



Mended Hearts[®] of Whittier, CA NEWSLETTER

2023

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

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EMAIL: MH351@PIHHEALTH.ORG



Mended Hearts of Whittier Chapter 351

Welcome New Members March 2023

Ascencio, Dora
Cardona, Maria
Cortez, Jacqueline
Fletes, Eduardo
King, Kyle
Mejia, Vanessa
Moore, Teresa
Olivares, Stephanie
Turley, Janice
Wong, Tiffany

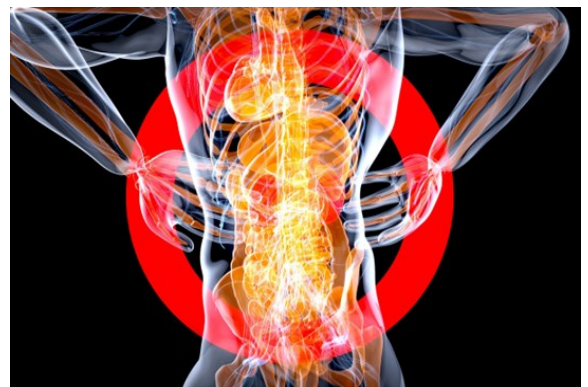


National Kidney Month:

Ten things you should know about kidney health

March is National Kidney Month, a time to learn more about kidney health and encourage people to make kidney-friendly choices. Keep reading for ten things to know about kidney health and kidney disease.

1. The kidneys remove waste and excess fluid and maintain the water, salt, and mineral balance in your blood. Healthy kidneys filter about half a cup of blood each minute.
2. Kidneys also produce hormones to help control blood pressure, make red blood cells, and support bone health.
3. Damaged kidneys may filter blood less effectively or, in the case of kidney failure, very little or not at all.
4. Smart food choices, regular exercise and weight management, controlling diabetes and high blood pressure, and drinking plenty of water can all help support kidney function.
5. According to the Centers for Disease Control and Prevention, more than one in seven adults are thought to have chronic kidney disease, or CKD. As many as nine in 10 adults with CKD don't know that they have it.
6. The most common causes of CKD are diabetes and high blood pressure.
7. People with chronic kidney disease often experience no symptoms until the disease is in its later stages. Your doctor can give you a serum creatinine level test that will help determine your kidney function.
8. Kidney failure is only treatable with dialysis (filtering the blood with a machine) or a kidney transplant.
9. NSAIDs like Aleve or Advil can lead to kidney damage if taken incorrectly or for too long. Do not take more than the recommended dosage or use for more than 10 days.
10. People at risk of kidney disease should keep up with annual physical exams to stay on top of their health and detect kidney damage early.





Spicy Beef Kebabs from Mayo Clinic Dieticians

Number of servings: 8

Healthy carb - Low Sodium

Ingredients

- 2 yellow onions, coarsely chopped
- 2 tablespoons fresh lemon juice
- 2 cups fine-grind bulgur
- 1 1/2 pounds very lean ground (minced) beef
- 1/4 cup very finely chopped pine nuts
- 2 cloves garlic, minced
- 1/2 teaspoon salt
- 1 teaspoon ground cumin
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground cardamom
- 1/2 teaspoon freshly ground black pepper
- 16 wooden skewers, soaked in water for 30 minutes, or metal skewers



For the sauce:

- 2 cups fat-free plain yogurt
- 1/4 cup tahini
- 2 tablespoons grated lemon zest
- 2 teaspoons dry mustard
- 2 tablespoons chopped fresh cilantro (fresh coriander)

Dietitian's tip: .To turn this into an appetizer, shape the mix into meatballs, sauté lightly and serve with cocktail picks

Directions

- In a blender or food processor, puree the onions. Strain through a fine-mesh sieve into a 2-cup measuring pitcher, pressing firmly with a rubber spatula or the back of a wooden spoon to extract all the juice. Discard the solids. To the onion juice, add the lemon juice and enough water to measure 1 1/2 cups liquid. In a large bowl, combine the onion juice mixture and the bulgur and soak for 10 minutes. Add the beef, pine nuts, garlic, salt, cumin, cinnamon, cardamom and pepper to the bulgur and stir to mix well.
- Using a little less than 1/3 cup for each kebab, form the beef mixture into 16 sausage links, each about 4 inches long and 3/4 inch in diameter. Thread onto the skewers. If the mixture is too crumbly, add water 1 tablespoon at a time, just until it holds together. Cover the prepared skewers and refrigerate until ready to cook.
- 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.
- In a small bowl, whisk together the yogurt, tahini, lemon zest and mustard. Cover and refrigerate.
- Place the kebabs on the grill rack or broiler pan. Grill or broil the kebabs, turning as needed, until evenly browned, about 8 minutes. Drizzle with the yogurt sauce and garnish with the cilantro.

Nutritional analysis per serving; 2 kebabs; Calories 371; Total fat 11 g; Saturated fat 2 g; Trans fat Trace; Sodium 5 mg; Monounsaturated fat 3 g; Cholesterol 5 g; Total carbohydrate 4 g; Dietary fiber 8 g; Total sugars 6 g; Added sugars 0 g

President's Report Welcome to March! I am very pleased to announce that our chapter continues to grow on a monthly basis We now have 105 members of our chapter, who can enjoy all the benefits our program has to offer and MHI in Albany, GA. Members have access to numerous webinars, newsletters from around the country and professional speakers. Our chapter has seven Lifetime Members, Gold, Bronze, Family, Individual and Associate members. ***Thank you all for supporting Mended Hearts and being a part of our family! We are strong and uplifted because we support each other! A special thank you to each and every one of you for your generous donations which make our programs possible!***



Our next Fundraiser is March 23rd at Ruby's Diner. Call your family and friends to meet you there and remember to take your flier! **(on Page 8)** Its an all-day event so plan times to meet and share each others company!



**National Poison
Prevention
Week**
March 19-25



Child-resistant caps
were mandated for
medicines in 1970

March 19-25: National Poison Prevention Week

As heart patients, we need to take precautions. Taking the wrong medication at the wrong time can cause serious problems!

Steps to take when poisoning is suspected

The Centers for Disease Control and Prevention has this important information for you.

If you suspect that a child or adult has ingested poison, first, remain calm.

- Call 911 if the victim has collapsed. If the victim is not breathing, call 911, then give mouth-to-mouth resuscitation.
- If the victim is awake and alert, call the Poison Control Center at 1-800-222-1222. It is open 24/7.
- Be prepared to give the victim's age and approximate weight.
- Describe the substance. Read from the container if available.
- Never make the victim vomit unless instructed to do so by Poison Control.
- Give your address and phone number. Stay on the phone for instructions from the emergency operator. The specialist may need to call you back.

Poison Prevention

- **Medicines:** Turn on a light when you give or take medicines. Read medication directions. Keep medicines in their original bottles. Store in a safe place where they can't be reached by children or teenagers.
- **Household cleaners and chemicals:** Keep chemicals, cleaners and beauty products in their original containers. Always read the label before using.
- **Never mix cleaning products together.** Doing so could produce toxic gases. Wear clothing that covers the skin when you spray pesticides or other chemicals.
- **Open the windows and use a fan when using chemicals in the house.**

Protecting young children:

- Keep drugs and chemicals in childproof cabinets that children can't reach.
- Don't take medicine in front of children, since they often try to copy adults. When giving children a medication, never call it "candy."
- **Caution guests not to leave drugs where children can find them. Don't leave your own next dose on the counter.**

**Mended Hearts Zoom Meeting
February 15, 2023**

Discussion & Support Group 6:00 PM - Pacific Time

[Click here](https://us06web.zoom.us/j/86708058877?pwd=WnFnY0Q0L2hmcC8xbEovSDlCeEYydz09) [https://us06web.zoom.us/j/86708058877?
pwd=WnFnY0Q0L2hmcC8xbEovSDlCeEYydz09](https://us06web.zoom.us/j/86708058877?pwd=WnFnY0Q0L2hmcC8xbEovSDlCeEYydz09)

If you are not able to join from link, sign onto Zoom and enter:

Meeting ID: 867 0805 8877 Passcode: MH351

No computer – no problem – Dial by your location

+1 253 215 8782 US (Tacoma)

+1 253 205 0468 US

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!



**Chapter 351
Monthly Newsletter
Be sure to get yours!**

Call 562-698-0811

Ext. 12368



Chapter #351 Board Members

President - Constance Evans
Email – Constance.mh351@yahoo.com

Vice President – Hugo Cambron

Secretary – Constance Evans

Social Secretary - Vivian Rice

Treasurer – Marilyn Schirmer

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PHGSH Liaison - TBD -

Clinical Social Worker - Nancy White
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The global hobby with millions of fans...Orchids.

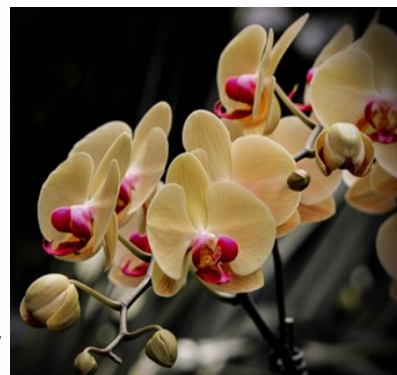
They look exotic, like butterflies and ballerinas.

They have faces like monkeys, or figures like humans, or long trails of petals like hair.

They smell like nothing or they smell of chocolate, vanilla, mint, pepper, and roses. To a bee they smell like a bee. Some smell like rot to attract flies. Their scents have been called liars and seducers, yet they are beloved. They are orchids and their fans are legion.

Orchid cultivation is one of the world's most widespread hobbies, and it is surprisingly social. In every state, and every country, orchid enthusiasts meet regularly to exchange tips and tricks for growing this flower of many faces. Orchids attract every type of person, from farmers to attorneys. In fact, you can travel along 'orchid trails' to visit the greenhouses of growers in every state. Travel destinations from California to Malaysia attract enthusiasts from all over the world to see some of the 28,000 accepted species. In fact, there are more orchid species than species of birds and mammals. Only the number of species of bony fish come close to the number of orchids.

Yet despite the orchid's vast numbers, they were once very difficult to find and considered rare and exotic. So rare that in the late 1800s and early 1900s, people thrilled to the adventures of orchid hunters who roamed the world looking to find unusual specimens. Because of their historical link with wealth and style, growing orchids is sometimes said to be expensive and difficult, but it really is neither. You can buy a stem for about \$20 at a grocery store these days. The flowers are best grown in pots, since the microscopic seeds require very specialized conditions to grow. Orchids mostly require bright light, but not direct sunlight. They do require the grower's attention, since they need water and airflow, but not too much, and some may need mist, but only at certain times.



Are you ready to add Orchids to list of hobbies?

Mended Little Hearts® Program

In 2004, The Mended Hearts, Inc. recognized a unique need to provide hope and support to “the little 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.

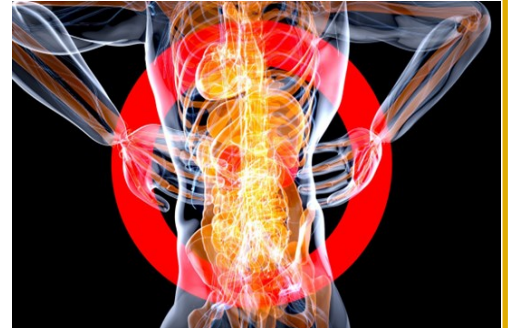


Mes Nacional del Riñón: Diez cosas que debe saber sobre la salud renal

Marzo es el Mes Nacional del Riñón, un momento para aprender más sobre la salud renal y alentar a las personas a tomar decisiones amigables para los riñones.

Siga leyendo para conocer diez cosas que debe saber sobre la salud renal y la enfermedad renal.

1. Los riñones eliminan los desechos y el exceso de líquido y mantienen el equilibrio de agua, sal y minerales en la sangre. Los riñones sanos filtran aproximadamente media taza de sangre cada minuto.
2. Los riñones también producen hormonas para ayudar a controlar la presión arterial, producir glóbulos rojos y apoyar la salud ósea.
3. Los riñones dañados pueden filtrar la sangre de manera menos efectiva o, en el caso de insuficiencia renal, muy poco o nada en absoluto.
4. Las elecciones inteligentes de alimentos, el ejercicio regular y el control de peso, el control de la diabetes y la presión arterial alta, y beber mucha agua pueden ayudar a apoyar la función renal.
5. Según los Centros para el Control y la Prevención de Enfermedades, se cree que más de uno de cada siete adultos tienen enfermedad renal crónica o ERC. Hasta nueve de cada 10 adultos con ERC no saben que la tienen.
6. Las causas más comunes de ERC son la diabetes y la presión arterial alta.
7. Las personas con enfermedad renal crónica a menudo no experimentan síntomas hasta que la enfermedad está en sus últimas etapas. Su médico puede hacerle una prueba de nivel de creatinina sérica que ayudará a determinar su función renal.
8. La insuficiencia renal solo se puede tratar con diálisis (filtrar la sangre con una máquina) o un trasplante de riñón.
9. Los AINE como Aleve o Advil pueden provocar daño renal si se toman incorrectamente o durante demasiado tiempo. No tome más de la dosis recomendada ni use durante más de 10 días.
10. Las personas en riesgo de enfermedad renal deben mantenerse al día con los exámenes físicos anuales para mantenerse al tanto de su salud y detectar el daño renal temprano.



19-25 de marzo: Semana Nacional de Prevención de Envenenamientos

Como pacientes cardíacos, debemos tomar precauciones. ¡Tomar el medicamento equivocado en el momento equivocado puede causar serios problemas!

Pasos a seguir cuando se sospecha intoxicación.

Los Centros para el Control y la Prevención de Enfermedades tienen esta información importante para usted.

Si sospecha que un niño o adulto ha ingerido veneno, primero, mantenga la calma.

1. Llame al 911 si la víctima se ha derrumbado. Si la víctima no respira, llame al 911 y luego reanime boca a boca.
2. Si la víctima está despierta y alerta, llame al Centro de Control de Envenenamiento al 1-800-222-1222. Está abierto 24/7.
3. Esté preparado para dar la edad de la víctima y el peso aproximado.
4. Describa la sustancia. Lea del contenedor si está disponible.
5. Nunca haga vomitar a la víctima a menos que así se lo indique el Control de Envenenamiento.
6. Indique su dirección y número de teléfono. Permanezca en el teléfono para recibir instrucciones del operador de emergencia. Es posible que el especialista deba devolverle la llamada.

Prevención de envenenamientos

Medicamentos: Encienda una luz cuando administre o tome medicamentos. Lea las instrucciones de los medicamentos. Mantenga los medicamentos en sus frascos originales. Guárdelos en un lugar seguro donde no puedan ser localizados por niños o adolescentes.

Limpiadores domésticos y productos químicos: Mantenga los productos químicos, limpiadores y productos de belleza en sus envases originales. Siempre

Continuación de la página 6



19-25 de marzo: Semana Nacional de Prevención de Envenenamientos

Vuelva a colocar la etiqueta antes de usarla.

Nunca mezcle productos de limpieza. Hacerlo podría producir gases tóxicos. Use ropa que cubra la piel cuando rocíe pesticidas u otros productos químicos.

Abra las ventanas y use un ventilador cuando use productos químicos en la casa.

Protección de los niños pequeños:

Mantenga los medicamentos y productos químicos en gabinetes a prueba de niños que los niños no puedan alcanzar. No tome medicamentos frente a los niños, ya que a menudo tratan de copiar a los adultos. Al dar a los niños un medicamento, nunca llámalo "dulce".

Tenga en cuenta a los huéspedes que no dejen drogas donde los niños puedan encontrarlas. No deje su próxima dosis en el mostrador.



Kebabs de carne picante de los dietistas de Mayo Clinic

Número de porciones: 8 carbohidratos saludables - bajos en sodio

Ingredientes

- 2 cebollas amarillas, picadas gruesas
- 2 tazas de bulgur molido fino
- 1 1/2 libras de carne molida muy magra (picada)
- 1/4 taza de piñones muy finamente picados
- 2 dientes de ajo, picados
- 1/2 cucharadita de sal
- 1 cucharadita de comino molido
- 1/2 cucharadita de canela molida
- 1/2 cucharadita de cardamomo molido
- 1/2 cucharadita de pimienta negra recién molida
- 16 brochetas de madera, remojadas en agua durante 30 minutos, o brochetas de metal

Para la salsa:

- 2 tazas de yogur natural sin grasa
- 1/4 taza de tahini
- 2 cucharadas de ralladura de limón rallado
- 2 cucharaditas de mostaza seca
- 2 cucharadas de cilantro fresco picado (cilantro fresco)

Indicaciones

- En una licuadora o procesador de alimentos, haga puré de las cebollas. Colar a través de un tamiz de malla fina en una jarra medidora de 2 tazas, presionando firmemente con una espátula de goma o la parte posterior de una cuchara de madera para extraer todo el jugo. Deseche los sólidos. Al jugo de cebolla, agregue el jugo de limón y suficiente agua para medir 1 1/2 tazas de líquido. En un tazón grande, combine la mezcla de jugo de cebolla y el bulgur y remoje durante 10 minutos. Agregue la carne de res, los piñones, el ajo, la sal, el comino, la canela, el cardamomo y la pimienta al bulgur y revuelva para mezclar bien.
- Usando un poco menos de 1/3 taza para cada kebab, forme la mezcla de carne en 16 eslabones de salchicha, cada uno de aproximadamente 4 pulgadas de largo y 3/4 de pulgada de diámetro. Enhebra en los pinchos. Si la mezcla es demasiado desmenuzable, agregue agua 1 cucharada a la vez, hasta que se mantenga unida. Cubra las brochetas preparadas y refrigere hasta que estén listas para cocinar.
- Prepare un fuego caliente en una parrilla de carbón o caliente una parrilla de gas o asador (parrilla). Lejos de la fuente de calor, cubra ligeramente la rejilla de la parrilla o la sartén para asar con aerosol para cocinar. Coloque la rejilla de cocción de 4 a 6 pulgadas de la fuente de calor.
- En un tazón pequeño, bata el yogur, el tahini, la ralladura de limón y la mostaza. Cubra y refrigere.
- Coloque los kebabs en la rejilla de la parrilla o en la bandeja para asar. Asar o asar los kebabs, volteándolos según sea necesario, hasta que estén uniformemente dorados, aproximadamente 8 minutos. Rocíe con la salsa de yogur y decore con el cilantro.

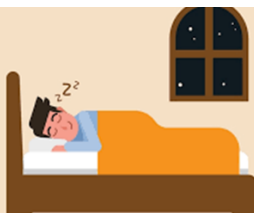
Análisis nutricional por porción; 2 kebabs; Calorías 371; Grasa total 11 g; Grasa saturada 2 g; Traza de grasas trans; Sodio 5 mg; Grasa monoinsaturada 3 g; Colesterol 5 g; Carbohidrato total 4 g; Fibra dietética 8 g; Azúcares totales 6 g; Azúcares añadidos 0 g Proteína 31 g



MARCH 2023

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10 MH Board Meeting 10 am	11
12	13	14	15 Zoom Meeting 6 pm	16	17 St. Patrick's Day 	18
19	20	21	22	23 Ruby's Diner Fundraiser	24	25
26	27	28	29	30	31	

Deep-Vein Thrombosis Awareness Month (DVT) is observed in March every year in the United States. This public health initiative aims to raise awareness about this commonly occurring medical condition. Pulmonary embolism is a potentially fatal complication of deep-vein thrombosis. The American Heart Association states that up to two million Americans are affected by D.V.T. every month, or what more people understand as blood clots. The American Public Health Association helps to raise awareness about D.V.T. because 74% of Americans have little or no awareness about it. Health professionals help by learning more about D.V.T. and the options available for prevention and treatment



National Sleep Week is March 12 – 18 This is a great time for you to snuggle with your fav blanket and get the good sleep you deserve! Restless nights due to health problems, work, stress can cause you to toss and turn waking up tired and out of sorts. The national Sleep Foundation wants you to take a look at the supportive ways you can improve your sleep to increase overall health and well-being. Rest well!

*All stories are from Pages.com unless noted otherwise.
Pictures and quotes are taken from free downloadable sites.
Recipe are from Mayo Clinic web site.*

Every day, families are being told a loved one has Heart Disease!



If you have ever thought of giving back and sharing your experience, please join me and support heart patients and their families in our hospitals and surrounding community.

They can learn a lot from You!

.Call Constance at 562-698-0811 Ext. 12368

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

MENDE HEARTS CHAPTER 351

Thursday, MARCH 23RD 2023

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.

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