



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

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

**Meeting Notice**

**Program: Medicare Benefits by SHIBA**  
**Time/Date: 2pm, Thursday, November 9**  
**Location: Timberline Baptist Church**  
**6628 Mullen Rd SE, Lacey, WA**

**Upcoming Dates**

- ⇒ Nov 2-Board Meeting
- ⇒ Nov 9-Chapter Meeting
- ⇒ Nov 11-Veterans Day
- ⇒ Dec 7-Christmas Luncheon

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

By the time you read this World of Support (WOS) will almost be complete. WOS serves as a fund raiser for National Mended Hearts. It also provides members a chance to exercise by walking, running, or biking. I'm excited about encouraging members to keep moving and exercise. Exercise and diet are two of the most important lifestyle activities that we can do for our hearts.

On December 7<sup>th</sup> we will hold our annual Holiday Luncheon at the Jacob Smith House, 4500 Intelco Loop SE, Lacey, WA. The event is catered, so if you plan on attending, please sign up at your earliest convenience. This year we will have turkey and plant-based chicken with all the trimmings. The cost will be \$20 per person. You can send me an email to state you will be attending, call me or register for the event online ([website](#) click on house or link below to complete registration form). Checks should be mailed to the Mended Hearts Chapter# 130 PO Box 5551 Olympia, WA 98509-5551.

All upcoming Member Meetings will be held at the Timberline Baptist Church. For our November 9<sup>th</sup> Member Meeting Doug Kernutt, a State Health Insurance Benefits Advisor (SHIBA) volunteer, will present on Medicare and insurance options. On January 11<sup>th</sup>, Janet Moody, Elder Law with Care, will do a presentation on wills, trusts, and estate planning.

The Board invites new members with fresh ideas to help assist with our organization. Next fall, 2024, we will have an election to install new officers. Let us know if you are interested in joining our Board as an officer or as a volunteer. The Vice President has been open and continues to be open. I'd like to mention that a Vice President, just like in our government, does not have to become president. Members of our Chapter Board have been serving from four to thirty plus years.

## Are you ready for Medicare?



Doug Kernutt (Speaker)

Let SHIBA help you with all your Medicare questions! Join us for a free, unbiased Medicare presentation!

Thursday, November 9, 2023, 2 p.m.  
presentation followed by Questions & Answers

Mended Hearts of Thurston County  
Timberline Baptist Church  
6628 Mullen Rd SE, Lacey WA 98503

We'll share the Medicare basics, upcoming changes for 2024, programs to help lower income Medicare beneficiaries & fraud prevention For more information, contact Janis Rich at 360-586-6181 or at [jrich@southsoundseniors.org](mailto:jrich@southsoundseniors.org).

This Medicare outreach is sponsored by Senior Services for South Sound, 222 Columbia St NW, Olympia WA 98501. Senior Services for South Sound is your local SHIBA (Statewide Health Insurance Benefits Advisors) office

**Doug Kernutt** has been a SHIBA volunteer for over a year now. He retired from the Clover Park School District. His prior background with the school district gave Doug experience with a variety of opportunities working with people in different sectors of life. He possesses a terrific ease in public speaking and helping people in this relatively new role. He enjoys sports and travelling. The SHIBA program is lucky to have him as part of our team.

# Christmas Luncheon



## Mended Hearts of Thurston County Christmas Luncheon

**Date:** Thursday, December 7, 2023

**Time:** 12:00pm - 3:00pm

**Location:** Jacob Smith House, 4500 Intelco Loop SE, Lacey, WA

**Menu:** Turkey Breast Roast with cranberry orange relish or Plant Based Chicken with a honey sesame glaze, Mashed Potatoes with gravy, Herbed Bread Stuffing, Steamed Seasonal Vegetables, Salad and Dessert.

Mail Check NLT December 5th made out to Mended Hearts Chapter 130 for \$20 per person. Mail Payment for Luncheon to:

Mended Hearts Chapter# 130

PO Box 5551

Olympia, WA 98509-5551

RSVP TO Michael Blonden at 360-491-8869, email to [mblonden@msn.com](mailto:mblonden@msn.com). or register on our [website](#)-click house link to register.

NLT December 5th



## Did You Know?

Ah, yes! Fall is upon us...lots of delicious food opportunities in the next couple months, but lest we be derailed from our quest for the healthiest lifestyle, let us remember our G-BOMBS. G-BOMBS you say? Yes....it's a handy acronym Dr. Robert Fuhrman (author of "The NUTRITARIAN DIET") coined to help folks remember which foods should be included daily for maximum health. Can you guess? No? G-BOMBS stands for Greens, Beans, Onions, Mushrooms, Berries, Seeds! Healthy diets include these daily or at least as many of these foods as possible. Vegan holiday recipes can be found at the following website address:

<https://healthy.kaiserpermanente.org/health-wellness/healtharticle.vegan-and-vegetarian-recipes?wt.tsrc=em&cat=2a>

DYK - Think you're being vegan by sticking with an occasional small helping of Mc D's french fries? Yes, they're a little greasy and probably more sodium than we need, but just an occasional nibble because they are vegan after all, right? Shocking fact: They're NOT actually vegan!! See Reader's Digest article: This Is the Secret Ingredient Behind the Addictive Flavor of McDonald's Fries. They are now off my occasional 'cheat' menu.... Slightly off our healthy living list, but seasonably germane, is the upcoming Veterans' Day.

DYK - why it's is always celebrated on November 11th regardless if it's a Monday or Friday or? Wikipedia answers: "Major hostilities of World War I were formally ended at the 11th hour of the 11th day of the 11th month of 1918 when the Armistice with Germany went into effect. At the urging of major U.S. veteran organizations, Armistice Day was renamed Veterans Day in 1954." So remember, if you know or encounter a veteran, be sure and show your gratitude, tip your hat, buy a coffee, offer a seat or any other thankful gesture to acknowledge their service to keep our country safe.



## November Birthdays

## Chapter #130 Officers

### Happy Birthday!!

Jim Bryan-Nov 15

Deborah Ranken-Nov 26



**President:** Michael Blonden  
Mblonden@msn.com  
360-491-8869

**Vice President/Web Admin & Program Coordinator:** Vacant  
If interested, please contact Michael Blonden, President

**Secretary:** Kristi Wells  
360-807-4411  
klwells41@hotmail.com

**Treasurer:** Bob Sherwood  
360-438-3873;  
sherwoodjr@comcast.net

**Visitor Coordinator:**  
Diane Caputo 360-705-1271  
dianecaputo0304@gmail.com

**Special Projects:** Darld Brannan  
360-459-8175  
darldbannan86@gmail.com

**Member Relations/Sunshine:**  
Cheryl Hougham 360-357-4987  
dkhcmh@comcast.net

**Newsletter Editor:**  
Michele Scott  
360-561-1550  
basquema@live.com

**Chapter 130 Website Address:**

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

### 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!!**