



UpBeat

Mended Hearts Newsletter

Chapter #130 – April 2025

Olympia, WA

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

Meeting Notice

Program: Kathryn Dean MD
Time/Date: 2PM, Thursday, April 10
Location: Timberline Baptist Church
6628 Mullen Rd SE
Lacey, WA

Upcoming Dates

April 3-Board Meeting

April 10-Chapter MTG

Happy Easter-Apr 20

President's Message

Michael Blonden

At our March meeting, we had a great meeting with a four-nurse panel from St Peter Hospital. There was a good turnout of members. I hope to see all of you again and additional new members at our April meeting. Doctor Kathryn Dean will be talking with us about the relationship we develop with our doctor. I want to thank Ann Monaghan again for assisting with moderating the nurse panel presentation and helping recruit nurse speakers. We are in the process of contacting more nurses from areas of the Hospital that impact our heart care for another presentation in a month or two.

This is a great time to sign up for the Visitor Program. We will be expanding our Visitor Program to the newer Clinical Decision Unit at St. Peter Hospital. The Heart Surgery Clinic Staff will also begin sharing information about Mended Hearts within the month. While we visit with patients, they often are enthused about our efforts and state they would also like to visit. Assisting others through a heart event can be rewarding. If you would like to pay it forward by volunteering, please contact Diane Caputo (360 705-1271).

We're getting closer to having a good listening experience with Zoom during the meetings. It's a work in progress. We are using eight microphones instead of one to pick up audio from the audience and speakers. Thank you for your patience during this process

Mended Hearts has a new program called Welcome Home, an education program for patients/families with Hypertrophic Cardio Myopathy (HCM). The website link is:

[A new program launched by Mended Hearts, Inc. called Welcome Home Hypertrophic Cardiomyopathy \(HCM\). More Information.](#)

**Chapter Meeting Topic:
Collaboration between the Doctor and Patient**



Kathryn Dean, MD

Graduated from Oregon Health & Sciences University, Portland, Oregon. There are many important factors that contribute to a person's overall health, including individual life circumstances. She is a well-read practitioner who believes there is always room for improvement.

Dr. Dean is certified by the American Board of Family Medicine. She is uncompromising in her dedication to the well-being of her patients. She is committed to giving the best care and establishing long-lasting relationships with them.

Did You Know (DYK) April 2025

Greetings and Welcome to April!

It's beginning to feel like Spring is springing!! Seems appropriate then, that April 22nd is "Earth Day", as Earth takes pretty good care of us and we should return the favor.

DYK when Earth Day began? The first Earth Day was initiated by Congressman Gaylord Nelson in 1970. At that time, there was nothing to support our environment: no EPA, Clean Air Act nor Clean Water Act. The Congressman was impressed by the student led protests against the Vietnam war and felt not only should we protect people, but we should be more aware of protecting our environment. Consequently, by observing student-led anti-war movements, Nelson was inspired to launch a national environmental "teach-in" day on college campuses. Today, 55 years later, over 192 countries observe Earth Day.

DYK beginning a garden is a good way to do your own personal celebration of Earth Day? Not too late to do a few seed starts in the house or just wait until all chances of a freeze passes then put seeds into the ground. Plus,

DYK gardening has lots of heart healthy benefits: According to the CDC, spending 2.5 hours each week working in the garden is considered moderate physical activity. This can help to reduce the chance of type 2 diabetes, high blood pressure, heart disease, stroke, depression, and colon or breast cancer. Additionally, growing and eating your own fruits and vegetables can have a positive impact on your diet. Gardeners are more likely to include those fruits and veggies they harvest as part of healthy, well-balanced diets. So, to observe Earth Day, maybe you should grab that shovel and begin laying out the plot for your garden...think of favorite fruits, veggies and berries and, when possible, get the family involved! First time? Plenty of good directions at seed stores, community gardener groups and online. Bon Appétit!



Health in the News

Study sheds light on liver damage risk

A new study published in the journal of Clinical Gastroenterology and Hepatology shows that alcohol consumption nearly doubles the risk of severe liver damage among people with large bellies, diabetes, or high blood pressure. According to CNN, nearly half of all Americans have high blood pressure and more than a third have pre-diabetes.

Seniors suffer in 'pharmacy deserts'

A study published in the journal Health Affairs found that nearly 30 percent of U.S. pharmacies closed between 2010 and 2021, leaving many communities in so-called pharmacy deserts. According to the New York Times, reduced access to pharmacies poses a particular threat to older adults, the vast majority of whom take at least one prescription drug each year. Pharmacies also dispense 80 percent of shingles vaccines and as much as 70 percent of flu shots, and provide other essential basic health services that many seniors rely on.

Kidney cancer vaccine shows promise

A personalized anti-tumor vaccine showed promising initial results in a clinical trial of nine patients with advanced kidney cancer, generating measurable immune responses in all participants. According to Harvard Medical School, cancer researchers at Harvard's Dana-Farber Cancer Institute created individualized vaccines for each study participant with genetic material from their own tumors in order to train their immune systems to target and destroy cancerous cells. The researchers say that these positive early results are a strong indicator that personalized vaccines are a feasible future treatment option for certain types of cancers.

Information on Alzheimer Podcast

For anyone with Alzheimer's or knows someone with it, there is a podcast that is full of encouragement.

The podcast is called, **Plantstrong**, hosted by Rip Esselstyn. In this edition called, "Hope for Alzheimer's Through Nutrition", Rip interviews Dr. Ornish who recently finished a study of patients with early diagnosis. It was aired on January 9, 2025.

In this interview Dr. Ornish makes reference to a broadcast made by CNN last year called, "The Last Alzheimer's Patient".

Both of these are easy to find and watch on YouTube. To find either one, just type either title in the YouTube search bar. You won't be disappointed.

Pros and cons of pharmacy delivery for seniors

Why go out for something when you can just get it delivered? After all, your knee hurts and the weather's nasty.

When you sign up to receive your prescriptions by mail, it's important to understand all the pros and cons and the real cost of all that convenience.

Medication delivery, especially mail order prescription services, have become increasingly convenient. Since many mail order pharmacies are jointly owned and managed by pharmacy benefit managers and health insurance companies, the associated copays may be lower compared to what you pay at a regular retail pharmacy. Mail order pharmacies also commonly fill prescriptions for 90 days, which can also reduce your copay.

But some of these benefits come with their own potential downsides. For one, most mail order pharmacies rely on the U.S. Postal Service as their primary shipping partner. But according to Government Executive, mail delivery has slowed. For customers in rural areas, those shipping delays might leave them scrambling for alternative options when essential medications fail to arrive on time.

Some patients may also benefit from the personalized attention they receive at local retail pharmacies. According to GoodRx, your local pharmacy may be able to provide a 90-day supply at a similar price as a mail order pharmacy. If you're happy with your current pharmacy and have a good relationship with the staff, you don't necessarily need to make the switch.

There are ways to make it easier to manage prescriptions.

- * Try to group mail order prescriptions together.
- * Review your health plan. This will help you understand which medications are preferred and when a local pharmacy might be cheaper than mail order.
- * Use your pharmacy's mobile app to fill and track deliveries from your phone.
- * Plan to rely on a local pharmacy for acute care needs, like antibiotics.
- * Make a note to refill mail order prescriptions about two weeks before you need them.

Welcome New Members

Daniel Stockinger

Kathy Marsh

Dennis Teague

Erik Allard

Eva Cruz

Robert Jerke

Eric Peterson

Donald Novell

Roy Woods

Louis Lincoln

Fernando Luzunaris

Leroy Junker

Sarahmae Alegria

Peggy Duggan

Brian Huppert

Why attend Mended Hearts Chapter Meetings

By Darld Brannan

1. To share knowledge of how to cope with the effects of open heart surgery and other heart issues. To share experiences with similar heart issues.
2. The programs keep us informed of changes and developments in a changing field.
3. To meet new acquaintances among people who have things in common with you.
4. The advantages of the meeting at the church location:
 - A. Ample parking and handicapped spaces with a short walk.
 - B. Only one level at the church while the hospital has many levels.
 - C. Easy to find the church, which is next to a fire station, which is helpful during an emergency.
5. The more the merrier. I hope to see you at the next Mended Hearts Chapter Meeting.

Have a Happy Easter!!

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 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!!