



**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. Carnival 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

1	2	3		4	5	6	7	8
9				10				
11				12				
13			14				15	
		16				17		
18	19		20				21	22
23		24				25		
26						27		
28						29		

- 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

O	F	U		S	R	E	O	D
P	I	R		R	E	C	I	N
Y	A	H		E	D	I	L	E
T	N	E	C	S	A		O	S
		N	A	I	V	R	D	
E	M		R	E	T	E	E	T
L	A	N	P	E		S	D	V
E	M	U	P	L		O	R	I
D	R	I	A	C	V		A	D

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

## January Birthdays

### Happy Birthday!!

Velma (Sugar) Jordan-Jan 13



### 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

Welcome New Member, Elsia Koontz

**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

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

**Vice President: 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  
darldbrannan86@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/>