



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

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

Meeting Notice

Program: CPR Training
Date/Time: Thursday, March 9, 2023, 2 pm
Place: Timberline Baptist Church
6628 Mullen Rd SE
Lacey, Washington

Upcoming Dates

- ⇒ Mar 2-Board Meeting
- ⇒ Mar 9-Chapter Meeting
- ⇒ Mar 17-St Patrick's Day

Happy St. Patrick's Day!

President's Message
Michael Blonden

In March we will receive training from Medic One on **CPR**. April will be a presentation by two of our members, Darld Brannan and Larry Swift, on **Exercise**. It's been researched that about 20 minutes of vigorous exercise each day can help you live longer. Quite an impetus to get moving. [See stories from the newsletters on Darld and Larry](#). For May, two more members, Kristi Wells and Nick Chavez along with Julie Dean, who is interested in our Chapter, will give a talk about cardiac arrest.

If you missed the **National Mended Hearts Heartbeat Magazine**, I posted the cover with Diane Caputo and I on our website [Home Page](#) with the rest of the team and story below the cover picture. All upcoming [Member Meeting topics and speakers](#) are also posted on the website. For March 2023, Michele's link will direct you to the website page with all our Newsletters from the last few years on it. When you go to the page you will be able to click on the link of the Newsletter that you want to read, including the newest **03-2023** newsletter. If you haven't used the website before, note the Black banner with menu choices in White near the top (click on these menu items to explore the website).

Heart Story Larry Swift

I was born on a farm in Kansas in 1931 (one of 8 children). My father died at age 62 from heart disease. Soon after graduating from high school, I joined the Army where I spent 3 years 11 months on the front line in Korea. I started smoking in the Army and smoked one to two packs of cigarettes a day for approximately 25 years (for a few years of that time I smoked a pipe). I had mostly a sedentary job in my career so I smoked, drank a lot of coffee, and worked long hours plus gained weight. I thought I was compensating for my bad habits by working in the yard, coaching Little League, and fishing--WRONG.

My late wife and my family suggested I see a cardiologist because of my higher-than-normal blood pressure and family history. I started seeing the cardiologist and one year after my exam I told him about my chest was feeling tight after walking up a steep hill. He immediately ordered tests and a few days later I had stents put in and felt fine. About a year later he checked me again and said I needed another stent. When he studied my case more, he discovered a new stent would not help so if there was a surgeon on duty that day, I would have had surgery. A few days later I met with a heart surgeon. He told me I had three choices-do nothing, eat only vegan food, or have bypass surgery. At the time, I was 85 (2016), so I did not know how long it would take me to be healthy again being a vegan-so with my family's approval I chose surgery.

Surgery went great. Diane Caputo was with my sons in the waiting room, and after a short period of time, I was visited in my room by other Mended Heart Volunteers. I live alone so I opted for Mother Joseph for recuperating to reduce some of the burden on my family. I was able to go home within a few days.

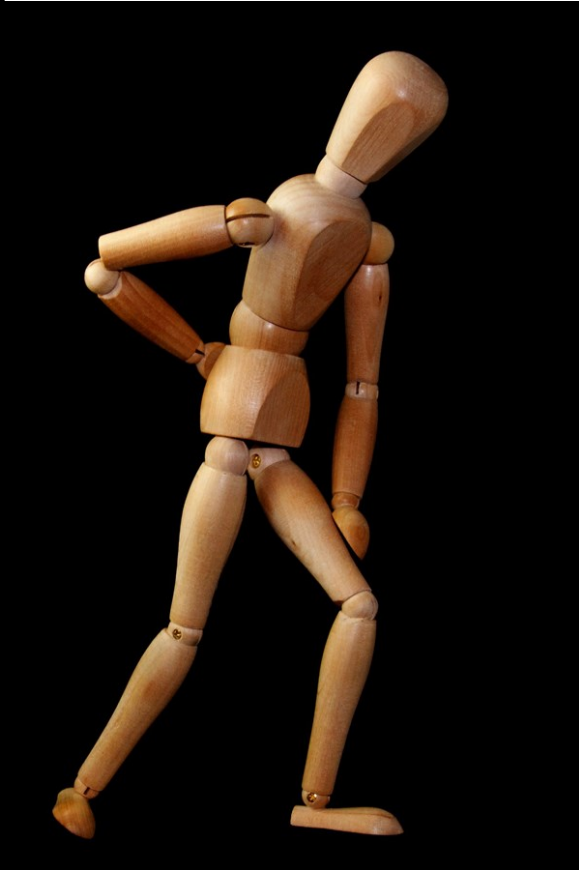
Shortly after I returned home, I started walking daily and then joined Cardio Rehab, which I would recommend for anyone recovering from heart surgery. Before shutdown for COVID, we were having balance classes twice a week (outstanding). I now walk approximately 3 miles each morning--The key is to have a walking partner i.e., if you do not feel quite like walking, you know the other person is waiting for you at the trail head.

Patients May Have To Pay For Messages To Providers

Some of the nation's biggest health systems, including the Cleveland Clinic, have begun charging fees for some email correspondence.

According to the New York Times, electronic communications with providers have exploded in recent years, and responses can eat up hours each day for clinical staff. Medicare allows providers to bill for these responses, and many private insurers have followed suit, which can lead to patient co-pays.

Make Your Back Stronger This Spring



Though sudden back pain can occur after a twist or a sneeze, most back injuries are caused by years of mistreatment before that final, painful injury.

Stresses such as poor posture, faulty body mechanics, obesity, emotional tension and lack of fitness over the long term are the cause. With these modern problems, it's not surprising that back pain is the number one complaint today.

Whether you want to treat it or prevent it, these steps will help.

* **Posture:** Stand with your ears, shoulders, and hips forming a straight line. See a physical therapist or trainer if they don't.

* **Body mechanics:** Keep the correct alignment of ears, shoulders and hips while performing everyday activities. Keep lifted objects close to your body, and you reduce your risk of injury.

* **Exercise:** Make it central to maintaining a healthy back. Your program should include aerobic, flexibility, and strengthening exercise.

Aerobic exercise includes walking, biking, and swimming. Do it for 10 to 15 minutes three or four days a week to start, building to 30 minutes.

Poor flexibility can be a key contributor to lower back and neck pain. If your hips don't move freely, your spine will move more than it should, leading to back problems. If you have a limited range of motion in an area, you need to stretch that area.

Well-balanced muscle strength is essential in maintaining good posture and a healthy back. Strong back, hip, and abdominal muscles support the spine. Strong trunk muscles help to prevent back injuries.

Remember these top keys to a healthy back: posture, mechanics, and exercise. The season for fun is now. Use it to get your back in shape for summer.

Spaghetti Addition

Across

1. "___ Doubtfire"
4. Oven emanation
9. Sushi offering
10. Having three dimensions
11. Massage locale
12. Parenthetical comment
13. Unchanged
15. Exists
16. Nile Valley region
18. Therefore
20. Property
23. Nosy one
25. Fish story
26. More aloof
27. In the style of
28. Tot watcher
29. "Indeed"

Down

1. ___ Verde National Park
2. Gym set
3. Assassinated
4. Trendy "superfood"
5. "From ___ with Love"
6. Sapporo sash
7. Calf-length skirt
8. Top guns
14. Soup holder
17. Put to rest, as fears
18. Whirl
19. Boat in "Jaws"
21. Game piece
22. Nay opposers
24. Yang's counterpart

1	2	3		4	5	6	7	8
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11				12				
13			14				15	
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18	19		20				21	22
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S	E	Y		Y	N	N	A	N
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S	I		S	I	T	I	S	A
E	D	I	S	V		A	P	S
C	I	B	C	U		L	E	E
A	M	O	A	R		S	R	S

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

March Birthdays

Happy Birthday!!

Ruth Springer-March 17
Cheryl Hougham-March 24
Sonia Michaelis-March 28

Belated Birthday Wishes to
Jeannie Evans- Feb 23



Chapter Board Meetings

*Chapter Board Meetings are open to the Chapter Members.
We are currently meeting via ZOOM. To receive a ZOOM link,
contact Michael Bloom at Mblonden@msn.com*

Member Report

Welcome to our new Mended Hearts Chapter Member:

Camille Kettel

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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