



Mended HeartsTM of Whittier NEWSLETTER

June 2021

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 of Whittier Chapter 351

TAKING THE OPTIMISTIC VIEW

EMAIL: MH351@PIHHEALTH.ORG

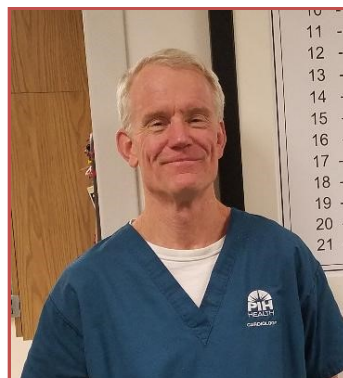
CALL: 562-698-0811 EXT: 12368

MAIL TO: MENDED HEARTS
P.O. Box 68
WHITTIER, CA 90608
WWW.MENDEDCHEARTSWHITTIER.ORG

TO CONTACT OUR SOCIAL WORKER
ERIN "NICKI" ATKINSON

CALL:  562-698-0811 X 16127

EMAIL: **JUNE 14th**



Heartfelt
Exercise

Our June speaker is Jim Merrill

Exercise Specialist in Cardiac Rehabilitation at PIH Health Hospital - Whittier for 25 years. Jim has a Doctorate in Exercise Physiology and has assisted over 4,000 heart patients. He also serves as an Adjunct Instructor at Mount San Antonio College.

Cardiac Rehabilitation



Wednesday June 16, 2021 at 6 p.m.

Support Group immediately follows at 7 p.m.
Pacific Time (US and Canada)

Mended Hearts Zoom Meeting

Join Zoom Meeting [https://us02web.zoom.us/j/89244476427?](https://us02web.zoom.us/j/89244476427?pwd=bksrYmhZL0tGUFBiQlBrSWM1bWtCUT09)
[pwd=bksrYmhZL0tGUFBiQlBrSWM1bWtCUT09](https://us02web.zoom.us/j/89244476427?pwd=bksrYmhZL0tGUFBiQlBrSWM1bWtCUT09)

Meeting ID: 892 4447 6427 Passcode: 412375

Dial by your location +1 669 -900- 9128 US (San Jose)

+1 253- 215- 8782 US (Tacoma)

Invite your family and friends to join this educational program.

Your invitation will be sent if we have your email on file.

70th Anniversary Merchandise for a Limited Time



Go to
www.MendedHearts.org
to order yours today!



Healthy recipes from Mayo Clinic Dieticians

Steak Salad with Roasted Corn Vinaigrette

Number of servings: 6 **High Fiber & Healthy carbs**

Ingredients:

- 3 cups fresh corn kernels (cut from 4 or 5 ears of corn) or frozen corn kernels, thawed
- 1/2 cup water
- 2 tablespoons fresh lime juice
- 2 tablespoons chopped red bell pepper
- 2 tablespoons extra-virgin olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1/4 cup chopped fresh cilantro (fresh coriander)
- 1 tablespoon ground cumin
- 2 teaspoons dried oregano
- 1/4 teaspoon red pepper flakes
- 3/4 pound (12 ounces) flank steak
- 1 large head romaine lettuce, trimmed and torn into bite-sized pieces (about 6 cups)
- 4 cups cherry tomatoes, halved
- 3/4 cup thinly sliced red onion
- 1 1/2 cups cooked black beans, no salt added

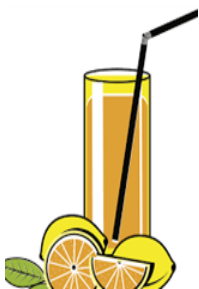
Directions:

1. Place a dry, large cast-iron or heavy nonstick frying pan over medium-high heat. Add the corn and cook, stirring often, until the corn begins to brown, 4 to 5 minutes. Remove from the heat and set aside.
2. In a food processor, combine the water, lime juice, bell pepper and 1 cup of the roasted corn. Pulse to puree. Add the olive oil, 1/4 teaspoon of the salt, 1/4 teaspoon of the black pepper and the cilantro. Pulse to blend. Set the vinaigrette aside.
3. Prepare a hot fire in a charcoal grill or heat a gas grill or broiler (grill). Away from the heat source, lightly coat the grill rack or broiler pan with cooking spray. Position the cooking rack 4 to 6 inches from the heat source.
4. In a small bowl, mix together the cumin, oregano, red pepper flakes and the remaining 1/4 teaspoon salt and 1/4 teaspoon black pepper. Rub on both sides of the steak. Place the steak on the grill rack or broiler pan and grill or broil, turning once, until browned, 4 to 5 minutes on each side. Cut into the center to check for doneness (medium doneness is 160 F if using a meat thermometer). Let stand for 5 minutes. Cut across the grain into thin slices. Cut the slices into pieces 2 inches long.
5. In a large bowl, combine the lettuce, tomatoes, onion, black beans and remaining roasted corn. Add the vinaigrette and toss gently to mix well and coat evenly.
6. To serve, divide the salad among individual plates. Top each serving with slices of grilled steak.

Nutritional analysis per serving: Serving size: About 2 1/2 cups salad topped with 2 ounces grilled steak
Total carbohydrate 37 g - Dietary fiber 9 g - Sodium 249 mg - Saturated fat 2 g - Total fat 9 g - Trans fat 0 g
Cholesterol 36 mg - Protein 21 g - Monosaturated fat 5 g - Calories 295 - Total sugars 7 g - Added sugars 0 g



Dietician's Tip: You can use good-quality canned beans or dried beans in this dish. Just remember that dried beans need to soak overnight before cooking.



Prevent heat exhaustion! The National Safety Council recommends that people without air-conditioning drink a lot of water. The key is to drink enough so you never get thirsty. If your urine is a dark color, you need to drink more water. Drink enough water so your urine is pale yellow.

When walking outside, be sure to wear a hat and a lightweight, long-sleeved shirt with no T-shirt underneath. If you do get hot, try applying a wet scarf to your neck.



2021 Volunteer of the Year Award at PIH Health Hospital - Whittier is one of our own! **Mervin Felker**

Each year PIH Volunteer Services office receives numerous nominations for this special award from both volunteers and staff. It is always difficult to choose an award recipient as there are so many qualified and outstanding volunteers who deserve this honor. The selection committee spent considerable time deliberating over the nominations received prior to finally selecting awardees from the Whittier campus, Downey campus, Good Samaritan campus and Hospice program. Although everyone who was nominated exemplifies excellence in their volunteer roles, the four individuals (1 from each facility) selected for this year's award have gone above and beyond in everything they've done.

PIH Health Whittier Hospital's recipient is **Mervin Jens Felker**. He began volunteering in 2016 and to date has contributed approximately 1,300 hours of service. Merv comes to volunteer every Thursday afternoon and Friday evening in the Ambassador Center and when there is not a Pandemic going on, he visits cardiac patients through the hospital's Mended Hearts program. **Being a former heart patient himself, Merv gives support, reassurance, and resources to patients before their surgery and during their recovery.** Merv never misses his volunteer shifts, even when they fall on a holiday. Traditionally, the Ambassador Center closes for the Christmas and New Year holiday, but this past year, the hospital wanted to provide services through the COVID-19 surge that hit in December. Merv didn't think twice about volunteering on Christmas Day and New Year's Day. When asked why he was so willing to assist, Merv stated, "I'd rather be here helping people than being at home doing nothing." Merv's spirit of dedication inspires others to come alongside him and volunteer. His fellow volunteers in the Ambassador Center say that Merv is always willing to take on whatever tasks are asked of him. These duties range from picking up specimens to take to the lab, discharging patients, taking various supplies from Central Distribution throughout the hospital, and taking food trays to patients. Merv is well known within the hospital and other volunteers and staff are always happy to see him and converse with him. It is evident that Merv thoroughly enjoys volunteering. In the Ambassador Center, he always arrives about 10-15 minutes early and stays until all of the tasks are completed before the next shift arrives. He likes to talk to his fellow volunteers about his life experiences and is a great mentor to the young volunteers by teaching them the ropes. No matter how many runs Merv completes, he never tires of wanting to make sure the new volunteers know how to get to where they need to go and will show them the way when needed. He is very patient, kind, selfless, humble, and funny. Merv has many life experiences and he loves to tell stories about fishing on the open ocean or about the days when he used to drive race cars. He leaves a great first impression on the new volunteers he trains, as they will often report back to us about their enjoyable time on his shift. Merv is an exemplary volunteer with his dedication, enthusiasm, and compassion in helping patients, visitors, fellow volunteers, and the staff at PIH Health. **Congratulations, Merv!**

UPDATE*** As soon as the Cardiac Rehabilitation gym allowed Mended Hearts visitors...Merv was there!**

He visits on Fridays and shares his heart experience and stories, bringing comfort and hope to everyone he meets. Thanks Merv, we are blessed to have you on our team! Your Mended Hearts Family



Our Mended Hearts Chapter 351 donates \$500.00 dollars every year to the PIH Health Foundation that is designated for the Volunteer Services Special Volunteer awards. We are all very proud to be volunteers at PIH Health Hospitals and to work alongside very special volunteers, like Mervin Felker!



Chapter #351 Board Members

President – Constance Evans
Email – hubauds@yahoo.com
Phone -951-316-1951

Vice President – Mike Sanchez
Email - msanchez00769@yahoo.com
Phone - (602)315-6373

Secretary – Open position

Treasurer – Marilyn Schirmer
Email – marilynmschirmer@aol.com
Phone - 562-301-2361

Visiting Chairman – Yolie Zaragoza
Email - yolie.zaragoza@gmail.com
Phone - 626-223-8323

Membership Chair - Open position

Chief Editor – Constance Evans

Communications – Eddie Rodriguez
Email - erod77711@gmail.com

Public Relations - Johnny Lemucchi
Email - jclemukchi@aol.com

Public Relations - Mike Candelaria
Email - candem.101@gmail.com

Social Secretary - Vivian Rice

Honorary Member – David Temple

Snack Coordinator - Betty Hobbs

Co-Hospital Liaison – Teri Beyer
Email – Teri.Beyer@pihhealth.org

Co-Hospital Liaison – Lupe Morales
Email – Lupe.Morales@pihhealth.org

PIH Downey Liaison - Mayra Linares
Email - mayra.linares@pihhealth.org

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, education & advocacy!”

What Happens to Your Body When You Relax

What Is the Relaxation Response?

It's one name for what happens when your parasympathetic nervous system is in charge of your body functions. This part of your nervous

system regulates the work of your organs and glands while you're at rest. Your relaxation response kicks in when you feel safe. It can actually block effects from your body's response to stress. ***These changes are good for your mental and physical health.***

Your Heart Rate Slows

Stress triggers activity in your sympathetic nervous system, which is in charge of your body functions in dangerous situations. This "fight or flight" response sends out hormones called catecholamines to speed up your heart. But relaxation lets your body know it's OK to save energy. Your parasympathetic system takes over and releases a hormone called acetylcholine. *That slows your heart rate down.*



Your Blood Pressure Goes Down

Stress hormones can speed up your heart rate and tighten your blood vessels. That temporarily raises your blood pressure. Just the opposite happens when you relax. If you have high blood pressure, relaxation methods like meditation may help you manage stress and lower your chances of heart disease. (But don't stop taking your medicine unless your doctor says it's OK.)

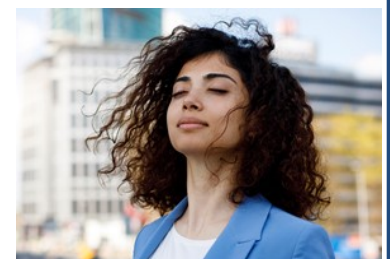
Your Digestion Gets Better

When stress causes the "fight or flight" reaction, your digestion gets put on hold as blood moves toward your larger muscles. Relaxation reverses this process. It also lowers inflammation that can hurt your gut. Stress plays a role in many digestive problems, like irritable bowel syndrome (IBS). Calming techniques like deep breathing or meditation might help with your symptoms.

Your Breathing Slows Down - "Take a deep breath," you might tell someone who's in a panic. There's a good reason for that. When you're stressed, breathing speeds up. Breathing too fast may lead to low levels of carbon dioxide in your blood, which could make you dizzy and weak. But relaxation slows your breathing rate. You can also help yourself relax with slow, controlled breathing, around 6 breaths a minute.

Your Muscles Relax

Your body stiffens when you feel threatened, whether from a bear in the woods or a deadline at work. Usually, muscle tension eases when you calm down. But long-lasting stress can lead to tense muscles nearly all the time.



Continued on page 5

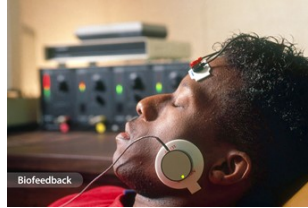


What Happens to Your Body When You Relax? (cont.)

If you have a hard time relaxing, ask your doctor about biofeedback. It uses sensors to give you feedback about your body's functions. That helps you learn how to release muscle tension.

You Hurt Less

Relaxation doesn't get rid of your aches, but it can turn down the volume a little. Relaxed muscles hurt less. And relaxation prompts your brain to release endorphins, chemicals that act as natural painkillers. Studies show relaxation techniques like meditation can lessen pain from conditions like fibromyalgia, migraine, chronic pelvic pain, and irritable bowel syndrome (IBS).



You Have Better Blood Sugar Control

Stress hormones can make your blood sugar rise. And if you have diabetes, the effort it takes to manage your condition may amp up your stress. Relaxation can help you get a handle on your blood sugar (though it can't take the place of medicine). To get there, exercise regularly and get enough sleep. Try relaxation practices like meditation or yoga to help you mellow out further.

Your Immune System Works Better

Long-lasting stress makes it harder for your body to fight off infections. But deep relaxation can help your immune system recover. You can get there with the help of techniques like progressive muscle relaxation. That's where you tense, then relax, each muscle group one by one. It's even more important to manage your worries as you age. Your immune function naturally declines over time.

You Sleep Better - Sometimes, you might be unable to doze off even when you're worn out. This "tired but wired" state is a sign you're still in "fight or flight" mode. Relaxation techniques like deep breathing can help switch on your relaxation response. They're sometimes used as a treatment for insomnia.

How Can You Relax? Some people unwind while they garden, cook, or read. Others pray or meditate. Or you can explore techniques like:

- Visual imagery
- Progressive muscle relaxation
- Massage
- Deep breathing
- Biofeedback

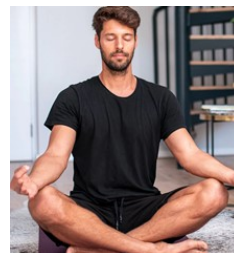
[If you're not sure how to get started, ask your doctor to refer you to a specialist who teaches relaxation training.](#)

Try the Benson Method

This technique was created by Herbert Benson, MD, the heart doctor who first described the relaxation response. Here's what you do:

- Sit down, making sure you're comfortable.
- Close your eyes.
- Gradually relax all of your muscles, starting at your feet and working your way up.
- Breathe through your nose.
- Pay attention to your breath.

Do this for about 20 minutes. Then sit with your eyes closed for a few minutes.



X-actly Word Game

Add a X to each word and then rearrange the letters to form a new word.

1. REAL
2. LUTE
3. VINE
4. ROBE
5. NONE
6. ROPY
7. EMIR
8. CLAIM
9. TOTER
10. CAROB

- ANSWERS:
1. RELAX
 2. EXULT
 3. VIXEN
 4. BOXER
 5. XENON
 6. PROXY
 7. MIXER
 8. CLIMAX
 9. EXTORT
 10. BOXCAR





Chapter Membership Report

Our chapter has added seven new members so far this year! We need 23 more...how about you? It's free to join & great benefits!

Chapter 351 Lifetime Members

- Evans, Constance
- Heider, Daniel
- Hubaud, Lou
- Killian, Henry (family)
- Mgrdichian, Jon
- Pino, Louis & Madelaine
- Rice, Vivian

2021 MH Chapter Donors

- Arciniaga, Bob & Lydia
- Evans, Constance

\$100.00 Plus Club 2021

- Denise Griffiths
- Betty & Robb Hobs
- Lou Hubaud
- Vivian Rice
- Mike Sanchez

Business Donors 2021

- Black Bear Diner
- Hera Technologies

"Pillow Partners"

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



Across

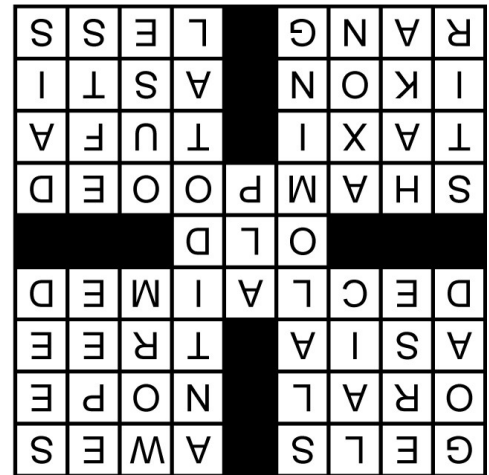
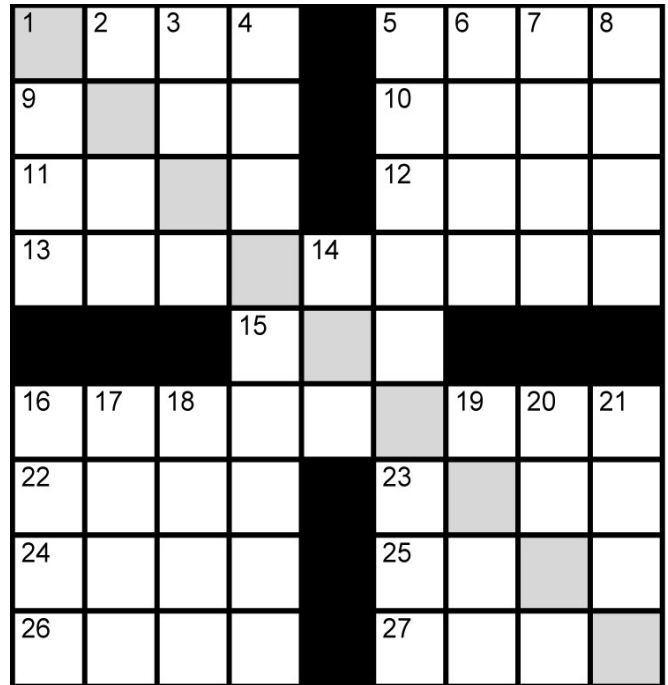
1. Salon supply
5. Amazes
9. Face-to-face exam
10. "Forget it!"
11. Three oceans touch it
12. Orchard unit
13. Renounced
15. Ancient
16. Did a hair salon job
22. Prepare to fly
23. Porous rock

24. Religious image: Var.
25. Piedmont wine center
26. Used a doorbell
27. Not as much

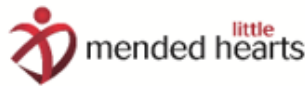
Down

1. Egg on
2. Gaelic language
3. Secular
4. Racing on skis
5. Counteracting the effects of a poison
6. Fishhook attachment
7. Duel tool
8. Plant starter
14. Matterhorn, e.g.
16. Cookbook direction
17. Maori dance
18. Neural transmitter
19. Yorkshire river
20. New newts

Dad's Favorite Cooking



The more the merrier! Love you Dad



The Mended Hearts, Inc.
 International Headquarters and Resource Center
 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.**

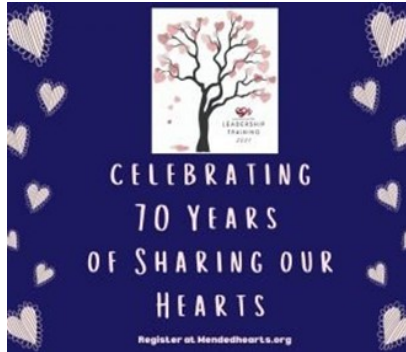


MHI Leadership Training Sessions
Open to all Members, Family and friends

Register at www.MendedHearts.org/2021-leadership-training/

June 25th 4 PM

This special presentation will highlight 70 years of sharing our hearts with patients, families, caregivers and health care professionals.



June 27th at 4 PM

Join us as we recognize individuals, chapters and groups, health care professionals, hospitals, corporations and all those volunteers who make us who we are today.



June 28th 3 PM

To finish off this years leadership training, we'll have our annual meeting of the membership. In this business meeting, we will share the successes of 2020 and welcome our new 2021-2023 board of officers



June 28th at 11 AM

This two hour session is all about taking care of you! Jessica Daly will teach us about the importance of self care in the first hour; then stick around for some fun chair yoga!



A big payoff in taking the optimistic view...

[If you're an optimist, you believe that any defeat is a temporary setback or a challenge. It does not knock you down.](#)

Using this theme in your life helps you move forward in your work. A positive view helps to prevent illness, improves relationships, and increases self-esteem. *According to Mayo Clinic Proceedings*, one study showed that optimists live longer, are healthier, and are more peaceful and calmer.

When you find yourself stuck in pessimism, *psychiatrists at Columbia University* say there are things you can do to revive your optimistic ways. Developing certain skills can change your view of the world.

- * Practice seeing the progress you have made in life. That could be in your relationships, work or personality.
- * Know that everything is not your fault. Pessimists think they cause adverse events that will undermine everything, says Dr. Martin Seligman in his book *Learned Optimism, How to Change Your Mind* (Free Press).
- * When things go wrong, realize that the situation will only affect you for a limited time. If you failed, acknowledge your own responsibility in the failure, but also recognize if some things were out of your control.

* Decide to be positive even if you don't feel like it. If you smile, your brain assumes you feel good. Act happy and you will begin to feel better.

* Be positive with others and they will reinforce your optimistic attitude. Be upbeat and show interest in them. Laugh at other people's jokes.

* Carry cards with positive statements about your life and your future.

[If you feel depressed for an extended period of time and have negative feelings you can't overcome, see your doctor. There are many good treatments for depression.](#)

