



UpBeat

Mended Hearts Newsletter

Chapter #130– June 2023

Olympia, WA

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

Meeting Notice

Program: Member Mended Hearts Stories

Date/Time: Thursday, June 8, 2pm

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

Upcoming Dates

- ⇒ June 1-Board Meeting
- ⇒ June 8-Chapter Meeting
- ⇒ June 18-Father's Day
- ⇒ July 6-Board Meeting
- ⇒ July 13-Chapter Meeting

Happy Father's Day!

President's Message

Michael Blonden

In June we will have three survivors talk about Cardiac Arrest and what they have learned from their experiences. Please join us to hear their stories. Talk with other members that have navigated experiences like your heart disease. Share how good it is to be alive and all the experiences you have had since your heart event. Every day brings us new opportunities!

Many of our members have known each other for years. You have put in many hours of attendance at our member meetings. We have had discussions on numerous topics about heart disease. What I would like to do is start discussions about what you have learned and applied to your lives. To address our recovery from heart disease we have heard time and again about making personal lifestyle changes to improve our health. This is obviously our personal choice to make these changes. Lifestyle changes may require considerable investment to make the desired changes. It may involve walking more than usual or learning to make plant-based recipes. I would like to see our members succeed with these lifestyle changes.

If you have not previously set up goals that you would like to create for changes leading to better health, we will discuss specific lifestyle changes you can make to improve your health during our July Member Meeting. If you have made changes already that have contributed to improved health, we would like to hear from you in July. Discussing, developing plans, or making new plans will lead to our motivational energy being focused on improving our quality of life. Sometimes it requires us to make small steps toward our goals. We can focus on short-term daily goals to realize a big pay off in our health.

Chapter Newsletter

President's Message (Continued)

We are here to help you realize your improvement in health. Members sharing and providing feedback will help you realize your improvement in health. Walking a mile is accomplished by taking one step after another. We need to encourage your daily efforts. After we perform an action often enough it becomes a habit. If you need someone to help support your efforts, there are several members available to help. Social relationships are a critical part of behavior change—and conversations are a critical part of relationships.

Join us for conversations on better health in July and our annual picnic in August. We will have the picnic at Tumwater Historical Park on August 10th. Sign up for the picnic now and for sure by the end of July, so Diane Caputo can plan on how many tacos to make. To attend the picnic, please sign up online <https://mendedheartsthurstoncounty.org/> or contact Michele Scott at basquema@live.com or call 360-561-1550. Please bring a dessert, salad, or fruit.



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Chapter Picnic: Thursday, August 10, 3-8pm

Address: Tumwater Historical Park 777 Simmons Rd. SW Tumwater

Directions: From I-5 heading south, take exit 103. Go to Custer Way (the first light) and turn left. Cross the bridge and turn right on Boston Street which winds down around the old brewery to Deschutes Way. Turn right on Deschutes Way to Grant Road or the Crosby House. (If you go under the freeway, you have gone too far.) The park is at the bottom of the hill. Picnic location signs will be posted.

From I-5 heading north, take exit 103 which puts you directly onto Deschutes Way. Go straight pass Custer Way and look for Grant Street on the right. The park is at the bottom of the hill.



Chapter Newsletter

Michael Blonden

Myocardial Infarction Story

Kristi Wells

In April of 2015, I was a healthy, active, food-savvy 67-year-old starting retirement. First came a divorce, then a 'fixer' home purchase and then a remodel gone haywire. One morning, a mild yet persistent pain developed under my left rib cage which I tried to ignore. That failing, on day three, I went to my GP who declared it "gastrointestinal" and prescribed antacids. Given my minor arrhythmia diagnosed eight years prior, he cautioned me to check in with my cardiologist while insisting antacids would help. Gastrointestinal? I felt like a hypochondriac and skipped the cardiologist. As it turned out, I ignored my doctor's advice at my own peril as two months later, I was blindsided by a near-fatal, major heart attack. If not for the swift action of EMTs, some vigorous CPR, and cardioversion, I would not be presenting this story.

It all unfolded at 9:30 PM on June 8, 2015. I was alone, finally moving into my new neighborhood in Centralia, and had dozed off briefly on the couch. I suddenly awoke with a very queasy stomach. I blamed the chili I'd eaten earlier and thought maybe I should throw up, but that didn't work. I became aware of an odd, intense pressure in the roof of my mouth and then an extreme tightness in my left bicep. Not wanting to alarm my new neighbors with sirens, I foolishly opted to drive myself to nearby Providence in Centralia. I arrived at 10 PM and, after one look at me, the staff immediately set about to transport me to Olympia PSPH. I recall being put in a wheelchair, but blacked out before they even put me in the ambulance. We didn't make it very far down the road before I went into total cardiac arrest and respiratory failure. The EMT's quickly began CPR, shocked me, intubated me, turned the ambulance around and returned to Centralia to further stabilize me before they tried the trip again.

I awoke at 10:30 AM the next day at St. Pete's with four unfamiliar faces leaning very closely over me and a tube down my throat. I fought wildly, fearing I was being strangled. I was restrained and the tube was thankfully removed. The surgeon, Dr. Jimmy Swan, came in and explained I had suffered cardiac arrest. He said there had been 2 major blockages: one 85% and one 100%. He had successfully placed 2 stents via catheter at the blockage sites and said I'd do fine. So here I am, nearly 8 years later, and I'm happy to report, Dr. Swan was right!

SACRED HEART CATHOLIC CHURCH PRESENTS:

FREE CPR & FIRST AID CLASS

DATE/TIME: Saturday, July 8, 10am to 2pm

LOCATION: Fellowship Room (Office Building)

SIGN UP at the Front Desk in the Church Office Building

Chapter Newsletter

Get Some Fitness Bang for Your Buck with Kettlebells



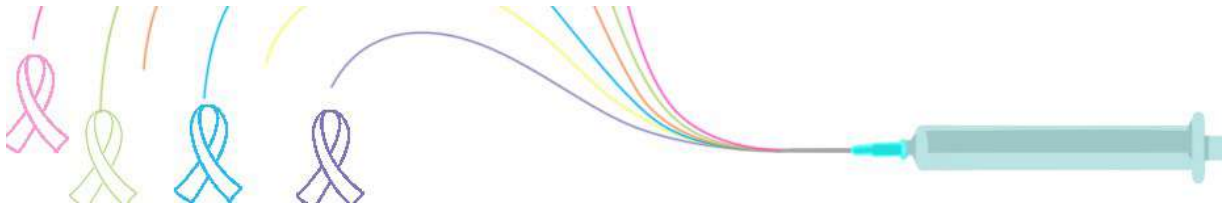
The kettlebell -- a deceptively humble-looking hunk of iron with a thick handle -- is one of the most versatile and portable fitness tools around, delivering a one-two punch of strength and cardiovascular benefits for users of all ages and experience levels.

In young athletes, it can improve aerobic capacity, while older users may see relief of knee arthritis symptoms and better grip strength. And maybe best of all, it's fun and satisfying, which is why the kettlebell, previously unheard of outside of Russia, has become a fitness favorite around the world during the last two decades.

Ready to start your kettlebell journey? First, choose your first kettlebell wisely. Skip lower-cost plastic or vinyl kettlebells, which can tear the skin or slip from sweaty hands, and look for a cast-iron kettlebell made from a single piece of metal. Choose the heaviest kettlebell that you can safely lift overhead -- usually around 10 to 12 kilograms (about 22 to 26 pounds) for women and about 16 kilograms (about 35 pounds) for men. Don't be afraid to go lighter if necessary. You can add heavier kettlebells or a second kettlebell of the same weight later.

Users should also take time to learn foundational movements like the swing, goblet squat, clean, and press before diving into high-volume workouts. Try online resources like Nerd Fitness or books like *Simple & Sinister* by Pavel Tsatsouline for step-by-step instructions on movements and a variety of workout options.

Cancer Vaccines may Save Lives





Could vaccines turn life-threatening cancers into a thing of the past? Early research suggests that mRNA cancer vaccines, often customized specifically for individual patients, have the potential to significantly improve survival rates for certain cancers. So how do these potentially life-saving cancer vaccines work?

Vaccines work by teaching the body how to identify and fight microbes, according to [cancel.gov](https://www.cancer.gov). Traditionally, vaccines have targeted viruses, tiny and not-quite-living microbes that don't respond to antibiotics. Viral vaccines don't target the virus itself directly, and instead teach the immune system how to identify and attack specific viruses.

For some time now, researchers at various universities, companies, and other organizations have been searching for a mechanism to teach the body how to more effectively find and destroy cancer cells. Because cancer is an internal process, the immune system struggles to fully differentiate between healthy cells and cancer cells, which allows the cells to spread unchecked. While some cells in the immune system can identify the mutated cells, they are usually overwhelmed.

mRNA cancer vaccines may turn the tide, according to [AJMC.com](https://www.ajmc.com). While traditional vaccines typically use a whole virus or similar microbe, mRNA vaccines use smaller proteins to teach immune cells how to spot proteins present in cancer cells or on a virus's outer coating. When the immune system can quickly identify the rogue cells and viruses, it's much easier to destroy them.

Meanwhile, traditional cancer treatments often target fast-growing cells. Chemotherapy, for example, kills cells as they split into two. Since cancer cells multiply more rapidly than healthy cells, chemotherapy tends to kill off cancer cells more quickly than healthy cells. Still, chemo will kill many healthy cells and damage the body. Cancer vaccines, however, may ultimately prove both effective and much easier on patients.

June Birthdays	Chapter #130 Officers
<p style="text-align: center;"><u>Happy Birthday!!</u></p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: left;"> <p>June 13 Darld Brannan</p> </div> <div style="text-align: center;">   </div> </div>	<p>President: Michael Blonden Mblonden@msn.com 360-491-8869</p> <p>Vice President/Web Admin & Program Coordinator: 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. If you are interested in attending, contact Michael Blonden at Mblonden@msn.com to receive a ZOOM link.</i></p>	<p>Treasurer: Bob Sherwood 360-438-3873; sherwoodjr@comcast.net</p> <p>Past President: Sonia Michaelis 360-458-3998</p> <p>Visitor Coordinator: Diane Caputo 360-705-1271 dianecaputo0304@gmail.com</p> <p>Special Projects: Darld Brannan 360-459-8175 Prof.volunteer@centurylink.net</p>
<p style="text-align: center;">Member Report</p>	<p>Member Relations/Sunshine: Cheryl Hougham 360-357-4987 dkhcmh@comcast.net</p>
<p style="text-align: center;">No Updates</p>	<p>Senior Action Network: Nancy Maldonado</p> <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/</p> <p>Mended Hearts National Website: https://mendedhearts.org/</p>