



UPBEAT
Mended Hearts Newsletter
Chapter # 130 – June 2026
Olympia, WA

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

Meeting Notice

Program: To Be Announced
Date/Time: Thursday, June 11, 2pm
Location: MyMedSupplies
6149 Martin Way East
Lacey, WA

Upcoming Dates

June 4-Board Meeting
June 11-Chapter Meeting
Aug 13-Chapter Picnic
Dec10-Christmas Luncheon

President's Message
Michael Blonden

I'm happy to hear that we have three or four volunteers stepping up to help with visiting St. Peter Hospital patients. I believe that you will find the experience not only helps others, but also yourself. By volunteering, you are helping us reach out to patients we wouldn't be able start with a relationship.

Thank you for being part of this caring and supportive network. Your presence helps strengthen our mission and reminds us why our efforts matter. We can still use even more visitors. If you're riding the fence, please jump off, and volunteer as a visitor.

Thank you members for helping furnish snacks for our member meetings. As discussed at our last Member Meeting, we are changing Dr. Rachel Ballou, Walk with a Doc Leader from the June meeting to July.

We are still planning a new speaker for our June member meeting. As soon as we know more about the speaker for June, I'll post information on our website. August is our picnic at Tumwater Historical Park (more information soon).

If you missed a Mended Hearts webinar, please go to YouTube for a replay, such as [Heart Attack](#). [Providence Heart Matters podcast](#) with several topics are also great.

Did You Know?

June 2026

Welcome to “Summer” (well, almost)....) It will officially begin Sunday, June 21, 2026, but it looks as though we’ve gotten a good preview of what we’re in for....little sun, little rain, little wind..typical of Washington weather but thankfully summer is a few degrees warmer than our winter months. Good time to get out and get some exercise and fresh air...take your heart for a hike and remind yourself that sadly, cardiovascular disease causes an average of one death every thirty seven seconds in the US.

There are certain factors that predispose one to suffer from heart disease: individuals with high blood pressure, high cholesterol, diabetes, obesity, or a family history of heart disease. Additionally, age, lifestyle factors such as smoking and physical inactivity also increase the risk. Obviously, some risks are under each individual’s control...examples you may not have considered are listed in Memorial Hermann Office Patient Portal website:

1. Failing to Brush or Floss Your Teeth

Why? Resulting inflammation is a general risk for cardiovascular disease.

2. Avoiding Checkups

Why? Ignoring health problems doesn’t mean they’ll go away. Get thee to thy doc!!

3. Skipping Your Meds

Why? Skipping or suddenly stopping meds that treat heart disease-related ailments can have significant impact....likely negative.

4. Drinking Excessively

Why? Drinking four to six alcoholic beverages daily weakens the heart muscle and makes function erratic, the calories consumed feed heart-harming obesity, blood pressure and triglycerides. (Additionally, hard on the liver...!)

5. Not Eating Enough Fruits and Vegetables

Why? Fruits and veggies are high in fiber and low in calories, plus antioxidants curb free radicals that harden arteries and accelerate aging.

Did You Know?(Continued)

June 2026

6. Being Sedentary

Why? Cardiovascular activity improves heart function and burns calories, leading to weight loss which helps to avoid diabetes, high blood pressure and inflammation, all of which accelerate hardening of the arteries.

7. Eating Too Much Salt

Why? Excess sodium causes you to hold more water, which hikes blood pressure.

8. Smoking

Why? Blood flow drops, slashing oxygen that fuels the heart, which compensates by spiking blood pressure, heart rate and rhythm leading to hardened and narrowed arteries and blood clots causing cardiovascular disease. Safe level? None!

So, as you take that walk in our summer sunshine, reflect on how well you are taking care of YOUR heart!!



**Kelly Burningham
Glenda Froelick
Geoff King
Peter Lombardi
Steve McCulloch
Elizabeth Ogg
Masae Scott
Dennis Wilson**

**Ruth Curtis
Jason Gilbreath
Amber Kirk
Marylou Martin
Deb Moody
Kathy Rand
Susanne Thoomas**

The Baby Who Changed Medicine

KJ Muldoon was five months old when doctors at Children's Hospital of Philadelphia put him on a liver transplant list.

He had been diagnosed with CPS1 deficiency, a rare and often fatal genetic disorder in which the body cannot break down ammonia produced during normal digestion. Without a working liver enzyme, ammonia builds up in the blood and damages the brain. About half of infants with CPS1 deficiency do not survive.

His doctors had another idea. Working with researchers at Penn Medicine, the team designed a personalized CRISPR gene-editing therapy specifically for KJ, one that had never been used on any human being before. Using a delivery method called lipid nanoparticles, they sent the gene-editing tool directly into his liver cells to correct the faulty enzyme. The entire process, from diagnosis to first treatment, took six months. KJ received his first infusion in late February 2025, with follow-up doses in March and April.

He is now walking, talking, and thriving. The medical significance is hard to overstate. KJ is the first person in history to receive a therapy designed specifically for their individual genetic mutation — not a treatment adapted from something else, but one built from scratch for him alone. Researchers believe the same approach can be applied to thousands of other rare genetic conditions. For families facing diagnoses that once had no answers, that is an extraordinary thing.

Treating Cataracts: The Good News Keeps Getting Better

June is Cataract Awareness Month, which makes it a good time to know where things stand — and the news is largely encouraging.

Cataracts, the clouding of the eye's natural lens, affect more than 20 million Americans over the age of 40, and that number is expected to surpass 30 million by 2028. Most people develop them gradually, with symptoms becoming significant after age 60. The most common signs are blurry or foggy vision, difficulty driving at night, and colors that seem faded or yellowed.

The treatment — cataract surgery — has become one of the safest and most effective procedures in medicine. Success rates consistently exceed 97 percent, most patients notice improved vision within 24 to 48 hours, and severe complications occur in fewer than one percent of cases. Newer lens options, including light-adjustable lenses that can be fine-tuned after surgery and extended depth-of-focus lenses that reduce the need for reading glasses, are giving patients great outcomes. What does not yet exist, despite some promising headlines, is an eye drop that dissolves cataracts. Research on compounds like lanosterol has shown results in animal models but has not translated to humans. Surgery remains the only proven treatment.

Prevention still matters. UV-blocking sunglasses, a diet rich in vitamins C and E and leafy greens, not smoking, and limiting alcohol all reduce cataract risk. Regular eye exams — every two to four years after 40, every one to two years after 65 — catch them early, when treatment is most straightforward.

Chapter #130 Officers



It is a day set aside to make sure
you know how much you're
appreciated every day of the year.
Happy Father's Day, Dad!

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 a 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:

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Every Dollar Helps. Thanks!!

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<https://mendedhearts.org/>

**To Make Suggestions, go to
Suggestion link below:**

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