



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

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

Meeting Notice

Program: Ann Staley, Nurse Panel, Cardiac Care
Time/Date: 2PM, Thursday, March 13
Location: Timberline Baptist Church
6628 Mullen Rd SE
Lacey, WA

Upcoming Dates

Mar 6-Board Meeting
Mar 13-Chapter Meeting
**March is National
Nutrition Month!!**

President's Message
Michael Blonden

We have welcomed several new members over the past few months and look forward to more joining us in the coming months. It can be challenging to transition from the hospital to home and then to our member meetings. However, we believe that attending these meetings is beneficial.

Reasons to attend Mended Hearts Member Meetings:

After a heart event, there are many questions for both patients and caregivers. Patients need a support team to recover and prevent another event. At Mended Hearts, both patients and caregivers can find the answers and support they need. The meetings feature excellent speakers on various health-related topics. Caregivers can also find support and friendship among other caregivers. —Cheryl

· Sharing one's heart journey with others, including the ups and downs, and helping others celebrate their journeys can be valuable. —Bob

Discuss your plans with your Mended Hearts callers; we will assist you whenever possible. Some members start attending immediately, while others may begin attending and then return after a break. We strive to support you in your heart journey.

President's Message (Continued)

Our Member Meeting this month will feature nurses from St. Peter Hospital. Please join us to show appreciation for this dedicated group and attend the meeting on March 13th at 2 pm to learn more about heart care. Visit our website for details about the [meeting and speaker](#).

Member Meeting-March 13, 2025 **Nurse Panel Cardiac Care**



Ann Staley, RN

I was raised in Alaska and moved to Washington when I was 16 years old. I moved to Olympia to attend The Evergreen State College in 1993. I have degrees in Psychology and Nursing. My first careers were as a Social Worker, working with Domestic Violence and Sexual Assault survivors and at-risk youth. I took a ten-year hiatus from the workforce to be a stay-at-home mom to my three children. Jackson (23), Lucas (21), Natalie (17). I went back to school in 2015 and graduated from South Puget Sound Community College in 2017 with my nursing degree. I accepted a residency on the 11th floor (IMCU) at St. Peter Hospital and have worked there ever since.

I work as a Charge RN the majority of my shifts and have grown to love the patient population on our floor, finding it to be challenging and inspiring. There's nothing better than the therapeutic relationship between a nurse and their patient. Olympia is the perfect place to live, in my opinion. This area is the place where I have found a strong community and is the epicenter of all of my favorite hobbies. In my spare time I enjoy hiking, reading, running, hot yoga, eating food with friends, playing with my cats and travelling. I am looking forward to this summer, as my youngest child will graduate high school and we plan to celebrate with a trip to Europe. During that trip, I will hike the Dolomite Mountains in Italy with my significant other!

Did You Know (DYK) March 2025

(DYK) Do you know if March will be “in like a lion and out like a lamb”? or the reverse? We will have to wait until the month unfolds to answer that question. However, I did find some “special days” observed in March and was delighted to see that many revolve around food and health!

Though the “Food Holidays” in March cover the gamut...(refer to thenibble.com for an exhaustive list and variety of food celebrations from “Fruit Compote Day” to “National Clams on the Half Shell Day”) the main focus has become, in fact, “healthy food”...therefore March has been declared “National Nutrition Month!”

Originally, it had been declared as only a “Nutrition Week” until 1980, when Congress decided nutrition was so important, they extended the March Nutrition “Week” to encompass the entire month. The motive? “to spread nutrition information and education to the community by promoting sound eating practices and physical activity habits.” You can explore the details at www.nationalnutritionmonth.org.

DYK what matters more for longevity: genes or lifestyle? The Lancet reports that scientists think that how long we live is about 25% attributable to our genes, and 75% attributable to our environment and lifestyle. While we have limited control of our genetics, we do have some control of our environment and considerable control regarding our lifestyle, which would encompass the foods we consume regularly and our daily physical activity. (Of course, there is an antithesis to Nutrition Month....but you will have to wait a few months to learn exactly what that is and what it entails...! Stay tuned...!!) In the meantime, sounds like March will be the perfect month for each of us to concentrate on the areas of our life we can control in order to live the best life possible. Cheers



Chia Breakfast Pudding

Diane Caputo

Chia Pudding is high in Omega-3s, Calcium, and Magnesium

Basic recipe:

- 1/2 c. Chia seeds
- 2 c. Milk (almond, oat, or coconut)
- 1 t. Vanilla
- 2 T. honey, maple syrup, or agave

Mix the ingredients in a small bowl and divide mixture between 3 small jars.

Put lids on the jars and place them into refrigerator overnight.

In the morning, top with fruit or nuts of your choice and enjoy. Experiment with the different types of milks and toppings and come up with your favorite variations.

Options to try with the Basic Recipe:

1. Add 3 T. Dried coconut
2. Add 3T. Sliced almonds or cashews
3. Add diced fruit like pineapple, mango, and/or strawberries.
4. Add blueberries, raspberries, and/or pomegranate seeds.
5. Add jam
6. Try adding 1/4 c. Oats to the basic recipe with an additional 1/4c. Milk (oat milk)
7. Try adding 1/4 c. Coconut or cashew yogurt



Mended Hearts Valentine Day Hospital Visits

Gift bags were handed out to 20 patients on the 10th and 11th floor. Everyone was pleasantly surprised to receive a little something from us that says “We’re thinking of you and giving you well wishes.” All the staff on 10 and 11 received Godiva dark chocolate hearts in their valentine bags from Mended Hearts.



Items put in each Bag

New drug offers new hope for pain relief

The first new pain relief drug to be approved in decades will soon be on the market.

The drug, suzetrigine, is a prescription pill that is said to be as effective as opioids, but it is believed to carry little risk of addiction. Unlike opioids, suzetrigine does not create a sense of euphoria as do opioids.

The new drug works differently than opioids, too. Opioid-type medications, like Vicodin, dull the sense of pain in the brain, according to CNN. But this new drug works by preventing nerves from signaling pain.

Interestingly, the drug was developed after researchers investigated a family of fire walkers in Pakistan. Member of this family lack a gene that allows pain signals to fire in their skin. They could walk over hot coals with no problem, even though they did sense heat and touch.

This is the first drug in what is expected to be a new class of pain relief drugs. It will initially be prescribed to people who have pain after surgery, but there is some hope that the drug could be used for chronic pain. The drug is expected to wholesale at just over \$15 per 50-mg pill (taken twice daily.)

Visitor Summary for 2024

Diane Caputo

The Mended Hearts visitor team returned to Providence Saint Peter Hospital with 6 members last year. There were no visitors at the hospital for four years due to Covid restrictions. Six volunteers, Michael Blonden, Ann Monaghan, Darrell Dunlap, Kristi Wells, Michele Scott, and Diane Caputo represent Mended Hearts and visit the cardiac patients 3 days a week. They have returned with renewed empathy and support for the cardiac patients going through their own cardiac events.

Last year these 6 passionate visitors made a total of **917 visits**. They distributed at least **710 newsletters** and informational flyers about Mended Hearts to those visited. Volunteer Services graciously allows Mended Hearts volunteers to print these flyers in the hospital. This newsletter number probably more accurately records the actual number of individuals visited since we try not to give additional information just because we may visit an individual more than once..

The team also visited over **124 Families** of these patients. Often, when the team member visits a patient, there are family and/or loved ones present. They too always appreciate the visit. Sometimes they are listening more intently than the patient.

The number of people visited who **requested additional information about Mended Hearts is 129**. It's been made really easy to instantly connect patients to the Mended Hearts community by offering them the free annual membership. Patients can go home and continue to receive our local Chapter's monthly newsletter and correspondence from the national office. They can receive supportive phone calls during their recovery and then decide when the time is right for them to attend a monthly meeting.

If anyone would like to become a volunteer visitor, please contact Diane Caputo at 360-705-1271. She'd be happy to get you on the team



Welcome New Members

Chapter #130 Officers

December 2024

Deb Cary

Tom Beattie

Scott Nolan

Charles Scott

Justin Winters

Todd Hicks

Gerry Vandeboncouer

Elsia Koontz

Daniel Crane

John Brunoff

January 2025

Bob Bordeaux

Michael Carson

Arlin Chang

Jef Conklin

Adolfo Ebio

Cheryl Fuller

Douglas Grover

Catherine Jackson

Rob Jackson

Rick Knox

Katherine McClarrinon

Marilyn Seed

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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 are open to all Chapter Members. We are currently meeting via ZOOM. If you are interested in attending, contact Michael Blonden at Mblonden@msn.com for 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 donation to:

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

Ever Dollar Helps. Thanks!!