



# Mended Hearts™ of Whittier NEWSLETTER

February 2021

## HEART MONTH: TAKE CARE OF YOUR TICKER

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### Wednesday, February 17 Speaker is Dr. Gerald Beckham

*Gerald Beckham, MD, is a Cardiologist, who specializes in Cardiovascular Disease, Internal Medicine and Interventional Cardiology. He graduated from Albany Medical College medical school in 2004.*

*Dr. Beckham is on staff at PIH Health Whittier Hospital and many of his patients are Mended Hearts members. He's an amazing support!*



### Wednesday, February 17, 2021 at 6 p.m.

#### Support Group immediately following at 7 p.m.

Time: February 17, 2021 05:45 PM Pacific Time (US & Canada)

Join ZOOM Meeting

<https://us02web.zoom.us/j/83531134955?>

[Pwd+L2o4RXBUSGxPbGRHNXBhNVlhdnNFZz09](#)

[Meeting ID: 83531134955](#) [Passcode: 085798](#)



Mended Hearts of Whittier Chapter 351

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### February Zoom Meeting Door Prize



*This month, everyone who attends our Zoom Meeting will have their name entered in the drawing for this red Heart Warmie.*

*Warmies® Heart Heat Pads are microwavable and gently scented with French lavender for the ultimate comfort and relaxation. Simply warm in a microwave or chill in the freezer to relieve stress and soothe everyday aches and pains. Safe for all Ages Dimensions: 11"x11"x2" Weight: 2lbs*

*Good Luck Everyone attending the Zoom Meeting!*



Healthy recipes from Mayo Clinic Dieticians

**Spinach Stuffed Sole**

Number of servings 2 \* Low Sodium

**Ingredients:**

- 1 teaspoon olive oil
- 2 cups fresh spinach leaves
- 2 teaspoons minced garlic
- Ground black pepper, to taste
- 2 sole (flounder) fillets, each 5 ounces
- 1/2 teaspoon butter, melted

**Directions:**

1. Heat the oven to 400 F. Lightly coat a baking dish with cooking spray.
2. In a skillet, heat the olive oil over medium heat. Add the spinach, garlic and pepper. Sauté until the spinach starts to wilt, 2 to 3 minutes.
3. Place the sole fillets in the prepared baking dish. Place half of the spinach mixture in the middle of each fillet and roll up. Place the rolled fillets seam-side down. Brush with melted butter. Bake until the fish is opaque throughout when tested with the tip of a knife, 8 to 10 minutes. Transfer to individual plates and serve immediately.



**Dietician's Tip:** Whether baking, broiling, grilling or poaching fish, cook for 8 to 10 minutes per 1 inch of thickness (measured at the thickest point). Test for doneness at the earliest time given to prevent fish from overcooking and losing its moist, tender texture.

**Nutritional analysis per serving size: 1 fillet** Calories 165 - Total fat 5 g - Saturated fat 1 g - Trans fat Trace Monounsaturated fat 2 g - Cholesterol 71 mg - Sodium 147 mg - Total carbohydrate 2 g - Dietary fiber 1 g - Total sugars Trace - Added sugars 0 g - Protein 28 g

**Share Your Heart Photo Contest** In 2021, The Mended Hearts, Inc., will be celebrating its **70th year** of providing hope and support to heart patients and families across the nation and beyond. We'll be recognizing this amazing anniversary in many ways throughout the year, beginning with our

**Share Your Heart Photo Contest.**



In this contest, heart patients, caregivers, family members and health care professionals are invited to show how they share their hearts through pictures and video. It's about showing how you and those around you give support and love on your heart journey, whatever that may look like.

The contest opens on February 1st and free for all who enter and vote. The three photos with the most votes will be crowned our winners and will take home some fabulous prizes!

Be sure to check out the Mended Hearts website for more details.



### **Visit Me Program Update February 2021**

**Mended Hearts, Inc. launched  
the new iPad “Visit Me”  
program last spring 2020  
across the nation.**

The program was developed to help patients and families feel more connected and not so alone in the absence of the volunteers who have not been able to visit since March 2019 due to COVID 19.

Our chapter joined the Visit Me program and received at no charge, two iPad’s for Whittier and one for Downey, along with marketing tools to put the program in place. This program gives patients, parents, and caregivers in our hospitals the opportunity to access educational resources and help patients receive the support they need virtually. Our Chapter visitors have trained the nursing staff in 1 Tower and the social workers, so they are working with us to help get the iPads into the hands of patients.

Because of COVID-, the program has been difficult to deliver because of the overwhelming numbers of patients and extraordinary strain on the staff. If you or a loved one are in the hospital please remember to ask for the Mended Hearts iPad program for extra support.

We are proud to say PIH Health Hospital - Whittier & Downey are part of this progressive program to further increase our communication of resources available to all our heart patients and their families.

**Thank you to all of our PIH Health doctors and nurses  
who support our chapter of Mended Hearts.**

### **Stimulus payments won't raise Social Security tax**

The second stimulus payment is not taxable income and for Social Security recipients, taxes on benefits will also not increase.

The top level tax for Social Security is 85 percent of the total benefit. But not everyone is taxed that much. People with few sources of income other than Social Security aren't taxed on their benefits and may not even have to file a tax return.

Tax on Social Security is calculated through base income. Base income is equal to the combination of 50 percent of Social Security benefits, tax-exempt interest income (from such things as municipal bonds) and adjusted gross income. For single people with a base income of less than \$25,000, no Social Security benefits are taxed. If a single person makes from \$25,000 to \$34,000, then 50 percent of benefits are taxed. For married people filing jointly, no benefits are taxed if base income is \$32,000 or less. Joint filers are taxed 50 percent on a base income of \$32,000 to \$44,000. The 85 percent rate comes in if a single filer is more than \$34,000 or a joint filer is more than \$44,000.

Usually, new income raises the adjusted gross income and that increases the base income. However, since the payments are not taxable income, base income won't rise.

### **2020 Mended Hearts Inc. National Awards**

**Award season is just around the corner and we need you help in recognizing your favorite doctor, nurse, social worker, MH chapter and MH volunteer with an email or letter of recognition. We rely on these medical professionals & our volunteers, who are doing an outstanding job of supporting heart patients and families in our communities. Please call or email to get information .**







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**Is Chicken really Better for Your Heart** - Jungle to Table / WebMD

Around 2000 BC, people in India began domesticating the Southeast Asian red jungle fowl. Today its descendant, the chicken, dominates plates around the

world. Americans eat more of it than any other protein. The average person has more than 98 pounds of chicken every year.

**Arsenic Levels** - For decades, poultry producers added the arsenic-based drug roxarsone to chicken feed. It made the chickens grow faster and gave their raw meat an attractive pink color. This drug hasn't been on the market since 2011, but many other arsenic-based drugs are still part of chicken feed. Even at low levels, arsenic can cause cancer, heart disease, and diabetes. If you're concerned, stick to certified organic chicken, which doesn't allow arsenic in the feed.

**Know Your Labels** - The "inspected for wholesomeness" seal shows that the U.S. Department of Agriculture or a state agency inspected your chicken and found no signs of disease. Other labels tell you more about how the chicken lived. Chickens labeled organic got organic feed and didn't live in cages. Free-range fowl either lived outside or had access to the outdoors. Cage-free means they didn't stay in cages, but it doesn't mean they had outdoor access.



**Nutritional Value** - Chicken has just as much protein as beef and pork without all the fat and calories. One 469-calorie breast has 58 grams of protein to support your bones, muscles, skin, blood, and immune system. It also has 45% of the calcium you need every day, plus iron to carry oxygen to your cells. Bonus: Chicken has high levels of tryptophan, an essential amino acid that makes mood-boosting serotonin.

**Chicken and Cholesterol** - New evidence is shaking up the long-standing theory that chicken is better for your cholesterol level than other meats. A recent study found that all meats affect your cholesterol the same if they have the same amount of saturated fat. On its own, one chicken breast has 63% of your recommended daily cholesterol. Choose skinless chicken, baked not fried, for the least amount of saturated fat possible.

**Healthy Serving Size** - There's a big difference between serving size and portion size. Serving size is the recommended amount for a healthy diet; portion size is the amount you choose to eat. One serving of cooked chicken is 3 ounces. That's about the size of a deck of cards, and much smaller than a restaurant-style chicken breast.

Continued page 5



**Is Chicken Better for Your Heart from WebMD - continued**

**Inexpensive and Versatile** - Chicken flies off the shelves for two reasons: its price and its many uses. It's much cheaper than beef or pork because there's more of it. U.S. facilities process more than 9 billion chickens every year. Compare that to 32.2 million cattle and 121 million hogs. You can cook chicken just about any way. And it's mild enough to work in many dishes, from enchiladas and stir-fry to Chicken Parmesan.



**Best Cuts** - The leanest, healthiest piece of chicken you can eat is a skinless white-meat breast. When you roast chicken, leave the skin on to seal in moisture and flavor. Then remove it, and any fat underneath, before you eat. Watch out for ground chicken. It may not be as lean as you think. It often contains dark meat and skin. Look for a label that says 90% lean ground meat.

**Foodborne Illness - chicken is good for you - as long as you cook it properly.** Bacteria love raw chicken. The most common kinds are campylobacter, salmonella, and Clostridium perfringens. About 1 million people get sick every year after eating poultry with one or a combination of these types of bacteria.

**To Wash or Not to Wash** - No matter what the recipe says, don't wash raw chicken before you cook it. You can't wash off bacteria, but you can spread it to your sink, kitchen counter, utensils, and other foods nearby.



**Know The Temps** - Whether you bake, roast, broil, poach, microwave, or fry chicken, make sure it reaches an internal temperature of 165 F. That's the only way to kill all the bacteria. Store cooked or raw chicken in the fridge at 40 F or lower. That's also the safest place to thaw chicken, not on the countertop or in cold water.

**Handle Chicken Safely** - Bacteria live on raw chicken and in its juices. Whenever possible, put chicken in a disposable bag in the grocery store to keep it from touching other foods. At home, wash your hands with warm, soapy water before and after you touch raw chicken. Use a separate cutting board, and clean anything that touches the raw chicken after you use it.

**Antibiotic Risks** - As a way to control disease, some chicken producers put antibiotics in the feed or drinking water they give their flocks. The medicines aren't harmful to you or the chicken, but they can make you resistant to antibiotics you might need to fight your own diseases. If this concerns you, look for labels that say the chicken is antibiotic-free.



**Nugget of Truth** - There may be a lot more than meat in your chicken nugget. Studies on nuggets from fast-food chains found they're half meat. The other half consists of fat, blood vessels, nerves, bone pieces, connective tissue, and other fillers. All chicken is processed, but if you want the healthiest version possible, stick to whole cuts, like breasts or thighs.

**YOU CALL THE SHOTS**  
www.mendedhearts.org

The flu can lead to heart attack and stroke in adults.

Adults over 40 are 10 times more likely to have a first heart attack and 8 times more likely to have a stroke after flu infection.

www.mendedhearts.org  
www.mendedlittlehearts.org

**It's not too late!**

It's not too late to get your flu shot. The COVID-19 vaccine does not protect from the annual flu and the annual flu can still be deadly. It's important to talk with your doctor and get your flu shot if possible.





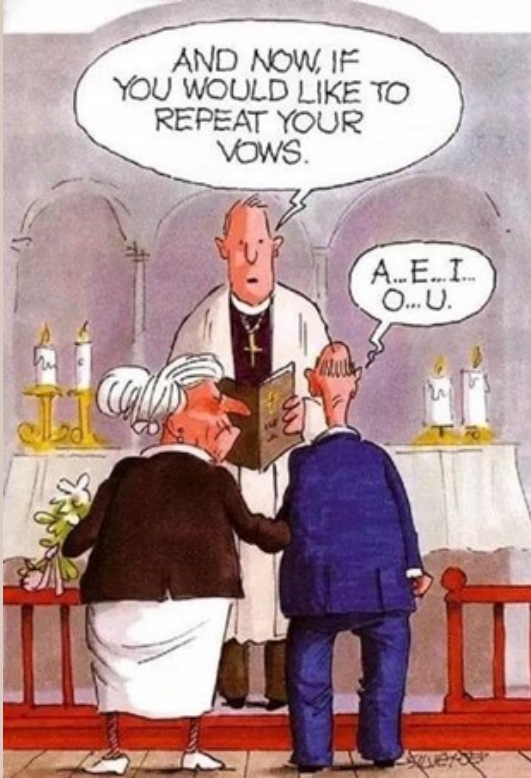
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**Smart watches could help detect heart attack, study finds**

A small study from Italy is the first proof of concept that a smart watch could detect heart attack like a traditional ECG, or electrocardiogram. But don't buy one for that purpose, doctors warn. If you have chest pain, call 911 immediately. Smart watches can't automatically detect a heart attack now, and even if they could, it requires a physician to interpret results. Nonetheless, the study suggests that emerging smart watch technologies could be helpful in the future.



In the study, the smart watch generated ECGs 93 to 95 percent accurately and correctly identified different types of heart attack. In healthy people, the watch was 90 percent accurate in identifying the absence of a heart attack, according to a study in the JAMA cardiology.

Researchers compared standard ECGs and smart watch findings on 81 people who sought care for a possible heart attack at an Italian clinic in 2019. In the study, physicians (not the patients) held the back of the watch at the wrist and eight other specific locations in the chest and abdomen to capture the needed readings. Researchers used the latest Apple Watch with recordings uploaded to the latest iPhone.

Recording the heart's electrical currents dates back to the early 20th century, when a Dutch physician, Willem Einthoven, invented the first practical ECG, according to the Harvard Heart Letter. He won the Nobel Prize in 1924.

**Although much different than an ECG, the Apple Watch's built-in AFib detector tool has already been approved for use.** It detects the rapid, irregular heart rhythm that suggests the risk of stroke. Still, questions remain about whether the watch findings will result in a flood of unnecessarily frightened patients, or if the watch readings will even lead to earlier stroke detection, according to the Heart Letter.

**Mended Hearts Chapter 351 - 2021 Survey for Members & Friends**

We enjoy hearing from you and thank you for your suggestions for speakers, articles and more. We all miss being together and sharing our stories and hope that soon we can be together again.

In the meantime, we want to ask you how you would like us to communicate with you. Would you like us to call or email zoom meeting information? Would you like to share your story in the newsletter? Give us a call at 562-698-0811 Ext. 12368 so we can improve our services in the hospital and in the community.

***Blessings for a memorable Valentine's Day.***