



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

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

Meeting Notice

Program: Christmas Luncheon
Time/Date: 11-2pm, Thursday, Dec 12
Location: Jacob Smith House
4500 Intelco Loop SE
Lacey, WA

Upcoming Dates

Dec 12-Christmas Lunch
Jan 2-Board Meeting
Jan 9-Chapter Meeting

Merry Christmas

President's Message
Michael Blonden

World of Support for participants is over now. Donations to the MHI fund raiser can still be made through the end of the year. As mentioned at the last Member Meeting, Ann Monaghan was our participant with the most miles this year. See write-up and pictures on website concerning [Ann's exercise routine](#). [Her heart story](#) she shared is also on the website. I also added [the pharmacy medication handout and the pharmacist's responses to questions](#) asked at the meeting that were not answered and required follow-up.

This coming month is our annual [Holiday Luncheon](#). Join us for great food and a chance to socialize with other members. We still have available seating at the luncheon. Contact Bob Sherwood or myself if you want to attend. In January we will have a panel discussion by two "heart warriors" who have received the gift of life, a heart transplant. Kacilynn and Robin will talk about their heart transplant experiences. The February Meeting will be about Mediterranean eating and avoiding processed foods by Breana, a Dietitian at St. Peter Hospital.



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**



More deadly heart attacks occur on Christmas and New Year's Day

Strange, but evidently true: Deadly heart attacks spike during the holidays.

According to a study published in *Circulation*, the journal of the American Heart Association, more cardiac deaths occur in the U.S. on Dec. 25 than on any other day of the year, followed by Dec. 26 and Jan. 1.

But it is not just the U.S. One medical journal study found a 15 percent overall increase in heart attacks in Sweden during the winter holidays. Heart attacks spiked 37 percent on Dec. 24 (Christmas Eve), most often affecting people over 75 and those with diabetes or previous cardiovascular disease.

And here is another ominous fact: More serious heart attacks occur on Mondays than any other day, according to the British Cardiovascular Society. This year Christmas Day (Dec. 25) falls on a Monday.

So, why is this so? Doctors and researchers have their suspicions.

- * People are busy. They ignore heart attack symptoms. Who wants to interrupt the party?
- * People are traveling and may forget to take their medications.
- * They are eating a lot of fatty, sweet foods. And this different diet may cause blood pressure to rise and heart rates to increase. Alcohol is probably also a factor.

Ranch Dressing Recipe

Diane Caputo

1 c. mayonnaise (see below)
¼ c. water

1 T. lemon juice
1 rounded T. **Ranch-style Dressing Mix**

Ranch-style Dressing Mix

¼ c. onion powder
2 T. dried parsley
1 T. dill
2 t. basil
1 T. sugar

1 T. celery salt or Spike Vege-Sal Seasoning
1 T. poppy seeds
2 t. garlic powder
1 t. salt (or less if restricting salt intake)

Mix together in a bowl and then store in an airtight container.
(I use an empty spice jar to store this mix on my spice shelf)

Simple Plant-based Mayonnaise

12 oz. Silken Tofu
¼ c. lemon juice
1 t. onion powder

1 c. raw cashews
1 ½ T. honey, (or 2 T. sugar)
2 t. salt

Place all ingredients in high-speed blender and blend for at least 1 minute until silky smooth.
Chill to thicken.

Options: 1. For a low salt mayonnaise, cut salt, sweetener, and lemon juice in half.

2. I also use store-bought plant-based mayonnaise (Best Food) for this recipe.

3. Sometimes when I reduce salt in a recipe, I increase the onion powder by the same amount. For instance, if I use ½ t. less salt, I add ½ t. more onion powder.

These recipes are taken from *7 Secrets Cookbook* by Neva and Jim Brackett



Did You Know (DYK)

December 2024



We are entering December!! That means the winter solstice (the shortest daylight day of the year) is rapidly approaching!

DYK that day the daylight will only last 8 hours 25 minutes? Some folks can experience depression during these limited sunshine hours and suffer from a condition appropriately called “SAD” which stands for ‘Seasonal Affective Disorder’. Did you know folks who suffer from SAD-induced depression may have uncommonly sticky blood platelets? Those are the tiny cells that cause blood to clot. In patients with heart disease, this can accelerate atherosclerosis (hardening of the arteries) and increase the chance of heart attack. Some studies show that treating depression can make platelets less sticky again. SAD can also cause oversleeping, craving sugary and high carb snacks, weight gain and heart palpitations. Maybe

some seasonal decorating would cheer you up?

DYK that seasonal decoration could be hazardous to your health? Seasonal decorating sent nearly 14,900 people to the ER in 2023 due to “decorating” accidents, which is about 240 injuries per day. The most common accidents involve falls, lacerations, & back strains. The peak day (average 660 cases!) is usually the Sunday after Thanksgiving. (Hope you survived that one!) Or maybe it’s time to cheer up a little with a couple rounds of upbeat music like “Jingle Bells”!!

DYK that Jingle Bells was originally a Thanksgiving song? It was written by J.L. Pierpont, (nephew of financier, J.P. Morgan) in about 1850, while he nursed a toddy while watching sleigh races.

DYK Jingle Bells was the first song ever broadcast from space? One hundred fifteen years later after it was written, U.S. astronauts Shirra and Stafford spoofed ground control about an unidentified object circling the earth then broke into the song “Jingle Bells” complete with music on a harmonica and shaking sleigh bells.

I do hope everyone weathers the holidays cheerfully and unscathed and is looking forward to the “New” year with a cheerful heart and the adventures it may bring!



Ho! Ho!! Ho!!! Welcome New Members



Steve Nead

Terry Snyder

Jerome Headly

Margaret Morley

Robert Blowers

Kenneth Hayner

Billy Bamon

David Grimm

Lina Troeny

Jason Rudy

Bob Anthony

Michael Politz

Sophia Kan

Patty Sutherland

Terry Dublin

Mark Pendleton

Edith Kusnic

December Birthdays

Patty Taylor-Dec 15

Irma Paradiso-Dec 25



Chapter #130 Officers

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Chapter 130 Website Address:
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Mended Hearts National Website:
<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.

Did you know a Qualified Charitable Distribution is a way to donate money from your IRA to The Mended Hearts Inc. Chapter 130 and reduce your taxable income? The Donation can be used to satisfy your Required Minimum Distribution and you can exclude that amount from your taxable income.
Contact your IRA trustee so the trustee will have time to complete the transaction before the end of the year. Contact Bob Sherwood at 360-438-3873, if you have any questions.