



# UpBeat

## Mended Hearts Newsletter

### Chapter #130–August 2024

#### Olympia, WA

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

### Meeting Notice

#### **MENDED HEARTS CHAPTER PICNIC**

**Time/Date: 5-7PM, Aug 8**

**Location: Tumwater Historical Park  
777 Simmons Rd. SW  
Tumwater, WA**

### Upcoming Dates

**Aug 1 -Board Meeting**

**Aug 8-Chapter Picnic**

**Sept 5-Board Meeting**

**Sept 10-Chapter Meeting**

### *President's Message*

#### *Michael Blonden*

I was thinking about how important our families and friends are to our well being as I was visiting with my sons and family in July. We get some of our identity, connectedness, encouragement, motivation, and support through our families. When visiting with patients at the hospital, I look for family members and if none are present, I often ask the patient about support from their family. Families can be great to help us through our anxieties and stress on medical issues. On a recent hospital visit, a patient was upset about what would happen to his wife while he was hospitalized. As we talked, he mentioned his son could stand in and provide support to his wife in his absence. His relief from this support from his son was readily apparent. Many partners find that cardiac disease can bring them closer together.

Successfully adapting to living with heart disease requires being open and honest. Lifestyle changes need to be made with the family, not just with the cardiac patient. As individuals with heart disease, we need to involve our families in healthy eating, physical activity, and other traditionally individual interventions to help promote the health of our entire family. In a sense, our Mended Hearts Chapter is your family as well, so feel free to encourage and assist others or ask us for any assistance you may need.

The next member meeting (picnic) will be on August 8th from 5 to 7pm at Tumwater Historical Park. On Tuesday, September 10th at 6pm, Dr. Waggoner, a cardiologist will have another Question & Answer session with our members. One of our members, Michele Scott, was recently awarded two awards from Mended Hearts National for the newsletter of the year and volunteer of the year for 2024 in the Western Region. Congratulations to Michele.

See you at the PICNIC!

## *Welcome New Members*

Please welcome the following new Chapter members:



*Shane Miller*  
*Thomas Lee*  
*Nathanael Potebnya*  
*Robert Black*  
*Kathleen Braun*  
*Alfonso Gonzales*  
*Ron Ball*  
*Carl Bliesener*  
*Helga Banduvski*  
*Ginger Reichard*  
*Beverly Hempleman*



### *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!

## DID YOU KNOW (DYK)

August is upon us!! Hope everyone is harvesting all those healthy crops that you planted this spring! Not only is that home grown veggie good for you....the exercise and fresh air you'll get is equally as beneficial, not to mention gardening reduces stress and boosts positive emotions.

No doubt, the human body truly is amazing! For all the abuse we seem to inflict on it, it generally continues to serve us well for many years and our heart and brain are the two undisputed stars of the show. So, whether you're pulling peapods, cradling corn, reaping radishes, or gleaning grapes, ponder this:

DYK - A kitchen faucet would need to be turned on all the way for at least forty five years to equal the amount of blood pumped by the heart in an average lifetime.

DYK - There are so many new cells in a human brain that it would take almost 3,000 years to count them. And, now they have "the Frontier", a supercomputer which can match the brain's computing power! Drawback: the Frontier requires 1 million times more energy than the brain. So, put on your sun hat, gardening gloves, sunscreen and begin that harvesting!! (And remember: August 8 is the official "National Sneak Some Zucchini onto Your Neighbors' Porch Day!") Enjoy!

### Poetry Corner

#### Encouragement

Encouragement is the syrup that makes  
You want to eat the pancake  
It's sugar  
It's salt  
It's cheese  
Sometimes it's the words please

Soft words from a nice voice  
Maybe a friend  
Telling that you can  
When you've almost given up  
The Sergeant can be rough  
But he/she is only trying to make you more tough

But if you can't find a friend  
Or anyone  
To tell you that you can  
Have a library  
Of books to set you free

ART PAUL SCHLOSSER

## Some Medicines Should Not Be Taken With Coffee!



If you are used to taking your thyroid or allergy meds with your first cup of morning coffee, you may want to change that habit.

Several common medications have well-known or suspected interactions with coffee, which may alter their effectiveness or the absorption of the drug.

Levothyroxine helps balance hormones in people with hypothyroidism, and should not be taken with coffee. According to several studies, the absorption of thyroid medicine can decrease from 30 percent to 55 percent when taken with coffee.

The same is true with osteoporosis medication, which should be taken with water to maintain its effectiveness.

Some medications for depression and mood disorders also are not absorbed as well when taken with coffee. Drugs like fluvoxamine, amitriptyline, escitalopram, and imipramine appear to be metabolized differently when taken with coffee.

Don't combine coffee with medicines like felodipine (Amlodipine), since caffeine tends to block the positive effects of the drug, according to Medical News Today.

According to the American Diabetes Association, the caffeine found in coffee can make it harder to manage blood sugar. In the ADA study, caffeine was found to increase both glucose and insulin

## August Birthdays

Michael Blonden-August 11  
Diane Blonden-August 24

Happy Birthday!!



Connie Mackie, a member of our Chapter, recently passed away. Our condolences to Connie's family.

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](mailto:Mblonden@msn.com) to receive a ZOOM link.

## Chapter #130 Officers

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**Mended Hearts National Website:**

[mendedhearts.org/](http://mendedhearts.org/)