Meeting Notice

Date/Time: Thursday, January 3, 2-3:30pm
Place: Cardiac Rehab Classroom, St. Peter Hospital
Speaker: Jennifer Reeves, MS, RD, Clinical Dietitian
Subject: Mediterranean and Plant based Diets

Mediterranean and Plant Based Diets
By Jennifer Reeves

Jen will be discussing the Mediterranean Diet and will be emphasizing a more plant based diet for heart health. Jen is a Registered Dietitian (RD), currently working at Providence St. Peter Hospital. She covers the neurology floor and renal floor where she enjoys working with patients and helping improve their nutrition.

Jen received her Bachelor of Science (BS) degree in Nutrition and Dietetics from Central Washington University and went on to finish a Master of Science (MS) degree in Nutrition and Exercise Physiology at Washington State University.

Jen grew up in Spokane, Washington and has moved all over the state during different times in her life. She enjoys traveling, running, eating and playing with her cats.
Christmas Luncheon

**Quilt Winner:** Adrian, Rainier WA.  
*Picture not available as Adrian was delivering mail in Yelm, WA.*

**Fit bit Watch Winners:**  
Phil and Dorothy Tenkhoff

**Saxophone Quartet provided**  
the X-MAS Luncheon Entertainment  
Quartet is from Gospel Outreach,  
Olympia, WA.  Excellent music!

**Volunteer of the Year was awarded**  
To Dennis Scott

**Person of the Year was awarded**  
To Michele Scott
Happy Birthday

January 13: Velma Jordan                January 26: Dorothy Tenkhoff

Thanks to all the following businesses for donating gift cards for our door prize drawings at the Christmas Luncheon. If you visit any of these businesses in the coming year, please say thank you for their gifts.

- $50 gift card - Anthony’s Homeport, 704 Columbia NW, Olympia, WA
- $25 gift card - Applebee’s, 525 Sleater Kinney Rd SE, Lacey, WA
- $75 gift card - Basilico, 507 Capitol Way S, Olympia, WA
- $25 gift card - Casa Mia of Olympia, 716 Plum St. SE, Olympia, WA
- $25 gift card - Dockside Bistro, 501 Columbia St. NW, Olympia, WA
- $30 gift card - Lemon Grass Lacey, 8125 Quinalt Dr. NE, Lacey, WA
- $35 gift card - Olive Garden, 2400 Capital Mall Dr. SW, Olympia, WA
- $50 gift card - Pellegrinos, 205 Cleveland Ave SE, Tumwater, WA
- $50 gift card - Red Lobster, 4505 Martin Way E., Olympia, WA
- Two $25 gift cards - Three Magnets, 600 Franklin St. SE #105, Olympia, WA

Thanks to Michael Blonden for obtaining the gift cards! We appreciate you! Michael will be our new Program Coordinator starting in January.
Tips on Preventing Falls

1. **Make an appointment with your doctor:** Could your health conditions cause a fall? Certain eye and ear disorders may increase your risk of falls. Be prepared to discuss your health conditions and how comfortable you are when you walk — for example, do you feel any dizziness, joint pain, shortness of breath, or numbness in your feet and legs when you walk? Your doctor may evaluate your muscle strength, balance and walking style (gait) as well.

2. **Keep moving:** Physical activity can go a long way toward fall prevention. With your doctor’s OK, consider activities such as walking, water workouts or tai chi — a gentle exercise that involves slow and graceful dance-like movements. Such activities reduce the risk of falls by improving strength, balance, coordination and flexibility.

If you avoid physical activity because you’re afraid it will make a fall more likely, tell your doctor. He or she may recommend carefully monitored exercise programs or refer you to a physical therapist. The physical therapist can create a custom exercise program aimed at improving your balance, flexibility, muscle strength and gait.

3. **Wear sensible shoes**

Consider changing your footwear as part of your fall-prevention plan. High heels, floppy slippers and shoes with slick soles can make you slip, stumble and fall. So can walking in your stocking feet. Instead, wear properly fitting, sturdy shoes with nonskid soles. Sensible shoes may also reduce joint pain.

4. **Remove home hazards**

- Remove boxes, newspapers, electrical cords and phone cords from walkways.
- Move coffee tables, magazine racks and plant stands from high-traffic areas.
- Secure loose rugs with double-faced tape, tacks or a slip-resistant backing — or remove loose rugs from your home.
- Repair loose, wooden floorboards and carpeting right away.
- Store clothing, dishes, food and other necessities within easy reach.
- Immediately clean spilled liquids, grease or food.
- Use nonslip mats in your bathtub or shower. Use a bath seat, which allows you to sit while showering.

5. **Light up your living space**

- Place night lights in your bedroom, bathroom and hallways.
- Place a lamp within reach of your bed for middle-of-the-night needs.
- Make clear paths to light switches that aren’t near room entrances. Consider trading traditional switches for glow-in-the-dark or illuminated switches.
- Turn on the lights before going up or down stairs.
- Store flashlights in easy-to-find places in case of power outages.

6. **Use assistive devices.** Your doctor might recommend using a cane or walker to keep you steady. Other assistive devices can help, too.

- Hand rails for both sides of stairways
- Nonslip treads for bare-wood steps
- A raised toilet seat or one with armrests
- Grab bars for the shower or tub
- A sturdy plastic seat for the shower or tub — plus a hand-held shower nozzle for bathing while sitting down
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 NOVEMBER

Number of Visits to Patients: 86
Number of Visits to Family Members: 4
Internet and Telephone visits: 0
TAVR Visits: 10
Number of New Newsletter Recipients: 11

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Mended Hearts Chapter Website:
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Christmas is not so much about opening presents, as opening our hearts!