



Mended Hearts™ of Whittier NEWSLETTER



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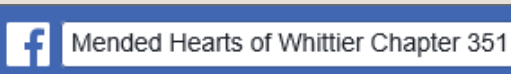
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ZOOM MEETING 1/20/21 6 PM

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MENDEDCHEARTS.ORG

Positive thinking for 2021... to feel calm and to refresh our minds.

Imagine a quiet forest with the
scent of eucalyptus, pine, flowers
.... Taking in Mother Nature's
calming essence has a purpose.

The mountains, the beaches,
fields of flowers and babbling

brooks, which is your happy place? When we cannot get to the places we
love, we look for ways to make us feel as if we were there. One of those
ways is with essential oils.

Our December speaker, Dr. Tina Wong, introduced us to the scents, the
benefits and uses of essential oils.

What are essential oils? Essential oils are the essence of a plant, a gift
from the earth, distilled and prepared for you to bring the power of nature
into your home. Inside many plants—hidden in roots, seeds, flowers, & bark
are concentrated, highly potent chemical compounds. These natural
compounds are essential oils. Essential oils give a plant its scent, protect it
from hazardous environmental conditions, and even assist it with
pollination, among other important functions and benefits.

How Do Essential Oils Work? When you open a bottle of pure,
unadulterated essential oil, your senses are instantly filled with its potent
aroma, even from a distance. What your nose detects are the naturally
occurring elements of the essential oil. Every essential oil varies in its natural
makeup, so aromas and benefits are also unique. For example, Lavender oil
includes elements that make it effective for soothing skin irritations,

reducing anxiousness and feelings of tension, and
promoting a restful environment for sleep.

Meanwhile, when taken internally, Frankincense
oil supports immune, nervous, and digestive
systems, and aids in healthy cellular function.

Continued on Page 3





Healthy recipes from Mayo Clinic Dieticians

Ham, Pineapple & Asparagus Crepes

Number of servings: 4

Ingredients:

1. 6 asparagus stalks, halved
2. 4 prepackaged crepes, each about 8 inches in diameter
3. 8 ounces reduced-sodium, extra-lean ham, thinly sliced
4. 1/2 cup crushed pineapple, drained of juice
5. 1/2 cup shredded reduced-fat CoJack (Colby and Monterey Jack) cheese

Directions:

- Heat oven to 350 F. Lightly coat a baking dish with cooking spray.
- In a pot fitted with a steamer basket, bring 1 inch of water to a boil.
- Add the asparagus. Cover and steam until tender-crisp, about 2 to 3 minutes.
- Heat the crepes in the microwave for 30 seconds to 1 minute, or according to the package directions. Place 2 ounces of ham, 3 steamed asparagus stalks, 2 tablespoons pineapple and 2 tablespoons cheese on each crepe. Roll up and place seam-side down in the prepared baking dish.
- Bake until the cheese melts, about 3 to 5 minutes. Serve immediately.



Dietician's Tip: . A crepe is a light, paper-thin pancake that is rolled up and filled with fruits or jams or meats, cheeses and vegetables. Here the crepes are filled with lean ham, asparagus, pineapple and cheese for a savory breakfast or lunch.

Nutritional analysis per serving size: 1 crepe Calories 253 - Total fat 13 g - Saturated fat 6 g
Trans fat 0 g - Monounsaturated fat 4 g - Cholesterol 127 mg - Sodium 742 mg – Protein 18g
Total carbohydrate 21 g - Dietary fiber 1 g - Total sugars 9 g - Added sugars 0 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 our website in January for more details.



Essential Oils....from doTERRA

Essential Oils Aren't a New Trend...

Do you feel like you've started to hear a lot about essential oils in the last few years? While you might think essential oils are a new, hip trend, plant extracts and plant-based products are deeply rooted in the traditions of the past.

Essential oils have been used by ancient civilizations across the globe for: Aromatherapy; Personal care; Healthcare practices; Religious ceremonies; Beauty treatments; and Food preparation.

What Are Essential Oils Good For? Since long ago, people have used essential oils and plant parts to improve their health and physical well-being. We've continued to explore their benefits today, finding that essential oils can be integrated into daily life for a plethora of purposes.

Curious about how you might use essential oils in your everyday life? Essential oils can be used to Support good oral hygiene, Reduce appearance of skin imperfections, Promote healthy digestion, Cleanse and purify the air, Promote an uplifting atmosphere, Maintain healthy respiratory system and clear breathing, And more!

How to Use Essential Oils - How do you use essential oils effectively? Rest assured that you don't have to be an expert to enjoy the wide array of benefits that essential oils offer. All you really need is a basic understanding of how to apply essential oils safely and simply as part of your daily routine.



If you're ready to learn more, Dr. Wong is available for consultations and has is a calendar of classes for learning more about the oils and their uses. She welcomes your call her at 626-864-2997 or email tinalaiwong@yahoo.com.

Go to doTERRA.com for more information and to download the free eBook, 100 Uses for Essential Oils, and get answers to all your questions about essential oils.

As you get started with essential oils keep these things in mind:

- Determine the uses and benefits of the oil you intend to apply.
- Follow any label and packaging instructions.
- If you have specific concerns, consult with a healthcare professional first
- There are three ways to use essential oils:

1. Through smell. We call this "aromatic" use of essential oils. This includes any application method that helps you experience the aroma of the oil. You can use essential oils aromatically by:

- a. Diffusing in an essential oil diffuser
- b. Applying a drop to your hands and inhaling
- c. Wearing as a personal fragrance

2. On your skin. "Topical" application of essential oils allows the oil to absorb into the skin. Some ways to use essential oils on your skin are:

- a. Massage
- b. Apply to targeted areas and rub in
- c. Add to lotions or moisturizers

3. Ingesting, or "internal" use of essential oils allows the oil to be transported throughout your body. Make sure the essential oil is safe for internal use first, and then try one of these methods:

- a. Add to a glass of water
- b. Take in a veggie capsule
- c. Put a drop under your tongue



ZOOM Meeting Door Prize - A doTERRA Gift Set

Fred Sparling, President MH Chapter 304 in Covina., won the prize, which included a beautiful diffuser and essential oils.

Our speaker, Dr. Wong donated the gift and drew the name from the people who were on the call. **Congratulations Fred!**

Watch for another Door Prize and the winner will be drawn from those people on the call.

It could be you so join the call to win!



JINGLE BELLS HOLIDAY RAFFLE WINNERS
congratulations to everyone!

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Mascot - Makena

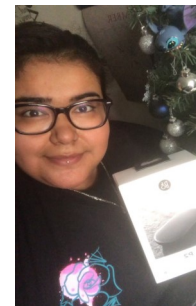


Congratulations to our **First Prize Winner!**
Jessica Zarate, Volunteer Coordinator at PIH Health Hospital in Whittier. She won the Samsung 50” Smart 4K TV
Happy Viewing!

Our Second Prize Winner is Vanessa Sanchez. Vanessa is starting her own business and this prize is perfect! She won the **1 hour Social Media Consult** with our own MH web developer and social media maven Denise Griffiths of Your Office On The Web. **\$250.00**



The **Third Prize Winner, Teri Felker**, won the gorgeous Tiffany necklace. The first time she saw the necklace \$210.00, she imagined it around her neck and couldn’t believe she won!



Our Fourth Prize Winner is Yolie Zaragoza. Yolie won the B & O P2 Portable Bluetooth Speaker with built in Microphone



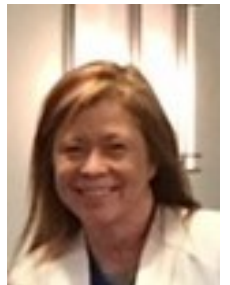
Marilyn Schirmer won the leather bound, “The Jungle Book” by Kipling. Dr. Tovar wrote a note about his favorite childhood memories.



The Cozy Tea Basket with a beautiful tea pot & cup set, Forte Tea, candle and blanket was **won** by **Joe Cortez.** Perfect!



Jose Sanchez won the **Macy’s Gift Card .**



Teri Beyer won the **BJ’s Gift Card**





Happy lights take the gloom out of winter

With short days and fewer options to socialize this winter, more people than ever may find themselves in need of a boost to help with lagging energy or even depression during the dark months.

Many people swear by their "happy lights," a whimsical term for **light therapy**. Used as a way to treat **seasonal affective disorder (SAD)** and other conditions, light therapy involves sitting near a device called a light therapy box



for a period of time each day. It's also known as bright **light therapy** or **phototherapy**.

The light therapy box gives off a bright light that mimics sunshine.

The Mayo Clinic says it is thought to affect brain chemicals linked to mood and sleep. The boxes may ease SAD symptoms and help with other types of depression, sleep disorders, and other conditions like jet lag or dementia.

A few studies have demonstrated benefits for seniors whose sleep patterns have become disrupted and in seniors who were diagnosed with depression.

Light therapy boxes should filter out UV light, so look for one that emits as little as possible. They are available in a variety of intensities, measured in units called lux. During a light therapy session, you sit or work near the light box placed 16 " to 24" away for about 20 to 30 minutes a day. Most people use them shortly after getting up in the morning. The Mayo Clinic recommends talking with your doctor before using one and specifically recommends that those diagnosed with bipolar disorder consult a physician first, as a light box may trigger mania in these patients

Your car is watching you and that might be good news



Your auto insurance rates could soon be set based on how you, personally, drive -- not on your statistical risk.

General Motors Co. (GM) has launched an auto insurance program with its **OnStar** subsidiary to match data on driving patterns and usage to insurance costs. **Tesla** and **Ford** have also announced initiatives, according to Claims Journal.

Right now, insurance companies use criteria such as age, gender, neighborhood and/or credit scores to set insurance prices. Consumer advocates have found this unfair because a good driver could live in an unsafe neighborhood.

The mechanism of future insurance pricing will come from telematics devices that collect real-time information on driving patterns and use. According to **JD Power**, demand for insurance based on telematics has increased during the pandemic as customers, working from home, thought they could save money on insurance.

What that could mean for good drivers and drivers who don't drive much is lower rates. Bad drivers would get higher rates. Depending on how the technology is deployed, drivers might get real-time feedback about how they are doing, according to the Insurance Information Institute (III). That could be like having a permanent back-seat driver who is always right. But drivers do respond when they have incentives to drive better, according to iii.org.

A study by **Willis Towers Watson** showed that, in commercial fleets monitored by telematics, crash rates fell by 80 percent.

But will drivers have privacy concerns or will they resent having their every driving move monitored? Another survey by Willis Towers Watson suggests not. Resistance to the idea of cars monitoring driving is low, about seven percent.

GM will use data from its on-board concierge service, **OnStar**. The service helps drivers in emergencies and with navigation, but it also collects data on driving patterns. It takes special note of hard braking and acceleration. **Tesla's** initiative hasn't yet launched.

Ford Motor Company has teamed up with **Allstate Corporation** to allow customers to share driving data.

GM says its **OnStar** program has provided the company with more data from connected vehicles than any other carmaker, as quoted in Claims Journal. The company's insurance offer will start in Arizona and use braking, acceleration, and general usage data to help set insurance rates. The program is set to expand nationwide using more data, including tire pressure, lane keeping and automated braking. More use of connected car data could be used if regulatory hurdles can be overcome.

All we can say is...Be Safe Out There!



2020 MH Chapter Donors

Friendt, Ron & Laura
Hubaud, Lou
Lemucchi, Carolyn & Johnny
Magdelano, Antonia
Miller, Margaret
Sanchez, Mike & Barbara
Schirmer, Marilyn & Paul
Zaragoza, Yolie

\$100.00 Plus Club

Beyer, Teri
Cueto-Sanchez, Maricela
Evans, Aaron & DiDi
Evans, Constance
Griffitts, Denise
Hobbs, Betty & Rob
Rice, Vivian
Rodriguez, Eddie
Tovar, Dr. Eduardo and Susan

Business Donors 2020

Hera Technologies
Postal Perfect
Roadhouse
Ruby's Diner

"Pillow Partners" for 2020

Black, Brice
Cueto-Sanchez, Marcela
Felker, Mervin
Friendt, Ron & Laura
Hanson, Jana
Irland, Corbin
Magdelano, Antonia
Portugal, Edward
Rice, Vivian
Turnbow, Karen
Zaragoza, Yolie



January Speaker is from **BIOTRONIK**
Meet Michael Candelaria, CCDS
Certified Cardiac Device Specialist

**Hearts that are unhealthy
don't beat regularly
and a pacemaker sometimes
can correct the problem.**

Join us as Michael leads an interactive talk about cardiac devices and he can answer your questions. Learn about how a healthy heart regulates it's rhythm as it beats.



Wednesday, January 20, 2021 at 6 p.m.

Join our Zoom Meeting for inspiration!

**Email us at MH351@PIHHEALTH.ORG
and receive your initiation to join our meeting.**

Call 562-698-0811 Ext. 12368 for more information!

2020 Awards

Award season is just around the corner and we want you to be ready to recognize the groups, chapters, volunteers, hospitals and medical professionals who are doing an outstanding job of supporting heart patients and families in your communities.

We have a few changes we'll be rolling out in 2021 that will help make the awards process even better. There are four award webinars planned in January, so please try and join us

If you have questions. Links to register are in the Officer/Coordinator Portals under "Awards".

To purchase your pillow, contact us at 562-698-0811 Ext. 12368.