



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

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

**Meeting Notice**

**Program: Preventive Cardiac Health**  
**Time/Date: 2pm, Thursday, March 14**  
**Location: [Timberline Baptist Church](#)**  
**6628 Mullen Rd SE**  
**Lacey, WA**

**Upcoming Dates**

Mar 7-Board Meeting  
 Mar 10-Daylight Savings Time  
 Mar 14-[Chapter Meeting](#)  
 Apr 4-Board Meeting  
 Apr 11-[Chapter Meeting](#)

**Don't forget to change clock  
 forward on March 10**

**Welcome New Members**

**Tommie Jackson**  
**Richard Albright** [Jasmine Lasick/ElsiaKooztz](#)  
**Tony Koepick**  
**Loretta McCarty**  
**Steven Ritchey**  
**Tracy Smith**  
**Michael Taylor**  
**Billie Howard**  
**David Winfield**  
**Dusty Watz, Patrick Bouge**  
**Korinna Sturdivant, Jennifer Rhetts**  
**Julie Pietz**



**Longtime Member**



**Ray Shannon**  
**Played Tennis into his Nineties**

**March Birthdays**



**March 28-Sonia Michaelis**

**March Birthdays**

**March 17-Ruth Springer-**  
**No picture available**



**March 24-Cheryl Hougham**

## In Remembrance



**John (Jack) Kiley passed away on January 10, 2024.  
A Memorial will be planned for a future date. Jack was a long time member and Treasurer of our Mended Hearts Chapter.**



**Please join us in celebrating the incredible life of [Michael Aaron Silverstein](#). Either in-person or on ZOOM.**

**A celebration of life is scheduled on Friday, April 26, 5pm at Lacey Community Center.**

**Michael was a long-term visitor and member of our Mended Hearts Chapter. Thank you Michael for your years of visiting Heart Patients at St. Peter Hospital.**

### President's Message

The newsletter will have a new look with member information on the first page. Speaking of new, we have had over a dozen new members join our Chapter this month with more than a week to go. The next step is encouraging new members to participate in our Member Meetings each month. About 30 of our members attend Chapter Member Meetings occasionally. I'd like to see occasional members attend regularly. If you've been waiting for someone to say now is the time to attend meetings...Now is the Time! Check out our new member stories on the [website](#).

We have enjoyed about a month of visiting at St Peter Hospital. Three more visitors will join our Chapter at the end of February. We still need more visitors. I find it isn't hard to have empathy for the Hospital patients (sometimes it's like looking in the mirror). Visiting becomes an inspiration for patients and myself. It was ten years ago that I was a patient in a bed at the St Peter Hospital. The celebration for me is what I've done in the last ten years, not just reaching the milestone. I'd like to thank the Chapter members for your support in recent years.

For upcoming Member Meetings, we have Dr. Dean speaking on Preventive Cardiac Care for March. Bev Wright will train us on CPR in April. May is still being planned. June will be a meeting with the Pharmacy Interns from St. Peter Hospital. Usually, meetings will be hybrid (in-person and on Zoom). The CPR training will be hands on, so it will be in person only. Make sure your caregiver attends the CPR Meeting also.

**Michael Blonden**

## **Did You Know (DYK)?**

Already March, and Spring is springing! Soon, our loyal, hardworking PNW bees will emerge and begin their colonies. An important component of that will be gathering pollen to make honey.

DYK that to make one pound of honey, honey bees must gather nectar from nearly 2 million flowers?

DYK one tablespoon of honey contains 64 calories. By contrast, a tablespoon of sugar contains 45 calories. Should you switch? No way. The beauty of using honey is that it has a sweeter taste than sugar which means approximately 2 teaspoons of honey adds the sweetness of an entire tablespoon of sugar. Plus, honey contains a high concentration of vitamins, minerals, antioxidants, and flavonoids; it also has a slightly lower glycemic index than sugar! Dark honey usually has a more intense, pungent taste than light honey. Some darker varieties of honey include buckwheat, blackbutt, wildflower, thyme, dandelion, jarrah, chestnut, meadow, and manuka honey.

DYK that there's now an easy switch from sugar to honey? If you're thinking of exchanging your sugar for honey in cooking, facials, and more, but not up to the hassle of measuring, stirring, etc., you can now purchase dehydrated honey as a powder that measures exactly like sugar. This Honey Powder contains large amounts of Vitamins B and C (ascorbic acid, pantothenic acid, niacin, and riboflavin) and minerals (calcium, copper, iron, magnesium, manganese, phosphorus, potassium and zinc). All healthy stuff for your insides and outsides! One caveat: always check labels for any unwanted/unhealthy additives.

DYK the best bee-friendly PNW flowers to add to your flowerbed? Plant aster, marigold, yarrow, coneflower, Joe Pye weed, helenium, yarrow, California wild lilac, Agastache, and thyme. You and the bees will both enjoy!!

### **Mended Heart Magazines (Heartbeat)**

**Diane Caputo**

If anyone has copies of past MH magazines, would you consider donating them to the chapter visiting team? The visitor team members could hand them to patients they visit and have them available on the recovery floors for patients to view.

If you would like to donate your previous copies, please contact Diane Caputo 360-705-1271, or bring them to our next chapter meeting. This would be a great service to the recovering cardiac patients at PSPH.

## Inspiration!



### 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.*

## Editors Note!!

We hope you like the new newsletter format on the first page. Please provide any suggestions/comments to Michele at basquema@live.com.

**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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