



Mended Hearts[®] of Whittier, CA **NEWSLETTER**



Our newsletter is introducing a new version that includes articles in Spanish to support our speaking patients. One day we will have a separate Spanish edition and look forward to an all Spanish Zoom Speaker meeting later this year. Our mission is to serve all patients and families in our community. Thank you for your support!

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Mended Hearts of Whittier Chapter 351

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TO CONTACT OUR SOCIAL WORKER
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MHI - MENDEDHEARTS.ORG

Our Scheduled Zoom Meeting

March 16, 2022 at 6 pm - Support Group follows at 7 pm

BRENDA VALENZUELA, MSW



You have given her questions and she has answers to those and more in our Open discussion on...

Depression

What is it?
What can we do for it?
Is it different for women?
Can affect anyone?
Can diet make a difference?

Join us and find out why!

Mar 16, 2022 6:00 PM Pacific Time (US and Canada)

Join Zoom Meeting from email invite or emailed newsletter.

Click on this highlighted blue link.



<https://us06web.zoom.us/j/84561544950?pwd=R0k0Y2tmTFdmQWl0ZHIcCndtc1ErZz09>

If you aren't able to join from the link, sign onto zoom and enter the Meeting ID: 845 6154 4950 and the Passcode: MH351

No computer, no problem!

You can dial in the meeting with this phone number and you won't miss a thing.
+1 253 215 8782 US (Tacoma)



Roasted Squash with Wild Rice & Cranberry

....from the Dieticians at Mayo Clinic

Number of servings; 8 Low Sodium/Healthy carb/Low Fat

Ingredients:

- 4 cups diced winter squash, peeled and cut into half-inch pieces
- 2 teaspoons canola oil, divided
- 1 cup diced onion
- 1 cup fresh cranberries
- 4 cups cooked wild rice
- 1/4 cup chopped walnuts
- 1 small orange, peeled and segmented
- 1/2 tablespoon chopped Italian parsley
- 1/4 teaspoon thyme
- Black pepper to taste



Dietitian's tip: Store winter squashes in a cool, dry place. Many will keep for months — a great way to extend the local bounty

Directions:

Heat oven to 400 F. Place squash in a roasting pan and toss with 1 teaspoon of oil. Roast for 40 minutes or until brown. In a hot saute pan, brown onions with remaining oil. Add cranberries and sauté for 1 minute. Add remaining ingredients and sauté for 4 to 5 minutes or until heated thoroughly. Serve

Nutritional analysis per serving size: 1 cup Cholesterol 0 mg – Calories 162 – Sodium 6 mg - Total fat 4 g
Total carbohydrate 29 g - Saturated fat 0.5 g - Dietary fiber 3 g - Trans fat Trace - Added sugars 0 g
Monounsaturated fat 1 g – Protein 5 g - Total sugars 4 g – Potassium 362 mg

Calabaza asada con arroz salvaje y arándano ... de los dietistas de Mayo Clinic

Número de porciones; 8 Bajo en sodio / carbohidratos saludables / bajo en grasa

Ingredientes:

- 4 tazas de calabaza de invierno cortada en cubitos, pelada y cortada en trozos de media pulgada
- 2 cucharaditas de aceite de canola, dividido
- 1 taza de cebolla cortada en cubitos
- 1 taza de arándanos frescos
- 4 tazas de arroz salvaje cocido
- 1/4 taza de nueces picadas
- 1 naranja pequeña, pelada y segmentada
- 1/2 cucharada de perejil italiano picado
- 1/4 cucharadita de tomillo
- Pimienta negra al gusto

Here is another way to prepare the dish.

Aquí hay otra forma de preparar el plato.



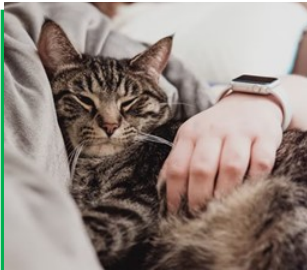
Indicaciones:

Caliente el horno a 400 F. Coloque la calabaza en una sartén para asar y mezcle con 1 cucharadita de aceite. Asar durante 40 minutos o hasta que se dore. En una sartén caliente, dore las cebollas con el aceite restante. Agregue los arándanos y saltee durante 1 minuto. Agregue los ingredientes restantes y saltee durante 4 a 5 minutos o hasta que se caliente bien. Servir

Análisis nutricional por tamaño de porción: 1 taza Colesterol 0 mg – Calorías 162 – Sodio 6 mg – Grasa total 4 g
Carbohidratos totales 29 g - Grasas saturadas 0.5 g - Fibra dietética 3 g - Traza de grasas trans - Azúcares añadidos 0 g
Grasa monoinsaturada 1 g – Proteína 5 g – Azúcares totales 4 g – Potasio 362 mg



Hi to all our Heart patients and their families. Our March topic about Depression is very important because the last two years has taken a toll on all of us in one way or another. Depression affects so many of us that Brenda asks that you please invite family, friends, neighbors and co-workers to join the call because we all need open dialog, sharing and caring. I look forward to seeing you!



17 Everyday Ways to Ease Depression

Medically Reviewed by Smitha Bhandari, MD on November 11, 2021

Let Your Pet Nuzzle Blues Away

Sometimes your pet really can be your best friend, and that's good therapy. When you play with them, you take your mind off your problems. And when you take care of them, you're focused on something outside yourself, which can be therapeutic.

Eat Smart to Lift Mind and Body - No specific foods treat depression, but a healthy diet can be part of an overall treatment plan. Build your meals and snacks around plenty of fruits, vegetables, and whole grains.

Choose Foods to Boost Your Mood - Some studies say omega-3 fatty acids and vitamin B12 may play a role with brain chemicals that affect mood and other brain functions. Low levels may be linked to depression. Fatty fish like salmon, tuna, and mackerel have omega-3s. So do flaxseed, nuts, soybeans, and dark green veggies. Seafood is a good B12 source, but vegetarians can get it in fortified cereals, dairy products, and supplements.



Try Low-Fat Carbs for a Pick-Me-Up - Carbohydrates raise your level of the brain chemical serotonin, which boosts your sense of well-being. You can get carbs from vegetables, fruit, and whole grains, which also give you fiber.

Drink Less Caffeine - Do you really need that third cup of coffee? Anxiety often happens along with depression. And too much caffeine can make you nervous, jittery, or anxious. While scientists haven't found a clear link between caffeine and depression, cutting back on it may help lower your chances of having the condition and improve your sleep.

Treat Your Aches and Pains - When you hurt, it's hard to stay in a good mood. Work with your health care team to treat your depression and your pain.

Work Out to Change How You Feel - Exercise works almost as well as antidepressants for some people. And you don't have to run a marathon. Just take a walk with a friend. As time goes on, move more until you exercise on most days of the week. You'll feel better physically, sleep better at night, and boost your mood.

Choose an Exercise You Enjoy - If you don't like to run, you might not endure training for a 10K race. But you will stay with an exercise plan you like. You can take walks, go golfing without a cart, ride a bike, work in your garden, play tennis, or go swimming. The important thing is to pick something you like. Then you'll look forward to it and feel better when you do it.



Exercise With Others for Support - Connections with other people can help you overcome the sluggish, lonely feelings of depression. Join an exercise group or work out with a friend. You'll stay in touch and have support to keep yourself on track.

Continued on Page 4



Chapter #35 1 Board Members

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PIH Good Samaritan - Coming 2022

Mascot - Makena

17 Everyday Ways to Ease Depression -Continued

Be Sure You Get Enough Sunlight - Do you feel more depressed during darker, cold months? You may have seasonal affective disorder (SAD). It's most common in the winter, when there's less sunlight. You can treat SAD with light therapy, antidepressants, Vitamin D supplements, and talk therapy.

Explore Your Creativity - Painting, photography, music, knitting, or writing in a journal are all ways you can explore your feelings and express what's on your mind. The goal isn't to create a masterpiece. Do something that gives you pleasure. It may help you better understand who you are and how you feel.

Make Time for Mindful Relaxation - Stress and anxiety can add to your depression symptoms and make it harder to recover. Learn to relax, and you can help restore a sense of calm and control. You might consider a yoga or meditation class. Or you could simply listen to soothing music while you take a long, warm bath.

Keep Friends and Family in Your Life - The people who love you want to support you. If you shut them out, they can't. If you let them in, you'll feel a lot better. Call a friend and go for a walk. Have a cup of coffee with your partner. You may find it helps to talk about your depression. It feels good to have someone listen.

Get the Sleep You Need Depression makes it hard to get good rest. Some people sleep too much. Others can't fall asleep easily. As you recover, relearn good nighttime habits. Start by going to bed and getting up the same times each day. Use relaxation techniques to help you drift off. Quality shut-eye makes your mind and body feel better.

Avoid Alcohol and Drugs - They can slow your recovery from depression or stop it in its tracks. They can also make the condition worse and keep antidepressants from working well. If you have a problem with substance abuse, ask for help now. You'll have a far better chance of getting past depression.

Stick to Your Treatment - Exercise, a healthy diet, and other good habits may help you feel positive about your life. But they won't replace medical treatment or talk therapy. Depression is a serious illness, and it carries a risk of suicide. If you are thinking about harming yourself, get help right away. And never stop or change your treatment without discussing it with your doctor.



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 and advocacy!”

Depression and Suicide Anybody who thinks or talks about harming themselves should be taken very seriously. Do not hesitate to call your local suicide hotline right away. Call **800-SUICIDE (800-784-2433); 800-273-TALK (800-273-8255);** or, for the hotline for the hearing impaired, call **800-799-4889**. Or contact a mental health professional ASAP. If you intend or have a plan to commit suicide, go to the emergency room right away.



17 maneras cotidianas de aliviar la depresión

Revisado médicamente por Smitha Bhandari, MD el 11 de noviembre de 2021

Deja que tu mascota acaricie el blues

A veces tu mascota realmente puede ser tu mejor amiga, y esa es una buena terapia. Cuando juegas con ellos, quitas tu mente de tus problemas. Y cuando los cuidas, estás enfocado en algo fuera de ti mismo, que puede ser terapéutico.



Coma inteligentemente para levantar la mente y el cuerpo : ningún alimento específico trata la depresión, pero una dieta saludable puede ser parte de un plan de tratamiento general. Construya sus comidas y refrigerios alrededor de muchas frutas, verduras y granos enteros.



Elija alimentos para mejorar su estado de ánimo : algunos estudios dicen que los ácidos grasos omega-3 y la vitamina B12 pueden desempeñar un papel con las sustancias químicas del cerebro que afectan el estado de ánimo y otras funciones cerebrales. Los niveles bajos pueden estar relacionados con la depresión. Los pescados grasos como el salmón, el atún y la caballa tienen omega-3. También lo hacen la linaza, las nueces, la soja y las verduras de color verde oscuro. Los mariscos son una buena fuente de B12, pero los vegetarianos pueden obtenerlos en cereales fortificados, productos lácteos y suplementos.

Pruebe los carbohidratos bajos en grasa para un Pick-Me-Up - Los carbohidratos elevan su nivel de serotonina química del cerebro, lo que aumenta su sensación de bienestar. Puede obtener carbohidratos de verduras, frutas y granos enteros, que también le dan fibra.

Bebe menos cafeína - ¿Realmente necesitas esa tercera taza de café? La ansiedad a menudo ocurre junto con la depresión. Y demasiada cafeína puede ponerte tembloroso, tembloroso o ansioso. Si bien los científicos no han encontrado un vínculo claro entre la cafeína y la depresión, reducirla puede ayudar a reducir sus posibilidades de tener la afección y mejorar su sueño.

Trate sus dolores y molestias : cuando le duele, es difícil mantenerse de buen humor. Trabaje con su equipo de atención médica para tratar su depresión y su dolor.

Haga ejercicio para cambiar cómo se siente : el ejercicio funciona casi tan bien como los antidepresivos para algunas personas. Y no tienes que correr una maratón. Solo da un paseo con un amigo. A medida que pase el tiempo, muévase más hasta que haga ejercicio la mayoría de los días de la semana. Te sentirás mejor físicamente, dormirás mejor por la noche y mejorarás tu estado de ánimo.

Elija un ejercicio que disfrute : si no le gusta correr, es posible que no soporte el entrenamiento para una carrera de 10K. Pero te quedarás con un plan de ejercicios que te guste. Puede dar paseos, jugar al golf sin un carrito, andar en bicicleta, trabajar en su jardín, jugar al tenis o ir a nadar. Lo importante es elegir algo que te guste. Entonces lo esperarás con ansias y te sentirás mejor cuando lo hagas.

Haga ejercicio con otros para obtener apoyo : las conexiones con otras personas pueden ayudarlo a superar los sentimientos lentos y solitarios de la depresión. Únete a un grupo de ejercicios o haz ejercicio con un amigo. Te mantendrás en contacto y tendrás apoyo para mantenerte en el buen camino.

Asegúrese de recibir suficiente luz solar : ¿se siente más deprimido durante los meses más oscuros y fríos? Usted puede tener trastorno afectivo estacional (SAD). Es más común en el invierno, cuando hay menos luz solar. Puede tratar el TAE con terapia de luz, antidepresivos, suplementos de vitamina D y terapia de conversación.



Continúa en la página 6



MHI Rings Closing Bell at Nasdaq

The Mended Hearts, Inc. was invited to ring the Nasdaq Closing Bell on February 11, 2022 in honor of Heart Month and CHD Week.

In addition to virtually ringing the bell, we were also given the opportunity to advertise on the Nasdaq marquee placed in the middle of Times Square in New York City. This was one of the many exciting opportunities that the organization had during February to share what we do to support, educate and advocate for heart patients and families. Thank you to all of our chapters, groups, and members who took the time to share their stories with their communities and the media during **CHD Week and Heart Month**.

Chapter 351 Lifetime Members

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

2022 MH Chapter Donors

- Beter, Teri & Tim
- Evans, Constance
- \$100.00 Plus Club 2022**
- Business Donors 2022**
- Panera Bread

17 maneras cotidianas de aliviar la depresión -

Explora tu creatividad: pintar, fotografiar, música, tejer o escribir en un diario son todas formas en que puedes explorar tus sentimientos y expresar lo que tienes en mente. El objetivo no es crear una obra maestra. Haz algo que te dé placer. Puede ayudarlo a comprender mejor quién es usted y cómo se siente.

Tómese un tiempo para la relajación consciente : el estrés y la ansiedad pueden aumentar sus síntomas de depresión y dificultar la recuperación . Aprenda a relajarse y puede ayudar a restaurar una sensación de calma y control. Podrías considerar una clase de yoga o meditación. O simplemente puede escuchar música relajante mientras toma un baño largo y caliente.

Mantén a tus amigos y familiares en tu vida : las personas que te aman quieren apoyarte. Si los excluyes, no pueden. Si los dejas entrar, te sentirás mucho mejor. Llama a un amigo y sal a caminar. Toma una taza de café con tu pareja. Es posible que le resulte útil hablar sobre su depresión. Se siente bien que alguien escuche.

Duerma lo que necesita: la depresión hace que sea difícil descansar bien. Algunas personas duermen demasiado. Otros no pueden conciliar el sueño fácilmente. A medida que se recupera, vuelva a aprender buenos hábitos nocturnos. Comience por acostarse y levantarse a la misma hora todos los días. Use técnicas de relajación para ayudarlo a alejarse. Descansar los ojos con calidad hace que tu mente y tu cuerpo se sientan mejor.

Evite el alcohol y las drogas : pueden retrasar su recuperación de la depresión o detenerla en seco. También pueden empeorar la afección y evitar que los antidepresivos funcionen bien. Si tiene un problema con el abuso de sustancias, pida ayuda ahora. Tendrás muchas más posibilidades de superar la depresión. **Siga su tratamiento :** el ejercicio, una dieta saludable y otros buenos hábitos pueden ayudarlo a sentirse positivo sobre su vida. Pero no



reemplazarán el tratamiento médico o la terapia de conversación. La depresión es una enfermedad grave y conlleva un riesgo de suicidio. Si está pensando en hacerse daño, busque ayuda de inmediato. Y nunca detenga o cambie su tratamiento sin discutirlo con su médico.

Depresión y suicidio Cualquiera que piense o hable de hacerse daño a sí mismo debe ser tomado muy en serio. No dude en llamar a su línea directa local de suicidio de inmediato. Llame al **800-SUICIDE (800-784-2433); 800-273-TALK (800-273-8255)**; o, para la línea directa para personas con discapacidad auditiva, llame al 800-799-4889. O póngase en contacto con un profesional de la salud mental lo antes posible. Si tiene la intención o tiene un plan para suicidarse, vaya a la sala de emergencias de inmediato



Wearin' the Green

L I L Y P A D I E S R Y P
S P I N A C H Y E A B I E
Z X S U T C A C C M D A T
H T A E R W D S U I R E E
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| ALLIGATOR | EMERALD | MINT |
| ARTICHOKE | FERN | MOSS |
| BASIL | FROG | OSCAR |
| BROCCOLI | GRASS | PEPPERS |
| CACTUS | GUMBY | PETER PAN |
| CELERY | JADE | SHREK |
| CHIVES | KERMIT | SPINACH |
| CLOVER | LETTUCE | TURTLE |
| CROCODILE | LILY PAD | WREATH |
| DILL | LIME | YODA |
| ELPHABA | LIVES | |

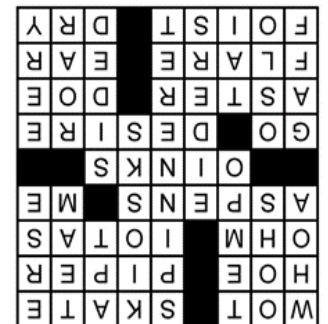
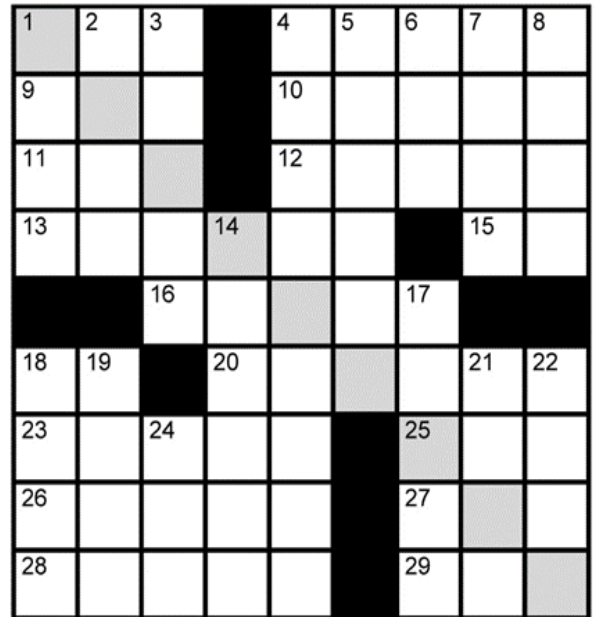
March 8 Special Day

Across

- Knows, in poesy
- Flat fish
- Garden tool
- Hamelin musician
- Resistance unit
- Bits
- Poplars
- Northeasternmost st.
- Pig sounds
- 'Monopoly' square
- Covet
- Fall flower
- Buck's partner
- Emergency signal
- Mr. Potato Head piece
- Palm off (on)
- Like some wines

Down

- "Hold your horses!"
- ___ and aahs
- Pace
- Web-making part of a spider
- Newsstands
- Fitting
- Mets, Jets or Nets
- Gaelic tongue
- Large sea ducks
- Allied (with)
- Big fishhook
- Nobel Peace Prize city
- Surf's sound
- Otherworldly
- Skater Babilonia



The headline is a clue to the answer in the diagonal.



Be sure to get your copy!

We mail out and email.



Call 562-698-0811 Ext. 12368 to get on the mailing list. You'll get great stories and

Learn about upcoming events!





March 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11 10 am MH Board Meeting	12
13 Daylight Savings	14	15	16 6 pm MH Speaker & Support Group	17 	18	19
20 Spring Begins	21	22	23 RUBY'S Fundraiser All Day in Whittwood Mall	24	25	26
27	28	29	30	31		

Are you looking for a way to give back?

If you have ever thought of giving back and supporting a heart patient,,,,,
please give us a call and find out all the different ways you can help. 562-698-0811 Ext. 12368

We currently need a volunteer in our office to help with communications and general office work.

Bi-lingual volunteers are very helpful!

We understand not everyone is ready to return because of the COVID variant. Ad want you to know that PIH Health respects that and keeps the hospital environment as clean and healthy as possible.

PIH volunteers receive flu & COVID vaccinations, free parking and you'll meet lots of wonderful people!



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 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.
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<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 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.**

RUBY'S



RUBY'S DINER

10109 Whittwood Lane
(in the Whittwood Mall)
(562) 947-RUBY (7829)

**Come dine at Ruby's and 20% of all
food and non-alcoholic beverage sales**

Goes to

Mended Hearts Chapter 351

Located at PIH Health Hospital-Whittier

Wednesday, March 23, 2022

All Day! Good on to go Orders

Not valid with any other offer or discount

COME JOIN THE FUN!!!!

(Don't forget to bring this flyer with you!)

Remember: Flyers must be passed out prior to your fundraiser
and may not be passed out at the restaurant during the event.

Real Food. Real Good. Real Friendly.