



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

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

**Meeting Notice**

**Program: Planning- Cardiac Recovery**

**Date/Time: Thursday, July 13, 2pm**

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

**Upcoming Dates**

- ⇒ July 6-Board Meeting
- ⇒ July 13-Chapter Meeting
- ⇒ Aug 3-Board Meeting
- ⇒ Aug 10-Chapter Picnic

**Happy 4th of July!!**

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

In our July Member Meeting we will be discussing and planning for cardiac recovery. If you have made lifestyle changes or are continuing to work on changes, we would like to hear from you. Your member support is needed. Hopefully, this will be a starting point for our Chapter to help provide additional peer support for your journey with heart disease. It would be nice to increase member participation at the meeting. In August we will meet for the regularly scheduled Picnic at Tumwater Historical Park. Please take the time to tell a board member if you are attending the event or go online and sign up yourself.

More and more technology to help us. Awhile back we received training at a member meeting on CPR. Now there is a device that helps with CPR. The LUCAS Machine does the CPR for the medic using it. Unlike people giving CPR it doesn't get tired and it provides measured compression on the chest.



**Chapter Newsletter**

## President's Message (Continued)

Recently, one of our members commented that our member meeting seemed to jell more with members making connections with each other. If you have not attended a member meeting recently, we would like to see you again.

Our experiences and sharing them can certainly help and support each other. I'd like to thank all of you again who have participated in our meetings sharing your stories and efforts to address heart disease. In preparation for this month's member meeting, please review the following information on our website...[Take this to Heart](#).

### Safe Food Handling and Practice

Planning a family picnic? Check out these safe food practices from the U.S. Food and Drug Administration.

**Poultry:** More than 60 percent of raw poultry sold in the U.S. contains bacteria such as campylobacter and salmonella. Thoroughly cook poultry until juices run clear and there is no sign of pink. Cooking kills the bacteria.

**Stews, soups, and gravies:** Those that contain meat, poultry, or their juices are a breeding ground for several dangerous bacteria. To reduce risk, refrigerate these foods in small containers to cool them faster. Bring to a boil when reheating.

**Ground beef:** E. coli bacteria can be present on the surface of beef. Cooking steak kills bacteria on the surface. With ground meat, the surface gets mixed and could end up in the middle of the hamburger. Cook ground meat thoroughly to kill E. coli bacteria.

**Deli meats:** Set your refrigerator just above freezing to store deli meats. Eat or freeze within five days to avoid Listeria bacteria.

**Leftovers:** Discard any that have been unrefrigerated for two hours. When reheating, bring to a temperature of 165 degrees or more.

**Potato salad:** Cool down your potatoes before making the salad and keep the entire salad at about 41 degrees. Do not eat any potato salad if it has been left out for four hours or longer.

# Palm Beach

## Across

- 1. School org.
- 4. Intimidate, with "out"
- 9. "Awesome!"
- 10. To-do
- 11. Down with the flu
- 12. Cruise ship
- 13. One who mutilates
- 15. You and I
- 16. Biblical tower
- 18. Bell or Barker
- 20. Become extinct
- 23. Big splash
- 25. Santa \_\_\_ winds
- 26. Dolphins' home
- 27. TV watchdog org.
- 28. Barely beats
- 29. Fifth musical note

## Down

- 1. Schoolmarmish
- 2. Currency of Samoa
- 3. Go off script
- 4. Inflammation of a leg vein
- 5. Evening do
- 6. Hither's partner
- 7. Enjoy some gum
- 8. Fabled racer
- 14. Bovary or Butterfly
- 17. Lounges around
- 18. Viral Internet phenomenon
- 19. It has a low pH
- 21. Strange, in Scottish slang
- 22. R.p.m. indicator
- 24. Fall behind

1	2	3		4	5	6	7	8
9				10				
11				12				
13			14				15	
		16				17		
18	19		20				21	22
23		24				25		
26						27		
28						29		

H	O	S		S	E	G	D	E
C	C	F		I	M	A	I	M
A	N	A		T	V	L	C	E
T	U	O	E	I	D		A	M
		L	E	B	A	B		
E	W		R	E	M	I	A	M
R	E	N	L			L	L	I
A	H	O	H			A	D	R
H	C	Y	S	P		A	T	P

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

## July Birthdays

### Happy Birthday!!

Michele Scott-July 26  
Ken Springer-July 26  
Duane Ullmann-July 31



### 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 to receive a ZOOM link.*

## Member Report

**Welcome New Member, Juli Sherwood**

**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**

## Chapter #130 Officers

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**Mended Hearts National Website:**  
<https://mendedhearts.org/>