



Mended Hearts™ of Whittier NEWSLETTER

2021

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



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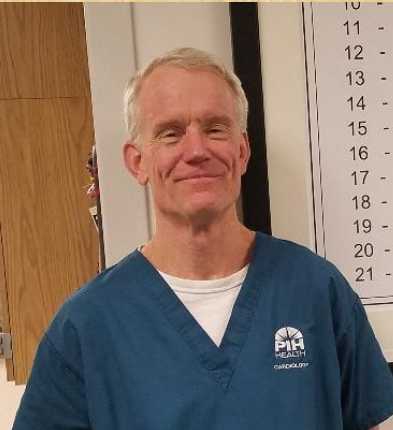
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Wednesday, September 15, 2021 at 6 pm
Join Us! We will be live on ZOOM!

Our Presenter will be Jim Merrill *Our Support Group follows at 7 p.m.*

Ready for Exercise? Even if you aren't...your heart is!



Just ask Jim, Exercise Specialist in our Cardiac Rehabilitation gym at PIH Health Hospital in Whittier. Jim has been instructing patients and teaching students the tremendous benefits of exercise for more than 25 years. He has a Doctorate in Exercise Physiology, serves as Adjunct Instructor at Mount San Antonio College and has assisted over 4,000 heart patients in their healthy recovery process.

Get off the couch and get motivated with Jim!



Mended Hearts of Whittier Chapter 351

EMAIL: MH351@PIHHEALTH.ORG

CALL: 562-698-0811 EXT: 12368

MAIL TO: MENDED HEARTS
P.O. BOX 68
WHITTIER, CA 90608

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TO CONTACT OUR SOCIAL WORKER
BRENDA VALENZUELA, MSW

CALL: 562-698-0811 X 16127

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MHI - MENDEdHEARTS.ORG

Mended Hearts is inviting you to a scheduled Zoom meeting.
Please see How To Instructions on Page 5

Time: September 15, 2021 06:00 PM Pacific Time (US and Canada)

Join Chapter 351's Zoom Meeting

Meeting ID: 4981424209

Passcode:

Join by Zoom Invitation

Join by Zoom website or Join by phone

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

Call our office if you need help. 562-698-0811 Ext. 12368





Healthy recipes from Mayo Clinic Dieticians

Lasagna

Number of servings: 8

Ingredients

- 1 pound extra-lean ground beef
- 1 onion, chopped
- 1 1/2 teaspoons dried basil
- 3/4 teaspoon oregano
- 3/4 teaspoon garlic powder
- 1 can (6 ounces) unsalted tomato paste
- 1 can (8 ounces) unsalted tomato sauce
- 3 1/2 cups water
- 3/4 pound uncooked lasagna noodles
- 1 cup low-fat cottage cheese
- 3 cups shredded low-fat mozzarella cheese

Directions

- Heat the oven to 325 F. Lightly coat a 9-by-13 pan with cooking spray.
- To make the sauce, in a large saucepan combine the ground beef and onion. Cook over medium heat until the ground beef is browned and onion is translucent. Drain well. Add the basil, oregano, garlic powder, tomato paste, tomato sauce and water. Stir to mix evenly. Bring to a boil, reduce heat and simmer for 10 minutes.
- Put 1/2 cup of the sauce in the bottom of the prepared pan. Cover with a layer of uncooked lasagna noodles, 1/3 of the remaining sauce, 1/3 cup cottage cheese and 1 cup mozzarella cheese. Repeat until the ingredients are used up. Cover with aluminum foil and bake until the noodles are soft and the cheese is lightly browned, about 1 hour and 20 minutes.

Nutritional analysis per serving: 1 slice (3 inches by 4 inches) Total fat 13 g – Calories 425
Protein 33 g – Cholesterol 44 mg - Total carbohydrate 42 g - Dietary fiber 3.5 g – Trans fat 0 g
Monounsaturated fat 4 g - Saturated fat 6 g – Sodium 500 mg - Total sugars 6 g



Dietician's Tip: This Italian favorite has less fat and calories, but all of the taste. Using low-fat cheeses and extra-lean ground beef saves 100 calories and 10 grams of fat per serving.

The Presidents Note

Our board was very excited to have a booth at the Kiwanis Car Show in Downey, this past May. It was our first community outing in two years! We were told if we had a trophy made, we could present it to the car of our choice. We discussed it at a board meeting and decided it would go to the "Car with the Most Heart". Johnny & Caroline Lemucchi, Michael Candelaria, Marilyn Schirmer & I walked around looking for the car...

then we heard the story of a truck and a grandfather's love. The truck had been left on the farm down south many years ago. The grandson towed it back to CA, and put it through a major overhaul. It took two years, time, money, sweat and tears, plus a lot of heart to get this truck running and back on the road again. It surely deserved our trophy and the tears the grandson shed when he won our trophy were all the thanks we wanted. **Congratulations.**





Can Horses Help With Post Open-Heart Surgery Recovery?



There is no doubt that social isolation and loneliness have had a profound effect on personal health and well-being during the COVID-19 pandemic. I imagine that anyone who had open heart surgery during this time may have truly struggled. It is well known that mood swings and difficult feelings — including depression, fear, anxiety, loneliness, helplessness and anger — can be common after heart surgery.

I have a friend, John, who had emergency heart surgery in February. He, like me, had five bypasses and returned home to isolation due to the global pandemic and his post-surgery recovery. Fortunately, John has a caring wife and friends who regularly connect with him via Zoom and other social media sources. Despite this, he still struggles with feeling isolated, and his moods continue to vary from high to low. His wife shared her concerns with me, as I am a friend, coach and someone with a similar heart recovery story to John. I encouraged her to bring John to our ranch and spend some time with me. I was hoping he would be interested and willing to spend some time with our horses as well.

My wife and I live on a horse ranch in Northern California where we offer dressage training and boarding. We also operate a nonprofit, *Gypsy Magic Equine Outreach*, which utilizes our horses for activities like visiting convalescent and children group homes. Many studies have shown that animals, such as dogs, cats and horses, not only inspire personal wellness for the individual, they are also helpful in connecting the individual with the community around them. I believe that horses have the uncanny ability to illuminate who we are and where we need to go. They respond to us as unique individuals and somehow understand who we are in our hearts and souls. Horses touch deep recesses and regions in us that are typically inaccessible and help us address issues we are afraid to examine. After a few ranch visits, John agreed to work with the horses and me. We did some equine-assisted coaching, which does not require previous horse experience. Horses notice, sense and appreciate when folks are themselves and in the moment. This present-based, mindful approach helped John stop worrying and overthinking and allowed him to be focused and on task. He had no time to get lost in negative, troubling thoughts. This fostered John's ability to make positive connections with the horses, and it was great to see him smile, laugh and become calm. I have found that horses can serve as teachers and guides and transport us to a new journey of self-awareness.

The connections I have made with these amazing animals throughout my life have been powerful and meaningful, especially during my personal and post-surgical healing.

David Rude, MA, is an Equine Assisted and Certified Professional Coach as well as a life and education strategist. For more information, please visit davidrude.com

Do you or a loved one have Congestive Heart Failure? Your help is needed.

We have an exciting opportunity for MHI visitors who have heart failure. MHI is piloting a new **My Heart Visit: Hospital to Home program** for patients who have recently been hospitalized with **heart failure**. It is a 12-week program where they get weekly educational emails; emotional support emails, and bi-weekly calls from a MHI visitor. The visitors must have heart failure themselves. The visitors will call the patient during recovery every other week (6 calls). We are currently recruiting visitors who would like to be part of this program and was wondering if you knew any visitors in your chapters who might be interested in this opportunity. If you do, please contact Jodi Smith at jodi.smith@mendedhearts.org or 804-647-3830.



Chapter #35 1 Board Members

President – Constance Evans
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Phone -951-316-1951

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Membership Chair - Open position

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Honorary Member – David Temple

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Door Greeter - Bob Jefferson

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Email – Lupe.Morales@pihhealth.org

PIH Downey Liaison - [Mayra Linares](mailto:mayra.linares@pihhealth.org)
Email - mayra.linares@pihhealth.org

PIH Good Samaritan - Coming

Mascot - Makena

Mended Hearts Mission

Our mission is to “Inspire hope and improve the quality of life for heart patients and their families through ongoing peer-to-peer support, education & advocacy!”

Our third annual ... Creating a World of Support Fundraiser is back again!

Pick your activity to complete your distance and you have one month to get it done starting on World Heart Day, September 29. You can form a team, raise funds, and participate in honor or memory of a loved one. Help us get all the way around the world together! (Watch on the virtual map to see how far we get) Pick your distance goal of 5K, 10K, 13.1 miles (half-marathon) or 26.2 miles (full marathon).



NEW this year:

- Track your distance on your device (Fit Bit, Apple Watch, smart phone Health app, etc.) and we will keep track for you!
- You can get mileage credit for volunteer hours!

Share pictures in our Scrapbook so people can see your accomplishments.

Each participant gets a new World of Support Wristband and a certificate. Prizes are given for individuals raising \$100, \$500 and \$1,000. Registration opens September 15 at www.Mendedhearts.org.

Upcoming Speakers

- October 20** **Mirna Tovalin, NP-C, RNFA**
continues Heart Surgery Series - Thoracic Surgery
- November 17** - **Rachel Lander-Canseco** Nutrition and the Holidays

Heart rhythm abnormality is on the rise ! From Pagesmag.com

Atrial fibrillation -- also called AFib -- is on the rise, with an estimated three million diagnosed adults in the US, according to the New York Times. That number is expected to quadruple with rising rates of obesity, diabetes and hypertension among aging adults.



AFib is an irregular heartbeat that can sometimes contribute to blood clots, stroke, heart failure and other cardiovascular issues, according to the American Heart Association. Americans face about a 20 percent lifetime risk of developing the condition, but many people go undiagnosed. Symptoms of AFib include a racing, pounding or fluttering heart, periodic shortness of breath and excessive fatigue or dizziness from normal exertion.

Diagnosed AFib can also be managed with medications, surgical procedures and other interventions, but early detection is key for successful treatment.



A Step-by-Step Guide to a Zoom Meeting

Zoom is a computer program used to hold online virtual meetings. You can use **Zoom** on a smartphone, a tablet, a laptop, or a desktop computer (*as long as you have a camera, speakers, and a microphone*). It uses your **computer's or phone's** camera to show live video of all attendees (if you don't want to be on camera, that's fine, too. You can just display your name). Zoom uses your computer's or phone's microphone to let you talk to other meeting participants. **If you do not have access to a computer, tablet, or smartphone, you can use a phone to dial into a meeting.**

DOWNLOAD ZOOM

- Zoom is a program that runs on your computer, phone, or tablet. You must download this program from the Zoom website. The free version of Zoom should meet all of your needs.
- If you've received an email invitation to a Zoom meeting, click the link that says, "Join Zoom Meeting." If this is the first time you've used Zoom, this link will take you to a website where you can download the Zoom program or app, depending on what device you're using.



On an iPhone or iPad: Go to the Apple App Store and search for "ZOOM Cloud Meetings." Click "Get" to download and install the Zoom app.

On a computer: On the Download Center website (<https://zoom.us/download>), click "Download" in the "Zoom Client for Meetings" section

Click the blue Download button to download Zoom from the website <https://zoom.us/download>.

Download Center Download for IT Admin

Zoom Client for Meetings

The web browser client will download automatically when you start or join your first Zoom meeting, and is also available for manual download here.

Download

Version 5.1.0 (27938.0616)

After Zoom is downloaded, you must install it onto your computer.

If you have an Apple computer, like a MacBook: Double-click the file called Zoom.pkg, which is typically saved to your Downloads folder. The installer program opens and guides you through the process.

If you have a PC: Double-click the file called ZoomInstaller.exe file to install the program **Double-click ZoomInstaller.exe** to install Zoom on your PC.

JOIN A MEETING

After you install Zoom, there are a few different ways to join a Zoom meeting.

- You can click the link in your invitation email, or
- Go to the Zoom website and enter the meeting ID, or
- Dial into the meeting on a phone.

Click the link in an invitation email: If you have an email invitation, click "Join Zoom Meeting" in that email. This takes you to the Zoom website.

Go to the Zoom website: Go to <https://zoom.us/join>, and enter the 9-digit meeting ID from your invitation email. If the meeting requires a password, that will be in your email, too.

When you are on the Zoom website, if you are asked if you want to open Zoom, click "Open zoom.us." Zoom opens, showing you a preview of your camera image. Then click either "Join with Video" or "Join without Video." If you use video, other people in the meeting will see you. If not, they will just see your name. Next, Zoom asks about audio. Click "Join with Computer Audio" so you can hear and be heard in the meeting.

Dial into the meeting on a phone: If you don't have access to a computer, tablet, or smartphone, you can use a phone to dial into the meeting. The phone number to use will be in your invitation email, or you can find the number to use in the Zoom International Dial-in Numbers list ([online here](#)).

PARTICIPATE IN A MEETING

Once you've joined the meeting, you can see and hear other participants. Each participant is represented by a square that displays their face (if they've chosen to join with video) or just their name.

If you're in a large meeting, make sure your microphone is muted. Your computer microphone is pretty sensitive, and if you're unmuted, it can pick up a lot of background noise. The mute button, which looks like a microphone, is in the bottom left corner of the Zoom screen. If the microphone has a red line through it, you're muted, and no one in the meeting can hear you.

Continued on Page 9



When you Join Chapter 351, you become part of a nationally recognized chapter with awards for Excellence and for its monthly Newsletters.

Membership is free and you can upgrade to receive the nationally acclaimed **HeartBeat** magazine for only \$20.00 a year. **The web site is a great source for current information !**

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

\$100.00 Plus Club 2021

- Constance Evans
- Denise Griffitts
- Betty & Robb Hobs
- Lou Hubaud

Don and Jan Patton - In Memory

- Vivian Rice
- Eddie Rodriguez
- Mike Sanchez
- Marilyn Schirmer

Business Donors 2021

- Black Bear Diner
- Hera Technologies

Our open heart patients receive a special heart pillow at their PIH Health Hospital. To purchase a gift heart pillow, and support our program contact us at ;

562-698-0811 Ext. 12368.



In Memory of James H. Berka

1942 - 1966

James was taken from us much too soon due to Heart Failure.

We want to remember and pay tribute to our cousin James with a \$100.00 donation to Mended Hearts Chapter 351.



We miss him dearly.

Don and Jan Patton



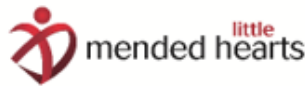
Your September landscaping to-do list

Summer comes to a close this month, and that means that it's time to get back to work in the garden. With a little time and planning each fall, you can enjoy better landscaping year after year.

- Remove faded and droopy summer annuals and replace them with hardier flowers. Pansies can take a beating through a light frost and will provide a splash of color through the fall. Mums are also a great choice.
- Plant any new evergreens during September and keep them well-watered until the ground freezes.
- Plant any new deciduous trees and shrubs. Use root-stimulating fertilizer to encourage root growth.
- Divide any overgrown spring blooming perennials and water them thoroughly after re-planting. After a hard frost, cut the perennials to the ground.
- Plant spring-blooming bulbs. Make sure to consider color and height, placing smaller bulbs toward the front of your garden where you'll be able to see them in the spring.
- If you have a vegetable garden, pull out the plants as soon as they finish producing and begin to wither.
- If you have bare patches on your lawn, the cooler weather is a great time for re-seeding or patching with sod because of decreased weed competition.
- Potted plants that go outdoors during the warmer months should come back inside. Use this time to remove damaged stems and leaves with yellowing, holes, or spots.
- Plant the rosebush of your dreams. Fall is a good time to plant roses, just not hybrid tea-style roses, which will not establish sufficient roots before winter..

Enjoy your garden for years to come!





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 351 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</p> <p>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 351 DONATION:

Membership Level _____ \$ _____

Chapter Name: Chapter 351 Whittier, CA

Additional tax-deductible Donation to

Amount: \$

Mended Hearts Mended *Little* Hearts \$ _____

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.**



Bicuspid Aortic Valve

Article By Mayo Clinic Staff

CHD - congenital heart disease

Bicuspid aortic valve is a type of heart disease that you're born with.

The aortic valve separates the left lower heart chamber (left ventricle) and the body's main artery (aorta). Flaps of tissue (cusps) on the valve open and close with each heartbeat and make sure blood flows in the right direction.

Usually the aortic valve has three cusps. A bicuspid valve has only two cusps. Rarely, some people are born with an aortic valve that has one cusp (unicuspid) or four cusps (quadricuspid).

A bicuspid aortic valve may cause heart problems, including:

- Narrowing of the aortic valve (aortic valve stenosis). As a result, the valve may not open fully. Blood flow from the heart to the body is reduced or blocked.
- Backward flow of blood (aortic valve regurgitation). Sometimes, the bicuspid aortic valve doesn't close tightly, causing blood to flow backward.
- Enlarged aorta (aortopathy). Some people who have a bicuspid aortic valve have an enlarged aorta. An enlarged aorta increases the risk of a tear in the lining of the aorta (aortic dissection).

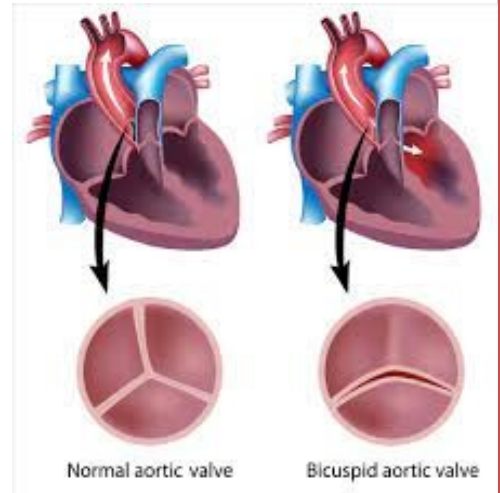
Symptoms - Most people with a bicuspid aortic valve don't have signs or symptoms of valve disease until they're adults. However, severe symptoms may occur in infants. Symptoms of a bicuspid aortic valve include chest pain, shortness of breath and difficulty exercising.

Diagnosis - A bicuspid aortic valve may be discovered when you're having medical tests for another health condition. Your doctor may hear a heart murmur when listening to your heart with a stethoscope. An echocardiogram is done to confirm a diagnosis of a bicuspid aortic valve. An echocardiogram uses sound waves to create video images of your heart in motion. It can show your doctor the aortic valve, the aorta, the heart chambers and the blood flow through your heart. If you have a bicuspid aortic valve, a computed tomography (CT) scan is usually done to check for an enlarged aorta.

Treatment - If you have a bicuspid aortic valve, you will likely be referred to a doctor who specializes in congenital heart disease (congenital cardiologist). Children and adults with a bicuspid aortic valve need regular doctor's checkups and echocardiograms to check for leaking (regurgitation) or stiffening (stenosis) of the valve or an enlarged aorta. Treatment depends on the extent of heart valve disease. There are no medications to treat a bicuspid heart valve. However, your doctor may prescribe drugs to treat related heart problems such as high blood pressure. You may need surgery for aortic valve stenosis, aortic valve regurgitation or an enlarged aorta.

Surgeries or other procedures - Surgery may be needed to repair or replace the aortic valve. The type of surgery done depends on your specific condition and symptoms.

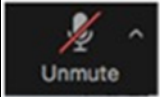
- Aortic valve replacement. The surgeon removes the damaged valve and replaces it with a mechanical valve or a valve made from cow, pig or human heart tissue (biological tissue valve). Another type of biological tissue valve replacement that uses your own pulmonary valve is sometimes possible.
- Biological tissue valves break down over time and may eventually need to be replaced. People with mechanical valves will need to take blood thinners for the rest of their lives to prevent blood clots. Your doctor will discuss with you the benefits and risks of each type of valve and discuss which valve may be appropriate for you.
- Aortic root and ascending aorta surgery. Surgeons remove the enlarged section of the aorta located near the heart. It's replaced with a synthetic tube (graft), which is sewn into place. Sometimes, only the enlarged section of the aorta is removed and the aortic valve remains. The aortic valve can also be replaced or repaired during this procedure.



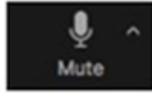
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A Step-by-Step Guide to a Zoom Meeting.....continued



If the microphone has a red line through it, you are muted.
Click the button again to unmute yourself if you want to talk in the meeting.



If the microphone has no red line through it, you can be heard in the meeting. Only one person in the meeting can talk at a time. Zoom indicates who is speaking by highlighting their image with a yellow square.

LEAVE A ZOOM MEETING - Click "Leave Meeting" on the bottom right corner to leave the meeting **That's It!**

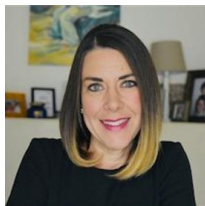
Bicuspid Aortic Valve (continued)

Article By Mayo Clinic Staff

- Balloon valvoplasty. Your doctor may recommend this procedure if a bicuspid valve caused aortic stenosis. The doctor inserts a catheter with a balloon on the tip into an artery in your groin and guides it to the aortic valve. The balloon is inflated, which expands the opening of the valve. The air is then let out of the balloon (deflated). The catheter and balloon are removed. The valve tends to narrow again in adults who have the procedure.



Lifelong care - After a bicuspid aortic valve has been diagnosed, you'll need lifelong doctor's checkups by a cardiologist to monitor for any changes in your condition. If you have a bicuspid aortic valve, you are more likely to develop an infection of the lining of the heart (infective endocarditis). Proper dental care can help lower your risk. A bicuspid aortic valve can be passed down in families (inherited). Because of this, doctors often recommend that parents, children and siblings (first-degree relatives) of people with a bicuspid aortic valve be screened with an echocardiogram.



Jessica Daly, B.S.Ed., MLS MCRG Patient and Family Learning Center in Orlando, Florida

Jessica, our August speaker, said she enjoyed meeting our amazing chapter, thanked us for inviting her to come and added, "PLEASE invite me in the future". She is able to present resources on any health topic you would like. She shared her website where we all can find recorded sessions available 24/7. <https://orlandohealth.libguides.com/c.pg=237093&p=7456629> Here are more references she spoke about:

American Heart Association: Learn more about the American Heart Association's efforts to reduce death caused by heart disease and stroke. Also learn about cardiovascular conditions, ECC and CPR, heart disease information for healthcare professionals, caregivers, and educators and healthy living www.heart.org

MedlinePlus - Health Information from the National Library of Medicine on health conditions, wellness issues, and more in easy-to-read language on MedlinePlus, the up-to-date, trusted health information site from the NIH and the National Library of Medicine. medlineplus.gov

Mayo Clinic - More than 4,700 physicians and scientists collaborate across Mayo Clinic campuses in Arizona, Florida and Minnesota. U.S. News & World Report ranks Mayo Clinic as the #1 hospital overall and #1 in more specialties than any other hospital in the nation. www.mayoclinic.org

Cleveland Clinic: A non-profit academic medical center, provides clinical and hospital care and is a leader in research, education and health information. my.clevelandclinic.org

Drugs.com: They provide accurate and independent information on more than 24,000 prescription drugs, over-the-counter medicines and natural products. This material is provided for educational purposes only and is not intended for medical advice, diagnosis or treatment. Data sources include IBM Watson Micromedex (updated 2 Aug 2021), Cerner Multum™ (updated 3 Aug 2021), ASHP (updated 30 July 2021) www.drugs.com

Health Education: familydoctor.org





Excerpt from PIH Health - Volunteer Voice Newsletter

**Mended Hearts Chapter 351
Receives Honors**

**Constance Evans Appointed to
Regional Role**
By Jim Roberts

Founded in 1951 and incorporated in 1955, **Mended Hearts, Inc. (MHI)** is a United States based charity, which functions as a support group for individuals suffering from heart disease, including children born with congenital heart defects. The latter is known as **Mended Little Hearts**. There are presently 27,000 members in more than 275 community-based chapters throughout the nation as well as members in 16 other countries.

Since 2008, this program has been a highly respected part of the PIH Health culture and family, by way of its Chapter 351, which is based at PHWH. Through its unique blend of volunteers and staff, this chapter's efforts are contributing to favorable outcomes for our cardiac patients. By driving the program with mostly volunteers, clinical staff have more time to focus on their chief roles.

Chapter 351 recently received the prestigious **MHI Chapter Excellence Award**. This award is presented to the one chapter in each region that has exhibited excellence in service to its members, to the organization, and to the chapter's local community. The region of which Chapter 351 is a part includes California, Nevada, Oregon, Washington, Alaska and Hawaii. This is an impressive honor and points to the outstanding work being done by our PIH Health based MHI board and volunteers.

From patient visitations and fundraising to community involvement and outreach events, the chapter has become effective at peer-to-peer support, networking, community presentations, providing heart health education, recruiting guest speakers, developing additional volunteer roles, providing a monthly newsletter and more. Incidentally, that publication won the Mended Hearts' Region **Newsletter of the Year** award. This, too, is quite a feat. The winning newsletter must be professional, accurate and thorough, and is selected based on sophisticated criteria comprised of three categories and eleven sub-sets.

At the helm of this accomplished chapter has been its Board and President, PIH Health volunteer, Constance Evans who, disguised as a modest volunteer of unusual ability, has proven to be a leadership-minded, results-related, service-oriented wonder! Accordingly, she is now an assistant regional director and will not only oversee MHI chapters in all three of the PIH Health hospitals (PHDH, PHGSH, and PHWH), but chapters in Loma Linda, Covina and Lakewood as well.

In this capacity Constance will have a plethora of responsibilities requiring her ongoing leadership abilities. This will include organizing, facilitating, relationship building and more with chapters, potential health professionals, community leaders and other health organizations to raise awareness of and promote MHI. She will serve as an administrative arm of the regional director.

Feelings about Chapter 351 are nicely summed-up by a group of third year students at the University of St. Augustine for Health Sciences in San Marcos, California. Excerpts of their statements expressed the following: "Mended Hearts Chapter 351 is a unique and wonderful organization that embodies their mission statement of 'inspiring hope and improving the quality of life for heart patients and their families through ongoing peer-to-peer support.' Thank you to the board members of this chapter for their dedication to running the organization and to the volunteers for uplifting the patients by sharing their own personal experiences.

**Congratulations to MHI Chapter 351
and Constance Evans!**



Mended Heart Board Members. From L to R we have Yolanda Zaragoza, Mervin Felker, Constance Evans, Mike Sanchez, and Johnny Lemucchi.