



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

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

Meeting Notice

Program: Sleep Presentation

Time/Date: 2pm, Thursday, July 11

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

Upcoming Dates

July 3-Board Meeting

July 11– Chapter Meeting

Aug 1– Board Meeting

Aug 8-Chapter Picnic

President's Message
Michael Blonden

Mended Hearts, Inc. has several helpful online resources for members. This week an online Zoom Meeting occurred for Heart Failure Members. Members can also ask questions and receive feedback from other members on the [Mended Hearts Open Forum](#).

Later this summer our Chapter will start a post-procedure education for patients of the Providence Surgery Clinic. Clinic staff will share information about our Chapter as follow-up after heart procedures. Eventually, we will also encourage sharing information about the Chapter with pre-procedure patients as well, so they may get a chance to discuss upcoming procedures with members previously receiving the same procedure.

We had a good attendance at our last chapter member meeting with Dr. Silverman. Dr. Silverman shared a wealth of information with us and answered questions for members. In light of his presentation about Diet, I'd like to [survey](#) our members to get feedback on diet for future planning of presentations and interactions with the Hospital.

For future meetings, we have a plan without final confirmation for a sleep presentation in July. August is our picnic, and September will be a presentation by cardiologist, Dr. Waggoner. The picnic will be a potluck this year. Further information will be available by next month on what type of food to bring to the potluck.

Welcome New Members

Please welcome the following new Chapter members:



Coleen Cotter

Marlene Brown

Jennifer Holtorf

Mark Trammell



Mended Hearts Chapter Picnic

DATE: Thursday, August 8

TIME: 5 - 7 PM



LOCATION: TUMWATER HISTORICAL PARK, 777 Simmons Rd. SW
Coffee, Paper plates, utensils, & napkins provided by Chapter

Please bring a dish according to your last name

Food: A-H: Salad I-P: Main Dish Q-Z: Dessert

Directions to picnic: From I-5 heading south, take exit 103. Go to Custer Way (the first light) and turn left. Cross the bridge and turn right on Boston street which winds down around the old Brewery to Deschutes Way. Turn right on Deschutes Way to Grant Road or the Crosby House. (If you go under the freeway, you have gone too far.) That's Tumwater Historical Park at the bottom of the hill.

From I-5 heading north, take exit 103 which puts you directly onto Deschutes Way. Go straight, pass Custer Way and look for Grant Street on the right. That's Tumwater Historical Park at the bottom of the hill. Come and have fun!

Pizza Dough Recipe for Two Pizzas By Diane Caputo



1 T. yeast
1 1/3 c. warm water
1/2 t. salt
1 c. whole wheat flour
1 1/4 c. unbleached white flour, more for rolling out dough

1 T. sugar
1 T. oil
1 T. ground flax seed
1 c. whole wheat pastry flour

Pizza pans should be pan-sprayed, dusted with corn meal, and set aside.

In a mixer with a bread-mixing attachment, combine yeast, sugar, and warm water and let sit for about 10 mins. Yeast will grow and bubble.

Add oil, salt, and ground flaxseed.

Add whole wheat flour and combine on slow speed.

Add wheat pastry flour and continue to combine.

Add white flour about 1/2 c. at a time until thick dough forms and comes away from the edges of the bowl. It will look like no more flour wants to combine for the dough.

Let sit to rise about 15 mins.

Remove dough to a lightly floured surface and knead.

Divide the dough into 2, roll out on lightly floured surface, and transfer to pizza pan.

Let dough sit at least 20 mins.

Pizza 1: Spread 1-1 1/4 c. marinara sauce over pizza.

Add desired toppings (mushrooms, peppers, olives, onions, etc.)

Sprinkle 1/2 c. Mozzarella cheese over pizza

Cook 400 degrees about 16-18 minutes on middle oven rack until edges and cheese is lightly browned.

Pizza 2: Spread about 1/2 c. pesto over the pizza

Add desired toppings

Sprinkle desired amount of cheese substitute over the pizza.

Cook 400 degrees about 16-18 minutes.

Cheese substitute: there are so many variations but here are some ingredients to play with:

Just combine in a small electric chopper:

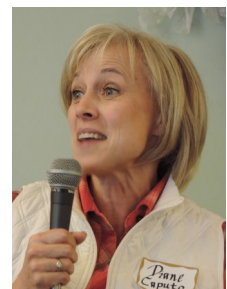
1/2 c lightly roasted almonds, cashews, or walnuts

2 T. pepitas
3 T. nutritional yeast

1 t. non-salt seasoning

1/4 t. onion powder

1/4 t. garlic powder



Easy Bruising Could Be Lifestyle



Up to 55 percent of healthy people report they seem to bruise easily, but there is usually a simple explanation of why it happens. Bruising occurs when blood vessels leak under the skin. The pool of blood forms a red, and eventually blue, mark on the skin. The body gradually reabsorbs the pooled blood. The most obvious cause of bruising is an injury.

You might get bruising from sports, exercise, or just your normal work when you run into things or other people. Increased bruising is normal with age. Skin becomes thinner, and begins to lose elasticity. Older people may also lose the fat under the skin that cushions blood vessels, according to Health.com. Medication can increase bruising. Drugs, such as aspirin or ibuprofen can block the normal function of platelets, the part of the blood that binds to clotting factors. A blood thinner like Warfarin causes bruising. Steroids taken for breathing problems, even if inhaled, can cause skin thinning, leading to bruising.

Sun damaged skin can result in weakened blood vessel walls and cause purple patches on the backs of hands and forearms. Finally, there are some rare disorders that cause a normal bleeding including low blood platelet count, bleeding disorders, and blood cancers. Less rare is liver damage (because of Hepatitis C or alcohol use).

July Birthdays

Michele Scott- July 26

Ken Springer- July 26

Happy Birthday!!



If you are feeling great and would like to help others, why not make a donation to our Chapter. Mail your donations to:

**Mended Hearts Chapter 130
PO Box 5551
Olympia, WA 98509-5551**

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.

Chapter #130 Officers

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