



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

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

Meeting Notice

Program: Dr. Jason Reese-Heart Devices
Time/Date: 5:45pm, Tuesday, October 15
Location: Timberline Baptist Church
6628 Mullen Rd SE
Lacey, WA

Upcoming Dates

Oct 3-Board Meeting
Oct 15-Chapter Meeting
Oct 31-Halloween

President's Message
Michael Blonden

Mended Hearts, Inc. will hold its annual fund-raising activity, [World of Support](#). The event starts on World Heart Day, September 29th and runs through October 29th. You can register to participate in exercise or a donation. If you want to exercise with the Chapter Team, we will enroll as the Heart of Gold Team. Our Chapter has finished first in exercise in previous years. I will put an exercise conversion chart on our website if you want to join us and do exercises other than running or walking.

We are in the process of planning member meetings for next year. St Peter Hospital dietitians have agreed to plan one of the speaking engagements (February). We are open to ideas from the membership. If you have an idea for a heart related speaker, I encourage you to contact the Board through our website [Suggestion Box](#), located on the Contact Us Page.

Once again Dr. Waggoner kept us enthralled for two hours in our last meeting on September 12th. We had a reasonable turnout, 20 in-person and 5 online Zoom (4 new members). We discussed many ideas on our cardiac health, diet, and other lifestyle changes we can do. We also discussed tips on wine, salt, weight loss, blood pressure, walking, and many other topics.

On October 15th at 5:45 pm our member meeting, Dr. Jason M. Reese (Cardiologist) will be speaking about cardiac devices. Approximately, 3 million Americans have pacemakers and another 1 million have an implantable cardioverter-defibrillator (ICD). Others have other devices, such as, left ventricular assist device (LVAD), right ventricular assist device (RVAD), biventricular assist device (BIVAD), and Watchman, insertable cardiac monitor (ICM).

President's Message (Continued)

I did discover that only 18% of Americans with cardiovascular disease wear smart watches. where 29% of Americans without cardiovascular disease wear smart watches.

Smart watches offer all basic watch features, and they also do things that smartphones cannot do. They track fitness and keep you connected to online social apps. Some smart watches integrate with smart scale and smart blood pressure cuff, so all health stats including hydration can be tracked in one place and create an entire health report. A smart watch can help track heart rate, afib, sleep, stress level, calories burned, and other activities. Would a smart watch help you?

On November 14th at 2 pm our member meeting will have St Peter Pharmacy presenting on the role of pharmacist in your treatment and heart medications. Our annual Holiday Luncheon will be on December 12th. I'm looking forward to seeing members at upcoming meetings.

Mended Hearts Program Speaker



Dr. Jason M. Reese is a cardiologist in Tacoma, Washington and is affiliated with multiple hospitals in the area, including Multicare Capital Medical Center and Mason Health-Shelton. He received his medical degree from Edward Via Virginia College of Osteopathic Medicine and has been in practice between 11-20 years. Dr. Jason M. Reese has expertise in treating heart valve surgery, coronary artery disease, chronic high blood pressure, among other conditions – see all areas of expertise.

Dr. Jason M. Reese accepts Medicare, Aetna, Blue Cross, Kaiser, United Healthcare – see other insurance plans accepted. More recently Dr. Reese works for Kaiser Permanente Clinic in Olympia and has privileges at St Peter Hospital.

Did You Know (DYK?) October 2024

October already?!?! Three quarters of the year done! It makes one reflect on how fast and fleeting our lives are.

But wait! DYK there's some good news? A recent article in Science Alert online newsletter reports: "The number of centenarians around the world rose from 151,000 in 2000 to 573,000 in 2021. People are living longer, and we can expect to see more people reach 100 in the years to come." Obviously, we must give a nod to genetics for good health and maintaining independence well into our 90's, however, there are modifiable factors which account for more than 60 percent of successful aging. The four main takeaways from the review were gleaned from 34 observational studies published since 2000:

First factor- "A Diverse Diet with Controlled Salt Intake" The Mediterranean diet was linked to lower risks of physical function impairment and death. Yes, your body needs sodium to function properly, but check these numbers: USDA recommends less than 2.3 gms, however, Japanese Okinawan centenarians only get 1.1gms.

Second factor- "Limited Medication Use" Though centenarians are not free from chronic conditions, they typically develop them much later than average adults. A study in Spain showed centenarians averaged 4.9 medications daily; non-centenarians averaged 6.7. The study adds: "While the type or number of prescribed medications may not be within a patient's condition, it's important for doctors to prescribe medications only when necessary, fully inform patients about benefits and risks, and regularly review treatment plans." Third Factor - "Getting A Good Night's Sleep" In 2020, a survey of adults' sleep satisfaction in 13 countries, satisfaction ranged from 29 percent to 67 percent. The centenarians, however, averaged 68 percent satisfaction. Optimal duration: 7-8 hours.

Fourth Factor - "Living Environment" Not surprisingly, "more than 75% of the centenarians in the study lived in rural areas." They go on to cite "exposure to green space has been associated with lower stress, depression, blood pressure, type 2 diabetes and heart disease, potentially increasing life expectancy". Hope this provides a little useful information and encouragement.

POETRY CORNER

MY SOUL WANTS TO DANCE IN THE SUNSHINE, BUT I FEAR MY SICK HEART MAY JUST FLAT
LINE THOUGH I WALK SLOW THESE DAYS I'LL SOON PICK UP THE PACE AND BY AUTUMN THE FOX
TROT WILL BE MINE.

Welcome New Members to Chapter 130



Tamara Schreiner

Johnny Chan

Moriah Smith

Sheena Clarke

Greg Lee

Dave Hoge

Sandi Huston

Raymond Binnie

Staphanie Parmeter

Add a few steps and live!



We often hear that we should walk 10,000 steps a day for health, but is that true?

A new study from Europe says no.!!

If you average around 3,500 steps like many Americans, you can add as little as 500 extra steps a day. That 4,000 steps can help you reduce your risk of cardiovascular disease, according to Health.com.

That study is just one of a series of new studies indicating that small changes add up to big benefits. Want to lose weight, improve mobility, or health? Start small with a few steps, one healthy meal a day, or just fewer snacks.

Do you get enough vitamin D?



When the weather cools down, your urge to curl up inside until spring might ramp up. And while cozy days indoors might sometimes be a truly sublime pleasure, an unexpected complication may arise in regions with cold and gray winters: vitamin D deficiency.

Also called the sunshine vitamin, vitamin D is synthesized in the skin after exposure to ultraviolet B rays and is essential for calcium absorption and maintaining strong bones. Vitamin D deficiency can lead to weaker bones and is associated with a number of adverse effects including increased inflammation,

increased risk of autoimmune disease, and decreased cognitive function. During the summer, most healthy people can produce sufficient vitamin D through a modest amount of sun exposure -- five to 10 minutes at midday for several days each week for people with fair skin, and longer periods for people with darker skin.

In much of the U.S., however, winter sunlight is too weak to spur vitamin D synthesis, which can lead to deficiencies. According to Nebraska Medicine, nearly 1 in 4 U.S. adults are low in vitamin D, and the condition has become more common in recent years. Symptoms may include fatigue, poor sleep, bone pain, feeling depressed or sad, hair loss, muscle weakness, loss of appetite, frequent illness, and paler skin. If you notice these symptoms, contact your doctor -- they can measure your vitamin D levels with a simple blood test.

Fortunately, vitamin D deficiency is easily remedied with appropriate foods and vitamin supplements. Certain fish (like salmon and sardines) are naturally high in vitamin D, as well as egg yolks and beef liver. Many other foods, like milk and breakfast cereals, are enriched with additional vitamin D.

Vitamin D supplements come in two forms, D2 and D3. Several studies have shown that D3 raises vitamin D levels more effectively, and many physicians recommend it for this reason. For young adults, the recommended dietary allowance of vitamin D is 600 international units. Your physician can recommend an appropriate dosage for you.

October Birthdays

Diane Devoe-October 1

Nick Chavez-October 18

Jim Notter-October 29



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Chapter 130 Website Address:
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<https://mendedhearts.org/>

**To make suggestions, go to
suggestion link below:**

[Suggestion Box](#)



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!!