**Meeting Notice**

**Upcoming Dates**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>Thursday, February 7</td>
<td>Feb 7- Chapter Meeting</td>
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<tr>
<td>2:00 - 3:30pm</td>
<td>Feb 14–Board Meeting</td>
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<tr>
<td>Place: Providence St. Peter Hospital Cardiac Rehabilitation Classroom</td>
<td>Mar 7 - Chapter Meeting</td>
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<tr>
<td>Topic: Vegan Diet</td>
<td>Mar 14– Board Meeting</td>
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<tr>
<td>Speaker: Kaye Earl</td>
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**Vegan Diet Program**

**Speaker: Kaye Earl**

The speaker for the February meeting is Kaye Earl. Kaye is a vegan and will be sharing her personal vegan story, diet philosophy, and practical tips and tools about how to adopt a whole foods plant based diet (vegan or variation).

Kaye is passionate about diet and nutrition, and has been studying its' role in preventing, treating, and reversing disease since her college days in the early 1970's. She has been a practicing vegan and vegetarian since 1993 at the age of 42.

Kaye’s decision to become a vegan was motivated by personal health issues such as hypertension, obesity, pre-diabetes, and a strong family history of early heart disease. Kaye was diagnosed with rapidly advancing kidney disease two years ago, & reversed her condition dramatically with a renewed dedication and update of her vegan diet. She is a living testament to the power of a smart vegan lifestyle and how it can improve your health, vigor, and longevity. By following the vegan diet, she expects her life expectancy to increase by twenty years or more.

**Education & Employment**

Kaye earned a Bachelor’s degree in business from Oregon State University

Attended Health Care & Planning Program at the University of Washington

Employed in private & public sectors of the health field

Retired from the State of Washington 10 years ago
President’s Message
By Sonia Michaelis

Elections are coming up next month for national officers for Mended Hearts. Please read and review the articles about the candidates in the Heartbeat Magazine that you received through the mail. We as a chapter are only allowed one vote per candidate and some candidates are unopposed.

Our Chapter will vote at our next meeting on February 7. Ron Manriquez, our western regional director, is running for president, so please keep him in mind. I also want to remind everyone that February is heart month and it will be a good time to see everyone at the meeting.

Your President,
Sonia Michaelis

Celebrating Heart Month

Sacred Heart Catholic Church has invited Diane Caputo to speak on Mended Hearts on Saturday, February 9th, 10:00am - 12:00pm.

Gloria Schramm-Kaczmarski from Providence St. Peter Hospital RN, CCRP, will be speaking on Cardiopulmonary Rehabilitation.

The location is Sacred Heart Catholic Church 910 Bowker Street, Lacey WA. The event is located in Hallen Hall (upstairs rooms 1&2)

This is a FREE event & NO Registration is required.

Bob Harper Video Link

Bob Harper had a Widow Maker Heart Attack and he completed a video at the following link talking about his event and how Mended Hearts helped him in his recovery! Check it out!

https://washington.providence.org/services-directory/services/m/mended-hearts/newsletter
Mashed Cauliflower Potatoes Recipe

Ingredients

- One Medium Red Potato (about 8 ounces) cut into 1 inch chunks
- 8 oz Cauliflower Florets
- 1/4 c Chopped Onion
- 1 tsp Dried Parsley
- 1/4 tsp Garlic Powder
- 2 tsp Margarine
- Pepper to taste

Directions

Combine potato, Cauliflower, Onion, Parsley, and Garlic Powder in a medium Saucepan with enough water to cover. Bring to a boil on high then reduce heat and Simmer.

Cook about 12 minutes until vegetables are tender. Drain well.

Mash with potato masher. Add margarine and mash until smooth. Season with Pepper to taste.

Tips

Try adding a little Parmesan or chopped garlic for some extra flavor.
### Upcoming Programs

- **March** - Benefits of Exercise
- **April** - Reducing Stress
- **May** - Diabetes 101

### January Meeting

Jennifer Reeves spoke at the January Meeting. She spoke about the Mediterranean diet which emphasizes plant-based foods, fruits, & vegetables.

She recommended the following changes in our diets:

- Replacing animal fats with olive & canola oil.
- Using herbs & spices instead of salt to flavor foods.
- Eating more nuts, beans, legumes, and seeds.
- Eating fish and shellfish two or more times per week.
- Replacing salt with herbs and spices.
- Using water as the primary beverage.

### VISITOR REPORT FOR DECEMBER

- **Number of Visits to Patients:** 88
- **Number of Visits to Family Members:** 10
- **Internet and Telephone visits:** 0
- **TAVR Visits:** 5
- **Number of New Newsletter Recipients:** 4

### Happy Valentine Day!

"Love is like the wind, you can't see it but you can feel it."  
*Nicholas Sparks*

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### Chapter #130 Officers

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<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Contact Information</th>
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### Mended Hearts Chapter Website

[www.providence.org/MendedHeartsSW](http://www.providence.org/MendedHeartsSW)