



# Mended Hearts<sup>®</sup> of Whittier, CA NEWSLETTER

2023



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Mended Hearts of Whittier Chapter 351

### Welcome New Members

Ernie Acosta  
Cathy Alvarez  
Catherine Chu  
Miriam Galvan  
Teri Lew  
Cesar Sanchez  
Ye Jun Lee  
Sarah Liu  
Diego Rivera  
Cynthia Wong  
Michael Wong  
Tiffany Wong



### **Fun - Food - Friend's**

### **Our Support Group Gathering**

Note Date & Time Change

**June 28, 2023 4 - 6 pm**

### **PICNIC in Michigan Park**

8228 Michigan Ave  
Whittier, CA 90602  
Between Whittier Blvd and Mar Vista



### **PLEASE RSVP to save your seats!**

562-698-0811 Ext 12368  
Mended Hearts Office

The park has picnic tables, benches,  
tablecloths, running water and you are welcome  
to bring your own chairs. You may bring favorite  
snacks & treats to share with your friends.



**There will be snacks & water available.**



## Spicy Ground Turkey Taco's from Mayo Clinic

Number of servings: 2 Healthy carb/High Fiber

### Ingredients:

- 2 teaspoons chili powder
- 1/2 teaspoon cumin
- 1/4 teaspoon oregano
- 6 ounces extra-lean ground turkey
- 1/2 cup chopped onion
- 4 whole-wheat, low-fat flour tortillas, about 6 inches in diameter, warmed in the microwave
- 1/4 cup shredded sharp cheddar cheese
- 2 cups shredded lettuce
- 2 medium tomatoes, diced
- 1/4 cup green salsa (salsa verde)

### Directions

- In a small bowl, stir together the chili powder, cumin and oregano. In a nonstick frying pan, add the ground turkey and onion. Cook over medium heat until the turkey is browned and onion is translucent. Drain well. Add the spices to the turkey mixture. Stir to mix evenly.
- To serve, place a 1/4 cup of the turkey mixture in each tortilla. Top each with 1 tablespoon cheese, 1/4 of the diced tomatoes, 1/2 cup shredded lettuce and 2 tablespoons salsa. Fold in both sides of each tortilla up over the filling, and then roll to close. Serve immediately.



Dietitian's tip: Did you know that many of the ingredients (seasonings, cheese, tortilla) for tacos are high in sodium? We lowered the sodium by using plain spices and substituting a green salsa instead of the common red salsa. You can further reduce the sodium by making your own salsa with fresh ingredients.

### Nutritional analysis per serving size: 2 tacos

Total fat 7 g - calories 340 - Protein 30 g - Cholesterol 57 mg - Total carbohydrate 39 g - Dietary fiber 22 g  
Monounsaturated fat Trace - Saturated fat 3 g - Trans fat 0 g - Sodium 724 mg - Added sugars 0 g



## Presidents Report

**We are very excited to announce that we have been approved to have our Annual Holiday Party at PIH Health - Whittier in the auditorium, the only thing that can change it, would be the health department. Friday, December 9, 2023...put on your calendar now to reserve your time for fun!**

**The theme will be announced and our team is all ready to work on it. If you like to decorate and want to help us plan the event...please give us a call.**

All our past parties have been extra special and this event is our major fundraiser for the year. We had fun with the Jingle Bell Raffle... and its even more fun in person! Remember our cowboy theme and we all learned some new dance moves? Just wait.....

Our **Annual Picnic in the Park** is on June 28th. We had to move the date ahead a week because I was invited to MHI in Albany, Ga. for the MHI Annual Meeting, Annual Awards Ceremony and a special Leadership Training. I'm really looking forward to it and will give report when I get back.

PIH Health Volunteer Services Department Director, Marianne Cota, worked with me to find a better way to get HEART information into the hands of heart patients. We developed the Mended Hearts Ambassador program for volunteers on cardiac units in all three hospitals, and added it to their service description. I educate the volunteers on what Mended Hearts is, what we do and how we help the patients. They serve as a link between the heart patients and our MH Visitors. They pass out our Welcome Letter, making it easy for patients to contact our group. MHI GoToGuides & literature the nurses feel is appropriate, they deliver to patients rooms. Many of them plan on medical careers and enjoy this opportunity..





### **Chapter #351 Board Members**

#### **President & Asst Regional Director**

Constance Evans

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#### **Vice President** – Hugo Cambron

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#### **Secretary** – Open position

#### **Treasurer** – Marilyn Schirmer

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#### **Visiting Chairman** – Yolie Zaragoza

Email - [yolie.zaragoza@gmail.com](mailto:yolie.zaragoza@gmail.com)

#### **Membership Chair** - Marcela Cueto-Sanchez

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#### **Newsletter Editor** – Constance Evans

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#### **Social Secretary** - Vivian Rice

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#### **PIH Whittier Hospital Liaisons**–

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Lupe Morales- [Lupe.Morales@pihhealth.org](mailto:Lupe.Morales@pihhealth.org)

#### **PIH Downey Liaison** - Mayra Linares

Email - [mayra.linares@pihhealth.org](mailto:mayra.linares@pihhealth.org)

#### **PIH Good Samaritan** - Rae Lim

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

If you have ever thought of giving back and sharing your story, please join us and support heart patients and families in our communities.

**They can learn a lot from You!**

**Call 562-698-0811 Ext. 12368**



### **MHI Awarded World Heart Federation Advocacy Award 2023**

We are thrilled and excited to announce that The Mended Hearts, Inc. has been awarded the World Heart Federation’s Advocacy Award in Cardiovascular Health 2023. Every year, this award is bestowed on an individual or an organization who has made a significant contribution to the development of advocacy for cardiovascular health at the local or global level. The award, which will be given on May 19, 2023, in Geneva, Switzerland, recognizes a specific campaign or achievement related to the promotion of cardiovascular health and the fight against CVDs and its risk factors.

The WHF Board members, who voted unanimously to grant the award to MHI, would like to publicly recognize The Mended Hearts, Inc.’s remarkable contribution to the mission of the WHF and the entire cardiovascular disease community. This is the first time the World Heart Federation has given this award to a patient organization, and they wish to recognize the unique contribution of The Mended Hearts, Inc. in the United States and at the global level.

The World Heart Awards are all about celebrating organizations and individuals who have gone above and beyond in their quest to fight cardiovascular disease and promote heart health around the world. Since 2018, the World Heart Federation has been recognizing individuals and organizations that are making an outstanding contribution to cardiovascular health.

The World Heart Federation (WHF) is a non-governmental organization (NGO) based in Geneva, Switzerland, formed in 1978. A leader and convener in global cardiovascular health, the World Heart Federation champions heart health and acts to reduce the global burden of heart disease and stroke, which together claim 18.6 million lives every year.

WHF’s membership of more than 200 heart foundations, scientific societies and patient organizations in more than 100 countries is an active hub, promoting heart health and driving change at the local, regional and global level.

WHF is recognized by the World Health Organization as its leading NGO partner in cardiovascular disease prevention. As the principal representative body of the global cardiovascular community, WHF brings together a diverse network of multi-sectoral groups to share knowledge, guide policy, and give people the tools they need to live longer, healthier lives.

Congratulations to the MHI volunteers and members whose hard work and dedication to the cardiovascular community helped us achieve this prestigious honor.

Heartfully,  
The Mended Hearts, Inc.

**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!”**



### Fathers Day, June 21

**Thanks, Dad, we know how important you are.  
There's more to being a dad than earning a living.**

According to researchers, meaningful time with dad is crucial for child development. Researchers now know that interactions with your infant or toddler influence how your kids will relate to other people later in their lives and how they will view the world at large.

A study at the University of Regensburg in Munich, Germany, found that children whose fathers played with them in a sensitive, supportive and challenging way at age two tended to form closer and more trusting relationships with others at ages 10 and 16.

By age 16, fathers' play proved even more powerful and predictive than the mother-child bond. The researchers found that dads' play made a pivotal and unique contribution to kids' growth.

Telling stories of family history and how your parents and grandparents overcame adversity has an influence on how kids handle difficult times. An Emory University study showed that among children aged 14 to 16, the ability to retell parents' stories is linked with a lower rate of depression and anxiety.

Your stories, told with eye contact about how you and others overcame problems, can help your children view the world with optimism

### Are obesity drugs finally here? What you should know

If you watch any television at all, you've probably seen the commercials for the diabetes drug Ozempic, with a catchy jingle set to the tune of the Scottish rock band Pilot's 1974 hit "Magic." And even though onscreen text informs viewers that Ozempic is not a weight loss drug, the commercial still touts weight reduction as a benefit. The marketing clearly works -- according to CNN, pharmacies filled more than twice as many Ozempic prescriptions during the last week of February 2023 compared with the same week in 2022.

While Ozempic can only be prescribed off-label as a weight loss aid, a higher-dose version called Wegovy, developed specifically for weight loss, received approval from the U.S. Food and Drug Administration (FDA) last year. Tirzepatide, marketed by drugmaker Eli Lilly under the brand name Mounjaro, may become the most potent anti-obesity medication on the market if the FDA grants Lilly's application for fast-track approval as a weight loss drug, according to the Associated Press.

All three medications, part of a class of drugs called GLP-1 receptor agonists, mimic hormones that activate after eating to help regulate blood sugar and slow digestion. The slowed digestion leaves patients feeling full for longer after each meal, which leads to lower overall caloric intake. In addition to GLP-1, Mounjaro targets a second hormone that Eli Lilly says can affect even more significant weight loss.

According to the Associated Press, the drugs seem to be effective for the long-term treatment of obesity, and, by extension, can lower risks for conditions associated with obesity. In clinical trials for Mounjaro, participants lost as much as 22 percent of their body weight, compared to just 3 percent in the placebo group.

It's not all smooth sailing, though -- common side effects including nausea, vomiting, constipation, diarrhea, and stomach pain. Medicare and most private insurance plans also don't cover weight loss drugs, so patients must pay the full cost, which can top \$1,300 each month. And if they stop taking the drugs, the weight usually comes right back.



**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!



### They never ask the right questions

#### *Write stories from your life for the kids*

One day, long after you are gone, the kids will be sitting around and someone will say: I wish I had asked Dad about ...

The best thing you can do, is write down the memories that mean the most to YOU. **You don't have to be a great writer.** You could even do a video. You don't have to plan a big book, just could write little stories one at a time.

Here are some ideas to get you started:

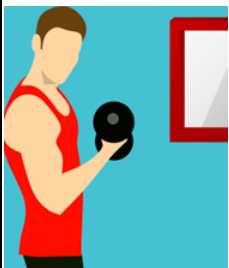
**Family Memories:** Your childhood, parents, siblings, and grandparents. Tell about your heritage. Give the names you know. Tell about the things that made you laugh, or the times you were scared. Don't forget traditions! How did they change?

**Career Memories:** Include successes and challenges. Tell about your hopes, what you learned about yourself.

**Love and Relationships:** How did you meet your first love? What were you feeling? What did you learn from your relationships? What did you learn about yourself?

**Travel Memories:** It's not just about vacations, but those could be great memories. What about the times you had to move? The times you headed out on a road trip, even if a short one.

**Life Lessons:** Describe your values, what lessons you learned through experience -- even lessons learned the hard way.



### The time Lululemon went high-tech

Did you know that Nintendo originally started as a playing card company, decades before video games were a thing? Sometimes businesses can successfully transition into newer, higher-tech industries, but as athleisure retailer Lululemon has learned with its largely unsuccessful attempt to market fitness devices, tapping into the tech sector is easier said than done.

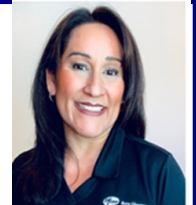
Lululemon enjoys premium brand positioning not just for clothing, but also lifestyle products, like yoga mats, water bottles, sports bags and more. The company tried to push into tech with Mirror, a futuristic device that designed to assist with home workouts. But so far, Lululemon's ambitions haven't panned out. In 2021, Mirror brought in just \$125 million, less than half of the target \$275 million.

According to modernretail.com, the Mirror looks like a conventional mirror when it's not in use. Hang it on the wall and you can catch reflections. But turn it on and see fitness routines displayed on the mirror's surface while your reflection remains visible so you can follow along and watch your own movements. A novel idea -- but consumers aren't biting.

Why? For one, the Mirror cost \$1,000 just for the device, with additional fees to access the workouts. Second, Lululemon jumped into at-home workouts during the COVID-19 pandemic. As the pandemic waned, so did the home fitness boom, and many consumers ditched the basement workouts for gyms and parks. Lululemon responded by setting up partnerships with local workout studios in some markets -- which only served to further reduce the Mirror's value for consumers.

With this strategic misstep, Lululemon seems to have stretched itself too thin, jumping into a competitive technology space without fully understanding the customers and industry. The company spent \$500 million to acquire Mirror, but with its disappointing sales performance, has been looking to offload it.

Our May speaker, Eva Felix, Patient Affairs Liaison (PAL) with Pfizer Rare Disease, spoke about ATTR, which sparked a



lot of conversation! Amyloidosis is a rare, progressive disease characterized by the abnormal buildup of amyloid deposits composed of misfolded transthyretin protein in the body's organs and tissues.

Because symptoms of ATTR are often similar to those of other diseases, the condition can be difficult to recognize and diagnose properly.

***You can learn more about ATTR by going to your heart message.com.***

It sounds complicated and it is because as the symptoms are recognized, it involves different parts of the body and is very interesting to learn more about the condition..



# JUNE 2023



SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14 Flag Day	15	16 MH Board Meeting 10 am	17
18 Father's Day	19 Juneteenth	20	21	22	23	24
25	26	27	28 Picnic in the Park	29	30	

2023  
The Mended Hearts, Inc.  
**MHI ANNUAL MEETING**  
Friday, June 23  
7-9 PM ET  
All MHI members are encouraged to join to learn more about the organization's growth and success in 2022.  
Register at [www.mendedhearts.org](http://www.mendedhearts.org)

**MHI Annual Awards for 2023 and election of new MHI officers for 2023-5 begins June 23rd.**  
Join in to watch all the festivities. Get more information on the [MendedHearts.com](http://MendedHearts.com) web site.

**MHI AWARDS CEREMONY**  
SATURDAY JUNE 24 4 PM ET  
REGISTER AT [WWW.MENDEDHEARTS.ORG](http://WWW.MENDEDHEARTS.ORG)

**Chapter 351** does not hold the general speaker meeting in the month of July, our board is working on special projects. If you have any ideas, you would like to suggest we are listening.  
**NEW...** Our newsletter goes out every month and this is the first month we are printing a separate newsletter in Spanish. We were asked to shorten the number of pages for printing. And mailing, which are both done for us by PIH Health Hospital We are very thankful for their support and generosity. .

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