



UpBeat

Mended Hearts Newsletter

Chapter #130 –August 2025

Olympia, WA

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

Meeting Notice

Program: Chapter Picnic
Time/Date: 5-7pm, Thursday, August 21
Location: Tumwater Historical Park
777 Simmons Rd SW
Tumwater, WA

Upcoming Dates

August 7-Board MTG
2pm via Zoom

August 21-Picnic



Mended Hearts™

President's Message

Michael Blonden



Mended Hearts™

Our Chapter is currently experiencing one of its most eventful planning phases. We will no longer be meeting at the Timberline Baptist Church. We are developing temporary plans if necessary to find a new meeting facility. Timberline Baptist Church has been very helpful to our organization, allowing us to meet at their facility for three years now. The Church is expanding and wants to use the facility for their members only. We have asked St. Peter Hospital before about finding meeting space at the Hospital, and we are once again pursuing options with the facility to meet at the Hospital on a long-term basis.

In the meantime, please give your full attention to our upcoming BBQ at Tumwater Historical Park on August 21st at 5 pm. This should be a fun time with good food and activities. Maybe you'll win one of our drawings. To help us get a good idea of how many of you plan on attending, please sign up at this [link](#).

The Chapter will provide Hamburgers (Plant-Based and Beef), Hotdogs (Plant-Based and Beef), Kabobs (Plant-Based and Chicken), Portobello Mushrooms, and refreshments. Of course, there will be plenty of food with members bringing dishes based on their last name: A-H: Dessert; I-P: Salad; and Q-Z: Side Dish.

Come meet our Pickleball Members prepping for their video heart story coming soon to our Facebook page. New members, this will be a great time to get to know our members and vice versa. See you all at the Park.

Mended Hearts Chapter Picnic

DATE: Thursday, August 21

TIME: 5 - 7:30PM

LOCATION: TUMWATER HISTORICAL PARK, 777 Simmons Rd. SW

Barbecued Plant Based Meat and Real Meat, Coffee, Refreshments, Paper plates, Utensils, & Napkins provided by Chapter.

Please bring a dish according to your last name

Food: A-H: Dessert I-P: Salad Q-Z: Side Dish

Directions to picnic: From I-5 heading south, take exit 103. Go to Custer Way (the first light) and turn left. Cross the bridge and turn right on Boston street which winds down around the old Brewery to Deschutes Way. Turn right on Deschutes Way to Grant Road or the Crosby House. (If you go under the freeway, you have gone too far.) That's Tumwater Historical Park
From I-5 heading north, take exit 103 which puts you directly onto Deschutes Way. Go straight, pass Custer Way and look for Grant Street on the right. That's Tumwater Historical Park at the bottom of the hill. Come and have fun!



Did You Know (DYK)

DYK if you move more, you can sleep better? For years, we've known that exercise is good for the heart, but now researchers are getting clearer about how much it helps the brain—and even can improve sleep! Recent studies show that regular physical activity isn't just good for keeping blood pressure and cholesterol in check—it also plays a powerful role in improving sleep quality, sharpening focus, and reducing symptoms of Insomnia.

This is great news for older adults and those managing chronic conditions, including heart disease. Many of us know what it's like to toss and turn at night or feel mentally foggy during the day. But movement, walking, stretching, swimming, or dancing just 20 to 30 minutes a day, can help regulate your body's natural sleep-wake cycle and increase time spent in deep, restorative sleep.

Exercise reduces stress hormones and releases feel-good chemicals like endorphins, which can calm the nervous system and promote mental clarity. Some studies even suggest that people who exercise regularly fall asleep faster and report better overall mood and energy.

For those with sleep apnea, physical activity can be especially helpful. While it's not a cure, regular movement —especially aerobic exercise—can reduce the severity of sleep apnea episodes by helping with weight control, improving oxygen flow, and strengthening respiratory function. That means better sleep and less daytime fatigue.

Best of all, you don't need to run marathons—gentle, consistent movement is enough. Try a short stroll after dinner, chair yoga, or light gardening. The goal isn't intensity—it's regularity.

So if you're struggling with sleep or brain fog, consider adding a little motion to your day. It might be the simplest “prescription” yet—with no drugstore refill needed!



Tomato Bruschetta Recipe

Bruschetta originated in Italy, with its roots tracing back to the 15th century in central Italy, particularly Tuscany and Lazio.

The word "bruschetta" comes from the Italian verb "bruscare," meaning "to roast over coals," referring to the traditional method of grilling bread. Initially, it was a simple dish made by peasants using leftover bread, rubbed with garlic, drizzled with olive oil, and seasoned with salt. This was a way to revive stale bread and make use of the abundant olive oil from the region.

Tomatoes were introduced to Italy from the New World in the 16th century but were initially considered ornamental or even poisonous. It wasn't until the 18th century that they became a staple in Italian cuisine, especially in the south. The addition of tomatoes to bruschetta likely evolved in this period, particularly in regions like Campania and Puglia, where tomatoes thrived. The classic tomato-topped version we know today became popular as a fresh, flavorful appetizer, reflecting Italy's agricultural heritage and resourcefulness. It remains a beloved dish, often served as an antipasto or snack, symbolizing rustic Italian cooking.

Ingredients (Serves 4) :

- 4-5 ripe tomatoes (preferably Roma or heirloom), diced
- 2 cloves garlic, minced
- 1/4 cup fresh basil, chopped
- 2 tablespoons extra virgin olive oil
- 1 teaspoon balsamic vinegar
- Salt and pepper to taste
- 1 baguette, sliced into 1/2-inch thick pieces
- 1-2 cloves garlic (whole, for rubbing on toast)

Instructions:

Prepare the Tomato Mixture: In a bowl, combine diced tomatoes, minced garlic, chopped basil, olive oil, and balsamic vinegar. Season with salt and pepper. Let it sit for 15-20 minutes to marinate.

Toast the Bread: Preheat oven to 400°F. Arrange baguette slices on a baking sheet, drizzle with olive oil, and toast for 5-7 minutes until golden. Rub each slice with a whole garlic clove while warm.

Quote from Dr. Michael Greger, M.D. FACLM

"More people might be open to changing their diet and lifestyle if they knew how little modern medicine has to offer for combating chronic diseases."

<https://nutritionfacts.org/video/The-Actual-Benefit-of-Diet-vs-Drugs/>

<https://nutritionfacts.org/video/uprooting-the-leading-causes-of-death/>



Member Passing

Jeanne Adams passed away in June. She was a Past President for our Chapter and long time member. To view her obituary, go to Woodlawn Funeral Home website.

Welcome New Members

Edward Young
Barbara Franson
Allan Johnson
Lucia Malo (Mahalo Malo)

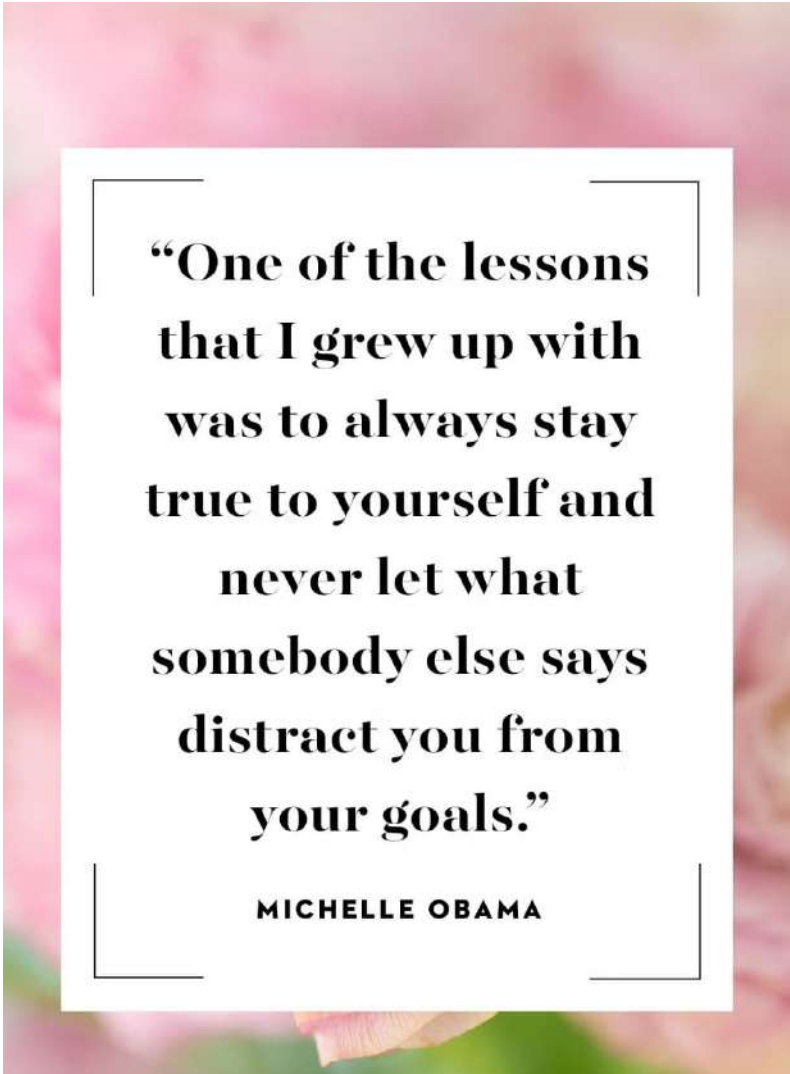


Coffee linked to healthy aging

Good news for coffee drinkers: Your daily caffeine fix might help you stay healthy for longer.

According to CNN, researchers analyzed 30 years of dietary data for 47,000 women and found that those who consumed a moderate amount of caffeinated coffee (about one to three cups a day) experienced fewer major chronic diseases and better cognitive, physical, and mental health as they aged. Those who drank decaffeinated coffee or tea did not experience the beneficial effects.



Quote	Chapter #130 Officers
 “One of the lessons that I grew up with was to always stay true to yourself and never let what somebody else says distract you from your goals.” MICHELLE OBAMA	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 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 130 Website Address: https://mendedheartsthurstoncounty.org/ Mended Hearts National Website: https://mendedhearts.org/
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 Every Dollar Helps. Thanks!!	To make suggestions, go to suggestion link below: Suggestion Box Facebook Webpage Address: https://www.facebook.com/Mendedheartsthurstoncounty