



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

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

**Meeting Notice**

**Program: Dr. John Waggoner, Cardiologist**  
**Date/Time: Tuesday, September 12, 6pm**  
**(Note Date & Time Change)**  
**Location: Timberline Baptist Church**  
**6628 Mullen RD SE**  
**Lacey, WA**

**Upcoming Dates**

- ⇒ Sept 7-Board Meeting
- ⇒ Sept 12- Chapter Meeting
- ⇒ Oct 5-Board Meeting
- ⇒ Oct 12-Chapter Meeting

**Happy Labor Day!**

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

Please review picnic pictures and comments in newsletter. For absent members, sorry you missed the picnic. The newsletter will now have a regular article or link to articles on diet. Please give Michele feedback on this addition to the newsletter. I'd like to see as many members as possible at all our meetings. Note the evening meeting on September 12<sup>th</sup>. We will get an opportunity to meet with Dr. Waggoner, one of the best cardiologists in the area also a supervisor of cardiologists and cardiac surgeons through Providence. Reviews indicate he is a great listener. Bring your questions to the meeting.

Speakers for Upcoming Member Meetings:

September 12<sup>th</sup>: 6 pm Dr. Waggoner-cardiology

October 12<sup>th</sup>: 2 pm Rachel Akins-diabetes and plant-based diet

November 9<sup>th</sup> : 2 pm- Doug Kernutt-Insurance/Medicare

December: Member Luncheon

January: Wills, Trusts

**World of Support Fundraiser (National Mended Hearts)**

The money raised through this fundraiser will help us pay for things like the MH and MLH HeartGuides®, our award-winning Heartbeat® Magazine, our visitor training, chapter and group registrations, the printing and shipping of educational materials, and much more. We do not receive sponsor funding to provide these vital programs, materials and services, so we depend on community fundraising to keep them running.

Participants can contribute by donating or/and or registering for the event. If you choose to register, you'll pick a distance and then you'll have one month (from Sept 29 to Oct 29) to complete that chosen distance in a way that works for you.

## President's Message (Continued)

National Mended Hearts will send all member/participants the link to the mileage tracker when the event begins on September 29. This year there are cash prizes for those who donate at least \$100. For every \$100 donated, that person, chapter, or group will be entered into a drawing to win \$100, \$250, and \$500.

Register: [World of Support](#)

Choose Register Button to sign up or Donation Button to contribute. Same team name...Heart of Gold.

**On Another Note...** Our youngest son is getting married on August 20<sup>th</sup>. Some of you met our niece, Marikka, in Cardiac Rehab. She graduated August 18<sup>th</sup> from UW with her Master of Clinical Health Services or (Physician Assistant after passing the test) ...we look forward to her exciting medical career. I feel blessed to enjoy family events with my wife, Diane. (Marikka's father didn't get the same opportunity to enjoy Marikka's accomplishments.)



**Marikka Benson**

Please share events in your life for the newsletter by contacting Michele Scott, Diane Caputo, or Cheryl Hougham.

### **Bio of Dr. John Waggoner, MD**

Dr. John W Waggoner is an Interventional Cardiology Specialist in Olympia, Washington. He graduated with honors from Oregon Health Sciences University School of Medicine in 1999. Having more than 19 years of diverse experiences, especially in INTERVENTIONAL CARDIOLOGY, CARDIOVASCULAR DISEASE (CARDIOLOGY).

Dr. John W Waggoner affiliates with many hospitals including Providence St Peter Hospital, Providence Centralia Hospital, Capital Medical Center, Grays Harbor Community Hospital, Providence Sacred Heart Medical Center, and cooperates with other doctors and specialists in many medical groups including Providence Health and Services-WA.



## Exercise May Help Your Heart, Even If You Don't Lose Weight

Maybe you've been exercising pretty regularly, but the bathroom scale hasn't budged and your middle is still about the same size.

You have probably made an improvement in your cardiovascular health, and that could be even more important than your pants size.

Researchers at Harvard University and Brigham and Women's Hospital report that moderate amounts of exercise is associated with as much as a 41 percent reduction in cardiovascular risk. While their study was done entirely on women, men can presumably reap similar benefits.

In various study subjects, body mass index changes accounted for just 10 percent of the reduction. Blood biomarker improvements accounted for about one-third of the risk reduction, and blood pressure changes were accountable for 27 percent of the improvements. Reduced cholesterol accounts for a 20 percent improvement.

The benefits of regular moderate exercise outweigh what the scale will tell you. The researchers found that the more study subjects exercised, the greater their cardiovascular health improved.

The surprise was that cardiovascular risk dropped by 27 percent for those whose activity burned just 200 to 599 calories per week.

The risk was reduced by 32 percent for those who burned 600 to 1,499 calories per week, and 41 percent for those who worked off 1,500 calories a week.



Sacred Heart Catholic Church  
Parish Nurses and Mental  
Health Ministry

**Presents: Marilyn Roberts,  
Director of Operations**



**NAMI Thurston-Mason serves residents across Thurston-Mason counties with free mental health support, online groups, resources, and education.**

**Come learn with us how to better support our families, friends, and communities.**

**Please Join Us, Saturday, September 9<sup>th</sup>, 2023  
10:00AM – 12:00PM in Hallen Hall, Rooms 1 and 2**

# Picnic Pictures

**Picnic Comments: Nice to see everyone, Food was great, Great Taco Bar, & Excellent Weather.**



## September Birthdays

### Happy Birthday!!

Sept 3-Judy Mclean

Sept 26-Dave Belcher



### 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  
Olympia, WA 98509-5551

**Every dollar helps. Thanks!!**

## Chapter #130 Officers

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