



UpBeat

Mended Hearts Newsletter

Chapter #130 – November 2024

Olympia, WA

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

Meeting Notice

Program: Heart Medications
Time/Date: 2pm, Thursday, Nov 14
Location: Timberline Baptist Church
6628 Mullen Rd SE
Lacey, WA

Upcoming Dates

Nov 7-Board Meeting

Nov 14-Chapter Meeting

Dec 12-Christmas Luncheon!

Happy Thanksgiving



Mended Hearts™

President's Message

Michael Blonden



Mended Hearts™

"Over four decades of research has clearly demonstrated that social isolation and loneliness are both associated with adverse health outcomes," Dr. Crystal Wiley Cené said in a news release. She is chair of the writing group for the scientific statement, published Thursday in the [Journal of the American Heart Association](#).

The report found social isolation and loneliness are most strongly linked to heart disease and stroke, with a 29% increased risk for heart attack and/or death from heart disease and a 32% increased risk for stroke. **Published: August 4, 2022**

The message would be to get out and socialize with others. Our regular member meetings offer you socialization with others, and each year our Chapter has two social events...August Picnic and December Luncheon. I encourage you to attend our meetings and the December Luncheon. See [website](#) for more information on Luncheon.

Dr Jason Reese was the fourth doctor to present to our Chapter this year. Doctors and other professionals have busy schedules and as discussed before we usually modify our typical second Thursday of the month, 2 pm meeting to fit the professionals' schedule and also the availability of the meeting room at the Church. Starting next year, we will try to schedule evening meetings during the longer daylight months, so members who have concerns about driving at night will have a safer drive.

President's Message (Continued)

In November, we will have the St Peter Pharmacists present to our group at the regular meeting time of second Thursday at 2 pm. Please be aware that this will be different pharmacists, information, and format for the presentation. The pharmacists will present as a panel and encourage questions and discussions about the various heart medications. They will also explain how they might be helpful as a member of your healthcare team.

Dr. Waggoner and Dr Reese mentioned the shortage of doctors and medical professionals for your care. The pharmacists may be able to help you with your medications. I encourage you to bring medication questions to the meeting.



Mended Hearts™

Did You Know (DYK)? November 2024



Mended Hearts™

DYK our bodies are actually constant works in progress? Aside from the obvious, born tiny and then growing and maturing into adulthood and beyond, things inside our bodies are changing as well. Example: we are born with 350 bones in our skeleton. Over the course of time during our growing and maturing, our bones fuse together leaving us with 206 bones as adults.

DYK we are all born with a hole in our heart, but it usually closes shortly after birth? The hole is between the heart's upper chambers, the left and right atria. It's called a Patent Foramen Ovale or PFO for short.. This hole allows the fetus to draw oxygen from the placenta. In most people, the PFO closes up within the first few months after birth. However, between 20-25% of the population has a PFO that remains open. Most people with a PFO don't have symptoms or require treatment and often are totally unaware they have it. There are instances, however, that because of the hole, a blood clot may form and travel from the right atrium to the left atrium and out to blood vessels of the body raising the risk for things like stroke, pulmonary embolism, migraines, vascular headaches, or even heart attack. Fortunately, if there is trouble, the PFO can usually be repaired in an outpatient transcatheter surgery.

DYK what else happens as we age? We're much more likely to VOTE! U.S. voter turnout increases with age, especially during presidential elections. The Pew Foundation says that folks 65+ cast 71.9% of the votes in the 2020 Presidential Election. Exercise your right!!

I would be remiss in this November article if I didn't ask DYK what we observe annually on November 11th? In the Commonwealth, they call it Armistice Day; we, in the U.S., call it Veterans Day. It commemorates the cessation of World War 1 which ended in 1918 on the 11th hour of the 11th day of the 11th month. If you see a vet, say "thank you" and, if you are a vet, may I say "THANK YOU"!

Mended Hearts of Thurston County
Christmas Luncheon



Date: Thursday, December 12, 2024

Time: 11:00pm - 2:00pm

**Location: Jacob Smith House, 4500 Intelco Loop SE,
Lacey, WA**

**Menu: Turkey Breast Roast with Cranberry Orange Relish,
Mashed Potatoes with Gravy, Herbed Bread Stuffing,
Steamed Seasonal Vegetables, Salad, and Dessert. Drawings
for gifts at the luncheon.**

**RSVP to Michael Blonden at 360-491-8869 or email
mblonden@msn.com, or register on our website NLT
November 30.**

**Mail Check NLT December 2 made out to Mended Hearts
Chapter 130 for \$20 per person. The Chapter pays for half of the
luncheon expenses to make your cost reasonable. Mail
Payment for luncheon to:**

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

November is American Diabetes Month

AWARENESS MONTH



NOVEMBER



Mended Hearts™

Diabetes affects every part of the body

Until now, you may not have thought much about diabetes. You probably know people who have type 2 and they seem to be fine. You might even wonder how serious it could really be.

Here's the truth: It's deadly serious. In 2021, 103,294 people died from diabetes, making it the eighth leading cause of death. And compared to 2019, diabetes-related deaths increased 17 percent in 2020 and 15 percent in 2021.

Nearly 38.4 million Americans already have diabetes. That's an amazing number, millions more are at risk. They have pre-diabetes and may not realize it. In fact, it is estimated that nearly 9 percent of people with diabetes are undiagnosed.

If you are overweight, don't exercise, and have been feeling pretty tired lately, it's time to see your doctor for a glucose tolerance test.

A normal fasting blood glucose level is between 70 and 100 mg/dL. A level between 100 and 125 mg/dL indicates prediabetes, and a level of 126 mg/dL or higher indicates diabetes.

The good news is that even if your fasting glucose level is high, you can keep from getting type 2 diabetes. But you have to get serious about doing it.

* Get regular exercise -- at least 30 minutes each day. You'll have to do it anyway if you progress to type 2 diabetes, so why not walk or exercise to prevent it?

* Improve your diet. Eat more fruits, vegetables, and fiber-rich foods. Stop drinking sodas, sports drinks, and fruit drinks. Limit white breads, rice, and pasta, along with sugars from candy, cakes, and pastries. Ask your doctor or a registered dietitian about a nutrition plan that's formulated for your specific needs.

* Lose a few pounds. Weight loss is not uncommon if you exercise and eat better, and you can drive consistent weight loss if you watch your portion sizes. Losing just 5 percent of your total body weight can make a difference, but 10 percent reduces type 2 risk by 58 percent.

Friendships Need Face-to-Face Time



In the United States and across the world, actual friends are being replaced by acquaintances. Digital contacts are replacing human contact.

YouTube, TikTok, two-career families, and demanding jobs mean that people have less time to belong to organizations, clubs or churches.

Ten years ago, Robert Putnam noted in his book *Bowling Alone* that our growing social capital deficit meant people often went bowling alone.

But, bowling, once an activity that attracted people to leagues and provided cheap weekend fun for the family, has changed. League membership is down, alleys are closing. The remaining centers often have to become like little amusement parks to stay open. People don't go out as much. They don't do things together.

In the United Kingdom, the Mental Health Foundation has published *The Lonely Society*. It says about half of Brits believe they are living in a lonelier society. One in three would like to be closer to family, but social trends are driving them apart.

Today, the average American has only two close friends, and a quarter of Americans say they don't have any.

Shallow friendships prevail, like those with pals on the Internet. Sociologists say they are very worried about the decline in social connections in the United States. A connection with another person may be only a click away, but cultivating a genuine friendship takes more.

People could have everything that life can offer, but if they don't have a good friend, their lives would be fundamentally lacking.

The secret to close friendships? Put down the device and engage the person. Spend some time with a friend, and do it face-to-face.

November Birthdays

Chapter #130 Officers

James Bryan-Nov 15

Deborah Ranken-Nov 26



President: Michael Blonden
Mblonden@msn.com
360-491-8869

Vice President: Vacant
If interested, please contact
Michael Blonden, President

Secretary: Kristi Wells
360-807-4411
klwells41@hotmail.com

Treasurer: Bob Sherwood
360-438-3873;
sherwoodjr@comcast.net

Visitor Coordinator:
Diane Caputo 360-705-1271
dianecaputo0304@gmail.com

Special Projects: Darld Brannan
360-459-8175
darldbrannan86@gmail.com

Member Relations/Sunshine:
Cheryl Hougham 360-357-4987
dkhcmh@comcast.net

Newsletter Editor:
Michele Scott
360-561-1550
basquema@live.com

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

Mended Hearts National Website:
<https://mendedhearts.org/>

To make suggestions, go to
suggestion link below:

[Suggestion Box](#)

Welcome New Members

James Eisenhower	Daniel McNamara	Rachele Diaz
Curt Barbara	Steve Snodgrass	Shannon Petit
John Kinney	Tony Merkel	Pam Davila
Alex Jalil	David Suffia	Calvin Dawson
Michael Kingsley		



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!!