# UpBeat

## Mended Hearts Newsletter
## Chapter #130 – November 2025
## Olympia, WA

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

## Meeting Notice

**Program: Yoga By Gillian Bailey**
**Date/Time: Thursday, Nov 13, 2pm**
**Location: True Grace Office Building**
**5610 30th Ave SE**
**Lacey, WA**

## Upcoming Dates

**Nov 5-Board Meeting**
**Nov 13-Chapter MTG**
**Dec 11-Chistmas Luncheon**

**Happy Thanksgiving**

## President's Message
## Michael Blonden

I am pleased to announce that Gillian Bailey, a local yoga teacher, will be our speaker at the upcoming member meeting on November 13th, (2pm). The meeting will take place at the True Grace Church Office Building located at 5610 30th Ave SE, Lacey, WA.

Looking ahead, we will hold our annual holiday luncheon on December 11th from 12-2pm at the Jacob Smith House, 4500 Intelco Loop SE, Lacey, WA. The Chapter will assist with costs to make the luncheon affordable for all attendees. This event promises great food and wonderful opportunity to connect with fellow members. One member remarked, "best turkey I ever had." We hope to see you there!

Starting in January, we will begin meeting at MyMedSupply, 6149 Martin Way E, Lacey, WA. We plan to continue meeting there for at least six months.

Additionally, Bob Sherwood, our treasurer, has expressed his intention to retire from his position. He is currently preparing a comprehensive description of this role and duties to aid the next volunteer treasurer. Bob has done an outstanding job serving as our treasurer for several years. If you are interested in stepping into this important role, please contact me.

I also encourage members to make use of the Mended Hearts (MHI) National and local website resources. You can access the web portal by clicking on Member/Officer Login at the top right corner of the Home Page of the MHI website. The portal offers additional information about Mended Hearts and our Chapter. MHI also provides webinars, community connections with other heart members, the Heartbeat Magazine, HeartGuide, and numerous other resources.

# Program Information

Gillian Bailey is a local yoga teacher and presenter who focuses on teaching yoga that is accessible to people of all walks of life. After retiring from a career in IT, she earned her YA Yoga Teacher Training certification in 2019. Since then Gillian has taught in a local studio and at her 55+ community, where she teaches today.

Gillian currently leads an active vinyasa-style yoga as well as a very accessible Yoga-for-all class that uses chair poses to replace floor work. Gillian appreciates the positive changes that becoming a student of yoga has brought to all aspects of her life, and loves to share the power of yoga with others.

## November is National Family Caregivers Month


For families whose elderly members need a little extra attention, caregiving can be rewarding—a labor of love that can be life-changing in more than one way.

According to AARP and the National Alliance for Caregiving, an estimated 63 million Americans are now family caregivers, a nearly 50 percent increase since 2015. About 48 million Americans provide unpaid care to an adult age 50 or older in the prior 12 months.

As of 2024, nearly 12 million individuals have assumed the role of caregiver for a family member who has Alzheimer's disease or another dementia.

Many family caregivers juggle home and work, often shouldering the financial as well as physical tasks of caregiving. Seven in 10 employed caregivers report difficulty balancing career and caregiving responsibilities, and half experience negative financial impacts, with 1 in 5 unable to afford basic needs like food.

Here are a few tips to ensure that you remember to relax and take care of yourself when you can.

1. Take care of yourself first. Maintain your health.

2. Find respite care when needed. You can't do everything for everyone all of the time. When you need a break, respite care may be available. If you're not yet interested in respite care, accept help when family members offer.

3. Build a support network including friends, family and other caregivers. Having individuals with a variety of experiences in your life, including those who are also family caregivers, can help you to see solutions to issues you're experiencing and can help to reduce your stress levels as you connect and build relationships.

# Mended Hearts Chapter #130 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**

# Did You Know? November 2025

The Joys of November in the Pacific Northwest November in the Pacific Northwest is a month made for gratitude, comfort, and heart-warming moments. As the air turns crisp and the rain taps gently on our windows, it's a perfect time to reflect on what truly keeps us health body and heart alike.

We also pause to honor our veterans this month—men and women whose courage and endurance remind us of the strength of the human spirit. Gratitude itself is good medicine: studies show that thankfulness can lower blood pressure and improve heart function by easing stress and lifting mood.

Even light activity helps your heart. Just walking a few extra steps each day gets your circulation going—did you know each step uses about 200 muscles? Whether it's raking leaves, walking the dog, or strolling a park trail, every bit of motion keeps your heart pumping strong.

Thanksgiving brings its own pleasures and challenges. The first Thanksgiving feast lasted three days—and likely involved a whole bunch of turkeys! This year, aim for a heart-healthy spread with colorful roasted vegetables, skinless turkey, and lighter sides. And yes, enjoy that dessert: Did you know Americans devour about fifty million pumpkin pies each Thanksgiving, and pumpkin is rich in potassium, fiber, and vitamin A—all good for heart health.

So as the days shorten and fires crackle, celebrate November with gratitude, good food, and movement. Your heart will thank you!


**Veterans Day is a nationally-observed public holiday in the United States every 11 November, the date of the signing of the Armistice that ended World War I. For this reason, the holiday was originally called Armistice Day and once focused exclusively on World War I veterans. Today, the purpose of Veterans Day is to honor any and all US veterans who served in the Army, Navy, Air Force, or any other part of the US Armed Forces in any capacity**.

**Happy Veterans day to all who served and their families!**

# November is American Diabetes Month

## Here's what causes diabetes and how you can avoid getting it!

We've all heard about diabetes mellitus (or simply diabetes), usually in reference to how the disease is becoming so prevalent. More than 25 million Americans have it, according to the American Diabetes Association.

## But not many people know what it is and how they can avoid getting it.

The food we eat is digested into nutrients, which are then absorbed by the body. Protein turns into amino acids, fat into fatty acids, and starch (carbohydrates) into glucose.

Glucose is transported by the blood to the cells, where it's used for energy. But to enter the cells, insulin is needed. Without it, the level of glucose in the bloodstream gets too high. It can damage the blood vessels, cause kidney failure, impotence, blindness, and risks for amputation.

Type 2 diabetes occurs when the body still produces insulin, but the cells have become resistant to it. For a while, the body can compensate by producing more insulin, but the cells become even more resistant. When the body can no longer produce enough insulin, type 2 diabetes has occurred.

The largest risk factor is being overweight. Others include age, a family history of the disease, high blood pressure, high cholesterol and lack of exercise.

Before developing type 2, people almost always have pre-diabetes, a condition marked by a blood glucose level that's too high. There are no symptoms, so those with pre-diabetes, often don't realize they have it. But their doctors will warn them, and they should listen.

Because it could take some time for pre-diabetes to turn into a full-blown case, there's an opportunity for prevention. Studies show that changes in diet, weight loss and exercise can prevent diabetes in up to 60 percent of cases.

Once diabetes is diagnosed, patients have it in their power to reduce the most serious side effects. By maintaining glycemic control, keeping blood pressure under control and improving their cholesterol, they can reduce the risk of complications such as heart disease, nerve problems, kidney and eye diseases by one-third to one-half.

# Happy Thanksgiving



**Don't forget to change your clock back!**

**One hour on November 2!**

## Chapter Board Meetings

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**

**Every Dollar Helps. Thanks!!**

# Chapter #130 Officers

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**To Make suggestions, go to Suggestion link below:**
Suggestion Box

**Facebook Webpage Address**:
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