



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

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

Meeting Notice

Picnic: Tumwater Historical Park
Date/Time: Thursday, Aug 10, 4-7pm
Location: 777 Simmons Rd. SW

Upcoming Dates

- ⇒ August 3-Board Meeting
- ⇒ August 10-Chapter Picnic
- ⇒ Sept 4-Labor Day
- ⇒ Sept 7-Board Meeting
- ⇒ Sept 14-Chapter Meeting

President's Message
Michael Blonden

I would like to thank members who participated in last month's meeting discussing lifestyle changes made since being diagnosed with heart disease. Hopefully, this helped members strengthen their resolve to live with the disease. As mentioned, we would like to support your lifestyle changes through our meetings. Feel free to discuss your plans with other members. Ideally, some of you will step up and share your changes through our newsletter.

I am looking forward to another picnic this month. This is a great time to meet and socialize with other members. Once again, we will have great food thanks to Diane Caputo putting together our taco bar. Darld will bring some games. To revive a previous picnic tradition, I'd like to see the Chapter pose for a picture. Hope to see you at the picnic.

For September, I'm still firming up plans to have Dr. Waggoner speak with our group. For October, Rachel Atkins will speak about plant-based diet and Diabetes. It would be nice to have members share summer experiences with Michele to add to the newsletter.



Mended Hearts™

Mended Hearts Chapter 130 Annual Picnic



Date/Time: Thursday, August 10th. 4-8:00pm (Set up time is 4- 5pm if you would like to help, come at 4pm). Dinner will be at 6pm.

Location: Tumwater Falls Historical Park, 777 Simmons Rd. SW
Tumwater

Taco Bar Will Be Provided. Please bring Dessert, Fruit, or Salad
Sign Up at the Chapter Website mendedheartsthurstoncounty.org/ or call/email a Board Member. Board Member Contact information is on the last page of the Newsletter. If you have not signed up, please come anyway.

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.

Brush Your Teeth at Night to Reduce Cardiovascular Risks



Not brushing your teeth at night may increase your risk of cardiovascular disease, according to a new study published in the journal *Scientific Reports*. Japanese researchers studied a group of 1675 people aged 20 and older who were hospitalized for surgery, evaluation, or other medical treatments, and found that brushing teeth after waking up and at bedtime was associated with fewer cardiovascular events and better overall survival rates.

The subjects were divided into four groups: Group MN (brushing teeth after waking up and at night), Group Night (brushing teeth only at night), Group M (brushing teeth only in the morning), and Group None (not brushing teeth at all). Within each group, researchers also noted whether subjects were smokers or nonsmokers, and prognosis at the time of hospitalization.

Unsurprisingly, smokers who never brushed their teeth had the worst health outcomes among all study participants, with the lowest survival probability compared to non-smokers and smokers who brushed their teeth at least once each day. Among nonsmokers, those who never brushed were much less likely to survive cardiovascular events, and nonsmokers who brushed twice a day or just at night had significantly higher overall survival probability than those who only brushed in the morning or not at all.

The study joins a mounting body of evidence that links poor oral hygiene and periodontal disease with conditions such as heart disease, diabetes, and dementia. According to the *New York Times*, some scientists believe that periodontal bacteria may travel to the arteries and contribute to the development of vascular diseases. Other studies have found that better oral hygiene practices, including brushing twice a day and regular flossing, are associated with lower rates of heart disease.

Could AI Actually Threaten Humanity?



Could artificial intelligence, long a science fiction bogeyman, pose an existential threat to humanity? Many believe so, and some weeks ago, dozens of business and technology thought leaders signed a succinct statement:

"Mitigating the risk of extinction from AI should be a global priority alongside other societal-scale risks such as pandemics and nuclear war."

How exactly might AI pose a threat to humanity? While many people might envision nuclear strikes or Terminators slinging guns, the immediate risks are more subtle. AI promises to empower many industries and activities, like healthcare, but could also power subversive activities, such as cybercrime.

Zero-day exploits, in particular, have ethical hackers worried. These are utterly unknown and unpatched vulnerabilities hidden in software code that can open the way to massive attacks and data breaches. Finding zero-day exploits typically takes a lot of effort, but AI may be able to quickly analyze code to uncover them and potentially paving the way for cybercriminals to quickly launch devastating attacks. Still, cybersecurity experts may successfully leverage AI to find and patch zero-day exploits just as quickly, if not faster.

AI may have a role to play in traditional warfare as well. It's unlikely that autonomous AIs will attack humanity anytime soon, but AI's capacity to analyze data and adapt on the fly could increase the lethality of weapons systems. AI-guided missiles may be able to avoid anti-missile systems and hunt down targets semi-autonomously, for example. Then again, perhaps AI could make it easier to avoid hitting non-combatants.

Then there's the risk of increased joblessness caused by AI. Here, many thought leaders have differing opinions. For hundreds of years, people have feared losing jobs to machines, but often, machinery has done the dirty work and freed up labor that can be used elsewhere. Yet with AI, some fear that human labor could become all but obsolete.

AI could someday replace many accountants, computer programmers, translators, writers, and more. Will people simply shift to new careers, or could AI simply wipe out too many jobs? That's for the future to reveal.

August Birthdays

Happy Birthday!!

Michael Blonden-August 11

Diane Blonden-August 24

Enjoy Your Special Day!



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

No Updates

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
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Every dollar helps. Thanks!!

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