



Mended Hearts® of Whittier, CA NEWSLETTER

2023

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WWW.MENDEDHEARTSWHITTIER.ORG
[MHI - MENDEDHEARTS.ORG](http://MHI-MENDEDHEARTS.ORG)



Mended Hearts Education Meeting - In Person

Wednesday, August 16, 2023

Meet & Greet 5:30 pm and Speaker at 6:00 pm

Joel Holly

One Legacy Education Department

**Heart Support group follows
for all patients and family members.**

**PIH Health Hospital - Whittier Auditorium
PIH Health Hospital - Whittier (Auditorium)**



The Bridge to Life for Millions

One legacy saves and heals lives through organ, eye and tissue donation, comforts the families they serve, and inspires communities to Donate Life.

Our Mission: Saving Lives and Sharing Hope

Organ, eye and tissue donation in the United States is more than just a pink donor dot on your driver's license – there is a well-established and experienced network of federally-designated, non-profits across the country, called Organ Procurement Organizations (OPOs), all working together to save lives. One Legacy is the nation's largest OPO, serving the diverse Southern California region. Working with hospitals, physicians, transplant centers and the community; One Legacy educates about and facilitates donation, as well as builds a community of long-term support for the families who give the generous gift of life.



**Meet heart transplant patients,
Hugo Cambron, our Chapter VP
and Johnny Lemucchi, our
Chapter Public Relations Chair.**



Mended Hearts of Whittier Chapter 351

Welcome Or New Members



Sean Flores
Martha Harvey
Cheryl Lineman
Jorge Sanchez
William Wulf

We currently have 141 members in our Chapter.351. Great emotional support and friendship building for healing.

You should join us!



Healthy Recipes from Mayo Clinic Staff

Dijon & Parmesan Baked Salmon

Number of servings: 4 & its Low Sodium

Ingredients

- 1/4 cup Dijon mustard
- 2 tablespoons low-fat mayonnaise
- 1/4 cup grated Parmesan cheese
- 1/4 cup panko breadcrumbs
- 4 salmon fillets, each 4 ounces
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 teaspoons olive oil



Dietitian's tip: You don't need a lot of oil to cook fish. Just lower heat and take your time. Don't overcook or fish will become dry.

Directions

- Heat the oven to 375 F. In a small bowl, combine the mustard and mayonnaise. In another small bowl, combine the cheese and panko. If the consistency of the cheese and panko is not the same, place the ingredients in a food processor and pulse for 30 seconds.
- Coat the top of each salmon fillet with 1 1/2 tablespoons of the mustard mixture and 2 tablespoons of the panko mixture. Sprinkle each fillet with salt and pepper.
- Heat a large nonstick pan over medium-high heat. Add oil. Cook fillets for 1 minute or until golden brown. If the pan is ovenproof, place the pan in the oven to finish cooking, or place fillets on a baking sheet crusted side up. Bake for about 6 minutes or salmon flakes with a fork.

Nutritional analysis per serving: 4 ounces Calories 244 - Protein 28 g - Total fat 12 g - Saturated fat 3 g
Trans fat 0 g - Monounsaturated fat 5 g - Cholesterol 64 mg - Sodium 704 mg - Total carbohydrate 3 g
Dietary fiber 0 g - Total sugars 1 g

2-Ingredient Pineapple Angel Food Cake is delicious!

from Jan Patton and Allrecipes.com

This angel food cake is easy and it only requires 2 ingredients! You can cover and store leftovers in the refrigerator. After it's baked, the topping possibilities are practically endless, fresh fruits, cool whip...

Prep: 10 mins / Cook: 40 mins / Additional: 2 hours for cooling. Servings: 12

Ingredients:

- 1 (16 ounce) package angel food cake mix
- 1 (20 ounce) can crushed pineapple, in juice

Back again by demand!

Directions:

- Preheat the oven to 350 degrees F (175 degrees C).
- Combine dry cake mix with crushed pineapple and juice in a large bowl. Beat on low speed for 30 seconds, then beat on medium speed for 1 minute. Pour into an ungreased 11x14 glass cake pan or 10-inch tube pan.
- Bake in the preheated oven until deep golden brown, 40 to 45 minutes. Remove from the oven and immediately turn upside down to cool, if using a tube pan, about 2 hours. For glass cake pan, place on Cooling rack.
- For tube pan, run a knife around the edges and turn cooled cake out onto a serving place. Use a serrated knife to cut into slices. For glass pan, you can slice and serve from the pan.



Nutritional Information: Calories: 165.5 - Protein: 3.1g - Carbohydrates: 37.8g - Dietary Fiber: 0.4g - Sugars: 29.3g -
Vitamin A I: 17.7IU - Niacin: 0.2mg - Vitamin C: 4.4mg - Folate: 2.3mcg - Calcium: 45.8mg - Iron: 0.5mg—
Magnesium: 6.5mg - Potassium: 56.9mg - Sodium: 324.7mg - Calories From Fat: 0.32-



Chapter #351 Board Members

President & Asst Regional Director

Constance Evans

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Vice President – Hugo Cambron

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PIH Good Samaritan - Rae Lim -

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

If you have ever thought of giving back and sharing your heart 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



Join Us Today



PIH Health - Good Samaritan Hospital is in LA.

In upcoming months you will meet volunteers who are students in our Mended Hearts Ambassador program at all three PIH Health hospitals. These volunteers play an important role when they connect heart patients to our program and Patient's can receive the support they need. We always are in need of heart patients who can visit in person, by phone or online. Please contact our office for more information.

Hello! My name is Tiffany Wong, and I am a rising senior at the University of Southern California on the pre-Physician Assistant track. After taking a gap year once I graduate, I hope to apply to Physician Assistant (PA) school and eventually matriculate into PA school! As someone who was born and raised in Los Angeles county, I have been the recipient of care from local physicians, nurses, and other healthcare personnel, and to me, volunteering at PIH Good Samaritan Hospital is a way to give back to my community's healthcare professionals and pass the extraordinary care I have received to other patients in the hospital. Knowing that I can make a difference, even just a small one, in patients' lives and help healthcare professionals perform their jobs gives me a great sense of fulfillment and is a main factor in why I continue to volunteer.

I started volunteering at PIH Good Samaritan Hospital in January 2021 on 4 North, their cardiovascular floor. It wasn't until March of this year when I found out that Mended Hearts was coming to my floor and I immediately responded saying I was interested in becoming a Lead Volunteer Ambassador. Many do not know this, but heart disease runs in my family, and I have seen firsthand with my dad and grandpa how having heart disease can affect not just the patient, but the patient's family as well. I knew that by becoming a Mended Hearts Ambassador, I can potentially save numerous lives and spread awareness about heart disease to those that stay in 4 North and beyond. It's so fulfilling and touching to see all the patients and their families that get so excited and thankful for our program! Additionally, being able to interact with patients as part of the Mended Hearts program and spend time getting to know them gives me a glimpse into just how much of an impact Mended Hearts can have on the patients' lives.

To those reading this newsletter, I thank you for your continued support of Mended Hearts and wish you all the best health!

In this picture are six of our nine MH Ambassador team members at Good Samaritan, you will be reading about in coming newsletters.

The Lead Ambassadors train all new volunteers on the cardiac unit in their service description which includes Mended Hearts. We are excited to support patients!



Brush your teeth at night to reduce cardiovascular risks!

Not brushing your teeth at night may increase your risk of cardiovascular disease, according to a new study published in the journal Scientific Reports. Japanese researchers studied a group of 1675 people aged 20 and older who were hospitalized for surgery, evaluation, or other medical treatments, and found that brushing teeth after waking up and at bedtime was associated with fewer cardiovascular events and better overall survival rates.

The subjects were divided into four groups: Group MN (brushing teeth after waking up and at night), Group Night (brushing teeth only at night), Group M (brushing teeth only in the morning), and Group None (not brushing teeth at all). Within each group, researchers also noted whether subjects were smokers or nonsmokers, and prognosis at the time of hospitalization.

Unsurprisingly, smokers who never brushed their teeth had the worst health outcomes among all study participants, with the lowest survival probability compared to non-smokers and smokers who brushed their teeth at least once each day. Among nonsmokers, those who never brushed were much less likely to survive cardiovascular events, and nonsmokers who brushed twice a day or just at night had significantly higher overall survival probability than those who only brushed in the morning or not at all.



Guard blood pressure: Sleep 

Columbia University researchers give a good reason why it's important to get enough sleep. They find that adults who sleep less than five hours a night are twice as likely to develop high blood pressure compared with those who get seven to eight hours.

To sleep better, they recommend getting some exercise at least three hours before bedtime, drink herbal tea instead of drinks that contain alcohol or caffeine, and try to go to bed at the same time each night.



A lucky dog



People in the water are the main rescue targets of the Coast Guard, but in June 2023, they saved one very lucky German shepherd named Dory.

The dog and owner were hiking along Oregon's Ecola State Park cliff, a remote section trail with an extreme vertical cliff leading 300 feet down to a rocky beach. The dog fell off this cliff.

According to the Coast Guard, the rocky beach below is accessible only by

rappelling down from the hiking trail -- or by helicopter.

A helicopter crew dropped rescue swimmer Clayton Maidow, with a rescue basket, just as the waves began to lap at the dog. The dog remained calm as Maidow got her into the basket for the long haul up to the helicopter and then to land.

A grateful owner took the dog to the veterinarian and was astonished to find the dog had no broken bones or serious injuries from her ordeal.

Makes us wonder if dogs have Angels too?"



Our Heart Angels watch over us at PIH Health in Whittier. Mike and Annette are always with us.

Business Donors Add your business to the list and be a Heart Helper!

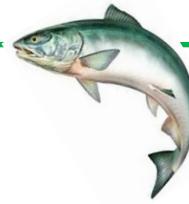
- Hera Technologies
- PIH Health Hospital
- Ruby's Diner
- Red Robin

Mended Hearts Membership is free!

You can upgrade if you choose and receive benefits, including nationally acclaimed **HeartBeat magazine** for only \$20.00 a year.

The web site is a great source for current information & webinar's!





Salmon tube saves fish worldwide

They slide, they glide, they leap tall dams in a single whoosh.

They are salmon, the remarkable migrating fish, which often need to be on the other side of a dam if they want to spawn. Developed by Whooshh Innovations, the Salmon Cannon has now transported millions of fish over obstacles and it's an idea that may save the salmon and restore ecological balance.

The idea is elegantly simple. Using a series of tubes filled with water and high-pressure air, the device propels salmon over dams and other obstacles, allowing them to reach their spawning grounds.

The process begins as the fish naturally swim into a soft tube. With a burst of pressurized air and water, the salmon are propelled through the tube, soaring over the obstruction and landing safely in the water on the other side. The latest versions of the Salmon Cannon even sort the fish -- salmon go over the dam, while random strays are allowed to exit. The device has been successfully employed in various regions, including the Pacific Northwest in the United States and British Columbia in Canada, aiding the recovery of salmon populations and revitalizing vital ecosystems. See YouTube for several videos of the Whooshh Innovations cannon.....***I never knew this!***

State fair food remains wacky!



Any food you can put on a stick -- and a lot of things you don't think can be put on a stick -- are on a stick at state fairs this year.

Some less obvious stick foods: salad (kebabs with cherry

tomatoes), spaghetti (mostly meatball), pineapple (wrapped in dough and fried), pickles (fried with chocolate), meatloaf (fried), bacon (glued with chocolate).

Fair foods are competitively weird and have been since at least the first World's Fair of 1904 when most folks had a chance to taste hot dogs, peanut butter, cotton candy, and ice cream cones.

Today, the foods are increasingly extreme. Pickle pizza is mild compared to dishes with meal worms (sold as maggots) -- the new thing on caramel apples and cheese sandwiches. Then there is the food that isn't what it appears. The beef sundae looks exactly like ice cream with a cherry on top, but it is mashed potatoes, beef and a grape tomato. Spaghetti ice cream looks like spaghetti but is actually ice cream pressed into noodles with strawberry sauce.

Go figure.

Get your groove on with line dancing... Line dancing just looks like so much fun, but it can be baffling on your first try. But there are some secrets to the art and when you understand them, line dancing is much less daunting.

First, a line dance lasts from three to five minutes, and you can drop out at any time. Among all the popular line dances, the Electric Slide is the shortest, lasting from two to three minutes and makes a good beginning dance to learn. It is the dance that often opens a line dance party, especially as a warmup. The steps are fairly easy, and the dancers face different directions four times.

If you are new to line dancing, here are some tips:



The dance starts when the singing starts. Everything before that is the intro. Moves usually change after four counts. When you get to four, you'll change direction or make a new move. You can make any move plain or fancy, low movement or high. Instead of doing actual stomps, for example, do a tap.

Notice how many times the dancers turn to face a different direction. These are called walls. A line dance can have one wall or up to four. But the dance will usually end up facing the same way it started.

Here are some other popular line dances: ***Cha-cha slide***. You get to make a little cha-cha move. There are some hops, but you can substitute tip toes. ***Boot scootin' boogie***. More difficult in that it has a series of hops, including one in which dancers cross their legs. It also has a quick half-beat step. ***Cupid shuffle***. A modern song with easy steps and kicks, although experienced line dancers usually improvise their steps. Stick with the basics at the beginning. ***Cotton-Eyed Joe***. If you love that old-fashioned fiddle, this ones for you. It has some turns and toe taps.

Dancers usually face one way. ... ***Get up and get your heart pumping!***



AUGUST 2023

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11 MH Board Meeting 10 am	12
13	14	15	16 General Speaker Meeting 6pm	17	18	19
20	21	22	23 Lazy Dog Fundraiser 11am to midnight	24	25	26
27	28	29	30	31		



Presidents Report Hi everyone and welcome to August.

Our fundraising for July was at Red Robin. The food was delicious and we had a great time! **Next up is Lazy Dog**, which is all day- so more people can go and support our charity work in the community. You need to let us know restaurants where you like to dine so they can be considered for future events. Ever since we did our Mended Hearts window display for **One Legacy**, I've been wanting to know more about them. Johnny Lemucchi volunteers with them and supports many heart transplant patients, locally and across the country—so I am very excited to learn more.

Joel Holly with One Legacy's Education Department, is our speaker for August!

September is John Anderson, Pharm.D ; Senior Clinical Pharmacist at PIH Whittier: Learn about medications you may be taking & ask questions from an expert in the field.

October is Dr. Elkin who will discuss differences in men vs. women's heart disease and share information on the 1st anniversary of his new book.

November will be Diabetes and Heart Disease with new information and a free book from a renowned author.

Friday, December 8th is our **Christmas Party** so be sure to **SAVE THE DATE !** This will be a huge event!

Good Samaritan News – We finally have everything in place to establish our Good Sam satellite. We are honored to be the 1st hospital in the city of Los Angeles to have a MH chapter. There will be a Meet & Greet on August 4th for staff to learn more about our support system for their hospital. If you are interested in helping, please let me know.

Whittier News-- In July we presented at two nursing meetings and will conduct more for Good Sam and for Downey. More & more good things are happening!



SIT. STAY. PLAY

Lazy DOG
EAT. DRINK.

"Mended Hearts Chapter 351"

Invites you to join them for a meal at Lazy Dog Bar and Restaurants. Just bring this flyer with you on the date & time below and 15% of the total bill will be given back to the organizations!

Date : August 23rd, 2023 (Wednesday)

Time: 11am to Midnight

Location:

Lazy Dog Bar and Restaurants in Downey

8800 Apollo Way

Downey, CA 90242

"TAKEOUT INCLUDED"

See You there!

www.lazydogrestaurants.com





MEMBERSHIP FORM

DATE _____

[] NEW MENDED HEARTS [] NEW MENDED LITTLE HEARTS [] NEW YOUNG MENDED HEARTS [] RENEWAL

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

Associate Member --- FREE

- * Can attend any chapter meeting for MH or MLH
* Can join online communities
* Can access Member Portal
* Receives the National e-newsletter

Individual Member --- \$20 annual donation per person

- * All of the benefits of an Associate Member, PLUS
* Membership Card
* Car Decal - Select ___ MH or ___ MLH ___ YMH
* One-time 5% off coupon for purchase from the MH store
* One year annual subscription to Heartbeat magazine (\$30 value)

Bronze Member --- \$45 annual donation per person

- * All the benefits of a Full Individual Member, PLUS
* Membership Pin
* Choice of ___ MLH Drawstring Backpack or ___ MH/MLH Notecards (10 pk)
* 5% off registration of any National (not regional) MH/MLH Conference or Symposia

Silver Member --- \$100 annual donation per person

- * All the benefits of a Bronze Member, PLUS
* A Stainless Steel Mended Hearts Travel Mug

Gold Member --- \$250 annual donation per person

- * All the benefits of a Silver Member, PLUS
* A Red Fleece Blanket
* 10% off registration of any National Conference or CHD Symposium

Heart of Gold Lifetime Sponsor --- \$1500 donation

A one-time donation per individual

- * All the benefits of a Gold member FOR LIFE, PLUS
* 15% off registration fees at National MH/MLH Conferences / Symposia
* Recognition in the next Heartbeat 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

FAMILY MEMBERSHIP

For members of one household with one mailing address only

Family Membership --- \$40 annual donation

- * All of the benefits of an Associate Membership, PLUS
* One year annual subscription to Heartbeat magazine (\$30 value)
* Membership Cards for all members of the family
* 2 Car Decals - Select ___ MH or ___ MLH ___ YMH
* Each family member receives a one-time 5% off coupon for purchase from the MH store. Use only one coupon per order.

Bronze Family Membership --- \$75 annual donation

- * All the benefits of a Family Membership, PLUS
* One Membership Pin per member
* Choice of ___ MLH Drawstring Backpack or ___ MH/MLH Notecards (10 pk)
* 5% off registration of any National (not regional) MH/MLH Conference or Symposia

Family Members:

Spouse ___ Child ___ Heart Patient ___

Spouse ___ Child ___ Heart Patient ___

Spouse ___ Child ___ Heart Patient ___

Spouse ___ Child ___ Heart Patient ___

ALL Donations are tax deductible

PAYMENT INFORMATION:

Membership Level _____ \$ _____

Additional tax-deductible Donation to:

[] Mended Hearts [] Mended Little Hearts \$ _____
[] Young Mended Hearts

TOTAL TO NATIONAL \$ _____

ADDITIONAL CHAPTER / GROUP DONATION:

[] Chapter 351 Amount: \$ _____

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.