Meeting Notice

Date/Time: Thursday, March 7, 2:00pm

Place: Providence St. Peter Hospital Cardiac Rehab Classroom

Topic: Heart Exercise

Upcoming Dates

⇒ March 7-Chapter Meeting
⇒ March 14-Board Meeting
⇒ March 17-St. Patrick’s Day
⇒ April 4-Chapter Meeting
⇒ May 17-Visitor Training

Heart/Body Exercise

By Marikka Benson and Mike McCusker

Marikka Benson is an exercise physiologist for Providence St. Peter Hospital Cardiopulmonary Rehabilitation. She has been involved with exercise and sports since a young age and have in more recent years added health promotion to that list. She has a Bachelor of Science in Kinesiology with an emphasis in exercise science from Pacific Lutheran University. Marikka is also a volunteer as an EMT at the South Bay Fire Department and coach at North Thurston High School.

Mike McCusker has worked for Providence St. Peter Hospital for 30 years as an Exercise Physiologist for Cardiac Rehabilitation. Earlier in his career, Mike was a fitness director at the Seattle Athletic Club and taught physical education and health in Oregon. Mike enjoys coaching baseball, playing golf, and since retirement, has been trying to learn photography.
The Washington State Combined Fund Drive is featuring charities in a series called Podcasts for Good. Diane Caputo was interviewed on Feb. 14th for this series representing Mended Hearts as a charity serving heart patients. This interview can be heard by going to cfdf.wa.gov. Once on this site, scroll down and choose the box titled “Start Listening Now.” Then, scroll down under 2019 and choose the box titled, “Heart Health”. Next, choose the green “Click here to play” button and the podcast will begin to play. The entire podcast is 30 minutes long. Please help spread the word about Mended Hearts by encouraging others to listen to this podcast.

**Important Information**

⇒ **Accredited Visitor Training** will be held on Thursday, May 17, 1-3pm, in the Cardiac Rehab Classroom. If you are interested in visiting heart patients at St. Peter Hospital or just need more information, contact Diane Caputo, Visitor Coordinator, at 360-705-1271 or email her at caputo.diane@comcast.net.

⇒ If you need a [notary services](#), and are homebound, contact Darld Brannan at 360-459-8175 or email him at Prof.volunteer@centurylink.net. No charge and willing to go to your home for this service.

⇒ If you have any changes to your email address, mailing address, or telephone number, please contact Michele Scott, Newsletter Editor, at 360-561-1550, or email her at basquema@live.com.

⇒ **Daylight Savings Time changes** on March 10. Be sure to set your clocks/watches forward one hour!

⇒ To access National Mended Hearts Information, the website address is: [mendedhearts.org](http://mendedhearts.org)
William “Bill” L. Gear, 94, passed away on Sunday, January 20, 2019 at Providence St. Peter’s Hospital in Olympia Washington. Bill was born to Jonathan C. and Dora E. Ludlow Gear in Fairbury, Nebraska on November 19, 1924. Bill was the youngest of their five children. He grew up in Fairbury, Nebraska, graduating from Fairbury Senior High in 1943 where he played football and basketball. He continued his studies after the war at the University of Nebraska.

Bill served his country honorably in the United States Army Air Corps in 1943-1945. He was assigned to the 323rd Bomb Group of the 455th Bomb Squadron, as a tail gunner flying in a Martin B-26 Marauder during WWII. Campaigns: Rhineland; Ardennes - Battle of the Bulge; Central Europe, he flew in 33 missions during the war. During this time he was awarded with 3 Bronze Stars, a Good Conduct Medal and an Air Medal.

He was the lucky guy to marry Helen V. Sanderson-Sykes on June 3, 1949 and adopted her son Walter. Bill and Helen had four more children, Marilynn, Sandra, Cynthia and Steven. They lived in Vancouver, Washington until 1964 when they moved to Olympia, Washington.

Bill had a rewarding and fulfilling career as an engineer for Pacific Northwest Bell Telephone Co. He retired in 1984 after 36 years of service. He was a member of The Telephone Pioneers, First United Methodist Church, The Elks and VFW.

He had a passion for golf and lived on the Capital City Golf Course for 40 years where he enjoyed playing golf daily. An avid golfer, Bill also enjoyed bowling, dancing and a good card game with friends. He enjoyed all sports and was a devout Nebraska Cornhusker fan. “GO BIG RED”!

**Bill was an active member of Mended Hearts Chapter 130.**

In lieu of flowers donations may be made to First United Methodist Church of Olympia.
March Birthdays

Les Jaster-March 16
Cheryl Hougham-March 24
Sonia Michaelis-March 28

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Mended Hearts Chapter Website:
www.providence.org/MendedHeartsSW

VISITOR REPORT FOR JANUARY

Number of Visits to Patients: 63
Number of Visits to Family Members: 4
Internet and Telephone visits: 0
TAVR Visits: 3
Number of New Newsletter Recipients: 12

For Donations to our local Mended Hearts Chapter, Mail donations to:

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