



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

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

Meeting Notice

Program: CPR Training
Time/Date: 2pm, Thursday, April 11
Location: Timberline Baptist Church
6628 Mullen Rd SE
Lacey, WA

Upcoming Dates

Apr 4-Board Meeting
Apr 11-Chapter Meeting
May 2-Board Meeting
May 9-Chapter Meeting



Welcome New Members



Patrick Bouge

Peggi Reese

Richard Clintworth

Jennifer Rhetts

Charla Dunham

Jeff Rigdon

JR Gehrman

Cynthia Riley

Rachel Johnson

Lawrence Robbins

George Kirkendall

Korinna Sturdivant

James Loomis

Timothy Todd

Ray Lytle

Bryan Walde

Julie Pietz

Dusty Watz

Karen Reed

David Winfield

April Birthdays

Happy Birthday to the Following Members!!

**April 15-Rick Taylor
Past Newsletter Editor**



**April 23-Diane Caputo
Current Visitor
Coordinator**



**April 25-Dennis Scott
Current Member**



**April 27-Larry Roediger
Past Mended Hearts President**

President's Message

Michael Blonden

I'd like to make members aware of a new link on website under [resources](#) ...Podcasts by Providence Heart Institute. Also located on [Facebook](#) under Heart Maters. Member video stories on Facebook (if you'd like to share your story let Michael know).

Thank you to the following members for volunteering: Jeannie Evans along with Michele and Cheryl-will be helping call members about our meetings; Ann Monaghan and Carolyn Kelly visiting hospital patients; Julie Dean-inviting sister/doctor as a speaker and introducing her to Chapter. Merrit Reed (Volunteer Coordinator) and the hospital nursing staff have been great helping us to re-enter the Hospital with the Visitor Program.

Note National Mended Hearts is changing **Heartbeat® Magazine** to only being available online. You can find the link under our [website resources](#) page or go directly to the [National Website](#).

It's been a year since our CPR Training with Beverly Wright. She will be the speaker/trainer at our April 11th-2 pm Member Meeting. See newsletter, or website for more information.

Beverly Wright Bio:

Worked 20 years as RN, 15 of those in the military.
Worked 15 years as nurse practitioner.
Worked 15 years as a volunteer EMT/firefighter.
Have been teaching a variety of topics since 1978, to include CPR, nursing in-service, EMT and firefighter skills.



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.

Did You Know?

DYK: The Journal of the American College of Cardiology reported that while exercise is beneficial for everyone, women need less exercise than men to get the same gains in longevity? Women who did moderate intensity exercise such as brisk walking, five times a week, reduced their risk of premature death by 24%, compared to 18% for men.

DYK: Data show resistance training does more than help build strong muscles...? A report from Cedars Sinai in LA reported their findings that women who do strength training two to three days a week are more likely to live longer and have lower risk of death from heart disease, compared to women who do none. The biggest surprise was a 30% reduction in cardiovascular mortality.

DYK: Strength training is not only beneficial for your heart...

- (1) It helps protect joints resulting in less stress through the body,
- (2) It burns more calories and, while aerobics typically burns more calories in real time by comparison, those muscles you build will burn calories over the long term.
- (3) It helps protect against injuries and falls.
- (4.) It helps control blood sugar by clearing glucose out of the bloodstream.
- (5) Muscle building may help boost mood. JAMA Psychiatry reported the results of more than 30 clinical trials and found a reduction in symptoms of depression among people who did weight training two times a week or more.

DYK: If you have 22 minutes, you can get an effective total-body workout? Why 22 minutes? The Department of Health and Human Services recommends that adults get about 150 minutes of moderate activity a week. If you're going to exercise every day, divide 150 minutes by seven, that's 21 minutes, 42 seconds per day. So don't let April 'fool' you! Consider ways to incorporate some exercise into your schedule. You won't regret it!

Fun Quote!



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/>

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.

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!!