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

Meeting Notice

NO CHAPTER MEETING IN JULY

MH PICNIC THURSDAY AUGUST 2, 2018
TUMWATER HISTORICAL PARK
5-7PM

Upcoming Dates

⇒ July 4-Independence Day
⇒ Sept 6-Chapter Mtg.
⇒ Sept 11-Board Mtg.

Mended Hearts Annual Picnic

Address: Tumwater Historical Park: 777 Simmons Rd. SW

Coffee, Paper plates, utensils, & napkins provided by Chapter

Food: A-H: Main Dish  I-P: Dessert  Q-Z: Salad

Directions to picnic: From I-5 heading south, take exit 103. Go to Custer Way (the first light) and turn left. Cross the bridge and turn right on Boston street which winds down around the old Brewery to Deschutes Way. Turn right on Deschutes Way to Grant Road or the Crosby House. (If you go under the freeway, you have gone too far.) That’s Tumwater Historical Park at the bottom of the hill. Picnic location signs will be posted.

From I-5 heading north, take exit 103 which puts you directly onto Deschutes Way. Go straight, pass Custer Way and look for Grant Street on the right. That’s Tumwater Historical Park at the bottom of the hill. Come and have fun!
**Tea Benefits**

Green tea has a plethora of health benefits including, this recent research from researchers at the University of Leeds and Lancaster University showing the compound EGCG in green tea can help prevent heart disease by dissolving arterial plaque. #HeartHealth #Inflammation

---

**President’s Message**

*by Sonia Michaelis*

Summer is here and everyone is planning vacations. Remember when you fly, your prescriptions need to be in the original bottle that you received from the pharmacist. If you have a stents, you should be able to go through the metal detectors easily, but if you have other implanted devices, you may have problems going through metal detectors, ensure you have a written document from your physician.

If you are visiting relatives, make sure you have their address and telephone number with you in case of an emergency. Summer is a time to stay active and get outside. It is also a time to relax to enjoy the sun and nice weather. Make sure you use a good sun screen to protect yourself from skin cancers. Be safe and hope to see you in August for our annual summer picnic.
Mended Hearts
National Education and Training Conference

The National Education and Training Conference is on July 14-18, in San Antonio, Texas, at the Hyatt Regency Hotel. Bob Sherwood, our Treasurer, will be attending and representing our Chapter.

July Birthdays

July 26– Michele Scott
July 26– Ken Springer
July 29– Herb Holve
July 31– Duane Ullmann
**Hi, We Would Like To Be Your Heartfelt Friends**

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 MAY**

<table>
<thead>
<tr>
<th>Category</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of Visits to Patients</td>
<td>79</td>
</tr>
<tr>
<td>Number of Visits to Family Members</td>
<td>17</td>
</tr>
<tr>
<td>Internet and Telephone visits</td>
<td>0</td>
</tr>
<tr>
<td>TAVR Visits</td>
<td>5</td>
</tr>
</tbody>
</table>

---

**Chapter #130 Officers**

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
<th>Phone</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>President</td>
<td>Sonia Michaelis</td>
<td>360-458-3998</td>
<td></td>
</tr>
<tr>
<td>Vice President/Web Admin</td>
<td>Michael Blonden</td>
<td><a href="mailto:Mblonden@msn.com">Mblonden@msn.com</a></td>
<td></td>
</tr>
<tr>
<td>Secretary</td>
<td>Kristi Wells</td>
<td>360-807-4411</td>
<td><a href="mailto:klwells41@hotmail.com">klwells41@hotmail.com</a></td>
</tr>
<tr>
<td>Treasurer</td>
<td>Bob Sherwood</td>
<td>360-438-3873; <a href="mailto:sherwoodjr@comcast.net">sherwoodjr@comcast.net</a></td>
<td></td>
</tr>
<tr>
<td>Programs</td>
<td>Larry Roediger</td>
<td>360-352-4357; <a href="mailto:lroediger@aol.com">lroediger@aol.com</a></td>
<td></td>
</tr>
<tr>
<td>Visitor Coordinator</td>
<td>Diane Caputo</td>
<td>360-705-1271</td>
<td><a href="mailto:Caputo.diane@comcast.net">Caputo.diane@comcast.net</a></td>
</tr>
<tr>
<td>Special Projects</td>
<td>Darld Brannan</td>
<td>360-459-8175</td>
<td><a href="mailto:Prof.volunteer@centurylink.net">Prof.volunteer@centurylink.net</a></td>
</tr>
<tr>
<td>Member Relations/Sunshine</td>
<td>Cheryl Hougham</td>
<td>360-357-4987</td>
<td><a href="mailto:dkhcmh@comcast.net">dkhcmh@comcast.net</a></td>
</tr>
<tr>
<td>Newsletter Editor</td>
<td>Michele Scott</td>
<td>360-561-1550</td>
<td><a href="mailto:basquema@live.com">basquema@live.com</a></td>
</tr>
</tbody>
</table>

**Mended Hearts Chapter Website:**

www.providence.org/MendedHeartsSW