



Mended Hearts™ of Whittier NEWSLETTER

March 2021

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



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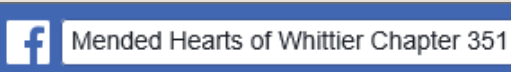
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P.O. BOX 68
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ERIN "NICKI" ATKINSON

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METABOLIC SYNDROME DISORDERS



Diabetes Education

Presented by Laura Garcia,
MSN, BSN, PHN, RN, CVN, CDCES, CPT, CLSSGB

Laura is a Director and Leader with 25 years of healthcare experience, including inpatient and outpatient services for Critical Care, Diabetes and Heart Failure. She is a National Speaker for Diabetes for American Association of Diabetes Educator and National American Diabetes Care and Education Specialist Conference.

Wednesday, March 17, 2021 at 6 p.m. Support

Support Group immediately following at 7pm
Time; march 17, 2021 05:45 PM pacific Time (US and Canada)

Join Zoom Meeting

[https://us02web.zoom.us/j/83321579972?](https://us02web.zoom.us/j/83321579972?pwd=azFPcVltR3INZXhFOU5MNFhEUm9GZz09)
[pwd=azFPcVltR3INZXhFOU5MNFhEUm9GZz09](https://us02web.zoom.us/j/83321579972?pwd=azFPcVltR3INZXhFOU5MNFhEUm9GZz09)



Meeting ID: 833 2157 9972

Passcode: 890770

Congratulations to Vivian Rice who just became the seventh Lifetime Member of Chapter 351.



Vivian has been an active member of our chapter and helped on the Annual Party Committee and the refreshments committee. Vivian joined our Board of Directors in January and chose to become our Social Secretary. .
Thank you Vivian for your support!





Healthy recipes from Mayo Clinic Dieticians

Overnight Orange Cinnamon Baked French Toast

Number of servings - Serves 10 Healthy carbs

Ingredients

- 8 slices whole-wheat bread
- 8 eggs
- 1 cup orange juice
- 1 cup skim milk
- 2 tablespoons brown sugar
- 2 teaspoons vanilla extract
- 1 teaspoon ground cinnamon

Dietician's Tip: .Serve with a sprinkle of powdered sugar or fresh fruit compote.



Directions

1. Lightly coat a loaf pan with cooking spray. Tear the bread into chunks and place in the pan.
2. In a medium bowl, combine the eggs, juice, milk, brown sugar, vanilla and cinnamon; whisk until well-mixed. Pour egg mixture over the bread; cover with plastic wrap and refrigerate overnight.
3. Heat oven to 350 F. Remove plastic wrap from pan and cover with foil. Bake for 30 minutes. Remove the foil and bake for another 10 to 15 minutes or until the top is lightly browned.

Nutritional analysis per serving: Serving size: 1/10 of pan Calories 182 - Total fat 6 g - Saturated fat 2 g
 Trans fat 0 g - Monounsaturated fat 2 g – Cholesterol 150 mg – Sodium 303 mg - Total carbohydrate 24 g
 Dietary fiber 2 g - Total sugars 8 g – Protein 9 g



Recipe for a healthy, happy life...

**There are no magic pills or secret elixirs to create a healthy, happy life.
 There are mainly just small decisions we make every day.**

- **Maintain a schedule.** For most, work frames our schedules. Within that frame, however, it's important to have routines. Have a time to relax, exercise, to touch base with other people. Go to bed at the same time and get 7 to 8 hours of sleep, according to the Harvard Health letter.
- **Get out and about.** Even if you have a desk job, take frequent opportunities to get up and walk, even just to get a drink of water. Movement maintains flexibility, balance, and strength. Even a little movement in spurts of 15 minutes or so is better than none. Take the stairs. Park away from the store entrance.
- **Eat well.** Many doctors recommend a plant-based diet of vegetables, nuts, seeds, and fruits added in healthy proportions to animal based foods. Eat in moderation.
- **Silence, meditation, prayer.** Take a moment every day to clear your mind and rest in silence. According to Harvard Health, a research review published in JAMA Internal Medicine in January 2014 found meditation helpful for relieving anxiety, pain and depression. For depression, meditation was about as effective as an antidepressant.
- **Forge community and family.** Friendships and community can be found in social, religious, or other groups with shared interests. Friendships can grow from activities. Family usually forges the most long-lasting relationships. But whatever path is open to you, remember that strong social connections increase your chance of longevity, and may even help you recover faster from illness.



Company names have strange origins...

Famed entrepreneur Jeff Bezos had a big idea that needed a big name.

First he came up with **Cadabra**, which was a play on **abracadabra**. But a lawyer heard it as cadaver and Bezos thought he shouldn't have a brand that sounded like death. Then they **tried relentless**. But that sounded mean. However, he bought that domain and you can still get to Amazon typing in relentless.com. Finally he settled on **Amazon**, which is the world's biggest river and a word that means, well, big.

Cadillac -- Established in 1902, the company was named for the French explorer Antoine Laumet de la Mothe Cadillac, who founded the city of Detroit in 1701.

Google -- Google co-founder Larry Page originally thought of googolplex as a name for his website that would index massive amounts of data. A googolplex is one of the largest describable numbers. He shortened it to googol, but made a typo when searching for domains. He typed google instead and he liked it.

Lego -- In 1935, Ole Kirk Kristiansen was looking for a name for his wooden toys. He combined two Danish words meaning play and good -- Leg Godt -- to come up with Lego. Serendipitously, it also means "I put together" in Latin, but Kristiansen didn't know that.

Pepsi-Cola -- Pharmacist Caleb Bradham concocted a drink to aid with digestion, or dyspepsia, and named it Pepsi.

Samsung -- Founder Lee Byung-chull wanted his company to last as long as the stars in the sky. So he named it Three Stars, Samsung, in Korean.



Save the Date! MHI International Conference June 2023

We are excited to announce that MHI will be hosting an International Conference open to members, family & friends and medical professionals from June 23rd through the 28th, 2023 in Albany, GA.

Plans are top secret (for now) but guaranteed to be informative, exciting and fun! This conference is being designed for MH and MLH alike. Hear the latest about CHD and CVD across the life span. You'll have the chance to see friends you may not have connected with in years, and have the opportunity to meet new ones. It will be an opportunity to learn and share for everyone.

HEALTH NOTES

Some heart devices may fail near iPhone 12

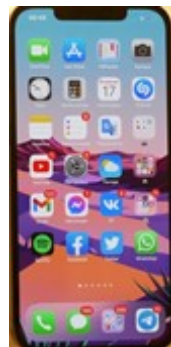
The new iPhone 12 has many good features, but one could be dangerous for people with pacemakers or defibrillators.

[Apple recently updated its support documents to say that its magnetic charging system can cause electromagnetic interference, according to Komando.com.](#)

Its magnetic charging system is called MagSafe and it uses a ring of magnets on the phone's back to snap onto a wireless charger. The magnets keep the charger in the right position. However, the magnets can interfere with medical devices if they come into close contact.

[Heart Rhythm Journal](#) reported that doctors in Michigan held an iPhone 12 near an implanted cardioverter defibrillator. The defibrillator entered a suspended state, a sign of interference that could mean the medical device was no longer pumping blood through the body.

Both doctors and Apple advise keeping the iPhone and MagSafe accessories at least six inches, and preferably 12 inches away from your device.





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Member at Large - Vivian Rice

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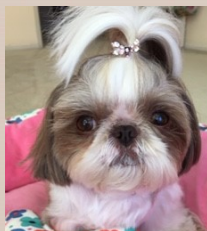
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Co-Hospital Liaison – Lupe Morales

Email – Lupe.Morales@pihhealth.org

Mascot - Makena



Explore your family tree



Genealogy: How to solve that family puzzle

If you dig into your family history, you'll find surprises and some disappointments, but you'll have the satisfying feeling of knowing the people and places that make up your family history.

On the disappointing side, that family story about Grandma being Cherokee? It's almost certainly not true in any way, unless you are a

tribal member now. But the surprises could be many. You may be a bricklayer and find out your great-great grandfather was also a bricklayer in 1850.

Genealogy is a great puzzle, but it is not as difficult as it may seem. Most people can easily trace their ancestors to 1870 in census records, all available online. The 1890 census was mostly destroyed by fire, so that might be a hindrance, but many other records exist.

If you get earlier than 1850, the census just lists by name the head of household (usually male but not always) and no other members of the family.

When you hit snags, think broadly about where your family could be. Males in 1860 usually had something to do with the Civil War. Search war records. Communities from the 1790s and earlier are almost certainly clustered on the East Coast to Virginia and to Georgia and other states in the South.

Some family lines are easier to trace than others. If your people were known to be Quakers, you will be lucky indeed, since the Quaker records list whole families for decades, and even include stories. The same is true of Mormons. Another example are the German families who traveled to the U.S. from Hungary around the 1900s. These records are very detailed and widely available. If you know your ancestors were here during the American Revolution, don't miss the records of the Daughters of the American Revolution.

A good genealogy program will let you easily add footnotes about where you found your information -- this will be crucial as your tree expands. Online sites are also helpful including ancestry.com and familyhistory.com

2020 MHI Awards Season Is Now

Please Help us to recognize and thank the medical professionals who care for us! **Here's how you can help..** You can recognize Dr. Tovar, Teri Beyer, our social worker, your own Chapter 351 and even our newsletter! Please write a letter of appreciation and mail or email to us. We will collect them all, fill out the forms and submit to the judges, in Albany, GA. Call us if you have any questions or need help.

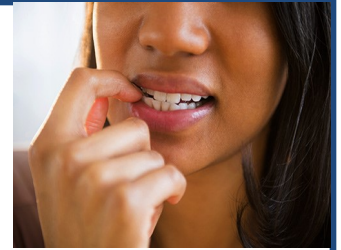
Let's support each other!

Winners will be announced at the awards ceremony in June 2021

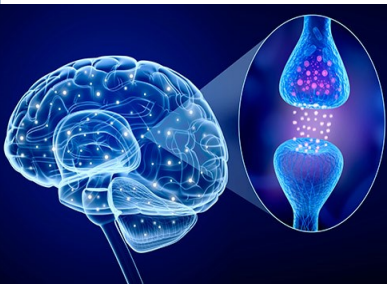


How Worry Affects Your Body

How Much Is Too Much? We all worry from time to time, but if you can't shake it after a few weeks or it starts to get in the way of your normal work or home life, talk to your doctor. It can take a toll on your health and might be linked to an anxiety disorder. Therapy, drugs, and other strategies can help.



Nervous System - This messaging network is made up of your brain, spinal cord, nerves, and special cells called neurons. Worrying too much can trigger it to release "stress hormones" that speed up your heart rate and breathing, raise your blood sugar, and send more blood to your arms and legs. Over time, this can affect your heart, blood vessels, muscles, and other systems



Muscles - When you're troubled about something, the muscles in your shoulder and neck can tense up, and that can lead to migraines or tension headaches. Massage or relaxation techniques, like deep breathing and yoga, may help.

Breathing - If you're worried a lot, you might breathe more deeply or more often without realizing it. While this usually isn't a big deal, it can be serious if you already have breathing problems linked to asthma, lung disease,

or other conditions.

Heart - If it sticks around long enough, something as small as a nagging concern in the back of your mind can affect your heart. It can make you more likely to have high blood pressure, a heart attack, or a stroke. Higher levels of anxiety can trigger those stress hormones that make your heart beat faster and harder. If that happens over and over, your blood vessels may get inflamed, which can lead to hardened artery walls, unhealthy cholesterol levels, and other problems.



Blood Sugar - When you're worried about something, stress hormones also give you a burst of fuel (in the form of blood sugar). This can be a good thing if you need to run from danger, but what happens if you don't use that fuel? Your body normally stores it to use later. But sometimes, if you're overweight or have diabetes, for example, your blood sugar can stay too high for too long. This can lead to heart disease, strokes, or kidney disease.



Immune System - If your body is affected by the physical effects of worry, it may not fight germs as well. Just thinking about things that made you angry or depressed in the past can take a toll. It can make it harder for you to fend off the flu, herpes, shingles, and other viruses.

Stomach - You may feel "butterflies" in your stomach when you're nervous -- in more serious times, you may feel nauseous or even vomit. If this happens often, it can lead to stomach pain and sores in your stomach lining (ulcers). And if you eat a lot of foods high in fat and sugar, your stomach has to work harder to digest them, and that makes more acid. This can cause acid reflux -- when acid flows up into your throat.

Intestines - Constant fretting can affect your bowel habits -- you could have diarrhea or find it hard to go to the bathroom. Diet, exercise, and over-the-counter medicines can often help, but you might be able to keep these problems from happening if you find ways to calm your anxiety.



To purchase a pillow, contact us at 562-698-0811 Ext. 12368. You can also purchase on our website in the store. www.mendedheartsw hittier.org Each pillow you purchase gifts a Heart Pillow for another heart patient at PIH Health Hospital.



We thank you for your continued support!

2021 MH Chapter Donors

Arciniaga, Bob & Lydia

\$100.00 Plus Club 2021

Denise Griffiths

Vivian Rice

Business Donors 2021

Black Bear Diner

Mended Hearts Celebrates 70th Anniversary !

You can join the nation's largest cardiovascular disease support network today and be part of our caring support network.

Free memberships are available, and we welcome all.

If you join at a donation level, you will get some gifts from Mended Hearts and Mended Little Hearts. Membership levels and gifts are listed on the attached membership form.

We are all very proud that MHI is represented in 48 states and in 16 different countries. Our mission is dedicated to: **“Inspiring hope and improving the quality of life for heart patients and their families through ongoing peer-to-peer support”.**

You can sign up on the Mended Hearts web site and choose Chapter 351 or you can fill out the membership form and mail to us. We make it easy!



**and
Lend a
Hand...
Volunteer
Today!**

Chapter 351 Lifetime Members

Evans, Constance

Heider, Daniel

Hubaud, Lou

Killian, Henry (family)

Mgrdichian, Jon

Pino, Louis & Madelaine

Rice, Vivian

With the Individual Membership of \$20.00 you will receive this award winning magazine.

Heartbeat is the quarterly magazine Mended Hearts distributes to members and subscribers all over the nation. Each issue focuses on the topics that matter most to our readers such as health tips, research updates, success stories, news on chapters and more.



“Pillow Partners”

Black, Brice

Cueto-Sanchez, Marcela

Felker, Mervin

Friendt, Ron & Laura

Hanson, Jana

Irland, Corbin

Magdelano, Antonia

Portugal, Edward

Rice, Vivian

Turnbow, Karen

Zaragoza, Yolie

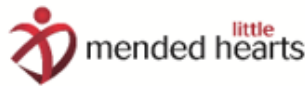


**my heart
visit**

PEER SUPPORT FOR PATIENTS & FAMILIES



If you are a heart patient, family member or caregiver looking for support, we would like to introduce you to the Mended Hearts and Mended Little Hearts Visit Me Program. Whether you are a patient in the hospital after surgery nervous about what the future holds, a parent preparing for their child’s upcoming procedure, or a caregiver at home who needs the support of someone who has traveled the same road, we are here for you. You can call the local chapter at 562-698-0811 Ext. 12368 or go to www.Myheartvisit.org to request a visit with one of our trained accredited visitors. You can choose the type of support you wish to receive (patient, caregiver or family member) and how you will receive your visit (by phone, email, live chat or Zoom call). We have volunteers ready to support you from 10 a.m. ET to 6 p.m. ET, Monday through Friday. If you are calling outside of visiting hours, you can still go to www.myheartvisit.org to schedule a visit.



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 Albany, GA 31707
 Phone: 1-888-HEART99 Email: info@mendedhearts.org

MEMBERSHIP FORM

NEW MENDED HEARTS NEW MENDED *LITTLE* HEARTS RENEWAL DATE _____

Name (Mr./Mrs./Ms.) _____ Chapter/Group _____ Member-at-large _____

Address _____ Phone _____

City / ST / Zip _____ I want to be a MH support volunteer: Yes No

Email address _____ I am interested in CHD Parent Matching: Yes No

(Please check all that apply) I am a Heart Patient Caregiver CHD Parent Physician RN Healthcare Employee

OPTIONAL INFORMATION: Race: Caucasian; Black; Asian; Am. Indian; Other _____ Gender: Male Female

Membership Levels: All membership levels are for ONE YEAR, renewed annually, except for Heart of Gold Lifetime Sponsorship. Please choose your membership level and complete any appropriate payment information below.

INDIVIDUAL MEMBERSHIP	FAMILY MEMBERSHIP
<p>Associate Member --- FREE</p> <ul style="list-style-type: none"> * Can attend any chapter meeting for MH or MLH * Can join online communities * Can access Member Portal * Receives the National e-newsletter 	<p>For members of one household with one mailing address only</p> <p>Family Membership --- \$40 annual donation</p> <ul style="list-style-type: none"> * All of the benefits of an Associate Membership, PLUS * <u>One year</u> annual subscription to Heartbeat magazine (\$30 value) * Membership Cards for all members of the family * 2 Car Decals - Select ___ MH or ___ MLH * Each family member receives a one-time 5% off coupon for purchase from the MH store. Use only one coupon per order.
<p>Individual Member --- \$20 annual donation per person</p> <ul style="list-style-type: none"> * All of the benefits of an Associate Member, PLUS * Membership Card * Car Decal - Select ___ MH or ___ MLH * One-time 5% off coupon for purchase from the MH store * <u>One year</u> annual subscription to Heartbeat magazine (\$30 value) 	<p>Bronze Family Membership --- \$75 annual donation</p> <ul style="list-style-type: none"> * All the benefits of a Family Membership, PLUS * One Membership Pin per member * Choice of ___ MLH Drawstring Backpack or ___ MH/MLH Notecards (10 pk) * 5% off registration of any National (not regional) MH/MLH Conference or Symposia
<p>Bronze Member --- \$45 annual donation per person</p> <ul style="list-style-type: none"> * All the benefits of a Full Individual Member, PLUS * Membership Pin * Choice of ___ MLH Drawstring Backpack or ___ MH/MLH Notecards (10 pk) * 5% off registration of any National (not regional) MH/MLH Conference or Symposia 	<p>Family Members:</p> <p>Spouse ___ Child ___ Heart Patient ___</p> <p>Spouse ___ Child ___ Heart Patient ___</p> <p>Spouse ___ Child ___ Heart Patient ___</p> <p>Spouse ___ Child ___ Heart Patient ___</p>
<p>Silver Member --- \$100 annual donation per person</p> <ul style="list-style-type: none"> * All the benefits of a Bronze Member, PLUS * A <u>Stainless Steel</u> Mended Hearts Travel Mug 	
<p>Gold Member --- \$250 annual donation per person</p> <ul style="list-style-type: none"> * All the benefits of a Silver Member, PLUS * A Red Fleece Blanket * 10% off registration of any National Conference or CHD Symposium 	
<p>Heart of Gold Lifetime Sponsor --- \$1500 donation A one-time donation per individual</p> <ul style="list-style-type: none"> * All the benefits of a Gold member FOR LIFE, PLUS * 15% off registration fees at National MH/MLH Conferences / Symposia * Recognition in the next <i>Heartbeat</i> magazine after enrolling in the Heart of Gold Lifetime Sponsorship, in all special Heartbeat issues, and on our website's list of Heart of Gold Lifetime Sponsors 	

ALL Donations are tax deductible

PAYMENT INFORMATION:	ADDITIONAL CHAPTER/GROUP DONATION:
Membership Level _____ \$ _____	Chapter/Group Name: _____
Additional tax-deductible Donation to <input type="checkbox"/> Mended Hearts <input type="checkbox"/> Mended <i>Little</i> Hearts \$ _____	Amount: \$ _____
TOTAL TO NATIONAL \$ _____	TOTAL TO CHAPTER \$ _____

****Please note: To be a member of a Mended Hearts Chapter or Mended *Little* Hearts Group, you must be a member of The Mended Hearts, Inc.**