



Mended Hearts™ of Whittier NEWSLETTER

April 2021

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



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COVID 19 and Your Heart

**What do you need to know?
What about long-haulers?**

Dr. Howard Elkin

**Cardiologist
PIH Health Hospital
Healthwise Longevity Center**

The emphasis will be on the heart, and you will want to know about residual adverse effects!



Wednesday, April 21, 2021 at 6 p.m.

Support Group immediately following at 7 pm

Mended Hearts' Zoom Meeting

Time: Apr 21, 2021 06:00 PM Pacific Time (US and Canada)

[https://us02web.zoom.us/j/84847004083?](https://us02web.zoom.us/j/84847004083?pwd=UHV3dGQ4OGNvV3BFMVEwQ2IMd0Z4Zz09)

[pwd=UHV3dGQ4OGNvV3BFMVEwQ2IMd0Z4Zz09](https://us02web.zoom.us/j/84847004083?pwd=UHV3dGQ4OGNvV3BFMVEwQ2IMd0Z4Zz09)

Meeting ID: 848 4700 4083

Passcode: 822529

Dial by your location if you don't use a computer!

+1 669 900 9128 US (San Jose)

+1 253 215 8782 US (Tacoma)



Invite your family and friends to join this educational program. Dr. Elkin will answer your questions at the end.

Be sure to check your **SPAM**... some invites go there accidentally.

If you don't use internet, you can call in to join the meeting and ask someone to help you so you don't miss out on this topic!



Mended Hearts of Whittier Chapter 351

EMAIL: MH351@PIHHEALTH.ORG

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P.O. BOX 68
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TO CONTACT OUR SOCIAL WORKER

ERIN "NICKI" ATKINSON

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MENDEDCHEARTS.ORG



Healthy recipes from Mayo Clinic Dieticians

Number of servings 6 High Fiber & Healthy Carbs

Ingredients

- 2 poblano peppers
- 3 large ripe zucchinis (about 2 pounds)
- 2 cups fresh corn kernels (about 4 ears)
- 1 tablespoon chopped fresh oregano
- 1 tablespoon olive oil
- 1 tablespoon fresh lime juice
- 3/4 teaspoon ground cumin
- 1/4 teaspoon freshly ground black pepper
- 1/2 cup water
- 1/2 cup tomato sauce
- 1/2 cup uncooked quinoa
- 3 ounces soy cheese, shredded (about 1 cup packed)

Directions

1. Heat broiler to high. Cut peppers in half lengthwise; discard seeds and membranes. Place peppers skin side up on a foil-lined baking sheet; flatten with hand. Broil 8 minutes or until roasted. Let cool. Coarsely chop peppers and place in a bowl.
2. Cut zucchinis in half. Carefully scoop out each zucchini like a canoe, leaving shells intact. Chop removed zucchini flesh. Add zucchini, corn and onion to pan. Broil 10 minutes, stirring twice.
3. Add zucchini and corn mixture to chopped peppers, then stir in oregano, oil, lime juice, cumin and black pepper.
4. Heat oven to 350 F. Place quinoa in a fine sieve, and place sieve in a large bowl. Cover quinoa with water. Using your hands, rub the grains together for 30 seconds. Rinse and drain. Repeat the procedure twice.
5. In a medium saucepan, combine water, tomato sauce and quinoa. Bring to boil. Cover, reduce heat and simmer for 15 minutes or until liquid is absorbed. Remove from heat. Fluff quinoa with a fork.
6. Add quinoa to zucchini and corn mixture. Toss well. Spoon about 3/4 cup mixture into each zucchini shell. Sprinkle with cheese. Bake at 350 F for 20 minutes or until cheese is golden brown.

Nutritional analysis per serving size: 1/2 stuffed zucchini Calories 201 - Total fat 5 g - Saturated fat 1 g - Dietary fiber 5g - Trans fat 0 g - Monounsaturated fat 2 g - Cholesterol 0 mg - Sodium 157 mg - Total carbohydrate 31 g - Added sugars 0 g - Protein 8 g

Southwest Stuffed Zucchini



Dietician's Tip: A medium zucchini has more potassium than a medium banana has.



April 30 is National Arbor Day Beautify your world: Plant a tree

Founded by J. Sterling Morton of Nebraska in 1872, Arbor Day is a secular day of observance to encourage individuals and groups to plant trees.

Trees are an energy-saving home improvement. They can be as important to energy conservation as insulation or weather-tight windows and doors. They save energy by cooling with shade in the summer and by providing a windbreak in winter. Three strategically placed shade trees can reduce air conditioning costs by 30 percent.

Deciduous trees shed their leaves during the winter. They provide shade and block heat during hotter months. By dropping their leaves in the fall, they admit sunlight in the colder months. Place these trees on the south and west sides of buildings. Shade hard surfaces, such as driveways, to minimize heat load.

Evergreens retain their leaves or needles throughout the year. As windbreaks, they can help conserve a significant amount of energy that would otherwise go toward home heating. Place them on the north side of your home.



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



What Your Friends With Diabetes Want You to Know Blame and Shame Aren't Helpful from WebMD

Skinny people can get diabetes, too. Sure, lifestyle plays a big role, but so do genes and ethnic background. Type 2 diabetes is about the body not making enough insulin and not properly using what it does make. There are things your friend can do to improve their diabetes, but the blame game doesn't help. It's better to help with problem solving.

- This Disease Is Expensive - Between doctor visits, testing supplies, and medications, care for diabetes is very pricey. One recent study found that people with diabetes spend nearly three times more for deductibles, copayments, and coinsurance than those without diabetes.
- There Are Ups and Downs - Even when your friend is doing everything right -- counting carbs, planning meals, going for daily walks -- sometimes their diabetes is out of control. Stress and hormones can mess with blood sugar. The disease is also progressive. What once worked may not do the job anymore. Damage to your friend's pancreas can get worse over time. That can give them less insulin to work with. Many times, people with the disease need more medicine as time goes on.
- Encouragement and Support Are Critical - Instead of pointing out shortcomings, encourage and praise your friend when you see them make a healthy choice. Tell them that cauliflower-crust pizza looks delicious. Invite them out for a walk or a bike ride. Work with your friend to tweak a favorite recipe so it fits in their meal plans. Offer to drive them to the doctor or to help create a weekly meal plan.
- Keep Those Invites Coming - Just because your friend has diabetes doesn't mean they can't do things with you. They may need to plan ahead and make a few adjustments, but they can still attend parties, go to amusement parks and restaurants, go hiking, camping, dancing, or participate in countless other things.
- Look for Signs of Low Blood Sugar - Your friend may not always realize when theirs gets too low. That can make thoughts foggy. If your friend seems tired, weak, shaky, dizzy, sweaty, or irritable, suggest that they check their blood sugar. You may even want to ask if you can bring them some juice.
- Stop Talking About Cures - Resist the urge to tell your friend about the latest miracle cure you read about. Sticking to their diet plan, losing weight, and exercising will help control their blood sugar. But their diabetes won't go away completely

One Piece of Candy Won't Kill Me - Don't get judgmental on them or freak out. As long as they plan for their sweets as part of a healthy meal plan or combine them with exercise, your friend can have a little dessert. Sweets are no more forbidden for them than they are for you. They just have to have a small portion and make sure they account for the carbs.



My Foot Pain Can Be Terrible - Sometimes the foot pain with diabetes is so bad that people can barely walk. This can really make it hard for people with the disease to get the exercise they need. Over time, diabetes can result in nerve damage called diabetic neuropathy. It causes burning,

tingling, and stabbing pains. Some days the pain makes it hard to function at all. Eventually, neuropathy can also make them lose feeling in their feet.



- Don't Be All Doom and Gloom - Yes, your friend knows some people with diabetes lose their eyesight, or have a foot amputated, or need dialysis. But they don't need to be reminded of it. These are worst-case scenarios that are much more likely to happen to people who don't manage their diabetes well. If your friend works hard to control their blood glucose levels, checks their feet every day, and goes to the eye doctor every year, they can help prevent these and other complications.

Continued on Page 4

Visiting Stats for Mended Hearts Chapter 315 - Yolie Zaragoza, Visiting Chairperson

Hi everyone! Just want you to know we have a support group every month that follows our zoom speaker.

You can visit with each other and reach out with any needs you might have. We are continuing our phone call visits and love hearing from you too! Happy Easter and I'll see you on the ZOOM call.



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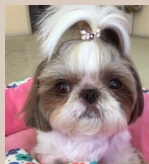
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Mascot - Makena



Mended Hearts Mission

Our mission is dedicated to “Inspiring hope and improving the lives of heart patients and their families through ongoing peer-to-peer support!”

What Your Friends With Diabetes Want You to Know - Cont.

- It is a Struggle - People with diabetes have to change decades-long habits. Exchanging unhealthy routines for healthy ones
- Diabetes Has Lots of Hidden Effects - Diabetes can affect every part of your friend’s body, especially if they don’t keep tight control of their blood sugar. Daily symptoms can include fatigue, thirst, hunger, needing to pee a lot, and mood swings. Possible long-term effects **include heart disease**, stroke, kidney disease, nerve pain, numbness, sexual dysfunction, non-healing wounds, dental problems, vomiting, diarrhea, and depression.
- Changing Habits requires constant attention. Your friend probably has to think about it and make conscious decisions all day. Sometimes, they’ll slip up, but they can always start working at it again.

Managing Diabetes Is a Big Job - All this can be complicated, time-consuming, and exhausting. It’s a constant balancing act.

Sometimes, a Vent Helps - Your friend can get frustrated, tired, and overwhelmed. There comes a point when they need to let it out. **They just need you to listen.**

Don’t take on their problems or try to solve them. After they’re through, help them reframe their thoughts. Then, talk through some solutions.



I’m Still Me - Diabetes doesn’t define your friend. The person they are now is no different from the person they were before they were told they had diabetes. Some of their behaviors and habits may have changed -- for the better. They aren’t their disease.

**They aren’t “diabetic.”
They’re a person with diabetes.**

Boost Brain Function

Brightly colored fruits and vegetables get their color from flavanols, also found in tea and cocoa.

A small study, reported in Scientific Reports in Nov. 2020, suggests that flavanols increase both blood flow to the brain and oxygen uptake that increases the ability to solve problems.

In fact, the results are fairly quick.

In the study, people who had faster brain oxygenation after consuming high amounts of flavanols scored higher on cognitive tests and solved problems 11 percent faster.

That was just two hours after consuming the flavanols!





More Young U.S. Women Are Dying From Heart Disease By Steven Reinberg - HealthDay Reporter

TUESDAY, Feb. 16, 2021 (HealthDay News) -- The toll of America's obesity epidemic is showing up in younger women, as a new study shows that deaths from heart disease in this unlikely group have increased in the past decade.

The likely culprits along with obesity? Type 2 diabetes, along with diseases of pregnancy, such as preeclampsia and preterm delivery, researchers said.



"Cardiovascular disease mortality is going up in younger women, and if it continues at this rate, it may overtake cancer as the leading cause of death in young women," said senior researcher Dr. Erin Michos, an associate professor of medicine at Johns Hopkins University School of Medicine in Baltimore.

Although heart disease is the leading cause of death worldwide, cancer has been the main cause of death among young women in the United States. For the study, researchers used death certificates to compare deaths from cancer with deaths from heart disease in women under age 65 between 1999 and 2018.

Over that time, death rates for cancer and heart disease were 53 and 24 people per 100,000, respectively. The most common cause of heart disease death was heart failure (56%), while respiratory and lung cancer (23%) was the main cause of cancer death. Although cancer deaths declined throughout the study period, heart disease death rates fell initially and then increased again between 2010 and 2018, the researchers found. The death gap between cancer and heart disease decreased from 33 to 23 per 100,000 per year, the researchers noted.

The report was published Feb. 10 in the *European Heart Journal – Quality of Care and Clinical Outcomes*.

Michos said that younger women have to advocate for their own health. They need to know their blood pressure, cholesterol and blood sugar levels, and they need to make sure they are getting treatment for these and other risk factors for heart disease. "Also, I really encourage women to discuss their pregnancy histories with their doctors. We know that women who've had a history of preeclampsia or gestational diabetes or preterm delivery are at increased risk for cardiovascular disease. Many women don't realize that a history of preeclampsia makes them more vulnerable to heart disease a decade after their pregnancy." "Also, women who go through menopause early, before age 45, are at increased risk of heart disease," she added.

Doctors also need to take young women's heart health seriously, Michos noted. "There's still this misconception that women are at lower risk, especially if they're before menopause. But this isn't necessarily true -- lower risk doesn't mean no risk," she said. "I think both doctors and women clearly underestimate the risk."

Dr. Suzanne Steinbaum, from the Juhi-Ash Integrative Health Center in New York City and a spokesperson for the American Heart Association, said that increased stress may be driving obesity and other factors linked with the increase in heart disease in younger women. "Stress is leading to an increase in risk factors, such as diabetes, obesity, high cholesterol and high blood pressure," said Steinbaum, who wasn't part of the study. "Women are not able to take care of themselves -- they're last on the list, and what this results in is what we know and have talked about for many years, which is women get heart disease."

She said that progress has been made in taking women's heart health seriously, but there is still a long way to go.

SOURCES: Erin Michos, MD, associate professor, medicine, Johns Hopkins University School of Medicine, Baltimore; Suzanne Steinbaum, DO, Juhi-Ash Integrative Health Center, New York City, and spokesperson, American Heart Association; *European Heart Journal – Quality of Care and Clinical Outcomes*, Feb. 10, 2021





2021 MH Chapter Donors

Arciniaga, Bob & Lydia
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\$100.00 Plus Club 2021

Denise Griffiths
Betty & Robb Hobs
Lou Hubaud
Vivian Rice

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Black Bear Diner



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

Chapter 351 Lifetime Members

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High-tech mental health care: Is there an app for that?

Nearly one in five American adults lives with a mental illness--about 51.5 million people in 2019, according to the National Institutes of Mental Health. And among those adults, approximately half do not receive treatment for their illnesses, according to Mental Illness Policy Org.

For many Americans, lack of access to providers—whether it’s the cost, insurance coverage or no available providers in the community--dictates whether or not they can seek treatment, according to a 2018 survey from the National Council on Behavioral Health.

Tech and the startup world are rushing in to fill the gap with virtual behavioral health care, with services including therapy, coaching and even startups that prescribe and ship medications. According to Fierce Healthcare, the COVID-19 pandemic motivated investors to pour huge sums of money into behavioral health startups as locked-down Americans looked for virtual mental health care.

The top dog among mental health startups in 2020 is Talkspace, according to The Motley Fool. Talkspace is a mental health subscription service that matches users with licensed therapists via video, audio or text, and works with some insurance carriers.

Wellness app Calm, founded in 2012, promises to help users meditate, unwind and maybe even improve sleep, according to Quartz. Downloads spiked as the COVID-19 pandemic gained steam, and one major health insurer made it free to all members.

Brightside, a telemedicine service that specializes in mental health care, provides therapy and medication services to users in some states



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.



The Mended Hearts, Inc.
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 1500 Dawson Road
 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.**



MH & MLH YouTube Channels Education Available Anytime

If you are a patient or caregiver looking for information on a particular topic, or a chapter officers looking for a video to play at a member meeting, you should stop by our Mended Hearts YouTube channel. We have a number of informative webinars that have been recorded and can be viewed for free. Go to www.Youtube.com and enter Mended Hearts, or use the link below. You do not have to sign in or be a member of YouTube to view the videos.

<https://www.youtube.com/channel/UC4IrrPqkTRqjxgibhn5C-A/videos>

70th Anniversary Merchandise for a Limited Time



In celebration of our 70th Anniversary, MHI is selling limited edition 70th Anniversary merchandise. Celebrate this special year by purchasing a beautiful mug, glass, coasters or commemorative plate. Be sure to get yours soon, because they are available for a limited time only. To shop for these special items and other MHI merchandise, visit www.Mendedhearts.org/marketplace/

MHI Awards Nomination Forms Due by April 30

There is no better way to honor someone for their hard work and dedication to heart patients and families than by nominating them for a MHI Award. Nomination forms are due by April 30th, so now is the time to recognize that special volunteer, medical professional, hospital, chapter or group. This year we've added two new awards; the MHI Heart Hero of the Year Award (for medical professionals like child life specialists and social workers) and the MHI Cardiologist of the Year.

Please remember the following when completing the nomination forms:

Fill out the nominee's address info completely.

Be thorough in your description of why the nominee should win and include relevant information.

Attaching additional articles or information about the nominee is encouraged.

The form must be received by April 30th, even if it's mailed. Info on how and where to send the forms can be found on the forms themselves.

All nomination forms can be found in the Officer Portal on the website under the "Awards" tab or email Mandy at Mandy.Sandkuhler@mendedhearts.org



WESTERN REGIONAL MENDED HEARTS ZOOM CONFERENCE on MAY 15, 2021 9:00AM-2:00PM,

Mark Your Calendar for this Educational Event

The rancho Mirage MH Chapter in partnership with Eisenhower Health is inviting you to this public day of learning about your heart and how to better cope with heart disease. Listen to personal stories of people who overcame difficult heart issues to accomplish amazing feats and respond to very emotional circumstances. Doctors and nurses will discuss important heart issues and time permitting, answer your questions. The President of Mended Hearts, Inc. and staff will discuss what we do and give insight on the mission of this organization.

See you there!

