



UpBeat

Mended Hearts Newsletter

Chapter #130 – January 2024

Olympia, WA

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

Meeting Notice

Program: Elder Law/Estate Planning
Speaker: Janet Moody
Time/Date: 11am, Thursday, January 11
Location: Timberline Baptist Church
6628 Mullen Rd SE, Lacey, WA

Upcoming Dates

- ⇒ Jan 4-Board Meeting
- ⇒ Jan 11-Chapter Meeting
- ⇒ Feb 1-Board Meeting
- ⇒ Feb 8-Chapter Meeting

Happy New Year!

President's Message

Michael Blonden

I'd like to wish everyone a Merry Christmas and Happy Holidays. Before we know it, we'll be starting a new year. I mentioned briefly at our luncheon that several Mended Hearts Chapters did not survive the pandemic.

It is important that we strengthen our Chapter by encouraging more participation and adding new members. I am counting on you as a member to show up at Meetings and welcome new members to the group. Diane Caputo and others will be inviting new members through our Visitor Program starting in 2024, and we need your support to help the Chapter grow. If you can help us with visiting heart patients at the Hospital, notify Diane Caputo. You can also help by bringing neighbors or friends with heart disease to our meetings.

A few years ago, we launched our first website and now we will start a Facebook page (link to Facebook is on the website homepage). This will give us an opportunity to have others in the community find out about us. Thank you, Kristi, for your regular newsletter articles and pointers. Check out our Facebook page or our Website to see which member is receiving a National Mended Hearts Award.

Speaker for January Meeting

Janet Moody



Janet received her Bachelor of Arts degree from The Evergreen State College and her Juris Doctor degree from the University of Washington School of Law. She served as a public defender for Thurston County District Court, and has been in private practice since 2003.

The focus of her practice is Elder Law, including Guardianship, Trust and Estate planning, Medicaid planning, Special Needs Trusts and Vulnerable Adult issues.

Janet is a member of the Thurston County Bar Association, the Washington State Bar Association, and the American Bar Association. She is a member of the Board of Directors of the Thurston County Bar Association and is a Past President.

Janet also served as President of the Board of Directors of Thurston County Volunteer Legal Services. She is a member of the Thurston Mason Senior Action Network, the National Academy of Elder Law Attorneys (NAELA), and the Life Care Planning Law Firms Association

DID YOU KNOW?

DYK that in May of 2023, FDA gave approval to Medtronic's new miniaturized pacemakers, the Micra AV2 and Micra VR2? They each are the size of a large vitamin pill, have no wires, leave no bump, do not inhibit range of motion and the battery lasts 15-16 years! Lots easier, eh?

DYK there are 60,000 miles of blood vessels in our bodies? This is enough to go around the world twice. All that blood in our bodies travels through your heart once a minute!!

DYK that as recently as 1991, coffee was labeled as carcinogenic? Fortunately, the WHO reversed its stance on coffee due to a lack of evidence. According to the Food Revolution Network, now they are reporting that coffee may actually have many health benefits. Yes, even the caffeine is good for most folks as long as they stick to a reasonable amount which has been measured up to 400 mg per day which is 4-5 cups. Amazingly, it was found that all causes and cardiovascular disease mortality risk decreased with the consumption of up to those four cups of coffee per day. Other studies have found that it reduces the risk of many types of cancer including endometrial, prostate, brain, colon, breast, liver, lung, skin cancers and yielded positive results staving off dementia and for folks dealing with Type 2 Diabetes. Unfortunately, the majority of people don't drink it unsweetened or black, so you may want to give some extra thought to that next Starbucks' order.

January is Glaucoma Awareness Month

Pursuing the Thief of Sight

January is Glaucoma Awareness Month



• Prevent blindness • Get a checkup •

The thief has a name -- glaucoma. This year, it is silently stealing the vision of more than three million North Americans.

Of these, about half now have permanent impairment, and 120,000 are blind. In most of these cases, vision could have been saved with early detection and treatment.

A more frightening fact: About half of the three million people with glaucoma do not know they have it. The disease is quietly destroying their vision without a single symptom.

That's the main reason why everyone over age 40 should have regular eye examinations that include glaucoma

screening. It is particularly important for African-Americans and people with diabetes. They are up to 15 times more likely to go blind from glaucoma than the general population.

Others with a higher risk of glaucoma include those with family members who have had it and anyone who has not been examined for two years or more.

There are two types of glaucoma: acute and chronic. Acute glaucoma produces symptoms that generally result in early treatment to minimize damage.

Chronic glaucoma has no symptoms until vision loss becomes obvious and the eyes are irreversibly damaged.

Screening for glaucoma is painless. Visit an ophthalmologist for a thorough evaluation and to detect the disease as early as possible.

Christmas Luncheon Pictures



Camille & Marvin Kettel



Bob Sherwood



Diane Blonden



Cheryl Hougham



Judy McLean & Dan



Diane Caputo



Food Table

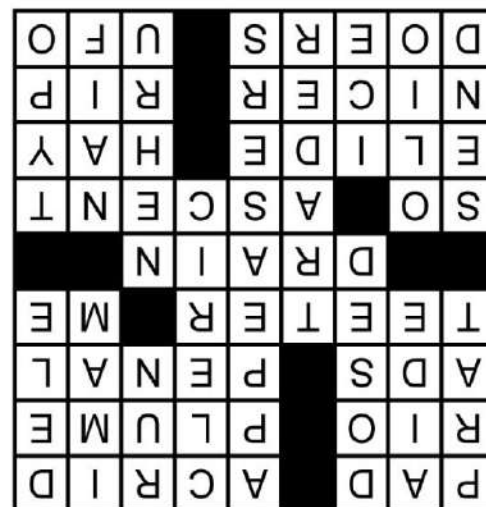
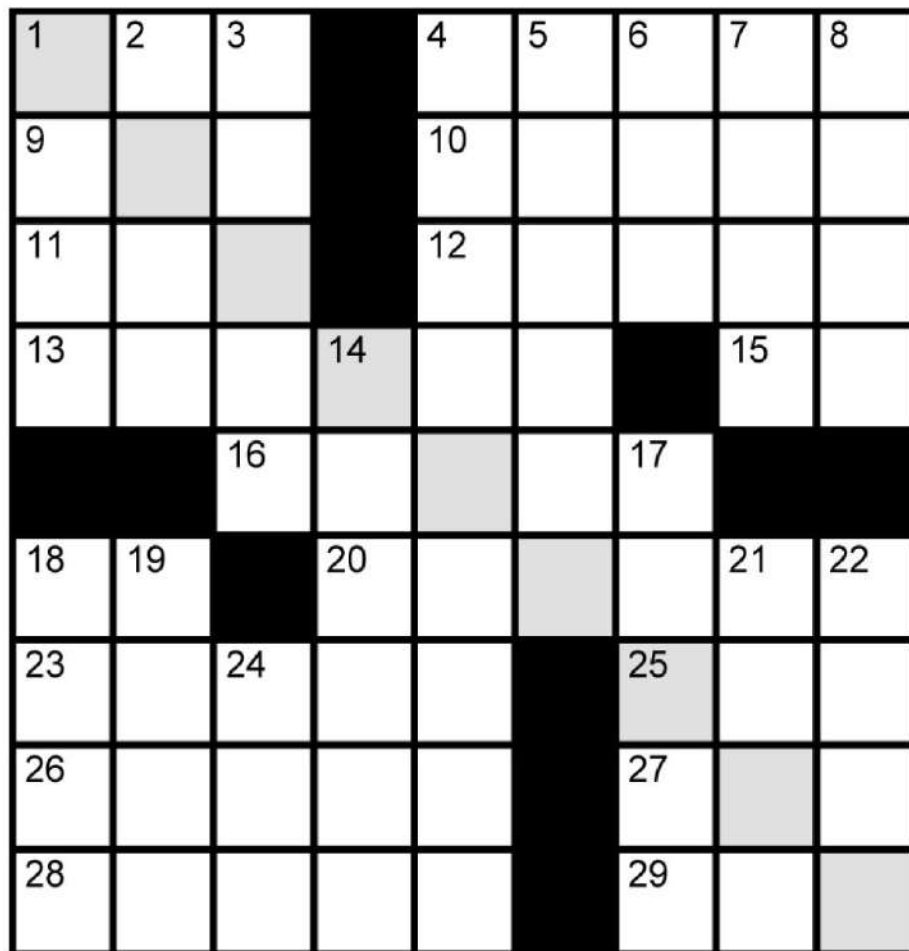
Sweet nut

Across


1. Hippie's hangout
4. Like thick smoke
9. Carnaval site
10. Fancy feather
11. Commercials
12. Kind of colony
13. Wobble
15. Yours truly
16. Sink feature
18. Therefore
20. Upward slope
23. Slur over
25. Stable diet
26. More upscale
27. Tear
28. Go-getters
29. Roswell sighting

Down

1. Kind of fall
2. White House staffer
3. Gave medicine to
4. Pacifiers
5. Church official
6. Jog
7. Prayer leader
8. Expunge
14. Wall Street figure
17. India's first P.M.
18. Dispatch
19. Assortment
21. Inexperienced
22. AutoCorrect target
24. Rink surface



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

January Birthdays	Chapter #130 Officers
<p><u>Happy Birthday!!</u></p> <p>Velma (Sugar) Jordan-Jan 13</p> 	<p>President: Michael Blonden Mblonden@msn.com 360-491-8869</p> <p>Vice President: Vacant If interested, please contact Michael Blonden, President</p> <p>Secretary: Kristi Wells 360-807-4411 klwells41@hotmail.com</p>
<p><u>Chapter Board Meetings</u></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>Treasurer: Bob Sherwood 360-438-3873; sherwoodjr@comcast.net</p> <p>Visitor Coordinator: Diane Caputo 360-705-1271 dianecaputo0304@gmail.com</p> <p>Special Projects: Darld Brannan 360-459-8175 darldbrannan86@gmail.com</p> <p>Member Relations/Sunshine: Cheryl Hougham 360-357-4987 dkhcmh@comcast.net</p>
<p>Member Report</p>	
<p>Welcome New Member, Elsia Koontz</p>	<p>Newsletter Editor: 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>Chapter 130 Website Address: https://mendedheartsthurstoncounty.org/</p> <p>Mended Hearts National Website: https://mendedhearts.org/</p>