



UpBeat
Mended Hearts Newsletter
Chapter #130 – January 2025
Olympia, WA

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

Meeting Notice

Program: Heart Transplant Stories
Time/Date: 2PM, Thursday, January 9
Location: Timberline Baptist Church
6628 Mullen Rd SE
Lacey, WA

Upcoming Dates

Jan 2-Board Meeting
Jan 9-Chapter Meeting
Feb 6-Board Meeting
Feb 13-Chapter Meeting

Happy New Year!!

President's Message
Michael Blonden

We held our third annual [Christmas luncheon at the Jacob Smith House](#) on December 12th. Ernie got the group going with a Christmas song. As mentioned at the luncheon, we have a large percentage of our membership that have joined our group during this year. We would like to involve new members and increase attendance at Member Meetings and social activities. Ideally, we would like to see the attendance at next year's luncheon double in size.

One of our members, Ann, shared her heart story a few meetings ago. She has now finished a video of her story, that was [posted on our Facebook Page](#). Please review her story and note what she found when her family visited her at the Hospital. As new members attend our group they may be down emotionally or lacking energy, all of us need to support the new members. Not only will our support encourage new members to return to our meetings, but it can make a world of difference in the new members' lives.

As Roy Ziegelstein, MD of Johns Hopkins University School of Medicine, says, "What we can say with certainty is that depression and heart disease often occur together. About one in five who have a heart attack are found to have depression soon after the heart attack. And it's at least as prevalent in people who suffer heart failure. According to some studies, making an extra effort to re-engage and socialize with friends can help a person return to the person they were before a heart event. A person's attitude seems to have a powerfully favorable effect on their ability to make behavior and lifestyle changes that are often necessary to reduce the risk of having future heart problems.

President's Message (Continued)

Our socialization and sharing can have a powerful impact on other members. In Member Meetings, January-presentation by Kacilynn and Robin on the changes in their lives due to heart transplants. February-Breann, dietitian, will discuss Mediterranean-plant based diet. March-presentation by a panel of nurses on heart care. See you at these meetings in-person or on Zoom.

Did You Know (DYK) - January 2025

Hello January!! And a brand new year!! Another chance to make (and maybe break) those New Year Resolutions....eat right, exercise, learn Mandarin, and give up chocolate...etc. Wait!! No chocolate? I did a little research and discovered it's practically, (though not quite), a "health food"! Really! According to Healthline (and several other sources), dark chocolate can improve your health and lower the risk of heart disease. Here are 7 health benefits of dark chocolate:

- 1.) Quality dark chocolate is rich in fiber, iron, magnesium, copper, manganese, including a few other minerals.
- 2.) Cocoa and dark chocolate contain a wide variety of powerful antioxidants. In fact, way more than most other foods.
- 3.) The bioactive compounds in cocoa may improve blood flow in the arteries and cause a small but statistically significant decrease in blood pressure.
- 4.) Dark chocolate improves several important risk factors for disease. It lowers oxidation prone LDL and improves insulin sensitivity.
- 5.) Research shows a reduction in heart disease risk among those who consume a moderate amount of chocolate.
- 6.) Studies show that the flavanols from cocoa can improve blood flow to the skin and protect it from sun damage.
- 7.) Cocoa or dark chocolate may improve brain function by increasing blood flow. It also contains stimulants like caffeine and theobromine.

So you see, forgoing chocolate needn't be on your New Year Resolution list, but do remember, chocolate can be loaded with calories, so moderation is advised. The more cocoa, the darker the chocolate, and therefore the better quality.

So make it a Happy New Year with chocolate and wishing you luck with the rest of those resolutions!

How to Save Your Back/Heart And Still Shovel the Snow

The white stuff drifting down is beautiful. But you have to get rid of it, and start getting rid of it very soon.

Shoveling snow is a physically demanding job. Check with your doctor to see if you should be doing it at all. If not, or if shoveling is not your thing, prepare ahead by setting up a snow removal service or contracting with a strong neighbor.

* Before you go out, warm up your muscles and stretch as you would before any exercise. Dress in layers so you can remove one if you get heated up. Extra heat makes the heart beat faster, and you want it to stay at a normal pace. The best time to work on the snow is when it's still falling. It won't be as deep, and it will be loose, powdery or a lot easier to move. At this point, your leaf blower could do the job.

* If it's already deep, use a smaller, lighter shovel. Start with small loads.

* Push the snow rather than lifting it whenever you can, even if it's for a small area. Every push avoids a lift.

* When you do lift, use your legs instead of your back. Face the direction you want the snow to go and throw it without twisting.

* Do larger areas in segments. The National Safety Council recommends shoveling a while, then resting



Plain Jane Cabbage Soup Makes Lucky New Year Recipe

Cabbage, the plainest Jane of the New Year foods, actually comes from a very colorful plant family.

Brassica oleracea has been cultivated and selectively changed for thousands of years. Today, the cabbage family includes the green, crinkly leafed kale, white cauliflower, green broccoli, and tiny green brussels sprouts. There are a number of forms of cabbage itself, from the white to light green standard cabbage to the savories which come in white, red, green, and brown.

According to the University of Florida extension service, cabbage is relatively low in calories, but it was popular with early civilizations since it grows quickly (about three months) and tolerates cool temperatures very well. In cooler climates it can be planted in summer and fall. It is a good source of potassium, and vitamins A and C.

Cabbage is one of many foods popular for cooking on New Years. You'll find it part of the menu in Europe, including Germany, Croatia, Bosnia, and many parts of the United States.

New Year's Day Cabbage Soup

Tear a medium head of cabbage into 2-inch pieces and set aside. Braise a half pound of quarter-inch beef cubes (chuck or shoulder) in a skillet with a small amount of oil.

Place 2 10-ounce cans of beef broth in a large crockpot and add 1 can of carrot juice, one half teaspoon of sugar, 1 teaspoon cinnamon, 1 teaspoon ground cloves, one half teaspoon ground ginger, 1 cup of sliced carrots, 1 cup of celery, 1 teaspoon celery seed, 1 cup of coarsely-chopped onions, and salt and pepper to taste.

Add the braised meat (in some recipes ham or sausage may be substituted) and cabbage and cook in your crockpot's high setting for 3 hours, stirring occasionally. Reduce temperature and warm.

Accompanied by crackers or your favorite bread, cabbage soup makes for a robust meal on a cold winter's day.



New Years Quote



Chapter #130 Officers

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](#)

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.