Meeting Notice

Date: Thursday, November 1, 2pm

Place: Providence St. Peter Hospital, Cardiac Rehab Classroom, Basement of Hospital

Topic: CPR Class

Upcoming Dates

⇒ Nov 1 Chapter Mtg
⇒ Nov 6 Board Mtg
⇒ Dec 8 Christmas Luncheon

Happy Halloween!!

CPR Class

Speaker: Sam Liening

My name is Sam Liening, firefighter/EMT for Olympia Fire Department and CPR instructor for Thurston County Medic One. For nearly twelve years, I've been involved in emergency services with volunteer and career fire experience as well as working on an ambulance and serving as a 911 operator and dispatcher. Through it all, I've seen firsthand the importance of quality CPR and the difference it can make in someone suffering from a cardiac arrest. Quality CPR can be the difference between someone making a full recovery and someone not making it at all. Medic One is committed to having the best cardiac arrest survival rate in the nation, and we are almost there. As the third best county nationwide for survival rates, we know that the changes we've been implementing have been working. A key component of this strategy is teaching everyone how to do great, effective hands-only CPR. Medic One Hands-Only CPR classes cover a range of topics that include proper CPR techniques, how to move patients from beds and chairs, and defibrillator training. The information in this class will give you the tools to respond to a cardiac arrest emergency and truly make a difference.
We invite you to our Annual Mended Hearts Christmas Luncheon:

Date/Time: December 8, 11:30 am to 2 pm

Place: Panorama City Restaurant

Cost: $23 per person

Included with the Lunch are: traditional holiday meal, water/coffee, dessert, gratuity, and entertainment.

Please RSVP to Dennis and Michele Scott by December 6 by mailing your check in the enclosed envelope. Please make check out to Mended Hearts Chapter 130. You also may contact Michele at 360-561-1550 or email her at basquema@live.com to make reservations.

November Birthdays

Bill Gear    November 19

Suzanne Nord  November 15
Benefits of a Mended Hearts Chapter
Diane Caputo

Mended Hearts chapters all over the United States serve their communities, for the most part, under the rules and guidance of their host hospitals. Mended Hearts, chapter 130, of Thurston Co. has been hosted by Providence Saint Peter Hospital for over 26 years. Our volunteer team members visit recovering cardiac patients here as fellow patients who have walked out our own recoveries. They encourage patients like themselves to live well with heart disease. They share recovery stories, encourage patients to comply with their medical instructions, promote a cardiac rehabilitation program, and offer an understanding ear.

Statistics have shown that readmission rates of cardiac patients from hospitals with a Mended Hearts volunteer program are consistently lower than hospitals without one. Chapter 130 has also gifted our hospital’s cardiac staff and rehabilitation program with many donations over the years. Mended Hearts volunteers also participate as scheduled speakers for St. Peter’s Cardiac Rehabilitation educational program. In return, St. Peter Hospital allows chapter 130 to utilize their classroom for our monthly educational meetings. Many of the speakers for these meetings are members of St. Peter’s cardiac staff. We have forged a strong partnership and look forward to continuing in it for many years to come.

On behalf of Mended Hearts, chapter 130, we extend our kindest regards and farewell to our longtime friend Mike McCusker as he begins a new chapter of his life in retirement. Also, we welcome the new staff at cardiac rehab. We look forward to meeting you and serving the cardiac patients of our community together.

President’s Message
Sonia Michaelis

Fall is upon us. Next month will be our last monthly meeting then we have a Holiday dinner. Larry Roediger is our program chair and has scheduled the programs for us for many years. Next month will be his last program, then Michael Blonden will take over as our program director.

Please join me next month for one last time and support Larry and his efforts for the past several years by coming to the meeting. Our next program will be on CPR. If you would like to become a member, contact Diane Caputo at 360-705-1271, or email her at caputo.diane@comcast.net

Happy Holidays!
Your President, Sonia Michaelis
Mended Heart Raffle

Just a reminder about our annual Mended Hearts Raffle. To participate, mail your raffle tickets and payment to Michele Scott, at 6745 3rd Way SE Lacey, WA 98503 or you can bring them to the Christmas Luncheon scheduled on December 8. You also can bring them to the November Chapter meeting. Make check out to Mended Hearts Chapter 130.

Several items will be raffled to include a Quilt, Two Fitbit Watches, and gift certificates from various businesses.

Health Fairs

Members from our Chapter participated in two health fairs in October. The health fairs were held at the United Methodist Church and Washington State Department of Transportation (WSDOT).

Diane Caputo, Michael/Diane Blonden, and Kristi Wells participated at the WSDOT health fair and Sonia Michaelis, Dianne Devoe, and Michele/Dennis Scott participated at the United Methodist Church health fair.
At times, survivors can feel vulnerable or afraid. They may not feel quite like themselves. But there is hope. By taking one day at a time, listening to their bodies and relying on their healthcare teams, they can find strength.

AstraZeneca created Survivors Have Heart website to celebrate survivorship and provide support for survivors and their loved ones. Here you’ll find survivors’ stories, information to consider about life after a heart attack, and additional resources from advocacy group websites.

You can access the website at www.Survivorshaveheart.com for more information!

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Reminder: Set your clocks back one hour on November 4!!!!!!!
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 educational speakers.

We Partner with medical professionals to help people 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 this page.

VISITOR REPORT FOR SEPTEMBER

Number of Visits to Patients: 60
Number of Visits to Family Members: 2
Internet and Telephone visits: 1
TAVR Visits: 4

Mended Heart Visiting Contest

The Mended Hearts visiting team had a contest on who collected the most gold cards from patients being visited. Gold cards are requested to be completed by patients being visited and provide contact information for mailing/emailing our newsletter. Larry Roediger and Michael Silverstein were the winners with 48 gold cards collected. A gift card was given to the winners.

Chapter #130 Officers

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Mended Hearts Chapter Website:
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