



# UpBeat

## Mended Hearts Newsletter

### Chapter #130 – December 2023

### Olympia, WA

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

### Meeting Notice

**Program: Christmas Luncheon**  
**Time/Date: 12-3pm, Thursday, Dec 7**  
**Location: Jacob Smith House**  
**4500 Intelco Loop SE**  
**Lacey, WA**

### Upcoming Dates

- ⇒ Dec 7-Christmas Luncheon
- ⇒ Jan 4– Board Meeting
- ⇒ Jan 11– Chapter Meeting

**Merry Christmas!!**  
**Happy New Year!!**



Mended Hearts™

### President's Message

#### Michael Blonden



Mended Hearts™

I'm looking forward to our second annual Holiday luncheon at Jacob Smith House in December. Before we know it, January will be here. What plans do you have for the new year. Our member meeting in January will focus on wills, trusts, and estate planning. January can also be a time to focus on exercise and diet.

In our February member meeting, we will take a holistic medicine approach, and focus on the importance of a balance of physical, emotional, spiritual, and stepping up to take control of our own health. Stay tuned for more details on the meeting.

The board has talked on several occasions about increasing member participation in meetings and activities. What would it take to engage you more with our Chapter? We are open to ideas. If you have program subjects you would like to have addressed in our meetings, please call Michael at 360-491-8869, or email at [mblonden@msn.com](mailto:mblonden@msn.com). Currently, we could use your help with the hospital visitor program.



**I would like to wish all members and their families a very Merry Christmas and Happy New Year. Thank you for a great 2023!!!!**

**Michele Scott, Newsletter Editor**

## Did You Know?

DYK: A woman's heartbeat is about eight beats a minute faster than a man's heartbeat. Why? A woman's heart is slightly smaller than a man's so it must beat at a faster rate to match the larger male heart's output.

DYK: More heart attacks happen on a Monday than any other day of the week. Why? British researchers attribute multiple factors but, based on previous studies, agree it strongly relates to our circadian rhythm. (I'd say that's a good reason to keep the same schedule seven days a week).

DYK: According to folklore, candy canes originated in Cologne, Germany by a choirmaster. Why? He desired a diversion to keep children quiet during his holiday presentation.

DYK: There's a new vitamin in town! (And, it comes when many of us are seeking longevity and anti-aging products). The name is Ergothioneine. It's an amino acid that was actually isolated nearly a century ago, but largely ignored until recently when it was discovered we have a transporter protein in our bodies specifically designed to pull it out of our diets and place it into our tissues. The protein transports the amino acid to the parts of our body where there's lots of oxidative stress. (Oxidative stress is another term for "wearing out".) There are small amounts of Ergothioneine available from some animals and plants but the most generous amounts are found in fungi. At this early stage of research, I will wait for the research into an Ergothioneine supplement, but in the meantime, definitely onboard for upping my mushroom intake.

### **Average body temperature is not what you think**

The average human body temperature is 98.6 degrees Fahrenheit. Everyone knows that, right? According to a new study published in September in JAMA Internal Medicine, everyone might be ... well, wrong. Researchers evaluated the temperatures of more than 126,000 people between 2008 and 2017 and found that the average was really about 97.9 degrees. This is notably lower than the old standard of 98.6, established in the 1850s by German physician Carl Wunderlich. According to the Los Angeles Times, Wunderlich supposedly took more than a million readings from 25,000 patients and averaged the results.

This new study isn't the first time researchers have called Wunderlich's work into question. In 1992, University of Maryland researchers concluded that the average was a somewhat lower 98.2 degrees Fahrenheit. Moreover, they found that temperatures were lowest in the morning and peaked around 6 p.m., with additional variations for different genders and races. Other studies have found that body temperature naturally cools throughout our lifetimes.

But Wunderlich wasn't necessarily wrong at the time, said Dr. Juliet Parsonnet of Stanford Medicine in an interview with the New York Times. Parsonnet, who led the recent JAMA Internal Medicine study, thinks that humans may simply run cooler than they did during Wunderlich's time. Without access to modern dental care or pharmaceutical interventions, Parsonnet said, Wunderlich's patient's may have suffered constant low-grade inflammation that raised their temperatures.

# 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, Mashed Potatoes with Gravy, Herbed Bread Stuffing, Steamed Seasonal Vegetables, Salad and Dessert.**

**Mail Check NLT November 30 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: Michael Blonden, 360-491-8869 or register at the Chapter website: <https://mendedheartsthurstoncounty.org/> NLT November 30**

## How to Spot (and avoid) a Medicare Scam

Seniors who are considering changes to their original Medicare enrollment, Medicare Advantage plans, or Part D prescription drug plans should take note: Medicare scammers are as determined as ever to steal money and personal information. Watch out for these common scams:

\* **Fraudulent marketing.** According to the Federal Trade Commission, there are limits on how companies and agents selling Medicare plans can contact you and what they can say. For example:

- You should never get a phone call from a company you don't have a relationship with.
- A company must not represent itself as Medicare, Social Security, or Medicaid.
- An agent can't come to your home to discuss Medicare Advantage plans without an invitation.
- They can't mislead you about coverage for prescriptions or services. Always review your Explanation of Benefits (EOB) to be sure your coverage matches what was promised.
- They can't promise that you can keep your Medigap plan (supplemental plan) when you sign up for a Medicare Advantage plan.

\* **Unsolicited calls.** If you receive an unexpected call from someone someone who claims to be from Medicare, hang up immediately and never share any information with them, according to Forbes. Tech-savvy scammers can even spoof phone numbers to appear as if they're calling from a Medicare office. According to CMS, Medicare will never call a consumer.

\* **Uninvited visitors.** A legitimate insurance broker will not come to your home without an appointment, call you without permission, or try to collect money from you on the spot or over the phone, according to the Mississippi Department of Insurance.

\* **Medicare card replacement scams.** Callers who claim to be from Medicare, the Social Security Administration, or your state's insurance commission may inform you that you need a new Medicare card for security purposes or ask for your Medicare ID number to "activate" your card. Hang up immediately and do not give them any information.

## December Birthdays

### Happy Birthday!!

Patti Taylor-Dec 15

Irma Paradiso-Dec 25



### 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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<https://mendedhearts.org/>