



Mended Hearts® of Whittier, CA NEWSLETTER

2023

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EMAIL: MH351@PIHHEALTH.ORG
CALL: 562-698-0811 EXT: 12368

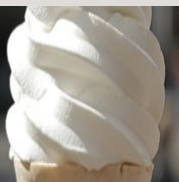
MAIL TO: **MENDEDED HEARTS**
P.O. BOX 68
WHITTIER, CA 90608

WWW.MENDEDEDHEARTSWHITTIER.ORG
MHI - MENDEDEDHEARTS.ORG



Mended Hearts of Whittier Chapter 351

July is National
Ice Cream Month!



Welcome Our New Members



Antonio Felix
Alex Gonzalez
Kathy Orio
Salvador Ramos
Nancy White

We currently have 136 members of our
Chapter.351. Great emotional support
and friendship building for healing



No Scheduled Speaker Meeting in July

Instead, join us for "Spirit Night" July 19th
Flyer is attached

Presidents Report

Hi everyone and welcome to July!

What an eventful month this is. We do not have
a scheduled meeting and to replace it, we are having a
"Spirit Night" fundraiser at the Whittier Red Robin !!



Thank you to Vivian Rice who suggested this new spot.

In August, we will be dining at **Lazy Dog in Downey**, both places give us
a great opportunity to share good food and great times with our
Mended Hearts friends! (*Remember Lazy Dog invites dogs to dine also*)

Next month you will start to see volunteer stories and pictures of
the new MH Ambassadors at our hospitals. The new program is
outlined in this edition and their important role in connecting patients
with Accredited Visitors when we can't be there. If you are a heart
patient who is interested in giving back, you can help by reaching out
and making phone calls, right from home. A one hour training and you
are good to go! If you would like to visit patients and share your story to
give them support, please call me.

This edition is going out before our June Picnic, so we will share
pictures in the August edition. Many of you will be having picnic
celebrations of your own for the 4th of July.

It looks like Christmas is just around the corner so clues will be
in the next few editions before it's revealed! Tickets will go on sale in
the fall for prizes we are already
gathering...many more this year!





Barbecued Pork Tenderloin

Healthy Recipes by Mayo Clinic Staff

Number of servings: 4

Ingredients:

- 2 teaspoons firmly packed brown sugar
- 1 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/4 teaspoon cayenne pepper
- 1/8 teaspoon ground cloves
- 3/4 teaspoon salt, divided
- 1/2 teaspoon freshly ground black pepper
- 1 pork tenderloin, about 1 pound, trimmed of visible fat
- 2 teaspoons white vinegar
- 1 1/2 teaspoons dark honey
- 1 teaspoon tomato paste



Dietitian's tip: This dry rub is inspired by the hot and spicy flavor of jerk seasoning

Directions

- In a small bowl, combine the brown sugar, allspice, cinnamon, ginger, onion powder, garlic powder, cayenne pepper, cloves, 1/2 teaspoon of the salt and the black pepper. Rub the spice mixture over the pork and let stand for 15 minutes.
- In another small bowl, combine the vinegar, honey, tomato paste and the remaining 1/4 teaspoon salt. Whisk to blend. Set aside.
- Prepare a hot fire in a charcoal grill or heat a gas grill or broiler (grill) to medium-high or 400 F. 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.
- Place the pork on the grill rack or broiler pan. Grill or broil at medium-high heat, turning several times, until browned on all sides, 3 to 4 minutes total. Remove to a cooler part of the grill or reduce the heat and continue cooking for 14 to 16 minutes.
- Baste with the vinegar-honey glaze and continue cooking until the pork is slightly pink inside and an instant-read thermometer inserted into the thickest part reads 160 F, 3 to 4 minutes longer. Transfer to a cutting board and let cool for 5 minutes before slicing.
- To serve, slice the pork tenderloin crosswise into 16 pieces and arrange on a warmed serving platter, or divide the slices among individual plates.

Nutritional analysis per serving: 4 slices Cholesterol 74 mg - Calories 143 - Sodium 509 mg - Total fat 2.5 g Total carbohydrate 6 g - Saturated fat 1 g - Dietary fiber 1 g - Trans fat Trace - Added sugars 0.5 g - Monounsaturated fat 1 g - Protein 24 g - Total sugars 0.5 g



Dolly's really big pie. At Dolly Parton's Dollywood theme park in

Pigeon Forge, Tennessee, you can buy some pie or a lot of pie, including a really big pie. In fact, you can buy a 25-pound apple pie for \$230. One slice is \$20.



Happy July 4th!



Chapter #351 Board Members

President & Asst Regional Director

Constance Evans

Email – Constance.mh351@yahoo.com

Phone -951-316-1951

Vice President – Hugo Cambron

Email - hugocambron@yahoo.com

Secretary – Open position

Treasurer – Marilyn Schirmer

Email – marilynmschirmer@aol.com

Visiting Chairman – Yolie Zaragoza

Email - yolie.zaragoza@gmail.com

Membership Chair - Marcela Cueto-Sanchez

cmmjsanchez@verizon.net

Newsletter Editor – Constance Evans

Communications – Eddie Rodriguez

Email - erod77711@gmail.com

Public Relations - Johnny Lemucchi

Email - jclemukchi@aol.com

Social Secretary - Vivian Rice

PIH Whittier Hospital Liaisons–

Teri Beyer - Teri.Beyer@pihhealth.org

Lupe Morales-

Lupe.Morales@pihhealth.org

PIH Downey Liaison - Mayra Linares -

mayra.linares@pihhealth.org

PIH Good Samaritan - Rae Lim -

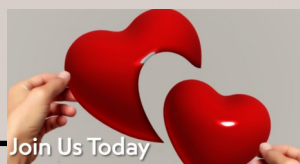
Rae.Lim@pihhealth.org

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



The following article was written by the Director of Volunteer Services, Marianne Cota for the “Volunteer Voice” newsletter at PIH Health.



New Volunteer Role for Mended Hearts

Mended Hearts is a national and community based nonprofit organization that has been offering the gift of hope to heart disease patients, their families and caregivers.

Their mission is dedicated to “Inspiring hope and improving the quality of life for heart patients and their families through ongoing peer-to-peer support.” Volunteers, who have had a heart procedure, visit patients to share their experiences and talk about what they may face including lifestyle changes, depression, recovery and treatment.

PIH Health has several volunteers who serve in this capacity.

But you don’t need to have been a heart patient to serve through Mended Hearts. In 2023, a new role was created, entitled a **“Mended Hearts Ambassador”** to help promote resources amongst patients.

As a **Mended Heart’s Ambassador**, volunteers hand out a welcome letter, which explains the program to heart patients and offers them the opportunity to connect with accredited Mended Heart visitors.

Volunteers also distribute brochures on various heart and health topics

We have been thrilled by the volunteers who have enthusiastically accepted this **Mended Hearts Ambassador** role and have even taken on leadership roles within the position. These leads help train new **Mended Hearts Ambassador** volunteers and offer suggestions to ensure the program is running smoothly. Staff have been appreciative of the extra support to promote a healthy heart recovery for patients. Thank you to all our **Mended Heart** volunteers for supporting our cardiac floors and patients!

For more information about how you can get involved with Mended Hearts, please contact Constance Evans, President, Chapter 351 at **562.698.0811 Ext. 12368** or email to mh351@pihhealth.org.



PIH Whittier - Board member's and patients visitors. Our liaison, Teri Beyer

Paskeys, passwords, and logging into the future

In many ways, the internet has shrunk the world. It's easy to keep in touch with friends and family across the globe and information about almost anything is right at our fingertips. But our reliance on gadgets and the internet has also created many easy avenues for hackers and scammers, and traditional security measures like passwords may no longer be enough. Indeed, tech companies are shifting focus from passwords to so-called paskeys, which many security experts say offer greater security and convenience.

Over and over, hackers have breached servers or broken into databases to steal passwords. Even if databases are kept secure, criminals can use social engineering, including phishing attacks, to gain access to passwords. Meanwhile, simply remembering passwords is a chore, so many people use weak passwords, like qwerty123. Folks often use the same password for many sites, so once the password is exposed, hackers can log into multiple platforms and quickly cause widespread damage.

Paskeys, on the other hand, are typically tied either to devices or biometrics, if not both. This means that only your phone, laptop, or other device can use the paskey to log into a website or app. Even if a hacker somehow got the paskey, they likely won't be able to use it without the devices. Biometrics, meanwhile, are tied to your physical body, and despite what spy movies portray, hacking biometrics is quite difficult.

In addition, passkey verification is handled locally on your device. Only public keys are stored on external servers, which makes mass sensitive data breaches more difficult to carry out. So, if you're sick of managing passwords (we all are), switching to paskeys may offer an easy way to increase both convenience and security. Google, Apple, Microsoft, and many other tech companies already offer paskeys, so don't be surprised if they become the industry standard for login security.



Watch out for summer safety hazards



Open windows - Now come the nice breezes and open windows. But each year about 5,000 children age 10 and under are injured by falling through windows and 18 die. Screens don't help much. According to the Children's Medical Center in Dallas, screens can easily give way under a child's weight. They recommend installing window guards and moving furniture away from windows to keep a child from climbing up to reach a window. Tell kids about the dangers of windows and set a good example by not leaning against windows or sitting on their ledges.

Jellyfish stings - The number of jellyfish appears to be on the rise. Carry a small bottle of vinegar or rubbing alcohol in your beach bag. If you get stung, it will ease the pain.

Bee stings - More than 500,000 people are treated in emergency rooms each year for bee stings, and 40 die. Bees are attracted to bright clothing, the smell of perfumes and lotions, and sweet foods and drinks. If you are stung, remove the stinger by scraping it away with a credit card. Don't squeeze it -- squeezing can release more venom. Wash the area and apply antiseptic. If you have a history of allergic reactions, ask your doctor for an Epi-pen, a syringe filled with epinephrine, a hormone that prevents shock.

Poison ivy, oak, sumac - If you touch poison ivy, poison oak, or poison sumac, remove the irritating resin as soon as possible. Wash the area with rubbing alcohol, followed by soap and water. If no alcohol is available, at least wash well with soap and water.

Mosquito bites - Mosquito bites itch like mad and can transmit diseases like West Nile Virus. A swarm could even make you fall out of your boat, so be sure to wear a life jacket. Repellents containing DEET offer the best protection. For children under age 6, don't use an insect repellent that contains more than 15 percent DEET.

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 and webinar's!**



Business Donors

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

Hera Technologies
PIH Health Hospital
Ruby's Diner



Everyday Habits to Ease Inflammation

from WebMD

Too Much of a Sometimes-Good Thing - Your body needs some inflammation to fight infection and speed healing. But too much for too long can push your immune system to attack healthy organs and tissues. This can lead to heart disease, diabetes, cancer, arthritis, and irritable bowel diseases. Luckily, there are ways to keep the flames at bay.

Catch Enough ZZZs - When you don't get the sleep you need, your body may kick inflammation up a notch. Your goal should be 7-9 hours every night. Aim for both quality and quantity. Go to bed and wake up at the same time every night and day, put your

screens away well before you lie down, and sleep in a cool, dark, and quiet room.



Go for a Stroll - It takes as little as 20 minutes of moderate exercise, such as a brisk walk with your dog or a friend, to head off an anti-inflammatory response in your body. Health guidelines call for 30 minutes of physical activity a day, 5 days a week. If you currently don't work out at all, 20 minutes is a great place to start.

Spice It Up - Studies on turmeric, rosemary, cinnamon, cumin, and ginger show they may slow down processes in your body that lead to inflammation. Dial up the flavors in your dishes and give your health a boost by trying out some of these spices.

Try Fasting - Research shows intermittent fasting may be more than just a fad. Eating only during a fixed window of time each day can have anti-inflammatory effects. Long-lasting inflammation can raise your risk for conditions including heart disease, cancer, and diabetes. There are many ways to follow this eating plan. A common method involves only eating between 10 a.m. and 6 p.m. daily.



Get Your Greens - Stock up on salad fixings. Greens such as collards, broccoli, kale, and spinach have antioxidants and other compounds that can help reduce inflammation and keep day-to-day damage to your cells to a minimum. The U.S. Department of Agriculture recommends that women eat at least a cup and a half of dark green vegetables every week. Men ought to eat two.

Try Yoga - This ancient Indian practice focuses on breathing. It also helps lower levels of the stress-related hormone cortisol. When yoga is a regular part of your routine, you may also feel less depressed, less anxious, and have fewer symptoms of inflammation, such as high cholesterol and unstable blood sugar levels.

Easy on the Alcohol - A glass of wine with dinner isn't going to do much harm. But too much alcohol can raise toxin levels in your body. This turns on inflammation, which can damage tissues and organs. If you drink at all, do so in moderation. What does that mean? According to the CDC, it's no more than one drink a day for women and two for men.



Upgrade Your Diet - Refined carbohydrates, red meats, and fried foods raise inflammation in your body. Swap out unhealthy foods for inflammation-fighting fruits, vegetables, nuts, beans, and fish. Plan your menu around foods such as tomatoes, blueberries, almonds, walnuts, lentils, and salmon.


Shed Extra Weight - If you've got a few pounds to lose, getting rid of them could ease inflammation. Excess weight, on the other hand, can make it worse. That's part of the reason obesity and overweight are risk factors for so many health conditions. Talk to your doctor about how you can get into a weight range that's healthy for you.

Stop Smoking - Smoking comes with a laundry list of harmful effects. Higher levels of inflammation is one of them. Decide to quit and pick a day to do it. You don't have to go it alone, though. Your doctor can come up with a plan so you can kick the habit for good.

Be Good to Your Heart!



JULY 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	26	27	28	29	30	1
2	3	4 	5	6	7	8
9	10	11	12	13	MH Board Meeting 14 10 am	15
16	17	18	19 Red Robin Spirit Night 5PM to 9PM	20	21	22
23	24	25	26	27	28	29
30	31					

July is Eye Injury Prevention Month

- * Follow fireworks safety rules.
- * Wear safety glasses when using power tools and doing home repairs.
- * Use eye protection when playing sports such as handball and tennis.
- * Wear sunglasses with UV protection when you go outdoors.
- * Wear safety glasses when spraying trees with insecticide.
- * Get new safety glasses when needed.

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
or call 888-432-7899.

Be sure to get your copy!

Call 562-698-0811 Ext. 12368

Thank you to PIH Health Hospital in Whittier
for printing and mailing our chapter
newsletters!

