UPBEAT
Mended Hearts Newsletter
Chapter # 130 – Nov 2026

It's Great To Be Alive And To Help Others

Meeting Notice

Program: Diabetes Link to Heart Disease

Date/Time: 2nd Thursday, Nov 12, 2-4pm

Location: MyMedSupplies
6149 Martin Way East
Lacey, WA

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

Don't Forgot to change your clock back on Nov 1!

Upcoming Dates

Nov 5-Board Meeting

Nov 12-Chapter Meeting

Dec 10-Chrismas Luncheon

Happy Thanksgiving!!



President's Message
Michael Blonden

I recently read about the updated guidance on lipid levels. While the guidelines had not changed since 2018, the 2026 update places greater emphasis on earlier cholesterol screening and prevention in young people to reduce the lifelong risk of cardiovascular disease.

That made me think about the importance of talking with our children and grandchildren about healthy lifestyle choices and the difference those choices can make. Please share what you learn through Mended Hearts with the next generation.

Sierra Sanchez, PA-C, will be our November meeting speaker, discussing diabetes and its strong connection to heart disease. We will meet at MyMedSupply in Lacey at 2 p.m.

To close out the year, we will hold our annual luncheon at the Lacey Community Center, with Bayview Catering again providing the meal. I hope to see you there. Please sign up using the online form on our website home page so we can plan for attendance.

Mended Hearts Program Meeting
Sierra Sanchez, Physician Assistant-Cardiology



My name is Sierra Sanchez and I am a Physician Assistant. I work in Cardiology at Providence St. Peter Hospital. I have been working in medicine for the last 13 years. I started as a nurse's aide providing care to cardiac patients on a telemetry floor in Denver, CO. I got my Bachelors of Nursing and worked as an Emergency Medicine Registered Nurse (RN) for over 4 years.

After working with high acuity emergency medicine patients, I decided to pursue my Masters and get my Physician Assistant License. I graduated with my Physician Assistant license in 2021 and have worked in Endocrinology, Acute Care, and now inpatient Cardiology. I am extremely passionate about what I do and will always have a job in medicine.

In my free time, I mentor medical students of all kinds, building an education program, spending time with my loved ones, do yoga, cook healthy food, and love getting outdoors. Thank you for having me as a speaker.

Happy Veterans Day!

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Veterans Day is a national observance honoring **all U.S. military veterans**, both living and deceased, for their service in times of war and peace. It reflects gratitude for those who **risked their lives** to defend the nation, recognizing their courage, sacrifice, and role in safeguarding peace. The holiday began as **Armistice Day** in 1919, marking the 1918 ceasefire that ended World War I, and was renamed in 1954 to honor veterans of **all American wars.**



Fatigue: What Is It and How Can I Feel Less Fatigued?
Ann Monaghan-Health Officer

As we approach the winter season following a lovely Autumn, you may feel more fatigued. Shorter daylight hours, colder and rainy weather may lead to less outdoor activity and fatigue.

Fatigue is a biological, cognitive, and behavioral state that affects how people think, perform, and respond to their environment. External factors such as light exposure, workload, and stimulants can temporarily influence fatigue and alertness by interacting with neural and circadian systems. In everyday life, fatigue influences attention, reaction time, decision-making, resilience, recovery and sleep. It is not simply a feeling of tiredness-it is a measurable condition that affects human capability.

As fatigue increases, the brain's ability to sustain attention and process information can decline.

Fatigue is a common feature of many health conditions and recovery processes. It is associated with:

- Sleep Disorders
- Chronic Disease
- Neurological Conditions
- Mental Health States
- Recovery From Illness or Injury
- Mental Overload
- Muscular Exertion

We all struggle with fatigue at certain times and those with chronic health conditions are more likely to feel fatigued. A few things to try are:

1. Go to bed and get up at the same time daily. Strive for 6-8 hours of sleep each night.

2. Turn off your computer and cell phone at least one hour before going to bed.

3. Within the first 2-3 hours of awaking, take a 10-minute, brisk walk (You won't believe how this helps to increase your energy level!)

4. Eat a balanced diet

5. Exercise

If at any time, fatigue increases to the point that you are unable to do your everyday activities, seek medical help as your fatigue may be responding health changes.

Mended Hearts Annual Christmas Luncheon





Date/Time: Thursday, December 10, 12-2pm

Location: Lacey Community Center 6729 Pacific Ave SE, Lacey WA

Menu: Roast turkey with cranberry-orange relish, mashed potatoes and gravy, herbed stuffing, seasonal vegetables, salad, and dessert.

Cost: $22 per person.

Please register by December 2 and mail payment no later than December 3. Control + Click on luncheon to follow link for completing registration form online. Please mail check to:

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



Lacey Community Center

Did You Know (DYK)

Fall for Your Heart: Flavors of the Season!

There's something wonderful about fall: the colorful leaves, cooler temperatures, cozy sweaters—and, of course, pumpkin spice everything! I'll admit it: those pumpkin spice lattes have their place. But autumn offers another delicious reason to celebrate: a bounty of fresh fruits and vegetables that can do your heart a world of good.

For those of us who have experienced heart problems, eating well is one way to show our hearts a little extra love. Fortunately, healthy eating doesn't have to mean giving up flavor or spending hours in the kitchen.

Apples and Pears are fall favorites packed with fiber, which can help lower LDL ("bad") cholesterol and support healthy digestion. Enjoy one as a snack or slice it into oatmeal for a naturally sweet start to your day.

Pumpkin and Sweet Potatoes offer more than festive decorations and holiday pies! They're rich in beta-carotene, which the body converts to vitamin A. They also provide fiber and potassium. Try roasted sweet potatoes or a bowl of pumpkin soup, keeping added salt and sugar modest.

Brussels Sprouts, Broccoli, and Leafy Greens bring vitamins, minerals, and antioxidants to the table. Their fiber and other nutrients support overall cardiovascular health. Roasting them with a little olive oil, garlic, and your favorite herbs can turn even a vegetable skeptic into a fan.

Don't overlook **cranberries, grapes, and winter squash**. These colorful choices add variety, fiber, and beneficial plant compounds to your meals. Fresh, frozen, or canned fruits and vegetables can all be nutritious options—just watch for added sugars and excess sodium.

The best part? You don't need a perfect diet to make a positive difference. Start by adding a fruit to breakfast, an extra vegetable at dinner, or a handful of fresh produce to your afternoon snack.

So enjoy that pumpkin spice latte if it makes you happy! Just remember that autumn's real seasonal magic may be waiting in the produce aisle.

P. S.

A Heart-Smart Pumpkin Spice Latte Tip!

Love your pumpkin spice latte? You don't have to give it up to show your heart some love! Try ordering a smaller size, asking for fewer pumps of flavored syrup, and skipping the whipped cream. You'll still get that cozy fall flavor with less added sugar and fewer calories. At home, try warming low-fat milk with pumpkin purée, cinnamon, nutmeg, and a splash of vanilla for a delicious autumn treat. You can even use decaf coffee if you're watching your caffeine intake.

The takeaway: Enjoy the seasonal pleasures you love—just give them a little heart-smart twist!

Here's to a colorful fall, delicious meals, and giving our hearts something extra to be thankful

Visitor Report for August-September

August Visiting Numbers:

Total visits: 201
Individual visits: 176
Family visits: 77
New members: 1
TAVR visits: 0

September Visiting Numbers:

Total visits: 201
Individual visits: 176
Family visits: 68
New members: 0
TAVR visits: 2

Mended Hearts™

Chapter Board Meetings

Chapter Board Meetings are open to all Chapter Members 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!!

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Chapter 130 Website:
https://mendedheartsthurstoncounty.org/

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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