



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

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

Meeting Notice

Program: Breann Hogie, St. Peter Dietitian
Time/Date: 2PM, Thursday, February 13
Location: Timberline Baptist Church
6628 Mullen Rd SE
Lacey, WA

Upcoming Dates

Feb 6-Board Meeting
Feb 13-Chapter Meeting
Feb 14-Valentine Day

President's Message
Michael Blonden

[Breann Hogie, St Peter Dietitian](#), will be our speaker at our next Member Meeting on February 13th at 2 pm. Due to COVID and hospital changes, we have not had a hospital dietitian speak with our group for six years now. I'm happy to reestablish this relationship, so please support our group and attend the meeting.

In March, our Chapter will make a presentation to the Community Aging Network, so they will know more about our program. They are interested in helping people by referring them to our group. We also have more referrals of new members from the hospital each week due to our visitor program. Thank you for welcoming them each week. You can see pictures of new members [Bob and Ken on our website home page](#).

Since this month will have a speaker on what we eat. Check this out on the Mended Hearts Website Your Guide to foods for a healthy heart <https://www.bing.com/search?>

President's Message (Continued)

How many of these Mended Hearts benefits would you like?

- * Less stress and anxiety
- * Feeling better physically and emotionally
- * Fewer hospitalizations and visits to the emergency room
- * Support making healthy lifestyle changes
- * Better access to information and resources
- * More confidence in managing healthcare



February is American Heart Month, a time when all people—especially women—are encouraged to focus on their cardiovascular health.

This toolkit contains facts that anyone can use to raise awareness about the risks of heart disease and the importance of identifying and managing heart-related health conditions.

Heart disease quick facts

Heart disease is very common. In the United States, **heart disease is the leading cause of death** for men, women, and people of most racial and ethnic groups.¹ In 2022, 1 in every 5 deaths in the United States was caused by heart disease.

High blood pressure is a leading cause of heart disease. Nearly half of U.S. adults have [high blood pressure](#), which puts them at risk for heart disease and stroke. And just 1 in 4 people with high blood pressure has it under control.

Heart disease is costly. The cost of health care services, medications, and lost productivity from heart disease amounted to \$252.2 billion between 2019 and 2020

Did You Know (DYK) February 2025

Well, we're already into February! Hope those resolutions are holding fast, so far. I'm doing pretty good with mine and, as we explored last month, I have continued my dark chocolate consumption (for the health benefits, of course.) So next was my daily coffee intake....too much, too little, regular or decaf, with or without milk? I love a good cup or two (or three) of coffee usually early in the day...was that okay? And then, the good news arrived in my inbox! It said "a new study published Jan. 8, 2025 in the European Heart Journal found that people who drank coffee exclusively in the morning had a lower risk of dying of any cause, including cardiovascular disease, when compared to all-day coffee drinkers and non-coffee drinkers."

So where does the life-extending boost in coffee come from? From a class of polyphenol phytonutrients found in coffee beans called chlorogenic acids (CGA). Given in pill form alone, CGA shows beneficial effects such as "acute blood pressure-lowering" activity, dropping the top and bottom blood pressure numbers within hours of consumption.

Is one coffee superior to others? Yes! And, sad to say, Starbucks is amongst the lowest in CGA. Some SB coffees rated amongst the lowest in chlorogenic acid content, averaging 10 times lower than the others. It may be because the extended roasting time for their 'dark roast' can destroy as much as 90% of the normally stable CGA in the caffeine. (Fortunately, I prefer their 'Blonde' roast, so that's okay.)

Though I'm not a fan of adding milk to my coffee, I do enjoy an occasional Starbucks 'Latte,' so wondered about adding milk to my coffee. And, dairy milk apparently does make a difference. It binds with the CGA and makes it unavailable to the body. However, then soy milk was tested and was shown not to affect the CGA's. And I like soy milk, so my latte is safe!

Therefore, my coffee AND my dark chocolate intake shall remain untouched. It's going to be a good year!



Concussion

Myths and Facts

Myth: Someone suffering a concussion should be awakened repeatedly.

Fact: Sleeping is the best thing for the injured person, so do not disturb. Getting physical and mental rest aids recovery.

Myth: Contact sports are the only ones that put athletes at risk of concussion.

Fact: Concussions can occur in any sport or recreational activity. If there is a violent movement or blow to the head or body that causes the brain to move rapidly inside the skull, it can cause a concussion, according to Dartmouth-Hitchcock Medical Center.

Myth: A normal CT scan can rule out a concussion.

Fact: A CT scan detects structural injury and won't pick up a concussion, according to Ithaca College Department of Exercise and Sport Sciences.

Myth: You must lose consciousness or black out to have a concussion.

Fact: Only a small number of concussions involve loss of consciousness.

Myth: The harder someone is hit, the worse the concussion.

Fact: It doesn't always take a big hit to produce a concussion. Any contact to the head or body that causes rapid head movement can cause a concussion. For football players multiple lower impact hits in one game, or over time, might have more serious effects than a single high-impact collision, say experts reporting in Science News.

Myth: The effects of a concussion are short-lived.

Fact: Concussions can cause cumulative damage to neurons and structural damage to the brain, both of which can cause long-term effects.



February Quote

**THE
GREATEST
WEALTH IS**
Health♥

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](#)

Facebook Webpage Address:
<https://www.facebook.com/Mendedheartsthurstoncounty>

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.