



# 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 Gehrmann**

**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 Meters. 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 11<sup>th</sup>-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
	<p><b>President:</b> Michael Blonden Mblonden@msn.com 360-491-8869</p> <p><b>Vice President: Vacant</b> If interested, please contact Michael Blonden, President</p> <p><b>Secretary:</b> Kristi Wells 360-807-4411 klwells41@hotmail.com</p> <p><b>Treasurer:</b> Bob Sherwood 360-438-3873; sherwoodjr@comcast.net</p> <p><b>Visitor Coordinator:</b> Diane Caputo 360-705-1271 dianecaputo0304@gmail.com</p>
<p style="text-align: center;"><b><u>Chapter Board Meetings</u></b></p> <p>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.</p>	<p><b>Special Projects:</b> Darld Brannan 360-459-8175 darldbannan86@gmail.com</p> <p><b>Member Relations/Sunshine:</b> Cheryl Hougham 360-357-4987 dkhcmh@comcast.net</p> <p><b>Newsletter Editor:</b> 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 style="text-align: center;">Mended Hearts Chapter# 130 PO Box 5551 Olympia, WA 98509-5551</p> <p>Every dollar helps. Thanks!!</p>	<p><b>Chapter 130 Website Address:</b> <a href="https://mendedheartsthurstoncounty.org/">https://mendedheartsthurstoncounty.org/</a></p> <p><b>Mended Hearts National Website:</b> <a href="https://mendedhearts.org/">https://mendedhearts.org/</a></p>