



UpBeat

Mended Hearts Newsletter

Chapter #130 –October 2025

Olympia, WA

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

Meeting Notice

Program: Cardiac Medications-Pharmacists
Date/Time: Oct 9, Thursday, 2-3:30pm
Location: True Grace Church Office Bldg.
5610 30th Ave SE
Lacey, WA

Upcoming Dates

Oct 2-Board Meeting
Oct 9-Chapter Meeting
Dec 11-Christmas
Luncheon

President's Message

Michael Blonden

National Mended Hearts is running their fund-raising campaign from September 1st through 30th. The event is called World of Support. As members, you can donate through a number of methods by going online, calling 888-432-7899, or mailing a check to Mended Hearts, Inc, 1579 US Highway 19, Leesburg, GA 31763. Please make sure you designate a donation for our Chapter 130 or Heart of Gold Team Name. The donation helps our Chapter with printing, shipping for materials used in visiting St. Peter Hospital, award winning Heartbeat Magazine, and several other items. Each Chapter is expected to donate \$500.

Recent membership meetings have seen an increase in new member attendance. I was reading after setting up our venues for meetings that a change of venue can be a good thing for members. I'm still not sure on that one, but I do appreciate your willingness to visit several meeting places as a temporary arrangement prior to finalizing a more permanent meeting place.

The next two meetings will be held at the True Grace Office Building, which is across the street from the True Grace Church, at 5610 30th Ave SE, Lacey, WA. Please use the gravel parking lot located right past the end of the building with a driveway ramp that makes it a gentle walk to the meeting room. On December 11, we will meet at Jacob Smith House for a Christmas Luncheon. The house is located at 4500 Intelco Loop SE, Lacey, WA.

I encourage you to start planning for the December 11th luncheon. The chapter will be paying over half of the expenses that include the meal and house rental. The venue is a great place, and the food is excellent.

President's Message (Continued)

Michael Blonden

The next meeting will include two speakers from the St. Peter Hospital Pharmacy. They are Ahn Tran, Pharmacy Resident, and Jiyoung Park, Pharmacy Resident. They will be answering your questions for Cardiac Medications and focus on questions brought up by members in previous meetings. They we will have plenty of time to answer questions on other medications.

Did You Know

Welcome to October!! Named for its position of the eighth month (Octo) on the Gregorian calendar despite being the 10th month of our year. This was due to calendar reform by the second Roman king, Numa Pompilius circa 713 b.c. Regardless of its position on the calendar, it has always been hailed as the 'late harvest month' bringing the remainder of the bounty of remaining in summer gardens and adding the 'late' fruits and veggies, i.e. winter squash, gourds, corn, garlic. Plenty of healthy things to eat!

Though diet plays an integral part of maintaining a healthy heart, we need not use foul weather as an excuse for skipping heart-healthy exercise. Did you know you can lower your risk of heart disease by simply performing short bursts of vigorous physical activity—lasting just 1.5 to 4 minutes?! Really?? A new study recently published in the British Journal of Sports Medicine reported that by exerting themselves for just 1.5 minutes in daily vigorous physical activity, women could lower heart attack by 33% and lower risk of heart failure by 40%. The results for men, though helpful, were not as dramatic as for the women. It was surmised that it may be because women may “exert themselves more” during these short bouts of exercise or because women, on the average, engage in less physical activity than men.

Remember in 2022, the CDC reported heart disease was related to one in five deaths in the U.S.. Nonetheless, man or woman, regardless, it will be heart beneficial to incorporate a few of these “Incidental Activities” as they can significantly improve your heart health. Activities can include climbing stairs, walking uphill, vigorous gardening, sprints or even playing energetically with your kids or pets. Any short burst of vigorous physical activity for 1.5 - 4 minutes per day that leaves you breathless is going to contribute to reduction of chances to experience heart problems. (So sprint out to your garden and start harvesting vigorously!!)



Mended Hearts of Thurston County Christmas Luncheon



Date: Thursday, December 11, 2025 Time: 12:00pm - 2:00pm

Location: Jacob Smith House, 4500 Intelco Loop SE, Lacey, WA

Menu: Turkey Breast Roast with Cranberry Orange Relish, Mashed Potatoes with Gravy, Herbed Bread Stuffing, Steamed Seasonal Vegetables, Salad, Dessert, and live entertainment!

Register on our website by November 30, or signup with President or Treasurer at meetings. Fees can also be paid to officers at the meeting. Mail a check to Mended Hearts Chapter 130 for \$22 per person by December 4. The Chapter pays for more than half of the luncheon expenses to make your cost reasonable.

**Mail Payment for luncheon to:
Mended Hearts Chapter#130
PO Box 5551
Olympia, WA 98509-5551**



Don't Take Muscle Loss for Granted, Live Longer, and Get Stronger with Training

Beginning as early as age 30, your muscle mass begins to decline.

As years go by, you may begin to look soft or flabby. These changes can start as early as your 30s, but most people see the more differences in their 40s and 50s. Unless you do something about it, you will lose about 1 percent of your lean muscle mass per year after age 40.

It doesn't have to happen. Only 30 percent of muscle loss is due to aging. The other 70 percent is up to you to maintain. Even if loss has begun, this percentage can be regained through strength training.

If you want to start a program, get your doctor's OK first. Consider scheduling time with a certified trainer or physical therapist who can help you design a routine, especially if you are a beginner or have health issues.

At the start, take it slow. The goal is to gradually and consistently improve over time. Always begin with five to 10 minutes of gentle exercise to warm up your muscles.

You can do strength training at home or in the gym. Consider using:

- * Your body weight to do exercises such as push-ups, sit-ups, leg squats, or side and back strengthening exercises.
- * Resistance tubing, which can be found at sporting goods stores and department stores.
- * Free weights, such as barbells or dumbbells. Start with light weights.
- * Weight machines.

Mayo Clinic studies show these to be some of the benefits:

Stronger bones. Strength training increases bone density and reduces your risk of osteoporosis.

Weight control and fat reduction. Muscle burns calories, making it easier to reduce body fat and control your weight.

Fewer injuries. You will have better balance, coordination and agility. Your joints will be more stable and will be able to give muscles a greater role in absorbing stresses on joints.

Less back pain. Strengthening the lower back muscles is a proven way to ease back pain.

Better brain activity. Studies show that strength training and exercise improve cognitive function.

Pumpkin Soup

Here's a delicious recipe for Pumpkin Soup tailored for a larger pumpkin variety, such as a sugar pumpkin or a standard carving pumpkin.

Prep Time: 15 minutes

Cook Time: 1 hour

Serves: 6-8

Ingredients:

- 4 to 5 cups of canned pumpkin puree (not pumpkin pie filling)
- 2 tablespoons olive oil
- 1 large onion, chopped
- 2 cloves garlic, minced
- 4 cups vegetable or chicken broth
- 1 cup heavy cream (or coconut milk for a dairy-free option)
- 1 teaspoon ground nutmeg
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- Salt and black pepper to taste
- 2 tablespoons butter
- Optional: 1/4 cup sour cream or creme fraiche for garnish
- Optional: Fresh thyme or parsley for garnish



Instructions:

1. **Saute Aromatics:** In a large pot, heat 2 tablespoons olive oil and the butter over medium heat. Add the chopped onion and saute for 5-7 minutes until translucent. Stir in the garlic and cook for 1-2 minutes until fragrant.
2. **Combine and Simmer:** Add 4-5 cups canned pumpkin puree, 4 cups vegetable or chicken broth, 1 teaspoon ground nutmeg, 1/2 teaspoon ground cinnamon, 1/4 teaspoon ground ginger, and salt and pepper to taste. Stir well, bring to a gentle boil, then reduce heat and simmer for 10 minutes.
3. **Blend:** Use an immersion blender to puree until smooth (or blend in batches). Stir in 1 cup heavy cream (or coconut milk), adjusting consistency with more broth or water if needed.
4. **Serve:** Ladle into bowls, garnish with sour cream or creme fraiche and fresh thyme or parsley if desired.

Welcome New Members	Chapter #130 Officers
Genevieve Gillogley Deb Moody David Smith Leon Chickering Mary Orling Ron Vafaret Alice Fenske Cherryl Waters Johnny Fields Alan Timothy Debra Odden Margaret Kelleher Robert Baum Tony Feralio Rachel Costenbade Tom Kenstowicz  Mended Hearts™	President: Michael Blonden Mblonden@msn.com 360-491-8869 Vice President: VACANT Health Officer: Ann Monaghan 360-493-0200 monaghanda@comcast.net 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
<u>Chapter Board Meetings</u> 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.	Newsletter Editor: Michele Scott 360-561-1550 basquema@live.com Chapter 130 Website Address: https://mendedheartsthurstoncounty.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!!	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