



# UpBeat

## Mended Hearts Newsletter

### Chapter #130 – October 2023

#### Olympia, WA

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

### Meeting Notice

**Program: Healthy Diet by Rachel Akins**  
**Time/Date: 2pm, Thursday, October 12**  
**Location: Timberline Baptist Church**  
**6628 Mullen Rd SE, Lacey, WA**

### Upcoming Dates

- ⇒ Oct 5-Board Meeting
- ⇒ Oct 12-Chapter Meeting
- ⇒ Nov 2-Board Meeting
- ⇒ Nov 9-Chapter Meeting

**Happy Halloween!**



Mended Hearts™

### **President's Message**

#### **Michael Blonden**



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We are almost back to normal, our Chapter will finally resume Hospital visits within the month. Most of the requirements for COVID no longer exist. We are also looking at visiting the Cardiology Clinic. Anyone interested in visiting please contact Diane Caputo or myself. We will hear within the month about moving forward with the Mended Hearts Pillow Program. Those attending Dr. Waggoner's talk at our last meeting participated in a gem of a meeting. As a member at the meeting noted, he is one of a few doctors who talks about the connection of diet and our health.

For our October meeting, we plan on having a Dietitian talking with our group. In November, we will have an insurance and Medicare discussion. In December, we will have our annual Luncheon at Jacob Smith House. Look for fliers and further details. Signups for the Christmas luncheon will start in October. In January, our chapter meeting will focus on the connection of nondenominational faith and illness/medicine .

We are just starting the Mended Hearts National Fund Raiser World of Support. If you can help the Chapter raise money for National Mended Hearts, please go to our Website, <https://mendedheartsthurstoncounty.org/> , and click the link to National Fund Raiser to donate or signup to exercise for the fund raiser. Funds raised go toward Heartguides, Heart Pillows, Bravery Bags, and etc.

## President's Message (Continued)

Ms. Rachel L Akins (RD) is our speaker for the October Chapter Meeting. Rachel is a Registered Dietitian and Nutrition Professional specialist in Olympia, Washington. She graduated in 1998 with over 24 years of experience as a Registered Dietitian and Nutrition Professional. Ms. Rachel L Akins also cooperates with medical professionals at Providence Health And Services. Ms. Rachel L Akins accepts Medicare-approved amount as payment in full.

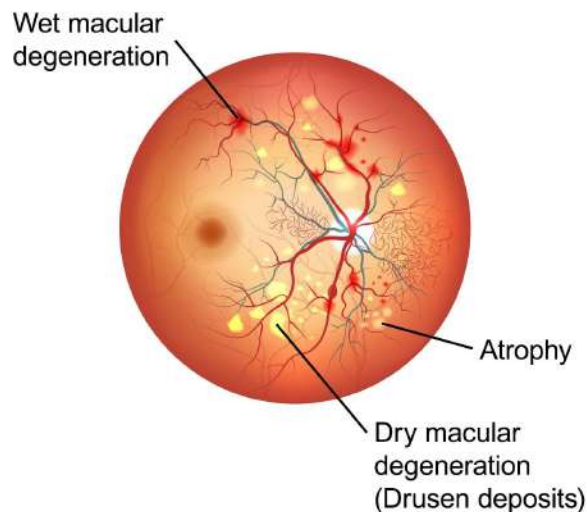
### Avoid Age-Related Macular Degeneration

Although age-related macular degeneration (AMD) is the leading cause of blindness in people age 65 and over, ophthalmologists have found that the first stages begin earlier in life.

There are two types of AMD -- wet and dry. Dry AMD is caused by a breakdown of light-sensitive cells in the center of the retina. Wet AMD is triggered by the growth of abnormal blood vessels under the macula that can leak blood and fluid and damage the macula.

According to studies reported in the Archives of Ophthalmology, getting adequate amounts of vitamin D and fish can help prevent AMD or slow its progress. In these studies, people who ate more than two four-ounce servings of broiled fish per week, or one four-ounce serving of baked or broiled fish, were more than 40 percent less likely to develop advanced AMD. The same was true for those who had high levels of vitamin D in their blood.

About 11 million people in the United States alone suffer from AMD, with the numbers projected to rise to nearly 22 million by 2050.



# Swollen Feet Should Be Checked Out



Edema could be a minor problem or could foretell a more serious condition

If you can hardly get your swollen feet back into your shoes after a long airplane flight, but can put them on easily within 24 hours, you're probably OK.

Edema, a medical term for swelling, can occur in any part of the body or in the entire body, but it's very noticeable in the legs and feet.

Sitting still or standing for a long period of time can cause temporary swelling. Or swelling could be caused by eating a very salty dinner. But if your feet and ankles are still swollen days later, it's time to see your doctor. The cause could be one of these more serious conditions.

- \* A blood clot. This is suspected if swelling occurs only in one leg.

- \* Heart failure. Many things can cause the right side of the heart to weaken, losing its ability to effectively pump blood, which leads to swelling, say doctors at the Mayo Clinic.

- \* Liver damage (cirrhosis). The flow of blood through the liver can get backed up. Swelling caused by liver damage first occurs in the abdomen.

- \* Kidney problems. Damaged kidneys may not properly remove water and sodium from your blood. The result could be swelling throughout the body.

Less-common causes of swelling include other heart problems, thyroid conditions, hormone imbalances, and malnutrition.

Swelling itself can be treated by limiting salt, taking diuretic drugs (water pills), and exercising. Elevating the affected limb above the level of the heart for about 30 minutes or longer up to three times a day can help.

Whatever the cause, get it checked. Over the long term, edema can cause other problems.

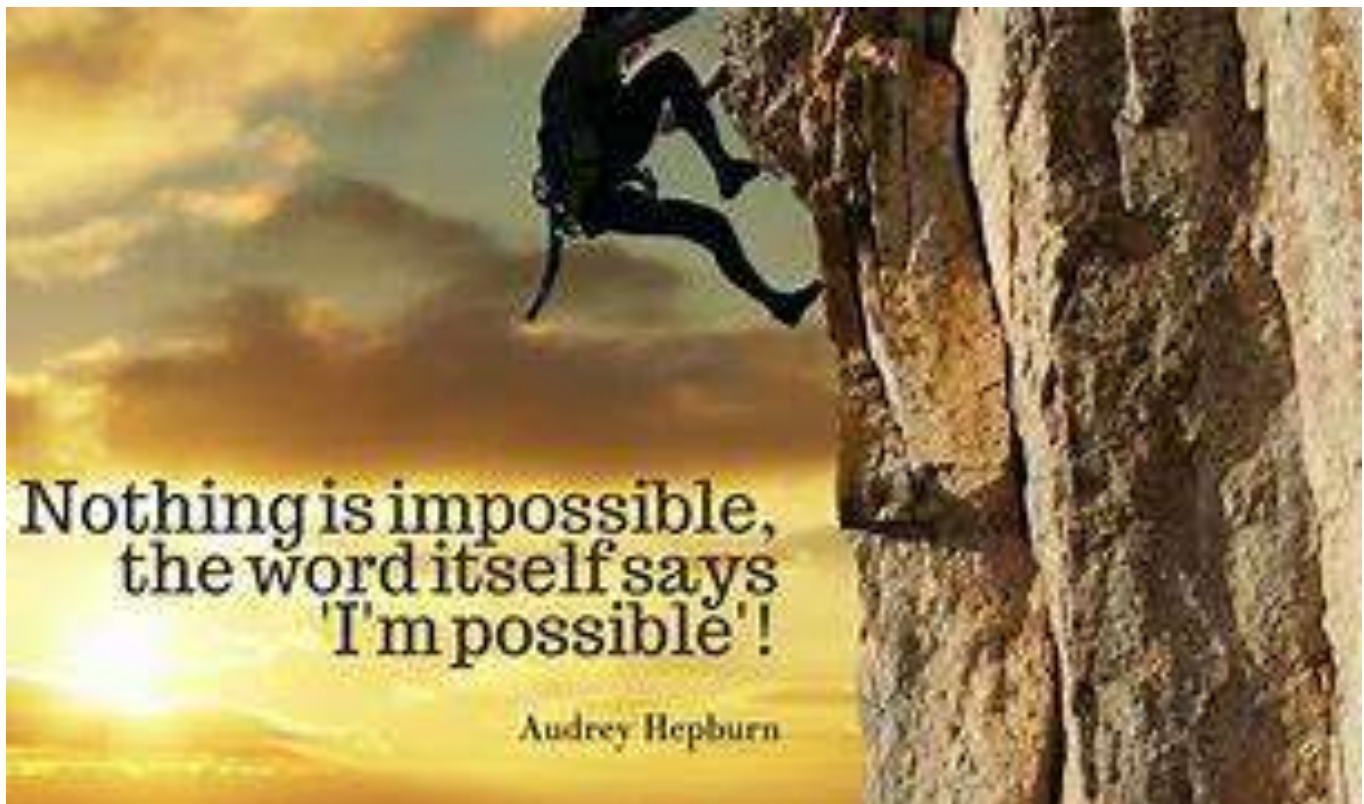
## Did You Know....?

Greetings, We are hoping to bring a few tidbits of information regarding health and lifestyle into your lives which I've gleaned mainly from reading and online sources. To begin....

DYK: Diabetes will cause you to be twice as likely to have heart disease or stroke than a non-diabetic. It makes the heart muscle stiffer which can lead to fluid retention and heart failure.

DYK: Prior to the discovery of insulin in 1921, pathologist Charles Von Noorden while treating digestive issues in patients, found oatmeal to be very effective at controlling glycosuria (excess sugar in the urine). His findings were met with great skepticism until Dr. J.B. Herrick (acclaimed for sickle cell anemia) tried the 'oatmeal diet' on his patients. He was astounded by the success and declared "no case of juvenile diabetes or adolescent diabetes should be deprived of the oatmeal cure". Worth a try!! Sources: [How Not to Die from Diabetes \(nutritionfacts.org\)](http://nutritionfacts.org)

DYK: Our favorite geriatric rocker, Mick Jagger remains unstoppable at 80. He may be amazing, but apparently not immune to heart issues. In 2019, he underwent the TAVR procedure to replace his aortic valve. One may suspect it was due to a hard living lifestyle all these years, but aortic stenosis is actually a mechanical problem which cannot be cured nor controlled with meds. His issue was remedied with the placement of a new valve. Recovery time: 2-3 days. Since then, he and the band have completed a 60th year European tour, are releasing a new album soon, and have penciled in an American tour. Whew!





# Crossword Puzzle

## Final Rest

### Across

1. Chitchat
4. Successor to Arafat
9. Neighbor of Wash.
10. Not as good
11. Turkish title
12. Anticipate
13. Paris art museum
15. In attendance
16. Layers
18. Therefore
20. In any case
23. Annapolis frosh
25. "Give it \_\_\_!"
26. Cambodian currency
27. To's partner
28. Oxen harnesses
29. Turner of TV channels


### Down

1. Hockey score
2. Jason's ship
3. Doozie
4. Cognizance
5. Seedy Manhattan area
6. Maidenform product
7. Largest of seven
8. Paving stone
14. Practical, as a plan
17. Mine passage
18. Nimble
19. MÈlange
21. Shrek, for one
22. Fireplace fuel
24. Comics shriek

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

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

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

October Birthdays	Chapter #130 Officers
<p><b><u>Happy Birthday!!</u></b></p> <p>Dianne Devoe-Oct 1  Nick Chavez-Oct 18  Jim Notter-Oct 29</p> <p>Belated Happy Birthday to Deborah Smithingell-Sept 17</p>	 <p><b>President:</b> Michael Blonden  Mblonden@msn.com  360-491-8869</p> <p><b>Vice President: Vacant</b>  If interested, please contact  Michael Blonden, President</p> <p><b>Secretary:</b> Kristi Wells  360-807-4411  klwells41@hotmail.com</p>
<p><b><u>Chapter Board Meetings</u></b></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><b>Treasurer:</b> Bob Sherwood  360-438-3873;  sherwoodjr@comcast.net</p> <p><b>Visitor Coordinator:</b>  Diane Caputo 360-705-1271  dianecaputo0304@gmail.com</p> <p><b>Special Projects:</b> Darld Brannan  360-459-8175  darldbrannan86@gmail.com</p> <p><b>Member Relations/Sunshine:</b>  Cheryl Hougham 360-357-4987  dkhcmh@comcast.net</p>
<p><b>Member Report</b></p>	
<p><b>No Updates</b></p>	<p><b>Newsletter Editor:</b>  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>Mended Hearts Chapter# 130  PO Box 5551  Olympia, WA 98509-5551</p> <p>Every dollar helps. Thanks!!</p>	<p><b>Chapter 130 Website Address:</b>  <a href="https://mendedheartsthurstoncounty.org/">https://mendedheartsthurstoncounty.org/</a></p> <p><b>Mended Hearts National Website:</b>  <a href="https://mendedhearts.org/">https://mendedhearts.org/</a></p>