



Mended Hearts™ of Whittier NEWSLETTER

October 2019

The red ribbon simultaneously celebrates and mends the heart. It is a symbol of passion, strength, action, and perseverance.

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MENDED HEARTS NATIONAL

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Optimism has a surprising benefit: Heart Health!

A study found that “Looking on the bright side” is more than a tool for taking life’s ups and downs in stride. An optimistic outlook is also good for your health, according to new research.

“Thought patterns and mindsets are the most intimate parts of our experience,” said Dr. Alan Rozanski, lead author of a meta-analysis on optimism that was published Friday in the journal JAMA Network Open. “We have known for a few decades now that

there's a relationship between psychological factors and heart disease.” Looking on the bright side is more than a tool for taking life’s ups and downs in stride. An optimistic outlook is also good for your health, according to new research.

“Thought patterns and mindsets are the most intimate parts of our experience,” said Dr. Alan Rozanski, lead author of a meta-analysis on optimism that was published Friday in the journal JAMA Network Open. “We have known for a few decades now that there's a relationship between psychological factors and heart disease.”

The new meta-analysis, which examined 15 studies on optimism and health and utilized data from 229,391 individuals, found that a person’s tendency to think positively about the future was linked with a 35% lower risk for heart disease, and a lower risk of death.

But rote directives to “be more optimistic” seem unlikely to shift the worldviews of hardened pessimists.

Instead, Rozanski, who is also a cardiologist at Mount Sinai St. Luke's in New York, thinks a better application of the new optimism research might be to offer pessimism treatment as part of cardiac rehab programs.

People who have recently had heart attacks are eager to live healthier lives and are already making lifestyle changes, like improving their diets and exercising more, explained Rozanski, who has experience working with heart attack patients in such programs. **Continued on Page 3**





Caramelized Onion Chicken Pizza

Number of servings: 8  Healthy carbs & High Fiber

Ingredients:

- Whole-wheat pizza dough:
- 1 tablespoon sugar
- 1 1/2 cup warm water, 110 F
- 1 tablespoon active dry yeast
- 1 teaspoon salt
- 1 tablespoon olive oil
- 2 cups whole-wheat flour
- 1 1/2 cups all-purpose flour
- Toppings:
- 1 small red onion, thinly sliced
- 1 teaspoon olive oil
- 1/2 cup barbecue sauce
- 6 ounces cooked chicken breast
- 1 yellow bell pepper, sliced into thin strips
- 1 green bell pepper, sliced into thin strips
- 2 cups shredded t-skim mozzarella cheese
- 1/2 cup feta cheese



Chef's note: **Want more flavor?** Finely chop pineapple or five slices of Canadian bacon and sprinkle on your pizza. For thin-crust pizza, press dough out to all corners of a large baking sheet that's been lightly brushed with olive oil. **You could use a premade crust...check ingredients!**

Directions

- In a small bowl, dilute the sugar in warm water; add the yeast. When yeast begins to foam, stir in salt and oil.
- In a mixing bowl, combine the flours. With electric mixer on medium speed, slowly add yeast mixture. Mix until well combined. Coat a large bowl with cooking spray. Place dough in bowl and cover. Allow dough to rise in a warm area for 1 to 1 1/2 hours.
- As the dough rises, prepare the toppings. In a medium sauté pan on medium heat, add the onion and oil. Cook the onions until brown and caramelized, stirring frequently.
- Heat oven to 400 F. Roll out the dough ball on a floured surface to 1/2-inch or desired thickness. Place dough on baking sheet. Top with barbecue sauce, chicken, onion, peppers and cheeses. Bake for 15 to 20 minutes, or until cheese melts and crust is crisp.

Nutritional analysis per serving - Serving size: 1 slice (1/8 pizza) Calories: 384 Protein - 23 g Total sugars - 6 g Total fat - 11 g / Saturated fat - 5 g / Trans fat - 0 g / Monounsaturated fat - 2 g / Cholesterol 39 mg Sodium - 670 mg / Total carbohydrate - 50 g / Dietary fiber 5 g

Our September Raffle Prize Winners



Congratulations to Loretta & Anthony Acosta ! They won the set of pumpkin table décor donated by Caroline Lemucchi. Caroline loves to design beautiful table décor and will surprise you at the annual party with a new creation! See you there!

Special thanks for our September Treats to Mike & Barbara Sanchez!

If you'd like to provide treats for a meeting next year just give us a call! We truly appreciate all of you who have donated this year! Our next general meeting is January 2020!



Mended Hearts Chapter #351

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Optimism has a surprising benefit: Heart Health! Continued

And while pessimism treatment is a novel idea, Rozanski thinks mental health should be part of post-heart attack regimens in the future. “Thinking of this as a medical issue is new,” he said.

More broadly, he thinks pessimism should raise concerns for doctors who might already be screening for more serious mental health conditions, like depression.

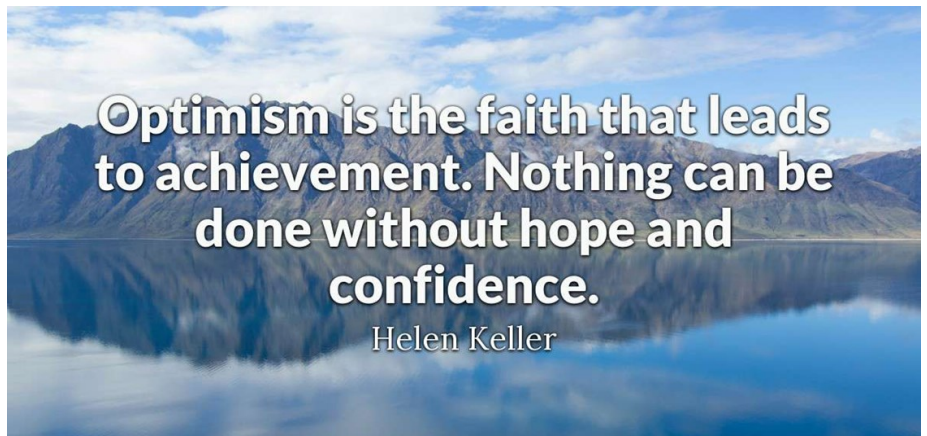
While depression itself carries numerous health burdens and complications, including weight gain, heart disease, substance use disorders and risk for suicide, according to the Mayo Clinic, Rozanski stressed that we have clear approaches for treating depression.

“Just like we can treat depression, we can treat [pessimism] at an earlier stage,” he said.

Article taken from: [https://](https://abcnews.go.com/Health/optimism-surprising-health-benefit-heart-health-study-finds/story?)

[abcnews.go.com/Health/optimism-](https://abcnews.go.com/Health/optimism-surprising-health-benefit-heart-health-study-finds/story?)

[surprising-health-benefit-heart-health-study-finds/story?](https://abcnews.go.com/Health/optimism-surprising-health-benefit-heart-health-study-finds/story?)



Optimism is the faith that leads
to achievement. Nothing can be
done without hope and
confidence.

Helen Keller

Get Flu Vaccine Now !

Cases of flu tend to increase as temperatures decrease. According to the CDC, people should get their flu shots as soon as they are available.

Most 2019-2020 shots have been available since August. Most flu outbreaks happen in February and March. The influenza vaccine takes two weeks to incubate and build antibodies. When it does kick in, the vaccine will last six months. **The young, elderly, and people with health problems should get the vaccine immediately.**



Star Search

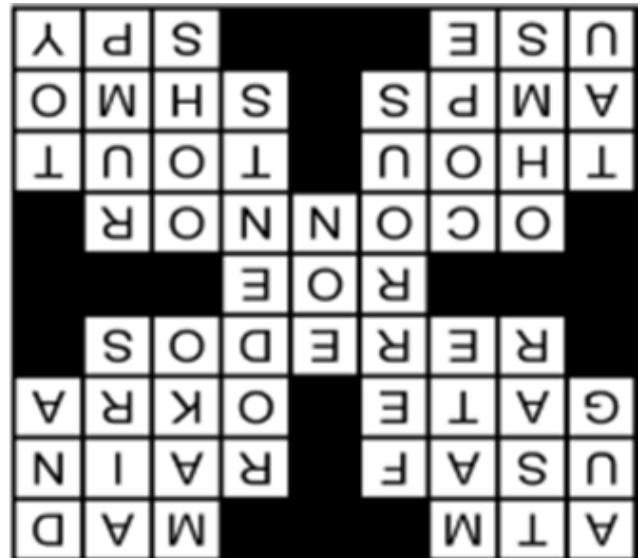
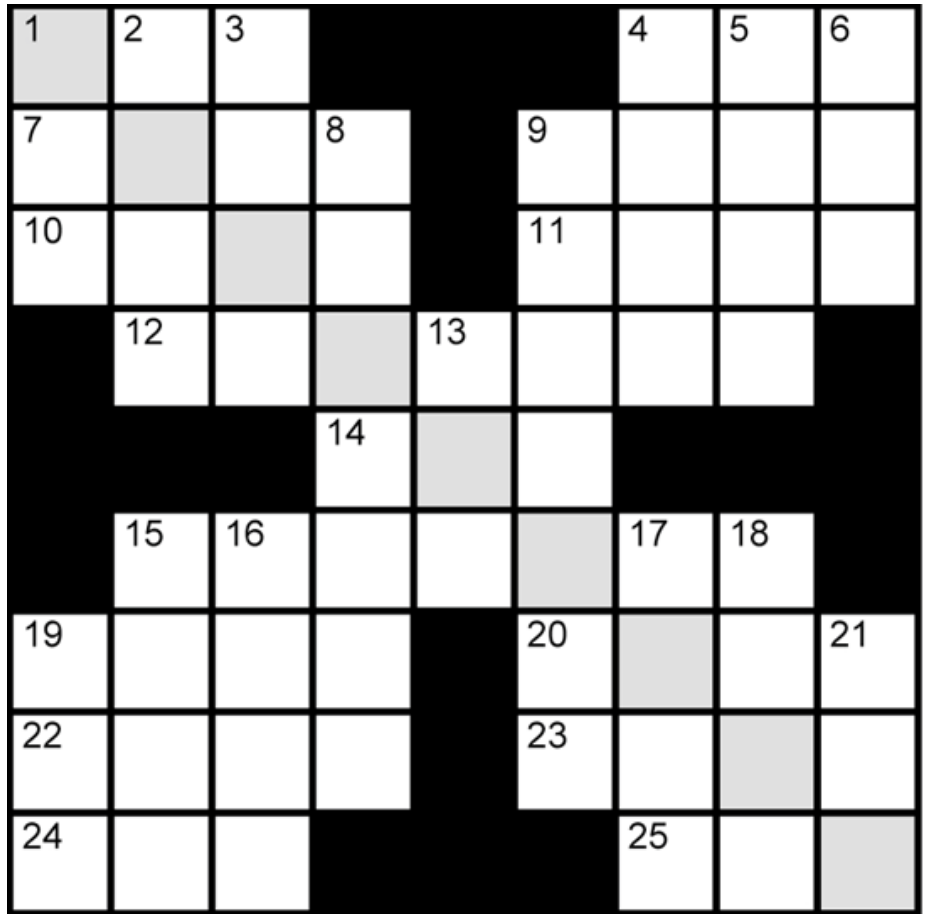
Across

1. 24-hr. banking convenience
4. Like some scientists
7. Thunderbirds' org.
9. Game delayer
10. Box office take
11. Gumbo ingredient
12. Ornamental altar screens
14. Seafood delicacy
15. Reagan Supreme Court nominee
19. 10 C-notes
20. Talk up
22. Concert equipment
23. Jerk
24. Function
25. Snoop

Down

1. Summer mo.
2. Leader opposed by the Bolsheviks
3. Pal
4. Powerful shark
5. Affectation
6. Some forensic evidence
8. Derived from iron
9. Hamelin's bane
13. One billion years
15. Resistance units
16. Deal with
17. Sounds of amazement
18. Beef cut
19. Greek cross

The headline is a clue to the diagonal.





Welcome New Members 2019

- Abrahamyan, Narine
- Cueto Sanchez, Marcela
- DeLeon, Paul
- Evans, Makena
- Douglas, Rex
- Frei, Jim
- Hobbs, Betty & Rob
- McKenzie, Ian
- Melesko, Rosemary
- Purdy, Yolanda
- Rice, Vivian
- Rodriguez, Eddie
- Sanchez, Mike & Barbara
- Zaragoza, Yolie



2019 MH Chapter Donors

- Teri Beyer
- Constance Evans
- Rex Douglas
- Alfonso Fonseca
- Rob and Betty Hobbs
- Robert L. Jefferson
- John & Caroline Lemucchi
- Rosemary Melesko
- Lupe Morales
- Vivian Rice

2019 Business Donors

- Acro Printing
- Hera Technologies
- Nixon Steakhouse
- Rocky Cola

Get more fiber for better health



Fiber is good for your body, helping to lower cholesterol, keeping you regular, and even aiding in weight loss.!

Soluble fiber in food like oats, peas, beans, and fruit, helps lower cholesterol. **Insoluble fiber**, found in wheat bran, flour, potatoes and vegetables like cauliflower, helps to move food through your digestive system.

Fiber also does things you don't regularly talk about such as reducing the risk of constipation, hemorrhoids and diverticulosis.

Most Americans get only 15 grams of fiber a day instead of the **19** recommended for women and **38** for men. **If you're 51 or over, it's 21 grams for women and 30 grams for men.**

Adding fiber to a healthy diet may give you increased protection against diabetes, heart disease, and even lower the incidence of kidney stones.

When you add fiber, you also need to add water, since fiber soaks up liquids.

- Fruits and nuts provide a gram or two per serving, but the Mayo Clinic says pears, apples, raspberries, bananas and oranges have 3 to 5 grams.
- Among vegetables, you will get 4 to 5 grams from just a half cup of green beans, squash, baked beans or sweet potatoes.
- Some common cereals are good choices. Two shredded wheat biscuits, for example, have 5.5 grams, and a cup of Post Raisin Bran has 7.1 grams.
- Other cereals made for fiber:
- Kellogg's All-Bran Buds, 1/3 cup, 11 grams.
- General Mills Fiber One, 1/2 cup, 4.2 grams
- Post 100% Bran, 1/3 cup, 8.3 grams
- Kashi Go Lean, 1 cup, 10.2 grams
- General Mills Fiber One (1 bar), 9.0 grams
- For a snack: 3 cups of popcorn has 3.3 grams.





Food, Friends and Fundraising!
Meet us at the Original Roadhouse Grill
For our Annual Mended Hearts Fundraising.

Wednesday, November 6, 2019

11am – 10pm

Join Us At Original Roadhouse Grill

Original Roadhouse Grill is helping us raise funds by holding a Benefit Day/Night. On the date (11 am to close) listed below, 20% of all pre-tax sales generated by this flyer at the Original Roadhouse Grill location below will be donated to the organization named below:

15156 E. Whittier Blvd. Whittier CA, 90603

Original Roadhouse Grill Address

Mended Hearts of Whittier Chapter 351 at PIH Health Hospital Whittier

Organization Name

Event Date: November 15, 2017

Server: _____

Check Amount: _____

Please present this to your server to ensure credit for your organization. Community Benefit Night flyer required with each check to receive credit for this sale. Sale cannot be included in donation amount without a flyer. Offer only valid on the date and location stated above. Donations will not be given on sales made prior or past this date. **Offer does not apply to Take Out Orders or Gift Cards.**

Harvest Moon Hoedown'

Wednesday - OCTOBER 23, 2019

6:00 pm to 9:00 pm

PIH Health Hospital - Whittier - Auditorium



Learn to Line Dance with **Liz Watts**

Costume Contest

Photo Booth

Silent Auction

Dance to Country Music with DJ John

Western Feast for Cowboys & Cowgirls!

Grilled skirt steak with chimichurri sauce, grilled chicken, fresh fruit bowl, cowboy baked beans, potatoes, grilled vegetables and desserts!

Brought to you by Mended Hearts Chapter 351

Return this Portion with your Payment by October 15th - \$20.00 per person PayPal at Event

♥ I will attend. Check enclosed for \$ _____

♥ I would like to reserve a table for 8 - \$150.00

♥ I am unable to attend but want to donate to Mended Hearts. Enclosed check for \$ _____

Please make checks payable to Mended Hearts Chapter 351 and mail to P.O. Box 68, Whittier, CA 99068

Your name: _____

Guest names: _____