



# Mended Hearts® of Whittier, CA NEWSLETTER

August 2022

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

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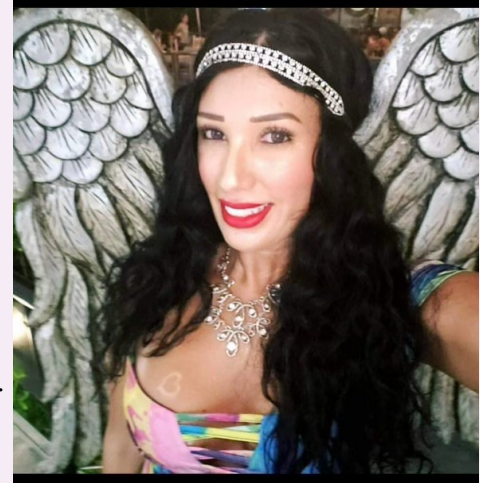
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### Celebrating the Life

Of

Annette Patino

1/19/73 to 7/8/2022



Remembering our friend who inspired us every day.

### LIVE LIFE TO THE FULLEST AND DANCE LIKE THERE IS NO TOMORROW

Annette's sister shared these memories...

Annette was only 49 years old when she passed away from a brain aneurysm on July 8, 2022. She lived in Pico Riviera and is survived by her three children, her siblings, lots of adoring family members and her patients.

She was a passionate, caring and selfless nurse for over 25 years. She lived every day to the fullest and loved making memories, captured by her camera. Annette loved to travel with family and her friends, dance to loud music, go to Disneyland and gift giving. There could never be too many gifts!

As you read this, you can remember Annette caring for you on 1 Tower, where she worked and she also helped in Dr. Nayak's office. She would take patients funny cards to cheer them up,

get them a neck pillow to give comfort and balloons to get a smile.



We will continue to honor her way of living and will always be reminded of her when we come across Hearts and butterflies. Her personal favorite's.



### Chicken Sausage Meatballs *By Mayo Clinic Staff*

Number of servings: 5 Healthy carb

#### Ingredients:

- 1/4 large onion, chopped
- 1 3/4 teaspoon minced garlic
- 1/4 cup grated Parmesan cheese
- 3/4 teaspoon Italian seasoning
- 3/4 teaspoon ground fennel
- 1/4 teaspoon kosher salt
- 1/8 teaspoon ground black pepper
- 1 pound ground chicken breast

Appetizers?

Picnic's?



Chef's note: - These meatballs can be made ahead of time. Chill in the refrigerator overnight to use the next day or freeze for up to 3 months.

#### Directions:

1. Heat the oven to 350 F.
2. In a small saucepan, sauté the onions and garlic until tender, about 5 to 7 minutes.
3. Remove from heat and place in a medium bowl. Add the cheese, Italian seasoning, fennel, salt and pepper; mix well. Add the chicken and gently mix with hands until just combined.
4. Form mixture into 1-inch meatballs —about 3/4 ounces each. Place on a greased baking sheet and bake until the internal temperature of the meatballs reach 165 F, about 15 minutes.

#### Nutritional analysis per serving size: 3 ounces

Calories 177 - Total fat 4 g - Saturated fat 2 g - Trans fat 0 g - Monounsaturated fat 1 g - Cholesterol 81 mg  
Sodium 326 mg - Total carbohydrate 2 g - Dietary fiber 1 g - Total sugars 1 g - Protein 30 g

### Albóndigas de salchicha de pollo por el personal de Mayo Clinic

Número de porciones: 5 carbohidratos saludables

#### Ingredientes:

- 1/4 de cebolla grande, picada
- 1 3/4 cucharadita de ajo picado
- 1/4 taza de queso parmesano rallado
- 3/4 cucharadita de condimento italiano
- 3/4 cucharadita de hinojo molido
- 1/4 cucharadita de sal kosher
- 1/8 cucharadita de pimienta negra molida
- 1 libra de pechuga de pollo molida

Añadir una salsa para darle color?

¡Usa tu dip favorito!



#### Indicaciones:

1. Calentar el horno a 350 F.
2. En una cacerola pequeña, saltee las cebollas y el ajo hasta que estén tiernos, aproximadamente de 5 a 7 minutos.
3. Retirar del fuego y colocar en un bol mediano. Agregue el queso, el condimento italiano, el hinojo, la sal y la pimienta; mezclar bien. Agregue el pollo y mezcle suavemente con las manos hasta que se combine.
4. Forma una mezcla en albóndigas de 1 pulgada, aproximadamente 3/4 onzas cada una. Coloque en una bandeja para hornear engrasada y hornee hasta que la temperatura interna de las albóndigas alcance los 165 F, aproximadamente 15 minutos.

Nota del chef: - Estas albóndigas se pueden hacer con anticipación. Enfríe en el refrigerador durante la noche para usar al día siguiente o congele hasta por 3 meses.

#### Análisis nutricional por tamaño de porción: 3 onzas

Calorías 177 - Grasa total 4 g - Grasa saturada 2 g - Grasas trans 0 g - Grasa monoinsaturada 1 g - Colesterol 81 mg  
Sodio 326 mg - Carbohidrato total 2 g - Fibra dietética 1 g - Azúcares totales 1 g - Proteína 30 g



### Our Scheduled Zoom Meeting

August 17, 2022 at 6 pm

### Do You Take Heart Medication's?

Join us to hear

**John Anderson, PharmD**

Senior Clinical Pharmacist at PIH Health

### Cardiac Medications

Learn about medications you may be taking  
and ask questions from an expert in the field!

Support Group follows at 7 pm

August 17, 2022 6:00 PM Pacific Time  
(US and Canada)

Mended Hearts Chapter 351's Zoom Meeting

Join Zoom Meeting

[https://us06web.zoom.us/j/84832845091?  
pwd=aG1jbm1ZOVh6SFh6dngzcmdJRHF3QT09](https://us06web.zoom.us/j/84832845091?pwd=aG1jbm1ZOVh6SFh6dngzcmdJRHF3QT09)

If you aren't able to join from the link,  
sign onto zoom and enter:



Meeting ID: 848 3284 5091  
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)



### Do You Take Medications? Watch Out for Summer Heat and Sun

By Batya Swift Yasgur, MA (WebMD)

**July 20, 2022** – Fred Price, a 62-year-old resident of Ohio, began getting dizzy when he went outside to wash his pavement. He had recently started taking the blood pressure medication valsartan (Diovan). “I started questioning whether the dizziness could be a medication side effect, since I’d never had that type of experience before” he says. One day, he decided to take the medication but not go outside afterward, and he had no dizziness. “I figured out that this must be a medication side effect. And then I asked the doctor, who said it is,” says Price. Now, he limits his time in the heat and sun after taking his medication. His story is not uncommon, says **Barbara Bawer, MD, a primary care doctor at the Westerville Primary Care Office in Ohio**. Ideally, health care providers should warn patients about how the heat or sun can affect your body’s response to medications, but “unfortunately, that doesn’t always happen,” she says. She urges patients to “be aware of heat and sun effects on medications during the summer – especially since heat levels are rising, due to climate change – and be proactive in asking doctors and pharmacists about them.”

#### Storing Medications Correctly

“It’s never a good idea to store medications in the heat,” says **Bawer, who’s also an assistant clinical professor in the Department of Family and Community Medicine at Ohio State University Wexner Medical Center**. “Any temperature above 86 degrees F reduces the shelf life and potency of the medications.” Most medications should be stored at room temperature (68 F to 75 F, or so), while some medications, such as insulin, may need to be stored in the refrigerator or even the freezer. The type of storage container used is also important - “Never move your medications from the container in which you received them from the pharmacy,” Bawer warns. Some medicines must be in a dark bottle because light can change their chemical makeup. She advises people to “always speak to the pharmacist if they would like to move the medication to a Ziploc bag or pill organizer.”

#### Why Do We Need to Worry About Heat and Sun When Taking Medications?

It’s usually hottest in the sunlight, but even on cooler days, too much sun can be a problem when it comes to medications. But even on cloudy days, heat can be harmful if you’re taking certain medications. And the combination of sun and heat can be especially tricky. Bawer explains that medications are designed to cause chemical changes in the body to heal or manage the medical condition for which they’re prescribed. Heat or sun might slow or reduce those changes or might intensify or speed up those changes. The body might be getting too little or too much of the medication’s effects, which can be dangerous.

Continued Page 4



## **Chapter #351 Board Members**

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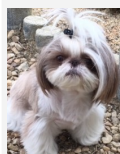
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### **MHI National Board**

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### **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!”**

### **Heat-Related Risks**

***Continued from Page 3***

One of the major effects of heat is that it causes people to sweat, and sweating removes water from your body, says Bawer. This can cause dehydration, a potentially dangerous condition in which your body doesn't have enough water.

Diuretics are an example: They are designed to remove water from your body. But when you sweat, you also lose water, leading to dehydration.

Examples of diuretics are chlorothiazide (Diuril), furosemide (Lasix), and spironolactone (Aldactone, Carospir). Selective serotonin reuptake inhibitors (SSRIs), which are common antidepressants, can make you sweat more. This can contribute to dehydration. Examples include fluoxetine (Prozac) and sertraline (Zoloft). Lithium, a mood stabilizer, is a salt that becomes more concentrated in the body when people sweat. High concentrations can intensify the medication too much, leading to lithium toxicity or confusion, slurred speech, and tremors.

### **Some medications prevent sweating.**

“Sweating is the body's cooling mechanism, so when people can't sweat, there's a danger that they can become overheated, resulting in heat-stroke,” says Bawer. Medications that prevent sweating include antihistamines like diphenhydramine (Benadryl), and anticholinergics, which are prescribed for many conditions, including asthma, chronic obstructive pulmonary disease (COPD), overactive bladder, and Parkinson's disease. Blood pressure medications also raise the risk of overheating. They're prescribed not only for hypertension, but sometimes for other conditions like anxiety or migraines. Bawer explains that because they lower blood pressure, you might be more prone to fainting, and if you become dehydrated, you're also more prone to fainting. Examples include beta-blockers, angiotensin-converting enzyme (ACE) inhibitors, angiotensin receptor blockers (ARBs), and calcium channel blockers.

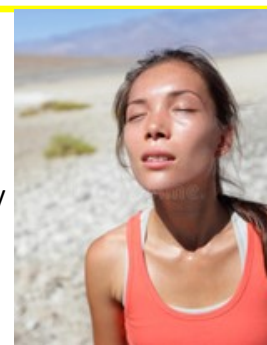
Some decongestants, such as pseudoephedrine (Sudafed), decrease blood flow to the skin, increasing the risk of overheating, and should be avoided. Look for other options if you have a summer cold, Bawer advises.



Several medications make us less able to regulate our body temperature. Our brains are responsible for this, and medications that inhibit or modify our brain's ability to carry out that task can be dangerous in the heat, she explains. Examples include antipsychotics, tricyclic antidepressants, and some Parkinson's disease medications, like carbidopa/levodopa (Sinemet).

Stimulants such as amphetamine/dextroamphetamine (Adderall) and methylphenidate (Ritalin), often used to treat attention deficit hyperactivity disorder (ADHD), can raise the body's temperature and make people more vulnerable to heatstroke.

**Continued on Page 5**





**July 2022 New Members**

Cambron, Hugo & Susan

**Mended Hearts  
Membership is free!**

You can upgrade if you want and receive benefits, including nationally acclaimed **HeartBeat magazine** for only \$20.00 a year. **The web site is a great source for current heart information !**

**2022 MH Chapter Donors**

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**Too Much Sunshine**

**Continued from page 4**

Some medications don't interact well with the sun, Bawer cautions. The most common type of sun sensitivity reaction, phototoxicity, can be caused by antibiotics of all different classes, including the tetracycline, penicillin, and quinolone families. Other drugs include nonsteroidal anti-inflammatory drugs (NSAIDs), like ibuprofen or naproxen; heart medications, like amiodarone (Cordarone); and statin drugs, like atorvastatin (Lipitor).

These can cause an array of reactions, most commonly different types of skin rashes that can happen just after or sometime after sun exposure and can even affect body parts that weren't exposed to the sun.

Bawer notes that the medications above aren't a complete list. She encourages people to speak to their health care provider or pharmacist about potential heat- or sun-related concerns with all their medications.

**Protecting Yourself**

Bawer offers several suggestions to protect yourself on a hot day: **wear high-sun protection factor (SPF) sunscreen.** Don't forget your water bottle. Take it wherever you go, and keep sipping. **Wear a hat to protect your head.** Don't spend too much time outdoors during peak times of heat and sun – for example, during the middle of the day. **Don't exert yourself too much in the heat,** and take plenty of breaks to cool off if you're exercising. Wear comfortable, loose-fitting, lightweight clothing.

**Take note of symptoms of heatstroke, including high body temperature, a rapid pulse, very hot skin, confusion, a hard time breathing, crankiness, seizures, confusion, and passing out. Seek help right away if any of these occur.**

Fred Price, Ohio.

Barbara Bawer, MD, primary care doctor, Westerville Primary Care Office, Ohio; assistant clinical professor, Department of Family and Community Medicine, Ohio State University Wexner Medical Center.

**How much do Americans save?**

Article from pages.com

At the beginning of the pandemic in 2020, Americans hoarded cash. According to the U.S. Bureau of Economic Analysis, in April 2020, Americans were saving 33 percent of their disposable income. That was highly unusual. The personal savings rate was 4.4 percent in April 2022--the lowest rate recorded since September 2008.

**Emergency savings** - About one in five Americans didn't save any money in 2021, according to the MagnifyMoney Savings Index. About 18 percent of respondents admitted to contributing zero dollars to their savings last year and another 48 percent contributed fewer than \$5,000. About 25 percent of Americans have no emergency fund at all, according to Bankrate's July 2021 Emergency Savings survey. About one in six households report having more savings now than prior to the pandemic. The Federal Reserve reports that 36 percent of Americans don't have enough money on hand to cover a \$400 emergency.

**Easy savings** - The average American could save \$300 per month just by not eating out, according to the Bureau of Labor Statistics. If you do eat out, skip the drinks and sip water. By just skipping a soda order, wisebread.com estimates Americans could save \$977 per year.



## **¿Tomas medicamentos? Cuidado con el calor y el sol del verano**

Por Batya Swift Yasgur, MA (WebMD)

**20 de julio de 2022** - Fred Price, un residente de Ohio de 62 años, comenzó a marearse cuando salió a lavar su pavimento. Recientemente había comenzado a tomar el medicamento para la presión arterial valsartán (Diovan). "Comencé a cuestionarme si el mareo podría ser un efecto secundario de la medicación, ya que nunca antes había tenido ese tipo de experiencia", dice. Un día, decidió tomar el medicamento pero no salir después, y no tenía mareos. "Descubrí que esto debe ser un efecto secundario de la medicación. Y luego le pregunté al médico, que dijo que sí", dice Price. Ahora, limita su tiempo en el calor y el sol después de tomar su medicamento.

Su historia no es infrecuente, dice Barbara Bawer, MD, médica de atención primaria en la Oficina de Atención Primaria de Westerville en Ohio. Idealmente, los proveedores de atención médica deberían advertir a los pacientes sobre cómo el calor o el sol pueden afectar la respuesta de su cuerpo a los medicamentos, pero "desafortunadamente, eso no siempre sucede", dice. Insta a los pacientes a "ser conscientes de los efectos del calor y el sol en los medicamentos durante el verano, especialmente porque los niveles de calor están aumentando, debido al cambio climático, y ser proactivos al preguntar a los médicos y farmacéuticos sobre ellos".

### **Almacenamiento correcto de los medicamentos**

"Nunca es una buena idea almacenar medicamentos en el calor", dice Bawer, quien también es profesor clínico asistente en el Departamento de Medicina Familiar y Comunitaria del Centro Médico Wexner de la Universidad Estatal de Ohio. "Cualquier temperatura por encima de 86 grados F reduce la vida útil y la potencia de los medicamentos". La mayoría de los medicamentos deben almacenarse a temperatura ambiente (68 F a 75 F, más o menos), mientras que algunos medicamentos, como la insulina, pueden necesitar almacenarse en el refrigerador o incluso en el congelador. El tipo de recipiente de almacenamiento utilizado también es importante: "Nunca mueva sus medicamentos del recipiente en el que los recibió de la farmacia", advierte Bawer. Algunos medicamentos deben estar en un frasco oscuro porque la luz puede cambiar su composición química. Ella aconseja a las personas que "siempre hablen con el farmacéutico si desean mover el medicamento a una bolsa Ziploc o a un organizador de píldoras".



### **¿Por qué debemos preocuparnos por el calor y el sol al tomar medicamentos?**

Por lo general, hace más calor a la luz del sol, pero incluso en los días más fríos, demasiado sol puede ser un problema cuando se trata de medicamentos. Pero incluso en días nublados, el calor puede ser dañino si está tomando ciertos medicamentos. Y la combinación de sol y calor puede ser especialmente complicada. Bawer explica que los medicamentos están diseñados para causar cambios químicos en el cuerpo para curar o controlar la afección médica para la que se recetan. El calor o el sol pueden ralentizar o reducir esos cambios o pueden intensificar o acelerar esos cambios. El cuerpo puede estar recibiendo muy poco o demasiado de los efectos del medicamento, lo que puede ser peligroso.

### **Riesgos relacionados con el calor**

Uno de los principales efectos del calor es que hace que las personas suden, y la sudoración elimina el agua de su cuerpo, dice Bawer. Esto puede causar deshidratación, una condición potencialmente peligrosa en la que su cuerpo no tiene suficiente agua. Los diuréticos son un ejemplo: están diseñados para eliminar el agua de su cuerpo. Pero cuando sudas, también pierdes agua, lo que lleva a la deshidratación. Ejemplos de diuréticos son la clorotiazida (Diuril), la furosemida (Lasix) y la espironolactona (Aldactone, Carospir). Los inhibidores selectivos de la recaptación de serotonina (ISRS), que son antidepresivos comunes, pueden hacer que sude más. Esto puede contribuir a la deshidratación. Los ejemplos incluyen fluoxetina (Prozac) y sertralina (Zoloft).

El litio, un estabilizador del estado de ánimo, es una sal que se concentra más en el cuerpo cuando las personas sudan. Las concentraciones altas pueden intensificar demasiado el medicamento, lo que lleva a toxicidad o confusión del litio, dificultad para hablar y temblores.

Continuado en la página 7



## **Tomas medicamentos? Cuidado con el calor y el sol del verano**

Continuado desde la página 6

### **Algunos medicamentos previenen la sudoración.**

"La sudoración es el mecanismo de enfriamiento del cuerpo, por lo que cuando las personas no pueden sudar, existe el peligro de que se sobrecalienten, lo que resulta en un golpe de calor", dice Bawer. Los medicamentos que previenen la sudoración incluyen antihistamínicos como la difenhidramina (Benadryl) y los anticolinérgicos, que se recetan para muchas afecciones, como el asma, la enfermedad pulmonar obstructiva crónica (EPOC), la vejiga hiperactiva y la enfermedad de Parkinson. Los medicamentos para la presión arterial también aumentan el riesgo de sobrecalentamiento. Se prescriben no solo para la hipertensión, sino a veces para otras afecciones como la ansiedad o las migrañas. Bawer explica que debido a que reducen la presión arterial, es posible que sea más propenso a desmayarse, y si se deshidrata, también es más propenso a desmayarse. Los ejemplos incluyen betabloqueantes, inhibidores de la enzima convertidora de angiotensina (ECA), bloqueadores de los receptores de angiotensina (BRA) y bloqueadores de los canales de calcio. Algunos descongestionantes, como la pseudoefedrina (Sudafed), disminuyen el flujo sanguíneo a la piel, aumentando el riesgo de sobrecalentamiento, y deben evitarse. Busca otras opciones si tienes un resfriado de verano, aconseja Bawer. Varios medicamentos nos hacen menos capaces de regular la temperatura de nuestro cuerpo. Nuestros cerebros son responsables de esto, y los medicamentos que inhiben o modifican la capacidad de nuestro cerebro para llevar a cabo esa tarea pueden ser peligrosos en el calor, explica. Los ejemplos incluyen antipsicóticos, antidepressivos tricíclicos y algunos medicamentos para la enfermedad de Parkinson, como carbidopa / levodopa (Sinemet). Los estimulantes como la anfetamina/dextroanfetamina (Adderall) y el metilfenidato (Ritalin), que a menudo se usan para tratar el trastorno por déficit de atención con hiperactividad (TDAH), pueden elevar la temperatura del cuerpo y hacer que las personas sean más vulnerables a los golpes de calor.



### **Demasiado sol**

Algunos medicamentos no interactúan bien con el sol, advierte Bawer. El tipo más común de reacción de sensibilidad al sol, la fototoxicidad, puede ser causada por antibióticos de todas las clases diferentes, incluidas las familias de tetraciclina, penicilina y quinolona. Otros medicamentos incluyen medicamentos antiinflamatorios no esteroideos (AINE), como el ibuprofeno o el naproxeno; medicamentos para el corazón, como amiodarona (Cordarone); y estatinas, como la atorvastatina (Lipitor). Estos pueden causar una serie de reacciones, más comúnmente diferentes tipos de erupciones en la piel que pueden ocurrir justo después o en algún momento después de la exposición al sol e incluso pueden afectar partes del cuerpo que no fueron expuestas al sol. Bawer señala que los medicamentos anteriores no son una lista completa. Ella alienta a las personas a hablar con su proveedor de atención médica o farmacéutico sobre posibles preocupaciones relacionadas con el calor o el sol con todos sus medicamentos.

### **Protegiéndose a sí mismo**

Bawer ofrece varias sugerencias para protegerse en un día caluroso: use protector solar con alto factor de protección solar (SPF). No olvides tu botella de agua. Llévalo a donde quiera que vayas y sigue bebiendo. Use un sombrero para proteger su cabeza. No pase demasiado tiempo al aire libre durante las horas pico de calor y sol, por ejemplo, durante la mitad del día. No te esfuerces demasiado en el calor y toma muchos descansos para refrescarte si estás haciendo ejercicio. Use ropa cómoda, holgada y liviana.

Tome nota de los síntomas del golpe de calor, que incluyen temperatura corporal alta, pulso rápido, piel muy caliente, confusión, dificultad para respirar, irritabilidad, convulsiones, confusión y desmayo. Busque ayuda de inmediato si ocurre alguno de estos.

Fred Price, Ohio. & Barbara Bawer, MD, doctora de atención primaria, Oficina de Atención Primaria de Westerville, Ohio; profesor clínico asistente, Departamento de Medicina Familiar y Comunitaria, Centro Médico Wexner de la Universidad Estatal de Ohio.



**Presidents Corner**

We were saddened to lose a supporter of our program and a very caring nurse. Annette Patino worked on 1 Tower and you may recall her taking loving care of you. Please keep the family in your prayers.



We are looking forward to our August Zoom meeting. There are many questions we have when it comes to cardiac medications how they work and interactions with other drugs.

**John Anderson, PharmD, Senior Clinical Pharmacist at PIH Health** will be discussing these topics and answering your questions. You won't want to miss this speaker and share the information with family, friends and neighbor's so they can also learn! Many of you asked if we could have another Picnic and the answer is YES! Our next Picnic in the park is scheduled for September 21st from 4 pm to 6 pm. You'll hear more in our next newsletter and if you want to get involved just give us a call. **Lets have fun together!**

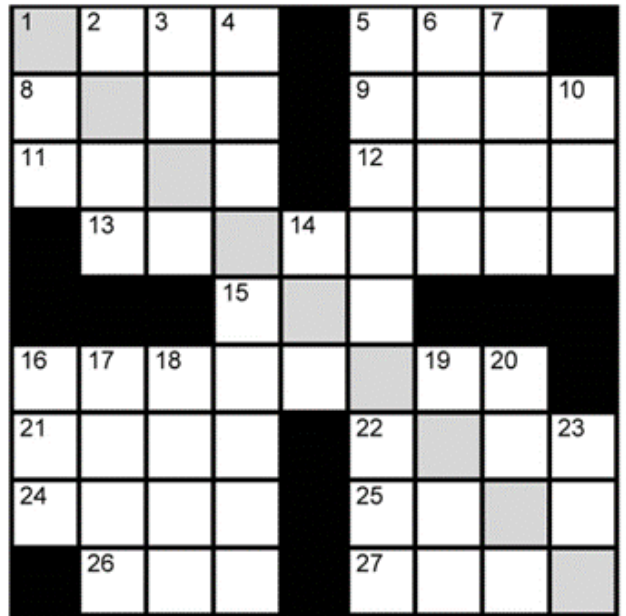
**Lovers, Painters, and Writers**

**Across**

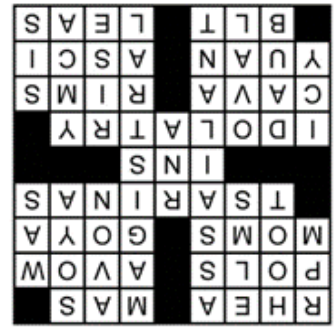
- 1. Actress Perlman
- 5. More, in Madrid
- 8. D.C. bigwigs
- 9. Acknowledge
- 11. Some PTA members
- 12. "Naked Maja" painter
- 13. Winter Palace residents
- 15. Officeholders
- 16. Hero worship
- 21. Spanish sparkling wine
- 22. Hoop edges
- 24. Chinese dollar
- 25. Fungal spore sacs
- 26. Deli sandwich
- 27. Grazing sites

**Down**

- 1. Dashboard abbr.
- 2. Owl's call
- 3. "Desire Under the \_\_\_"
- 4. Attacker
- 5. Authoritative
- 6. Shakespeare,



- the Bard of \_\_\_
- 7. Bean used to make miso
- 10. Used to be
- 14. Genetic material
- 16. Slick
- 17. Slap on
- 18. Track shape
- 19. Get up
- 20. Village People hit
- 23. Bro's sibling



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

**¿Cuánto ahorran los estadounidenses?**

Al comienzo de la pandemia en 2020, los estadounidenses acumularon efectivo. Según la Oficina de Análisis Económico de los Estados Unidos, en abril de 2020, los estadounidenses estaban ahorrando el 33 por ciento de su ingreso disponible. Eso fue muy inusual. La tasa de ahorro personal fue de 4.4 por ciento en abril de 2022, la tasa más baja registrada desde septiembre de 2008.

**Ahorros de emergencia** : aproximadamente uno de cada cinco estadounidenses no ahorró dinero en 2021, según el Índice de Ahorros MagnifyMoney. Alrededor del 18 por ciento de los encuestados admitió haber contribuido con cero dólares a sus ahorros el año pasado y otro 48 por ciento contribuyó con menos de \$ 5,000. Alrededor del 25 por ciento de los estadounidenses no tienen ningún fondo de emergencia, según la encuesta de Ahorros de Emergencia de julio de 2021 de Bankrate. Aproximadamente uno de cada seis hogares reporta tener más ahorros ahora que antes de la pandemia. La Reserva Federal informa que el 36 por ciento de los estadounidenses no tienen suficiente dinero a mano para cubrir una emergencia de \$ 400.

**Ahorros fáciles** : el estadounidense promedio podría ahorrar \$ 300 por mes solo por no comer fuera, según la Oficina de Estadísticas Laborales. Si comes fuera, sáltate las bebidas y bebe agua. Con solo omitir un pedido de refrescos, wisebread.com estima que los estadounidenses podrían ahorrar \$ 977 por año.





2022

Sun Mon Tue Wed Thu Fri Sat

	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			
31						

MH Board Meeting  
10 am

ZOOM MEETING  
6 pm  
Support Group 7 pm

**Chapter Meetings Around the Country  
Are open to Anyone...**

Many of our Mended Hearts chapters hold monthly Zoom meetings that are open to anyone who would like to attend. They have different speakers and topics. If you would like a list of these meeting times and chapters, please email Mandy at [Mandy.Sandkuhler@mendedhearts.org](mailto:Mandy.Sandkuhler@mendedhearts.org) or call 888-432-7899.





**Mended Little Hearts® Program**

In 2004, The Mended Hearts, Inc. recognized a unique need to provide hope and support to “the littlest heart patients of all” and their families, so the Mended Little Hearts program was created. Congenital heart defects (CHDs), or heart conditions babies are born with, are the #1 type of birth defect in the U.S., affecting 1 in every 110 people. About 40,000 new families are brought into the world of CHD each year. Mended Little Hearts is there – providing hope and support, creating awareness and being a strong voice for CHD families everywhere.



Learn more at [www.mendedhearts.org](http://www.mendedhearts.org)

**I thought I was too young to have heart disease. I was wrong.**

**Join today!**  
Young Mended Hearts can make a tremendous difference in the lives of young adults with heart disease and give them hope for the future.

*"The camaraderie and support I found in this group has made a world of difference to me. We all have an unusual condition for our ages, yet we know we are not alone."  
-Steven*

**Peer support for young adults with heart disease.**

**Young Mended Hearts (YMH)** was created to give hope and support to young adults (ages 18 to 55 suggested) who have heart disease, including congenital heart disease (CHD). Many peer support groups for patients who have heart disease are made up of older adults, and young adult patients often don't feel they fit in. Young adults are dealing with heart disease at a different stage of life and have different life experiences as they manage their heart disease. Young Mended Hearts is a peer-support program designed to fill a gap for those who are often told they are “too young to have heart disease”—yet they do. Young Mended Hearts officially became a national program of The Mended Hearts, Inc. in August 2021.

If you are interested in finding out more about the YMH program, please contact. If you would like more information on the programs please contact us at 562-698-0811 Ext.12368.

**Heartbeat®** is the quarterly magazine Mended Hearts distributes to members and subscribers all over the nation.

Each issue focuses on the topics that matters most to our readers such as health tips, research updates, success stories, news on chapters and more.



Sign up for a \$20.00 annual membership and you will receive this nationally acclaimed magazine!



**The MyHeartVisit® Accredited Visiting Program** is a vital SUPPORT for patients and families. Our trained volunteers across the country, make more than 200,000 peer patient connections each year. Visitors will never give medical advice, but they can listen and share information about living with heart disease from a patient, parent or caregiver perspective. To learn more about the program, please visit [www.Myheartvisit.org](http://www.Myheartvisit.org).