



**UpBeat**  
**Mended Hearts Newsletter**  
**Chapter #130 – February 2024**  
**Olympia, WA**

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

**Meeting Notice**

**Program: Spirituality and Cardiovascular Health**

**Time/Date: 2pm, Thursday, Feb 8**

**Location: Timberline Baptist Church  
6628 Mullen Rd SE  
Lacey, WA**

**Upcoming Dates**

- ⇒ Feb 1-Board Meeting
- ⇒ [Feb 8-Chapter Meeting](#)
- ⇒ Mar 7-Board Meeting
- ⇒ [Mar 14-Chapter Meeting](#)

**Happy Valentine's Day**

**Spirituality and Cardiovascular Health**  
**Chaplain Tammy Stampfli**

After working for Presbyterian churches and camps in a youth director role, I felt a tug toward pastoral ministry. I graduated from San Francisco Theological Seminary in 1990, was ordained and served churches in Oregon, Washington, and California as a Pastor, Associate Pastor, Designated Pastor and Interim Pastor. In 2007, I finished my Doctor of Ministry at Union Presbyterian Seminary in Richmond, Virginia.

Over the years I finished my Clinical Pastoral Education units and became a Board Certified Chaplain. I have served full time at our local hospital in the Cardiac Intensive Care Unit and the Neuro Intensive Care Unit, and currently work part time for Puget Sound Hospice.

I am married with grown children and grandchildren. I enjoy walks with my big dog Ziggy, cooking and friends.





## President's Message

### Michael Blonden



What are we doing new with the Chapter this year. [Our next speaker at our Member Meeting will be Tammy Staphli, MDiv, BCC](#), her topic will be the connection of Spirituality and Cardiac Care. Our faith and Mended Hearts, both offer us hope. I hope you will attend this meeting. As our saying goes, it's great to be alive, and to help others. When I was a child, I remember a pastor, who attended basketball games with my dad and me. He had a heart attack and the doctor told him to sit as quietly as possible, even during the most exciting parts of the games. Gone are the days of sitting in rocking chairs on the front porch and watching life pass you by.

It is important to live with your eyes open and make new lifestyle changes to enhance your life. Share the changes with family and friends. We will be restarting our Visitor Program at the hospital. We have plenty of new ideas to move forward with visiting. If all goes well, we would like to expand the visiting program to the Cardiology Clinic. Although it has taken a long time to get going, we are planning on starting a Mended Hearts Pillow Program at the hospital. See article by Michele on new Cardiac Clinic in our area.

A [new Facebook page](#) has been added to our connection to the community. Hybrid Meetings are new also to encourage all members to have a chance to attend Member Meetings. If you are new to the Chapter, we appreciate your feedback and assistance to help the Chapter flourish. [Here are some new technologies and medications that can prevent or reduce CVD from 2023.](#)

### Visitor Article

After a 4 year absence, the Mended Hearts visitor team is on the verge of reentry to the cardiac floors of Providence Saint Peter Hospital. The visitor team is participating in a first-ever combination class consisting of their final hospital volunteer orientation, along with their annual Mended Hearts visitor reaccreditation. After this class on Jan 22nd, six members will be ready to visit cardiac patients on the 10th and 11th floors. This is what we love as Mended Hearts members and visitors: connecting with fellow heart patients and encouraging them in their heart journey.

If anyone would like to participate in, or find out more about our volunteer visitor program, feel free to contact Diane Caputo, 360-705-1271.

**Diane Caputo**



## Did You Know? February 2024



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Welcome to DYK for February!! DYK

February is among the most misspelled words in the English language? The name “February” comes from the Latin word februm which means “purification”, which sounds like a great way to begin the year!

DYK February holds a special meaning to folks with heart issues? It became apparent in the 60’s that heart disease was becoming pervasive across the U.S. In acknowledgement of the importance of the ongoing fight against cardiovascular disease, the Congress, by Joint Resolution approved December 30, 1963, as amended (36 U.S.C. 101), requested that the President issue an annual proclamation designating February as “American Heart Month”. Consequently, President Lyndon B. Johnson established February as American Heart Month in December 1963 and the first heart health month was celebrated in February 1964.

DYK the first Friday of each February has been designated as “Wear Red Day”? This year it falls on February 2nd. Though “Wear Red Day” pertains to everyone, there is special emphasis on women because heart disease is the leading cause of death among women in the U.S., nearly 3 percentage points ahead of cancer.

The good news, however, is that 80% of premature heart attacks and strokes are fairly preventable: Get heart smart this #Heart Month! Learn what a healthy blood pressure, cholesterol, weight, and blood sugar level are for you and how they impact your risk of heart disease. Eating a healthy diet, getting regular physical activity, and avoiding tobacco products are the keys to prevention.

### Welcome to Dr. Haroon Yousaf, MD

Dr. Haroon Yousaf recently moved from Cardiology Associates at Memorial Clinic to his new office at 3620 Ensign Road NE Suite B, Olympia, WA. The office telephone number is 360-884-0052.

Dr. Yousaf is a board-certified interventional cardiologist, a fellow of the American College of Cardiology and a fellow of the Society for Cardiac Angiography and Intervention. Dr. Yousaf received his master's degree from Johns Hopkins University in 2015 and pursued fellowships in cardiovascular disease, heart failure and interventional cardiology at University of Southern California in 2020. His research interests include interventional cardiology, acute myocardial infarction, and high-risk and understudied populations, including patients with renal disease.



# Chilling Wall

## Across

- 1. Tax prep. expert
- 4. Yucat'an natives
- 9. Hoard
- 10. Reproductive cell
- 11. Not well
- 12. Like some buckets
- 13. "You \_\_\_ bother!"
- 15. Archaeologists' finds
- 19. Drive-in employee
- 20. Early form of sonar used to detect submarines
- 23. Small bill
- 24. Gift recipient
- 25. Bed-and-breakfast
- 26. Grassy area
- 27. No longer working: Abbr.

## Down

- 1. Fine dinnerware
- 2. Gondolier, e.g.
- 3. Lace tip
- 4. Look caused by Cushing's syndrome sometimes
- 5. Hindu incarnation
- 6. Big laugh
- 7. Pub pint
- 8. Member of Cong.
- 14. More risky
- 16. Church singers
- 17. 1,000 kilograms
- 18. Tuckered out
- 20. Magazine revenue source
- 21. Boar's mate
- 22. Some trial evidence

1	2	3		4	5	6	7	8
9				10				
11				12				
13			14					
15						16	17	18
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S	A	Y	M	A		P	A	C

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

## February Birthdays

## Chapter #130 Officers

### Happy Birthday!!

Feb 13-Ernie Ong

Feb 23-Jeannie Evans



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

**Vice President: Vacant**  
If interested, please contact  
Michael Blonden, President

**Secretary:** Kristi Wells  
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**Treasurer:** Bob Sherwood  
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**Visitor Coordinator:**  
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**Special Projects:** Darld Brannan  
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**Member Relations/Sunshine:**  
Cheryl Hougham 360-357-4987  
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### 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!!**

**Newsletter Editor:**  
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**Chapter 130 Website Address:**  
<https://mendedheartsthurstoncounty.org/>  
**Mended Hearts National Website:**  
<https://mendedhearts.org/>