It’s Great To Be Alive And To Help Others!

### Meeting Notice

**Day:** Thursday  
**Date:** May 3 2018  
**Time:** 2:00 PM  
**Place:** Providence St. Peter Hospital  
Cardiac Rehabilitation Classroom  
**Topic:** Family Care giving Support by John McBride

### Upcoming Dates

- **May 8:** Board Mtg.  
- **May 17:** Accreditation Trng for Visitors  
- **June 7:** Chapter Mtg.  
- **June 12:** Board Mtg.

### Speaker: John D. McBride  
**Family Care giving Support**

If you want to learn what the Thurston County Agency on Aging does for us, come join us for Mr. McBride’s program presentation.

John D. McBride, MA, LMHC joined the Lewis Mason Thurston Area Agency on Aging in 2010 where he is the supervisor for the Family Caregiver Support and Information and Assistance Programs. Prior to that he had 25 years of experience in mental health and chemical dependency services and management, specializing in co-occurring and trauma treatment. Mr. McBride holds a Master’s degree in Counseling Psychology specializing in Gerontology from University of Notre Dame. He is also a Certified Consultant in Teepa Snow’s method of dementia care.

The FCSP helps individuals caring for their family members learn to be better caregivers through trainings, workshops and services. The evidence is clear; care giving is demanding and places the caregiver’s health at risk. Decades of caregiver research has shown assessing a caregivers level of Burden and Identify Discrepancy (relative vs. caregiver) are important to formulate a plan for them to manage both their life and that of the care receivers.
Spring has arrived & once again everyone is more active than ever before. This is the best time to get out and take that walk you have long waited for. Exercise keeps the heart muscle strong and healthy. Try to have someone go with you and always check with your doctor first. Exercise does lower our cholesterol by 10%.

On hot days make sure you have water with you when walking. Exercise is also good for our mental health and helps depression. If you could not travel during the winter months, now is the time to come to our Mended Heart meetings.

Our next meeting is about care giving, which is important to the patient who is being cared for. At some point in our lives, we will be a caregiver as well as the patient. I hope to see you soon.

Sonia Michaelis
President, Chapter 130
In February, I discovered I was selected as one of five winners of the “Survivors Have Heart” essay contest. It was organized by AstraZeneca Pharmaceuticals as a way to bring attention to and promote heart health and recovery after a heart event. I was chosen after I submitted a 500 word essay explaining the details of my heart attack in June of 2015. I was asked to elaborate on things such as changes I made as a result of the heart attack, most difficult part of the recovery, biggest motivator, advice for others, etc.

As a winner, I was invited to NYC to attend the launch event for the Survivors’ Club. The package included airfare, hotel and ground transportation for me and my caregiver, Portia. The event spanned three days and included meeting folks from AstraZeneca, trainer Bob Harper from the Biggest Loser (whose own heart attack last February made big news), Norm Linsky, Mended Hearts Executive Director, and Donnette Smith, Mended Hearts President. What an honor!!

Along with the organizers, I was very excited to meet the other four winners and their caregivers: Kim from Georgia, Michele from New Jersey, Debbie from Texas and David from Colorado. Though everyone’s story was a little different, we all felt a warm and wonderful connection with each other as a result of sharing this life-altering event.

I will forever be grateful to AstraZeneca for putting together this event and am excited they chose to include Mended Hearts in their heart health campaign.

You can find out more at AstraZeneca US Blog on Facebook or on Twitter at AstraZenecaUS or #heartattacksurvivors.
RECIPE FOR
AQUAFABA WHIPPED CREAM
By Kristi Wells

I love anything with whipped cream on it! Okay, I just love whipped cream...but my reformed diet (no-oil vegan), eliminates oil and dairy so I’m left with a large empty spot on my vegan pumpkin pie. Then I discovered Aquafaba. (loose translation “fabulous water”). It’s actually the water in the chickpea (or garbanzo) bean can. Just drain the “water” into a mixing bowl and set the chickpeas aside for later use (hummus, maybe?).

RECIPE

Aquafaba from one can of chickpeas
1/2 cup organic cane sugar
1/2 tsp cream of tartar
2 tsp vanilla extract

The only tough part is the mixing. It requires 10 minutes of vigorous mixing so best responds to a stand mixer. At first, it will look like nothing’s happening…then suddenly you will have billowing peaks of fluffy meringue/whipped cream overflowing the bowl. Best used right away, as it does go flat after a few hours in the fridge but you can rewhip, though it’s not quite as fluffy the 2nd or 3rd time. I usually just eat the leftovers while they are still fresh.

Upcoming Events

Health Fair: April 29 - Sacred Heart Catholic Church, Hallen Hall, Lacey, WA - 8:30 am to 1:30 pm

Mended Hearts National Education and Training Conference: July 14-18 - San Antonio, Texas

Chapter Accreditation Training for Visitors:
May 17-1-3pm, Cardiac Rehab Classroom
All current visitors must attend.

If you are interested in becoming a visitor, call Diane Caputo, 360-705-1271 or email Diane at Caputo.diane@comcast.net

Birthdays for May

Hi! We’re Mended Hearts, a volunteer group of heart patients and Caregivers providing help to patients and caregivers through an in-hospital visitor program, support group meetings, and education speakers. We also have fun hanging out together.

We work to inspire hope in heart patients and their families. We Partner with professionals like Providence St. Peter Hospital and the Cardio-Rehab Center to help folks have a positive recovery from various heart illnesses. We hope you received some encouragement from our visitors during your hospital stay. We also hope you will come see us at our Chapter meetings in the Cardio-Rehab classroom at Providence St. Peter Hospital, at 2 PM the first Thursday of every month, except December and August.

If you are new, we will send you this newsletter for a few months, but we hope you will join us as a member and get it even longer. Dues are cheap and include the national magazine. You are always welcome to attend our meetings with no requirement to become a member. If you have any questions, call or email any of the officers listed on the right side of this page.

**VISITOR REPORT FOR MARCH**

Number of Visits to Patients: 116
Number of Visits to Family Members: 11
Email and Telephone visits: 3
TAVR Visits: 13

**Happy Mother’s Day**
Sunday, May 13

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**Chapter #130 Officers**

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**Mended Hearts Chapter Website:**

www.providence.org/MendedHeartsSW