



# UpBeat

## Mended Hearts Newsletter

### Chapter #130– May 2023

### Olympia, WA

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

#### Meeting Notice

**Program: Ernie Ong– Heart Story & Membership**  
**Time/Date: 2pm, Thursday, May 11**  
**Location: Timberline Baptist Church**  
**6628 Mullen Rd, SE**  
**Lacey, WA**

#### Upcoming Dates

- ⇒ **May 4-Board Meeting**
- ⇒ **May 11-Chapter Meeting**
- ⇒ **June 1-Board Meeting**
- ⇒ **June 8-Chapter Meeting**



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#### **President's Message**

#### **Michael Blonden**



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Our next Member Meeting has changed to Ernie Ong speaking about his heart story and Mended Hearts Membership. In June Julie Dean, Nick Chavez, and Kristi Wells will talk about their experiences with Cardiac Arrest. July will be a time for members to discuss changes they have made or would like to make to address their heart disease. August will be our Member Picnic and starting in September we will resume professionals speaking at our Member Meetings.

We are restarting our Visitor Program at St Peter Hospital. Lots of changes have occurred during the last few years at the Hospital. If you are interested in visiting patients at the hospital, please give Diane Caputo a call at (360) 705-1271. Healthcare facilities are still using masks and other precautions.

I'd like to thank members for helping sustain and support our Chapter during this difficult time. Whether you attended Zoom Sessions, in person meetings, picnic, or luncheon, you've played a role in helping us survive as a Chapter. We now need to move forward and re-establish the support we offered for Hospital patients and staff.

I remember a trip to Hawaii and getting a shirt that says I survived the road to Hana. Our last three years have been a lot like the trip to Hana, with plenty of twists and turns...masks won't help, oh yes, they will help, vaccines will stop COVID, no they won't stop COVID. As one of the highest at-risk groups, you've made the trip and survived. What color is your T-Shirt?

## Tangy Pasta Salad Recipe



This flavorful pasta salad makes an excellent addition to any Memorial Day get-together.

Adjust the vegetables to suit your preferences -- try just-cooked chopped asparagus, chopped arugula leaves, and fresh basil or fresh peas to mix it up. For extra vinegary flavor, try doing a quick pickle on the sweet peppers ahead of time.

### Ingredients:

- 1 pound short pasta (such as fusilli or farfalle)
- 1 cup buttermilk
- 1/2 cup mayonnaise
- 2 tablespoons champagne vinegar
- 1 large garlic clove, grated
- Ground black pepper to taste
- 1 cup sweet peppers, chopped
- 1 large or 2 small broccoli crowns, chopped into small pieces
- 1 pound raw shrimp, peeled and de-veined (optional)

### Directions:

Fill a saucepan with water and bring to a boil. Salt the water generously and add pasta. Cook until al dente, then drain well and transfer to a large bowl. In another bowl, whisk the buttermilk with the mayonnaise, vinegar, and garlic, then season to taste with salt and pepper. Toss the dressing with the salad, then let cool for at least 30 minutes.

While pasta is cooling, add butter or olive oil to a frying pan and heat to medium-hot. Pat shrimp dry with a paper towel as needed and season with salt and pepper to taste. Drop into the hot pan and cook until the shrimp turns opaque and firm, about four to five minutes. Set aside to cool. Stir cooled shrimp into cooled pasta salad, then add veggies. Garnish with parsley or green onion before serving.

## May is National Arthritis Month

### How to Reduce Arthritis Symptoms



The most common form of arthritis, osteoarthritis, is a degenerative joint disease where the protective tissue on bones wears down over time. It causes pain and inflammation.

If you are beginning to have pain in joints, like knees, one of the best things you can do is lose weight. Weight loss reduces joint stress. With weight loss, some joint pain may disappear completely. In other cases, weight loss may have a moderate impact on pain.

If you already have osteoarthritis pain, increasing water intake often improves the condition after about four weeks, the time needed to rehydrate the joints. Drink half your body weight in ounces each day. If you weigh 160 pounds, drink 80 ounces or 10 eight-ounce glasses per day.

Eat foods that fight inflammation, such as fish and nuts. Limit animal fats, which can trigger inflammation. Take a multivitamin.

Researchers have found that walking, riding a bike, tai chi, or swimming can help with pain and preserve some flexibility.

One of the keys is to do as much as you can. No one with arthritis likes getting started, but remember that walking can help reduce pain and inflammation. See [arthritis.org](http://arthritis.org) for stretching exercises and advice on walking programs.

Glucosamine and chondroitin supplements are often taken for arthritis, but there have been mixed results in clinical studies. Some studies say the supplements seem to have little effect on mild to moderate arthritis. In cases of moderate to severe arthritis, however, some users report reduced pain.



**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.

**REMINDER!!**

**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](#)**

## Meeting Pictures



**Carolyn Kelly**



**Jeanne Adams**



**CPR Instructor**



**Michael Blonden, Sonia Michaelis  
Jeanne Adams, Carolyn Kelly**



**Kristi Wells, Jeannie Evans  
Darld Brannan, Cheryl Hougham**





## May Birthdays

## Chapter #130 Officers

## No May Birthdays

**Mother's Day is May 14**  
**Happy Mother's Day!!**

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**Chapter 130 Website Address:**  
<https://mendedheartsthurstoncounty.org/>  
**Mended Hearts National Website:**  
<https://mendedhearts.org/>

## 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](mailto:Mblonden@msn.com) to receive a ZOOM link.*

## Member Report

**Welcome our new members:**

**Sandra Petty**  
**Bill & Danice Miller**

**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