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

Meeting Notice

Program: To be Announced. A Zoom link will Be emailed the week of the Chapter meeting.

Date: Thursday, April 14, 2022
Time: 2:00 PM

Upcoming Dates

⇒ April 7-Board Meeting
⇒ April 14-Chapter Meeting
⇒ May 5- Board Meeting
⇒ May 12-Chapter Meeting
⇒ April 17-Easter

Happy Easter

President’s Message
Michael Blonden

We’re getting closer to in-person meetings again. The Board has continued to explore venues at fire stations, and St. Peter Hospital. Thank you for your willingness to participate online with Zoom. Your continued participation has made it possible for our organization to exist for almost thirty years.

To increase our presence in the community, the Board is setting up a website. If you have ideas about how a website might help you, please forward them to Michael at Mblonden@msn.com. As members, we play a critical role in how our organization matures or turns out. At the last meeting, I asked for volunteers who would be willing to step up to become a visitor. One of our members stepped up, we could use more visitors.

Becoming a visitor will take about two hours a week of your time. This is a great opportunity to share your heart experiences with others, resulting in hope and support for hospital patients. Support for others and our group will help ensure we remain a viable force in our community.

Chapter Newsletter
Sacred Heart Parish Nurse Ministry

Parish Nurses Present

Problems of the Eye by Dr. Jay Rudd M.D. Opthalmologist

April 9th 10:00 AM to 12:00 PM

Hallen Hall - Room 5

National Mended Hearts will be having the following webinars in April. There will be a 4-part series Beyond the Numbers – A Lipid Control Webinar Series

Check it out on the Mended Hearts homepage: mendedhearts.org.

April 6th (noon PDT) Webinar 1 - Healthy Eating: I know I should Eat Healthy, But Why is it so Difficult?

April 14th (noon PDT) Webinar 2 - Exercise: I Know I Should Exercise, But Why is it so Difficult?

April 20th (noon PDT) Webinar 3 – Medication Compliance: I Know I Should Take My Medication/Statin, But Why is it so Difficult?

April 28th (noon PDT) Webinar 4 – Visiting with My HCP: I Know I Should “Communicate with My Health Care Provider, But Why is it so Difficult?

You can register for the webinars at the Mended Hearts homepage.

Chapter Newsletter
**Crossword Puzzle**

**Have Fun!!**

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**Ballgame seats**

Across
1. Halloween cry
4. Religious images
9. Mont Blanc, e.g.
10. Raise at an angle
11. Bottom of the barrel
13. "Bye!"
14. Water-softening compound
16. Word in a simile
17. TV watchdog org.
18. Therefore
20. Place for soaking
22. "Aquarius" musical
24. Abominable Snowman
25. "Encore!"
27. Actor Carney
28. Painter's plaster
29. More, in Madrid

Down
1. Light wood
2. Dairy section selections
3. Newspaper piece
4. Tagged player
5. Tacky
6. Brightly colored fish
7. Cashew, e.g.
8. Marienbad, for one
12. Some African expeditions
15. Be in a cast
18. Hindu sacred writings
19. Newspaper section
20. Slant
21. Locker room group
22. Witchy woman
23. Questionnaire datum
26. Thumbs-down

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The headline is a clue to the answer in the diagonal.
### April Birthdays

**Happy Birthday!!**

- Rick Taylor - April 15
- Diane Caputo - April 23
- Larry Roediger - April 27

### Chapter Board Zoom Meetings

*Chapter Board Meetings are open to the Chapter Members. We are currently using Zoom software via computer. If you want to attend the meetings, please email Michael Blonden at mblonden@msn.com and he will email you the link for the Zoom Meeting.*

### Member Report

**No Updates**

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

- Mended Hearts Chapter #130
  - PO Box 5551
  - Olympia, WA  98509-5551

### Chapter Newsletter

### Chapter #130 Officers

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>President</td>
<td>Michael Blonden</td>
<td><a href="mailto:Mblonden@msn.com">Mblonden@msn.com</a> 360-491-8869</td>
</tr>
<tr>
<td>Vice President/Web Admin &amp; Program Coordinator</td>
<td>Vacant</td>
<td></td>
</tr>
<tr>
<td>Secretary</td>
<td>Kristi Wells</td>
<td>360-807-4411 <a href="mailto:klwells41@hotmail.com">klwells41@hotmail.com</a></td>
</tr>
<tr>
<td>Treasurer</td>
<td>Bob Sherwood</td>
<td>360-438-3873; <a href="mailto:sherwoodjr@comcast.net">sherwoodjr@comcast.net</a></td>
</tr>
<tr>
<td>Past President</td>
<td>Sonia Michaelis</td>
<td>360-458-3998</td>
</tr>
<tr>
<td>Visitor Coordinator</td>
<td>Diane Caputo</td>
<td>360-705-1271 <a href="mailto:dianecaputo0304@gmail.com">dianecaputo0304@gmail.com</a></td>
</tr>
<tr>
<td>Special Projects</td>
<td>Darld Brannan</td>
<td>360-459-8175 <a href="mailto:Prof.volunteer@centurylink.net">Prof.volunteer@centurylink.net</a></td>
</tr>
<tr>
<td>Member Relations/Sunshine</td>
<td>Cheryl Hougham</td>
<td>360-357-4987 <a href="mailto:dkhcmh@comcast.net">dkhcmh@comcast.net</a></td>
</tr>
<tr>
<td>Senior Action Network</td>
<td>Nancy Maldonado</td>
<td></td>
</tr>
<tr>
<td>Newsletter Editor</td>
<td>Michele Scott</td>
<td>360-561-1550 <a href="mailto:basquema@live.com">basquema@live.com</a></td>
</tr>
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**Mended Hearts National Website:**

[https://mendedhearts.org](https://mendedhearts.org)