



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

It's Great
To Be Alive
And
To Help
Others

Meeting Notice

Program: Dr. John Waggoner (Cardiac Question & Answer Session)
Date/Time: 2nd Thursday, September 10, 6-8pm
Location: Lacey City Hall Community Meeting Room
420 College Street SE, Lacey, WA

ZOOM Meetings, contact Michael Blonden at mblonden@msn.com
for a link.

Upcoming Dates

Sept 3 -Board Meeting
Sept 7-Labor Day
Sept 10-Chapter Meeting

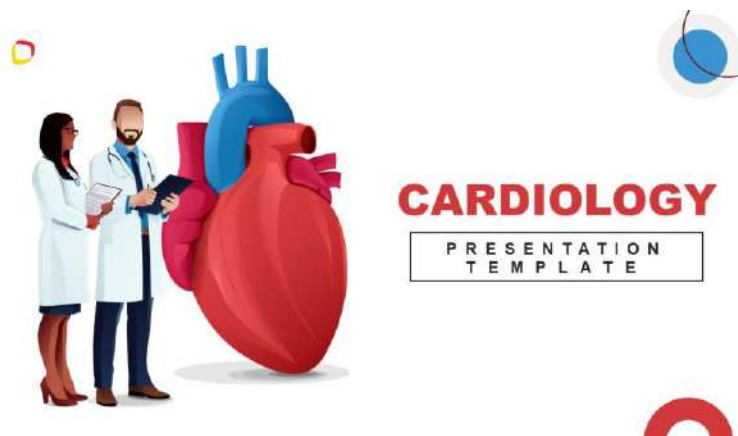
Happy Labor Day!!

September Program Dr. John Waggoner (Cardiologist)



Dr. John W Waggoner is an Interventional Cardiology Specialist in Olympia, Washington. He graduated with honors from Oregon Health Sciences University School of Medicine in 1999. Having more than 19 years of diverse experiences, especially in INTERVENTIONAL CARDIOLOGY, CARDIOVASCULAR DISEASE (CARDIOLOGY).

Dr. John W Waggoner affiliates with many hospitals including Providence St Peter Hospital, Providence Centralia Hospital, Capital Medical Center, Grays Harbor Community Hospital, Providence Sacred Heart Medical Center, and cooperates with other doctors and specialists in many medical groups including Providence Health and Services-WA.



President's Message

Michael Blonden

The following changes will be occurring with the Chapter:

1. The expansion of the Visitor Group potentially twice the current size. We still can use more visitors.
2. The website will be redone. Please give input if you have ideas on the kind of information you would like to see on the site. I will be looking for testimonials for the website, so if you would like to share how Mended Hearts has helped you, then please send me a short note.

On Thursday, September 10, 6 to 8 pm, Dr. John Waggoner will lead a Cardiac Question and Answer session at Lacey City Hall Community Meeting Room. We are working on a speaker for the October Meeting which may occur at 10:00 am, and we have scheduled Sierra Sanchez, Physician Assistant-Certified (PA-C) to speak on Diabetes and Heart Disease at our November Meeting.

December will be our Christmas Luncheon with a change this year. Same caterer with a new venue at the Lacey Community Center, 6729 Pacific Avenue SE, Lacey, WA. Although there is no Walk with a Doc Meeting this month, in September the group will meet on the second Saturday of the month at 10:00 am at the Lacey Community Center. I encourage you to attend Walk with a Doc. You will get some exercise along with a discussion about a medical topic. Many of you met Dr. Ballou who leads the Walk with a Doc sponsored by Providence.

Thank you again to all who attended the Picnic. See the website, newsletter, or Facebook for picnic pictures.

August Picnic Pictures



Did You Know (DYK)

The New Exercise Number: Please Don't Panic!

So, apparently, 150 minutes a week is no longer the number making headlines. Just when many of us had finally learned that 30 minutes a day, five days a week was the “magic” formula, along comes a 2026 study saying, “Surprise!”

This newest study found that about 560–610 minutes of moderate-to-vigorous activity per week was associated with more than a 30% reduction in cardiovascular-event risk. Before anyone starts calculating how to install a treadmill in the bathroom, take a deep breath.

But do not despair! This does not mean the familiar 150-minute goal has suddenly become useless. Far from it. Researchers emphasize that 150 minutes remains realistic, achievable and clearly beneficial. The American Heart Association still recommends at least 150 minutes of moderate aerobic activity—or 75 minutes of vigorous activity—plus some muscle-strengthening activities at least two days a week.

And there's more good news: those 150 minutes can improve sleep, support brain and mental health, and help us stay sharper and stronger. In other words, your daily walk is still doing plenty—even if it doesn't earn you an Olympic medal.

Think of the new study as suggesting that 150 minutes is not the finish line; it's a very worthwhile starting line. If your doctor or cardiac rehabilitation team says it is safe, you may gradually add more activity over time. No need to wake up tomorrow and announce, “I'm training for the Senior Olympics!”

Walk. Dance. Garden. Ride a bike. Chase the grandkids—briefly, and preferably before they discover you're getting tired.

The important message is simple: more movement may bring more benefit, but some movement is infinitely better than none. So let's keep moving at the pace that is right for us—and celebrate every minute our hearts get to join the party.



Face paint that can read your heartbeat

The colorful tiger painted on a patient's arm isn't a temporary tattoo -- it's a working medical sensor. Engineers at Penn State University have developed a conductive ink that can be brushed directly onto skin to track the heart, muscles, and brain, then tinted with ordinary food dye into any design a wearer wants, from a cartoon shark to Superman.

The ink behaves almost like face paint, according to co-author Larry Cheng. It goes on nearly transparent, dries in under 10 minutes -- faster with a hair dryer -- and, unlike stick-on electrodes, leaves no air gap between the sensor and the skin. That gap is a common culprit behind fuzzy readings, according to PhD student Wanqing Zhang, especially on hairy or sweaty skin.

The results, published in the journal *Proceedings of the National Academy of Sciences*, are more than cosmetic. A painted electrode tracked one subject's heart activity across 12 hours of daily life and held its accuracy during exercise. In another test, signals read from a forearm let a person operate a robotic hand without touching it.

The team, which has filed a provisional patent, hopes future versions will read biomarkers such as glucose or cortisol. One near-term audience: pediatricians, since a superhero on the arm makes a doctor visit far less frightening for a nervous child.



Hospital Visiting Team Reports

June

Total Visits: 140

Individual Visits: 119

Family Visits: 49

TAVR Visits: 1

New Members: 3



July

Total Visits: 189

Individuals Visits: 172

Family Visits: 74

TAVR Visits: 0

New members: 2

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<https://mendedhearts.org/>

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

[Suggestion Box](#)

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

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:

**Mended Hearts Chapter 130
PO Box 5551
Olympia, WA 98509-5551**

Every Dollar Helps. Thanks!!