



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

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

Meeting Notice

Program: Cardiac Exercises
Time/Date: 2pm, Thursday, May 8
Location: Timberline Baptist Church
6628 Mullen Rd SE
Lacey, WA

Upcoming Dates

May 1-Board Mtg

May 8-Chapter Mtg

May 11-Mother's Day

President's Message
Michael Blonden

Dr. Dean gave a fantastic talk, answering numerous questions from our members. Thank you Julie, for introducing your sister to us. Our relationships with doctors can significantly impact our well-being. Thank you to all the members who stayed after Dr. Dean's presentation to socialize more with each other.

Several new members also shared their heart stories, and I appreciate everyone's willingness to share their experiences. You can view other members' video stories on our [Facebook page](#) (linked on our [website's home page](#)). We're always ready for more stories, so if you'd like to share a video of your heart journey, feel free to record one on your cell phone (anywhere from one to five minutes in length). Contact Michael if you'd like to share your heart story online at (360) 491-8869.

Diane Caputo and I also had the opportunity to share information about ourselves and the Chapter with a Senior Services Aging Group the day before our last member meeting. We hope this information reaches others interested in sharing their heart journeys with us.

Cardiac Exercise South Sound YMCA



Hi, my name is Matt Olnick. I am a personal trainer here at the South Sound YMCA. I am on a constant journey to help people reach their fitness goals!

I am a corrective exercise specialist, nutrition, strength and conditioning coach that helps people build regiments and useful diet and exercise programs for their certain needs/goals.

I have a wide variety of background through sports, powerlifting and bodybuilding. I am excited to meet all of you, thanks!

Matt Olnick-Speaker

Jim Gillen

Molly Tharp

Kathy Smith

Patrick Juniper

Donald Noviello

Jeannie Boulder

Roberta Spring



Did You Know?

May 2025

By 2050, it's estimated that 2.5 billion people—nearly one in four globally—will experience some degree of hearing loss, according to the World Health Organization. This staggering number underscores a growing public health challenge, but it also opens the door for better awareness, prevention, and treatment.

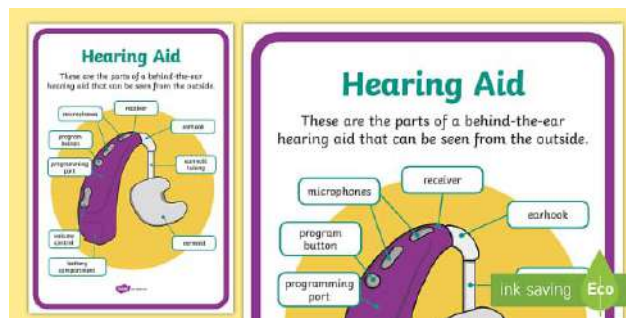
Though hearing loss can result from a variety of causes, aging is the most common, with gradual decline in the tiny hair cells of the inner ear. But noise exposure, particularly from loud music, (remember those great concerts?), workplaces (transportation, construction, or industrial activities), as well as recreational activities like sporting events (stadium football, baseball, etc.). Sounds reaching 85 decibels or higher are considered potentially harmful and are becoming a major contributor—especially in younger generations. Other causes include genetics, ear infections, certain medications, and chronic illnesses like diabetes and even heart disease.

Consequences of hearing loss can contribute to dementia by increasing brain strain, leading to social isolation, and potentially accelerating brain atrophy. The brain works harder to process sounds when hearing is impaired, diverting resources from other cognitive functions like memory and language. This can lead to cognitive decline and increased risk of dementia.

The best way to deal with hearing loss starts with prevention. Use ear protection in loud environments, limit headphone volume, and get regular hearing check ups—especially if you're over 50 or at higher risk. Early detection is crucial. Many people wait years before seeking help, even when symptoms affect daily life.

Treatment options are evolving fast. Hearing aids today are smaller, smarter, and more effective than ever. Cochlear implants offer solutions for profound hearing loss, albeit still very expensive. Assistive listening devices and even smartphone apps can help bridge the gap in conversations and public spaces.

The bottom line? Hearing loss doesn't have to mean silence or isolation. With the right tools and timely support, people can stay connected, active, and thriving—no matter what the future holds. Protect your ears today—your 2050 self will thank you.



There's more to Oral Health than Whiter Teeth

You could have the most beautiful smile in the room, but a serious condition could be developing around your pearly whites right now.

Gum disease can sneak up on you at any age. What's more, bacteria from gum disease have been linked to a higher risk of heart attack, stroke, certain cancers, worsened blood sugar control in people with diabetes, and, of course, they can cause tooth loss.

Bacteria in the mouth play a part in the formation of the plaque that adheres to teeth. It needs to be removed by brushing and flossing. If plaque is allowed to stay on teeth, it can harden along the gumline and harbor bacteria.

Tissues at the gumline may become tender and prone to bleeding. Caught early, this gingivitis is reversible with better home care and dental cleanings.

If the condition isn't reversed, pockets develop between the gums and teeth. As the pockets deepen, and bacteria thrive, infections can form under gum tissue and result in tissue loss, bone loss and eventual tooth loss.

You can keep the whole process from starting.

- * Brush at least twice a day and floss at least once.
- * Use a mouthwash that contains thymol, as in Listerine and generics.
- * Have regular dental cleanings and checkups.

Other risk factors for periodontal disease include age and medications that reduce the amount of saliva you produce. These drugs include antihistamines, antidepressants, antihypertensives, and others.



Recipe for Mini Pancake Stacks with Fruit



Ingredients:

1 cup pancake mix (store-bought like Bisquick or Aunt Jemima works great)

2/3 cup milk (or water, depending on the mix)

1 egg (optional, check the mix instructions)

Butter or oil for the pan

Toppings: sliced strawberries, bananas, blueberries.

Whipped cream or maple syrup

Steps:

Mix the Batter: In a bowl, combine the pancake mix, milk, and egg (if needed) with a whisk or spoon. It's okay if it's a little lumpy.

Heat the Pan: An adult might need to help here. Put a small pat of butter or a drizzle of oil in a nonstick skillet over medium heat.

Make Mini Pancakes: Spoon small dollops of batter (about 1-2 tablespoons each) into the pan to make bite-sized pancakes. Cook until bubbles form on top (about 1-2 minutes), then flip and cook another minute until golden.

Stack 'Em Up: Let the pancakes cool slightly, then stack 3-5 minis on a plate. Kids can layer fruit slices or pile fruit on top.

Decorate: Add a squirt of whipped cream or a drizzle of syrup. If they're feeling fancy, they can arrange the fruit into a heart shape or spell out "MOM."

Happy Mother's Day



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**To make suggestions, go to
suggestion link below:**
[Suggestion Box](#)

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

Board Meetings Via Zoom

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.

Chapter Donations

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:

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