The Next Meeting Is...

Day: Thursday  
Date: 7 June 2012  
Time: 2 PM  
Place: Room 201-202, 2nd floor  
Providence St. Peter Hospital

Upcoming Dates

⇒ 12 July Members meet—note this is NOT the normal time each month  
⇒ 14 June Board Meeting  
⇒ 9 August—Picnic—afternoon—Heritage Park, Tumwater

Gang Up On Two Diseases

Though diabetes may be a side show to us heart patients, there are some important overlaps according to Linda Blustein of the PSPH Boldt Diabetes Center. Both, for instance, are less dangerous if you keep up your exercise. Exercise helps keep sugar from sticking to the blood vessels while it helps insulin attach to cells like it is supposed to.

A diabetic foot infection can also contribute to heart disease. Diabetes can cause nerve damage in your feet so tell your doc if you have tingles or lose sensitivity. Diane Devoe said her doc blamed her heart condition on a 30 year old toe issue.

The things that help diabetics also help heart patients, and help heart patients keep from getting diabetes: balanced diet, exercise.

Like modern heart treatment diabetic treatment is not a matter of “You can’t have this…” That was from our grand parents day. Now docs stress quality of life and BALANCED diet and exercise and medications. Reasonable monitoring and faithful appointment keeping can help you and your doctor keep your numbers in a better place.

Beat both diabetes and heart disease at once, says Ms Blustein.

This Month Answers January Questions

A few months ago we had a speaker from the Area Agency on Aging who warned us of things we needed to do before we got too sick to do them. We asked for a comprehensive list and he gave us some leads.

Your crack Board sent investigators to follow those leads and we found a program called the Five Wishes. If you don’t know a trust from a living trust, a will from a last directives or Physicians Orders for Life Sustaining Treatment…if you’ve been overwhelmed by the paperwork of powers of attorney and all that…if family only knows what to do if you are dead, but not if you are alive and incapable of expressing yourself…this simple document may be a life saver.

Come hear Pat Anderson give us a private showing of a class she gives for the County several times a year. You’ll be glad you came. Thursday, 2 PM room 200-201, second floor Providence St. Peters. Bring a pencil to take notes.
Confidence in the Surgical Team

Our series of remembrances of how our members’ heart issues “went down” goes back to Sol Carter. When we last read Sol’s story, he was being wheeled into PSPH after suffering a heart attack. Your may have similar memories of what happened next…

“I was admitted, “processed”, tagged, and sent for X-ray and angiograms. I was in awe at the technology and concern they showed but appalled I needed seven stents!

“My cardiologist, Dr. Wehrli, said I had a second choice, by-pass surgery using a vein from my leg. After his careful explanation and the knowledge that my heart had not suffered any damage yet I confidently chose the surgery.

“I slept peacefully in the care of what seemed like a dozen wonderful nurses and was prepped for surgery the following morning. It was then I met the surgical team headed by Dr. Santamarina for the first time. After a few minutes of talking with them I felt totally confident in the Cardio Team and their ability to do a really good repair job!

“Soon I was counting backwards from 100 for the anesthesiologist and remembered nothing else until I woke up to the sound of the Intensive Care Unit nurses’ pleasant voices.

“It took a while for my mind and body to adjust to all the oxygen tubes and drains and monitors I was connected to. Careful health monitoring requires that you become part of the machine for a while, but soon I was mostly set free and being asked to walk. I moved myself to the recovery room from ICU.

“The medical folks had done their job well. Now it was up to me. But that’s the next part of my story.”

(Do you have a memory to contribute? There are folks who need to hear it. Get it to Rick or Patti at 456-8607.)

!!!MARK YOUR CALENDAR!!!

The Picnic is coming!

Don Rose has PROMISED good weather but now he needs people to help BBQ some chicken strips, organize some games (nobody gets through a picnic of ours without a big smile.) and bring food!

Call Don NOW before he comes to your house and raids your refrigerator. (456-3578). No, really, do it now. We’ll wait right here, sipping coffee and checking out your handsome family pictures. Call

Presidents’ Points…

I’ve Grown Up Some

Dear Mended Hearts Members & Guests,

I know I am sometimes forgetful, but then again, some of life is just as well forgotten. And I eventually remember the important things.

Sure over the years my heart has been broken. How can your heart not break when you lose a loved one, or when a child suffers, or even when someone’s beloved pet gets hit by a car? But broken hearts are what give us strength and understanding and compassion. A heart never broken is pristine and sterile and will never know the joy of being imperfect.

I am so blessed to have lived long enough to have my hair turning gray, and to have my youthful laughs be forever etched into deep grooves on my face. So many have never laughed and so many have died before their hair could turn silver.

As you get older, it is easier to be positive. You care less about what other people think. I don’t question myself anymore. I’ve earned the right to be wrong.

So, to answer your question, I like being old. It has set me free. I like the person I’ve become. I am not going to live forever, but while I am here, I will not waste time lamenting what could have been or worrying about what will be. And I shall eat dessert every single day if I feel like it (and ask Donna J).

See you at the next meeting.

Ray (& Donna) Silva

Don. 456-3578.

The picnic is August 9th, a Thursday, in the afternoon at Heritage Park in Tumwater. MARK YOUR CALENDAR! It is our best attended affair of the year and a lot of family comes too.
Chapter Loses Two Long Time Members Last Month

We are very sorry to report that our chapter lost two long-time members last month.

**Harold Poquette** has been battling diabetes for a long time now and finally succumbed to renal failure early last month. He was 78. There were no local services but you can check the Woodlawn Funeral Home (438-6881) for updates and to express your thoughts to his wife, **Nell**. Harold recovered from two heart surgeries (1996 and 2004) and was an active member for many years.

**Fred Fiedler**, 72, passed away mid-May after a several month battle with a variety of things. He was a special projects person for our chapter. He and his wife **Sue** recently represented us at the National Convention as well as running the Heart Walk two years ago. He and Sue had a special place in their hearts for the Mended Little Hearts group in Tacoma and would ask that in lieu of flowers donations be made to that chapter. Please send your tax deductible donations to Mended Little Hearts Puget Sound, %Darcie Miller, 2008 46th St. NW, Gig Harbor, WA 98335.

Providence Expansion Provides Visitors With Opportunities

The Accredited Visitor Team was re-certified last month. Trainers **Dennis & Michele Scott** had a new video from national that explained EVERYTHING. It was the first serious update to the training materials in several years and everyone thought it was a big improvement.

The April Visitor Report shows a busy season for our Accredited Visitors. While it rained outside, our folks made 69 visits to 49 new patients. They also passed on our information to 23 family members and answered two phone queries and three internet questions.

As Providence expands, they are opening up the 9th floor to more heart patients. Our Chapter could use a few more Accredited Visitors to help reach these new patients. Call Diane Caputo (705-1271) if you have an interest and can give back some of the help you received to those who need it now. A couple hours a week is all we ask.

Follow Jack to the Senior Games

Our Treasurer, **Jack Kiley**, is again President of the Puget Sound Senior Games taking place 26-29 July. The 16 year old event expects almost 2,000 participants in a dozen venues in the Puget Sound. Designed to promote healthy lifestyles among seniors, the games are open to those over 50 in events like Archery, Basketball, Badminton, Bowling, Cowboy Action Shooting, Cycling, Dance, Golf, Pickleball, Pool/8-Ball, Race Walking, Racquetball, 5 & 10K Runs, Shuffleboard, Soccer, Softball, Swimming, Table Tennis, Tennis, Track & Field and Volleyball. There are age levels of competition within many of the sports and categories within some events such as Salsa and Ball Room within the Dancing competition.

Our chapter has had medalists the past few years including **Ernie Ong** in Salsa and Swing Dancing, and “**Paso Tom**” **Fritter** in Cowboy shooting.

You have plenty of time left to enter as an individual or a team. For more information Google Washington Senior Games or call 360-754-4937.
Hi, We Would Like To Be Your Heart Felt 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 educational 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 find us at 2 PM the first Thursday of every month except December and August in the Cardio-Rehab classroom at PSPH.

If you are new we will send you this newsletter for the next few months but we’d rather have you join us as a member and get it even longer. Dues are ridiculously cheap and include the National Magazine.

Come visit a couple meetings and see what we are about.

Chapter News and Noise

AC & Velma Jordan celebrated their 65th wedding anniversary at the end of last month. You might have seen their picture in the Daily Zero. We’re glad to see Co-President Ray Silva up and about. He had cancer surgery last month but is doing well now.

Tom Fritter skipped rehab, took his six guns and went on a shooting vacation. We’d love to see the expression on someone who breaks into his hotel room.

If you liked the ham salad wrap we had for snacks at the last meeting, thank Falls Terrace. Ray Shannon asked them to whip up something fun for the meeting and that was the answer.

Virginia & Jack Massey are working on a move to Federal Way.

Our Presidents, Donna & Ray Silva, recently moved to Lacey. They walked into the nearest church and found a nest of Mended Hearts Members including the Jordans, the Masseys, the Salstroms, the Colleys, and Don Rose. Fred Waitman found some old Mended Heart CD’s with information in Pagemaker. Does anyone out there have Pagemaker? We’d love to see what’s on them.

Sol and Andrea Carter have been making the tedious drive to Idaho trying to fix up a house. Ask Diane Caputo about her first soccer game. She found out what makes Patti Taylor crazy.

Birthdays in June
1st – Diane Coulter
3rd – Pat McDonald
18th – Virginia Massey

Surgiversaries in June
Larry Roediger - 2008
Dena Mowell – 2003
Don Rose – 2003
Thelma Bledsoe - 2010
Marty Martin - 2007
Duane Ullmann – 2008
Ray Silva – 2009
Robert Coots – 2009

Mended Hearts
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Secretary: Margaret Bragg 705-3376
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Visitor Instructors: Michele & Dennis Scott 561-1550
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Advisory Council
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Director, Heart Program Providence St. Peter Hospital, Nancy Riordan CFRE
Executive Director Providence St. Peter Hospital Foundation