



UpBeat

Mended Hearts Newsletter

Chapter #130–April 2023

Olympia, WA

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

Meeting Notice

**Program: Exercise by Darld Brannan
Larry Swift, John Worcester**
Time/Date: 2pm, April 13, 2023
**Location: Timberline Baptist Church
6628 Mullen Rd, SE
Lacey, WA**

Upcoming Dates

- ⇒ Apr 6-Board Meeting
- ⇒ Apr 9-Easter
- ⇒ Apr 13-Chapter Meeting

Happy Easter!



President's Message

Michael Blonden



As you can see, we have a plan going with our Mended Hearts Member Meetings. We are focusing on members sharing their experiences rather than having professionals do presentations for a while. This month Larry, John, and Darld will be doing a presentation on exercise. The presentation will show us how they have applied exercise to their lives. There are numerous ways that we can exercise. Larry, John, and Darld will touch on several of the exercises. Literally, there is not a one exercise plan for everyone, it is important that we all exercise and produce a plan that will work for each of us. We may even have to adjust our plan as we go through changes in our health. One of the keys is sticking to some form of exercise. I was just reading about a 90-year-old male body builder who holds the Guinness World Record for "oldest male bodybuilder". He started bodybuilding when he was 13 years old. Consistency is very important.

In May Kristi, Julie, and Nick have stepped up to talk with us about their experiences with Cardiac Arrest. In June Ernie will talk with us about his experiences with heart disease and Mended Hearts membership for 30+ years. If we're lucky Cheryl may assist Ernie in talking about her wealth of experience with thirty plus years as a Board Member and Caregiver/Welcome Person. In July we will wrap up our member discussions with all members present participating in sharing their experiences with lifestyle changes. As regularly scheduled August will be our Picnic.

As mentioned before, our group is about peer support, and I would like to see everyone attend and support our members who have volunteered to talk about their experiences at our Member Meetings. Surprise Cheryl and Michele when they call about the upcoming meetings and tell them they can expect you at the meeting before they ask.

Chapter Newsletter

Exercise

Darld Brannan

April General Meeting Program on Exercise.

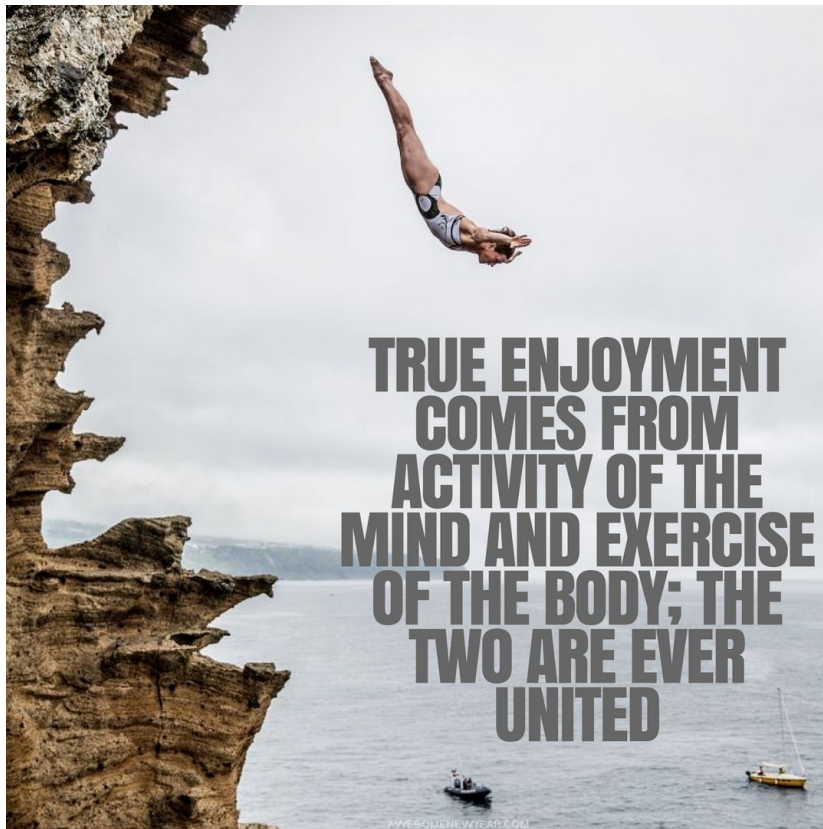
The purpose of this program is to cover most aspects of exercise and physical fitness. Namely benefits and changes required as one ages and coping with certain physical changes.

I will deal briefly with such things as aerobics, isometrics, calisthenics, chair exercises, various machines, bands, bikes, trikes, walking, running, balance, weights as they relate to arthritis, and Kaiser's silver and sit program.

I am not a licensed professional. I have been doing practical work on my own program for 40 years and have adapted to changes caused by a heart valve job and a total knee replacement. I am 86 years old and am a professional volunteer. I still walk, trike (recumbent), work light weights, and do light to medium grounds work at home and the church.

I hope to see many of you at the general meeting so we can compare experiences and swap results. I want your input as I am still learning. So let us have some fun.

After Darld, John and Larry will present their exercise programs.



Device helps relieve pain

Chronic pain can make life miserable, but one relatively new treatment does offer some hope.

Dorsal root ganglion spinal cord stimulation (DRG) emerged as a chronic pain treatment around 2010. It's similar to peripheral nerve stimulation or spinal cord stimulation (SCS), which are often effective pain relief techniques, especially for large areas of pain.

DRG stimulations offers a more targeted pain relief to a specific area, such as a foot or hip. The stimulation doesn't change with activity. SCS patients often report that a change in body position can cause either tingling or a prickling sensation, but that doesn't happen with DRG.

With DRG, stimulators are surgically implanted near the spinal nerves at the dorsal root ganglion, which are clusters of sensory neurons. According to Penn State Health, these nerves regulate sensations that travel through the nerve columns from the spinal column to the brain. Each DRG is associated with different areas of the body.

The electrical leads have four contacts that are placed over the DRG. They connect to a pulse generator implanted in the low back or upper buttock. Patients actually go home with a remote controller that can switch between stimulation settings, according to Neuromodulation.

A 2019 study of more than 200 cases, reported in PubMed Central, showed that 63 percent of patients reported greater than 50 percent pain relief after one year. Participants reported relief of 70 percent or more for leg and back pain and 80 percent reduction in pain for foot and groin pain.

Pagesmag.com

Do You Know Anyone Who May Enjoy Receiving This Newsletter?

They may not know how easy it is to get it; it only takes a few minutes to sign up. This newsletter is sent to every Mended Hearts member in our Chapter.

One does not have to be a heart patient to benefit from the great information included with each newsletter. Contact any board member listed in the newsletter on the back page to sign up today.

Chapter Newsletter



**Sacred Heart Catholic Parish
812 Bowker St. SE
Lacey, WA**

**Parish Nurse Ministry Presents:
Free CPR & AED Training
By Firefighter Instructors Mike, Pat, & John Harn**

Time/Date: 10:00-1:00pm, Saturday, May 6, 2023

Location: Fellowship Room (Office Building)

[Sign-up at Front Desk in Church Office](#)

Cheryl Hougham, Volunteer at Bigelow House Museum

There is an interesting article in the JOLT (Journal of Olympia, Lacey, Tumwater), which is a free daily website newsletter with news articles on our local area. The article is about Cheryl Hougham, a volunteer at the Bigelow House Museum in Olympia.

The Bigelow House is the oldest residence in Olympia that was built in the 1850's by pioneer lawyer and territorial legislator, Daniel R. Gigelow, and his schoolteacher wife, Ann Elizabeth White.

Go to the JOLT website, and do a search for Bigelow House to find the article.

April Birthdays

Happy Birthday!!

Rick Taylor-Apr 15

Dianne Caputo-Apr 23

Larry Roediger-Apr 27



Chapter Board Meetings

Chapter Board Meetings are open to the Chapter Members. We are currently meeting via ZOOM. If you are interested in Attending, contact Michael Blonden at mblonden@msn.com

Member Report

Welcome our new members:



Mended Hearts™

Rose Chavez
Julie Dean
Mary Prentice
Greg Hansen



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!!

Chapter Newsletter

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