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

Meeting Notice

Date: Thursday, October 3, 2019, 2pm
Place: Providence St. Peter Hospital, Cardiac Rehab Classroom
Topic: Heart Medications

Upcoming Dates

⇒ Oct 3: Chapter Meeting
⇒ Oct 10: Board Meeting
⇒ Nov 7: Chapter Meeting
⇒ Nov 14: Board Meeting
⇒ Dec 14: Holiday Luncheon

Happy Halloween!!!

Heart Medications
Pharmacy Interns, Isabelle Wong and Monica Om

Isabelle Wong is currently a Pharmacy Technician attending Pacific University School of Pharmacy, and is in her 4th APPE block rotation with Dr. Marr learning about the institutional hospital system. Isabelle has an interest in ambulatory care working in a primary care clinic dealing with diabetes and anticoagulation.

She is an active member of Kappa Psi pharmaceutical fraternity and is currently serving the Northwest region as the Northwest Province Secretary. For fun, Isabelle enjoys going to the gym and going out to eat food with friends.

Monica Om is a Pharmacy Intern(P3) at Pacific University. I currently have an interest in end of life care such as geriatrics, hospice, and palliative care. In my free time I like to cook spicy foods.
Mended Hearts Annual Christmas Raffle

An Air Fryer and Gift Certificates are being raffled at our annual Mended Hearts Christmas Luncheon on Saturday, December 14, 2019, at Panorama City Restaurant. This is our annual fund raiser for our Mended Hearts Chapter.

Enclosed are the raffle tickets you can purchase or sell to others. The raffle tickets are two dollars each. Please put the name and phone number on the raffle tickets sold and mail with the payment in the enclosed return envelope to Dennis & Michele Scott. Please make checks out to Mended Hearts Chapter 130.

The Christmas Luncheon Invitation, and information will be mailed with the November Newsletter. If you did not receive raffle tickets or want additional tickets, call Michele or Dennis Scott at 360-561-1550/1553. Additional tickets will be available at the Christmas luncheon.
Ten Pivotal Dietary Factors

Researchers from Tufts found convincing evidence that 10 dietary factors were associated with nearly half of 702,308 deaths due to heart disease, stroke, and type 2 diabetes in the United States in 2012. Leading dietary factors included: too much salt, processed meat, and sugar-sweetened beverages, but not enough veggies, fruits, nuts, and whole grains. Nearly 320,000 deaths were associated with these major nutritional defects. [Research published March 7, 2017 in JAMA, Journal of the American Medical Association]

The significance of this study is huge. It suggests that over 300,000 deaths a year in the United States are preventable by better dietary choices. Over the span of a decade, this would save the lives of millions of patients. It would also reduce the heavy load of critically ill patients that our health care system carries every year. In addition to clear benefits for patients and their families, this would do much to help resolve the health care crisis that our nation is struggling with today.

The Healing Value of Food

Hippocrates recognized the healing value of food 2,500 years ago, but his insight was lost by mainstream medicine. Instead, modern medicine put most of its focus on disease diagnosis and management by high-tech medicine and surgery. A few prophetic physicians have understood the healing value of food over the past 50 years, but they have been mostly ignored. Now, academic medicine is starting to look at food’s impact on health more seriously. The publication of this research in JAMA is the first time I’ve seen such clear emphasis on the importance of diet for health in the medical literature over the last 50 years.

The Challenge Ahead

The challenge ahead will be for people to apply our growing dietary knowledge to their everyday eating habits. In my health workshops over the past few years, I’ve found that most people have a fairly clear idea that veggies and fruit are good for health and that most fast foods are not so good for health. Even though they know this, most of them find it challenging to change their daily eating habits. (Fast foods are so convenient and taste so great.)

“For More Information on this article go to the website”: thepoweroflifestyle.com
OCTOBER BIRTHDAYS

Oct 11: Dianne Devoe

Oct 18: Nick Chavez

Oct 29: Jim Notter

VISITOR REPORT FOR AUGUST

Number of Visits to Patients: 75
Number of Visits to Family Members: 4
Internet and Telephone visits: 0
TAVR Visits: 7
Number of New Newsletter Recipients: 6

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

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