say, NY bagels are the best. But Carlos' Bakery and Joe's Pizza are still on the to-do list. We are so very thankful for the special memory my daughter and I now share thanks to a Mended Hearts fund raiser.

**Chapter Newsletter**

## New York City Pictures

Diane & Mr. & Mrs. Al Voss



Diane & Lauryn





## **American Heart Month: Take extra care during the winter**

Everything has a season -- including heart attacks, which are more common during the winter.

According to the American Heart Association, even regions with mild climates see spikes in heart attacks during the winter months. As winter continues during American Heart Month, everyone should take stock of their risk factors and lifestyle and take steps to protect themselves.

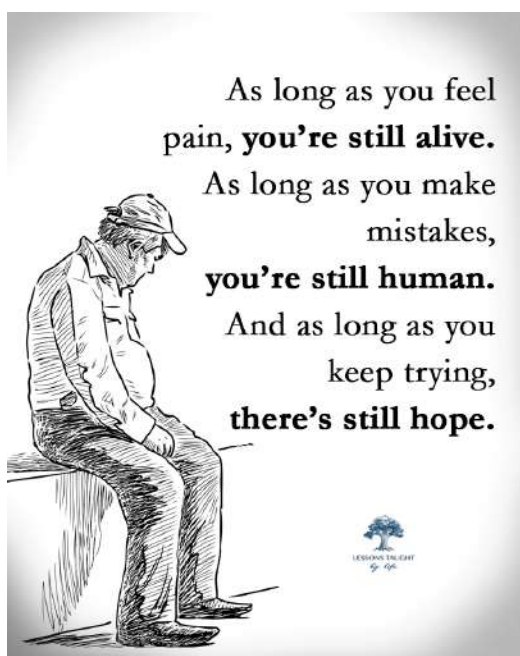
According to Northwestern Medicine, the biggest risk factor is the cold, which causes blood vessels to contract and can raise blood pressure. Meanwhile, the heart works even harder to maintain body temperature. When body temperature falls below 95 degrees Fahrenheit, the resulting hypothermia can also lead to heart damage. By dressing for the weather with coats, hats, gloves and socks, you can also protect your heart.

Lifestyle factors can also increase risk. For many, shoveling or walking through snow are more strenuous than their usual activities, and the sudden increase in workload can add additional strain on the heart. Stay home if necessary and don't be afraid to ask for help clearing your sidewalk or driveway.

Emotional stress may also contribute to the winter heart attack spike. Practice self-care to help you manage your stress and seek help if necessary.

The most important tip: Year-round good habits, like regular exercise and eating a heart-healthy diet. Start now and be ready when the next cold season rolls in.

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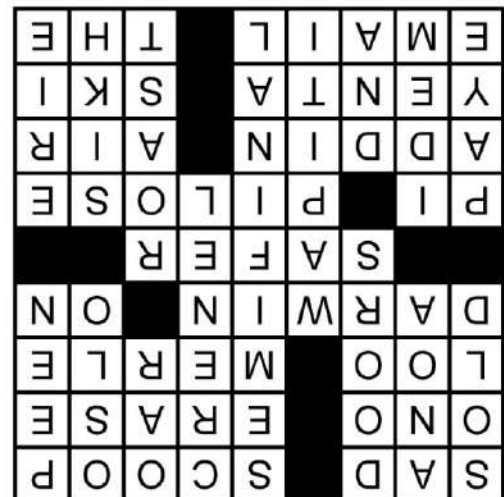
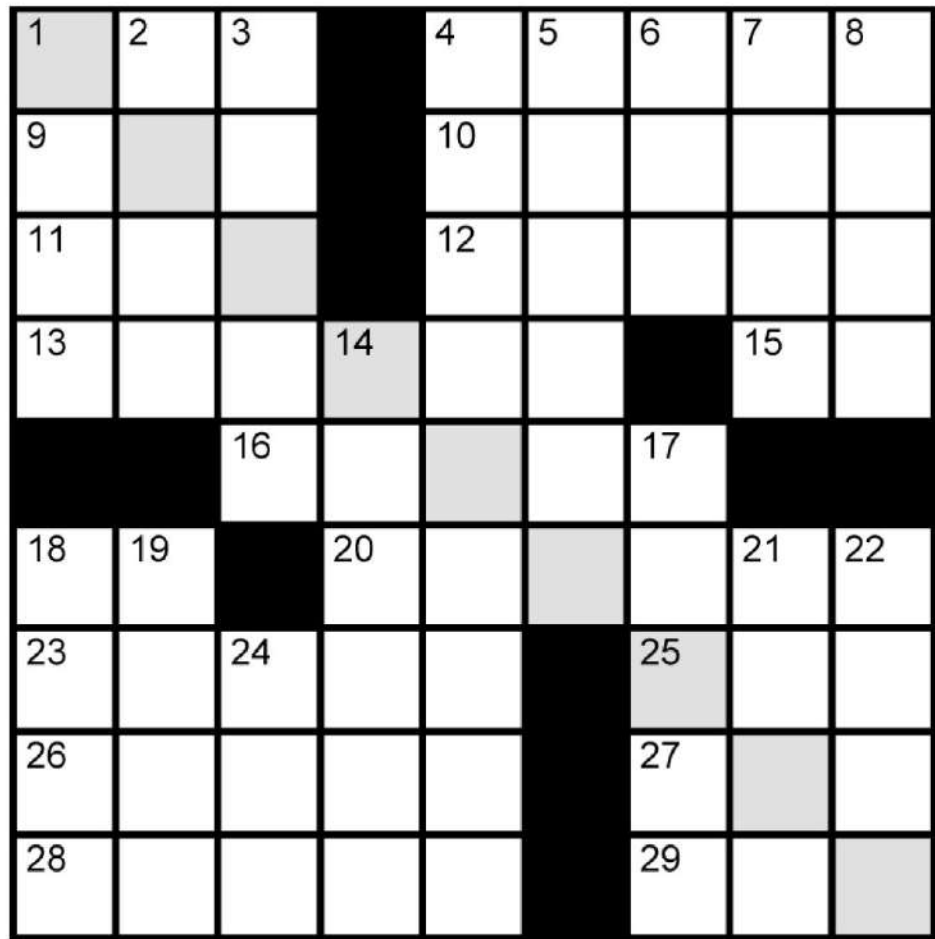
# Fluffy water

## Across


1. Dejected
4. Inside info
9. A Beatle bride
10. Clear the blackboard
11. W.C.
12. Actress Oberon
13. Famous evolutionist
15. Operating
16. "60 Minutes" correspondent
18. 3.1416
20. Hairly
23. Recipe direction
25. Tire filler
26. "Fiddler on the Roof" role
27. Schuss
28. Internet messages
29. French beverage

## Down

1. Auctioneer's closing word
2. Water buffalo
3. Entryways
4. Tournament round
5. Battlement feature
6. Henley need
7. Nobel Peace Prize city
8. Hammer part
14. Yellowstone sight
17. Traditional Sunday fare
18. Sign on a ticket booth
19. Footnote word
21. Punjabi believer
22. Ashtabula's lake
24. Some forensic evidence



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

	<b>Chapter #130 Officers</b>
<p style="text-align: center;"><b><u>Happy Birthday!!</u></b></p> <p><b>Feb 13-Ernie Ong</b></p> 	<p><b>President:</b> Michael Blonden Mblonden@msn.com 360-491-8869</p> <p><b>Vice President/Web Admin &amp; Program Coordinator:</b> Vacant</p> <p><b>Secretary:</b> Kristi Wells 360-807-4411 klwells41@hotmail.com</p>
<p style="text-align: center;"><b><u>Chapter Board Meetings</u></b></p> <p><i>Chapter Board Meetings are open to the Chapter Members. We are currently meeting via Zoom on the first Thursday of each month at 10am.</i></p>	<p><b>Treasurer:</b> Bob Sherwood 360-438-3873; sherwoodjr@comcast.net</p> <p><b>Past President:</b> Sonia Michaelis 360-458-3998</p> <p><b>Visitor Coordinator:</b> Diane Caputo 360-705-1271 dianecaputo0304@gmail.com</p> <p><b>Special Projects:</b> Darld Brannan 360-459-8175 Prof.volunteer@centurylink.net</p>
<p style="text-align: center;"><b>Member Report</b></p>	<p><b>Member Relations/Sunshine:</b> Cheryl Hougham 360-357-4987 dkhcmh@comcast.net</p>
<p style="text-align: center;"><b>No Updates</b></p>	<p><b>Senior Action Network:</b> Nancy Maldonado</p> <p><b>Newsletter Editor:</b> Michele Scott 360-561-1550 basquema@live.com</p>
<p><b>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:</b></p> <p style="text-align: center;">Mended Hearts Chapter# 130 PO Box 5551 Olympia, WA 98509-5551</p> <p><b>Every dollar helps. Thanks!!</b></p> <p><b>Chapter Newsletter</b></p>	<p><b>Chapter 130 Website Address:</b> <a href="https://mendedheartsthurstoncounty.org/">https://mendedheartsthurstoncounty.org/</a></p> <p><b>Mended Hearts National Website:</b> <a href="https://mendedhearts.org/">https://mendedhearts.org/</a></p>