



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

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

Meeting Notice

Program: Dr. John Waggoner, Cardiologist
Time/Date: 5:45pm, Tuesday, Sept 10
Location: Timberline Baptist Church
6628 Mullen Rd SE
Lacey, WA
Note: Time and Day/Date Change for Meeting

Upcoming Dates

Sept 5-Board Meeting
Sept 10-Chapter Meeting
Oct 3-Board Meeting
Oct 15-Chapter Meeting

President's Message
Michael Blonden

I want to encourage members to get to the next two meetings at 5:45 pm, so we can have a short period of time before the speaker to have members tell their stories. I have told the speakers to be there at 6pm but felt we will have members at the meeting early to listen or tell their heart stories.

As I visit heart patients at St. Peter Hospital, I often mention that there are at least two programs that have been proven to help patients after they leave the hospital. One program is Cardiac Rehab and the second is Mended Hearts. As one member recently stated, I wonder why people would join our group and then not attend the meetings. It is through the meetings that members will receive support, and gain education about their hearts. By the end of this year, four doctors will have joined us to talk about taking care of our hearts. If you have been waiting to attend our meeting, I encourage you to make a point of attending the next meeting (September 10). We will have Dr Waggoner head cardiologist for Providence join us for another question and answer session. Come prepared with your questions. Last year, Dr. Waggoner spoke with our group for approximately two hours and was still being asked questions as he was leaving.

As mentioned at the August picnic, Mended Hearts, Inc. will be holding their major fund raising event again beginning on Heart Day, September 29, and running for a whole month. Our Chapter was the first place team a few years ago and set some great marks for exercise. The more members we have join us, the more miles we can walk and the more funds we can raise. Slow and steady wins the race.

President's Message (Continued)

On Tuesday, September 10th, 5:45pm, Dr John Waggoner who will be answering questions about heart disease.

On Tuesday October 15th, Dr. Jason Reece will be talking about heart devices, such as pacemakers, Implantable cardioverter-defibrillator (ICD) and other devices.

Bio of Dr. John Waggoner-Program Speaker



Dr. John W Waggoner is an Interventional Cardiology Specialist in Olympia, Washington. He graduated with honors from Oregon Health Sciences University School of Medicine in 1999. Having more than 19 years of diverse experiences, especially in INTERVENTION CARDIOLOGY, CARDIOVASCULAR DISEASE (CARDIOLOGY).

Dr. John W Waggoner is affiliated with many hospitals including Providence St Peter Hospital, Providence Centralia Hospital, Capital Medical Center, Grays Harbor Community Hospital, Providence Sacred Heart Medical Center, and cooperates with other doctors and specialists in many medical groups including Providence Health and Services-WA.

Welcome New Members

Michael Goforth

Jeff Richardson

Marilyn Dunham

David Norris

Sherril Anderson

Stephanie Colburn

Robert Blalock

Carol Osterholm

Irvin Leister

John Depue

Willene Craig

Naomi Obie

Welcome Darrell Dunlap who is training for the St Peter Hospital Mended Hearts Visiting Team!!

DYK September 2024

I'm sure we're all out and about making the most of the waning days of summer. So while you're giving your heart a little exercise, may I remind you to sufficiently hydrate?

DYK they've adjusted the 8 glasses of water per person per day? Now they say the amount of water a person needs varies much like calories. The "new" rule of thumb to calculate personal hydration needs is to divide your weight in half and drink that many ounces — so if you weigh 160 pounds, aim for 80 ounces of H₂O a per day. Thankfully, it's not necessary to stick with water.

DYK there's a champion amongst healthy beverages suitable for year round? In Nutrition Facts, Dr Greger reports a comparison of the antioxidant content of 280 common beverages, including matcha, white wines, red wines, Red Bull, etc., hibiscus tea came out on top as the go-to drink for a variety of benefits. Within an hour of hibiscus consumption, as the tea's antioxidant phytonutrients are absorbed into your system, the antioxidant power in your bloodstream increases. Number one benefit? Blood pressure!! In a Tuft's study of prehypertensive adults, hibiscus proved better than placebo, with a drop in the subjects' systolic blood pressure by six points over the control group.

To put that into perspective, on a population scale, a five-point drop may lead to 14 percent fewer stroke deaths, 9 percent fewer fatal heart attacks, and 7 percent fewer deaths overall each year. Additionally, numerous clinical trials have shown hibiscus consumption can also reduce high cholesterol and other blood lipids, fight inflammation, and is antibacterial! All good!! The only caveat is you should rinse your mouth after drinking to keep tea's natural acids from softening tooth enamel and also keep consumption to less than a quart per day due to the high manganese content.

So, since it's technically summer until 9/22/24, I'm including here Dr. Greger's recipe for Hibiscus Tea which can be served hot or iced: Handful of bulk Hibiscus or 4 Tea Bags of Hibiscus 8 cups of water (either boiling for hot or chilled for iced) Juice of one lemon 3 T of honey or maple syrup (more or less to taste).

ENJOY!

2024 Poetry/Essay Contest MHI

President Michael Blonden recommended chapter member Camille Kettel as a Judge for the Mended Hearts 2024 Poetry and Essay Contest. Camille, a writer and poet, is also a retired English Language and Literature teacher. She sent her qualifications to Mended Hearts, and was accepted as one of the judges. She took on the position with a humble and grateful heart, feeling the awesome responsibility of fairly evaluating each submission sent to her. Winners will be announced and published in the fall. Look for them. They're wonderful, each and every one.

Thank you, Michael, for the referral for Camille. Chapter 130 can take pride in contributing to the success of the 2024 writing contest.

Recipe for Tofu Salad (serves 5 by Diane Caputo)

16 oz. tofu - pressed and cut into cubes

Tofu Marinade: 2 T. soy sauce

1 T. maple syrup

1 T. rice vinegar

1 T. sesame oil

1 T. hoisin sauce

1 t. garlic powder

1 t. onion powder

1 t. ginger



Salad: 6-8 c. lettuce

1/2 c. cherry tomatoes, halved

1 cucumber, sliced

1 small red bell pepper, diced large

1/2 c. carrots, shredded

2 sliced rings of red onion

1/4 c. fresh basil, chopped, or 1 t. dry 2 t. sesame seeds, lightly toasted

1 avocado, cubed

(Add any veggie that strikes your fancy)

Tahini Dressing: 1/3 c. tahini

2 T. lemon juice – juice of ½ lemon

2 T. maple syrup

1 ½ T rice vinegar

1 T. sesame oil

½ t. minced garlic

1/8 t. salt

1/8 t. pepper

¼ c. water

Scatter cubed tofu in a shallow bowl, pour marinade over them and toss to coat. Let sit in fridge for 30 minutes.

Make salad minus the avocado.

Whisk the dressing ingredients together in a small bowl.

Heat iron skillet or non-stick pan on med-high and spray with pan spray.

Sauté the tofu cubes in the skillet until they are browned.

Drizzle the dressing over the entire salad.

Serve the salad with avocado and browned tofu.

Understanding Atrial Fibrillation

Atrial Fibrillation (AFib) is a common heart condition characterized by an irregular and often rapid heart rate. This irregularity can lead to poor blood flow and increase the risk of stroke, heart failure, and other cardiovascular complications. According to the Centers for Disease Control and Prevention (CDC), an estimated 2.7 to 6.1 million people in the United States have AFib. The prevalence of AFib increases with age, affecting about 9 percent of people aged 65 and older.

One of the most pressing questions for those diagnosed with AFib is whether they can do anything to control this condition. While AFib can be unpredictable, there are several interventions and lifestyle changes that can help manage and potentially reduce episodes. Maintaining a healthy weight, engaging in regular physical activity, managing stress, and avoiding excessive alcohol and caffeine intake are all recommended. Additionally, controlling underlying conditions such as high blood pressure, diabetes, and sleep apnea can significantly reduce the frequency and severity of AFib episodes.

When it comes to treatment, several medications are commonly prescribed to manage AFib. These include anticoagulants (blood thinners) like warfarin and newer agents such as dabigatran, rivaroxaban, and apixaban. These drugs are crucial to reduce the risk of stroke, a serious complication of AFib. Antiarrhythmic medications, such as amiodarone, sotalol, and flecainide, are used to maintain a normal heart rhythm. Beta blockers and calcium channel blockers can help control the heart rate.

The safety and efficacy of these medications are well-documented, but they are not without risks. Anticoagulants, for instance, can increase the risk of bleeding. However, the stroke prevention benefits generally outweigh these risks for most patients. Antiarrhythmic drugs can have side effects ranging from mild to severe, including potential proarrhythmic effects, where the medication might cause other types of arrhythmias.

Effective management of AFib with these medications can improve quality of life, reduce the risk of complications, and potentially improve life expectancy. However, the overall impact on longevity varies depending on individual health factors and how well the condition is managed.

Suggestions-Chapter 130
Greater Olympia-Lacey-Tumwater Area

Let us know how to improve the local Chapter...Speaker Ideas, How to get more member attendance, fund raising activities, social activities, whatever ideas you have.

Please use the following address for the suggestion box:

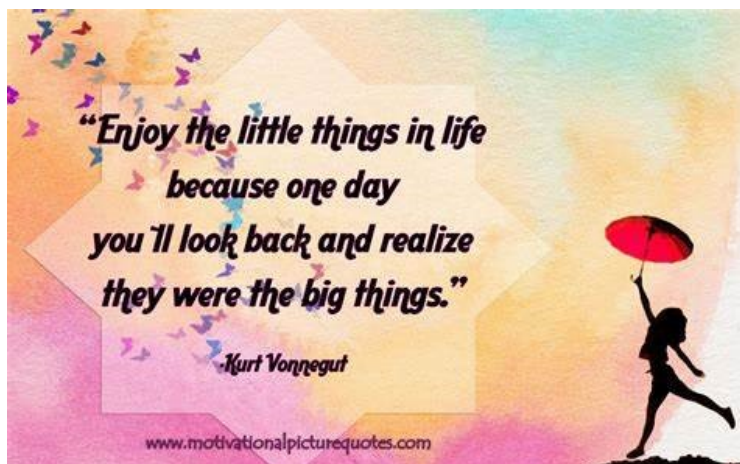
<https://mendedheartsthurstoncounty.org/suggestions/>



September Birthdays

Sept 3-Judy Mclean

Sept 26-Dave Belcher



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!!

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