



Mended Hearts[®] of Whittier, CA **NEWSLETTER**



2023

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EMAIL: MH351@PIHHEALTH.ORG

CALL: 562-698-0811 EXT: 12368

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

WWW.MENDEdHEARTSWHITTIER.ORG
MHI - MENDEdHEARTS.ORG

Mended Hearts Education Meeting - In Person

Wednesday, Sept 20, 2023

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

Heart Support group follows for all patients and family.

***PIH Health Hospital - Whittier Auditorium
12401 Washington Blvd in Whittier, CA.***

Attention Heart Patients

Do You Take Heart Medication's?

Understanding your heart
medications is critical!

- Do you have a list all your medications to carry?
- Do you know what each medication does?
- Do you know the best time to take them?
- Do you know drug interactions?



ASK THE PHARMACIST....

John Anderson, PharmD

Senior Clinical Pharmacist at PIH Health

**Join Us to learn and ask questions
about...**

Your Cardiac Medications



Mended Hearts of Whittier Chapter 351

Welcome Or New Members



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

Vermicelli with Vegetables

Number of servings: 2 High Fiber & Healthy carbs

Ingredients

- 2 teaspoons extra-virgin olive oil, divided
- 6 asparagus spears
- 4 ounces dried whole-grain vermicelli
- 1 medium tomato, chopped
- 1 tablespoon minced garlic
- 2 tablespoons chopped fresh basil
- 4 tablespoons freshly grated Parmesan, divided
- 1/8 teaspoon ground black pepper, or to taste

Directions

- Add 1 teaspoon of the olive oil to a skillet. Sauté asparagus over medium-high heat until lightly browned and tender-crisp. Remove from pan and allow to cool. Cut into 1-inch pieces.
- Fill a large pot 3/4 full with water and bring to a boil. Add the pasta and cook until tender (al dente), 10 to 12 minutes, or according to the package directions. Drain the pasta thoroughly.
- Put the pasta into a large bowl. Drizzle the remaining 1 teaspoon olive oil over the pasta and toss gently. Add the tomato, garlic, basil, asparagus, and 2 tablespoons of the Parmesan. Toss to mix evenly.
- Divide the pasta between individual plates. Top each serving with 1 tablespoon Parmesan and black pepper, as desired. Serve immediately.

Nutritional analysis per serving size: About 1 cup pasta with vegetables Protein 13 g – Calories 325
Total carbohydrate 48 g - Dietary fiber 8 g - Total sugars 3 g – Sodium 160 mg - Saturated fat 2 g - Total fat 9 g - Trans-fat 0 g – Cholesterol 9 mg - Monounsaturated fat 4 g - Added sugars 0 g



Dietitian's tip: Olive oil used in place of other fats can lower your risk of heart disease by reducing your blood cholesterol level. May add veggies for color & calories.

September is National Cholesterol Education Month, making it the perfect time to review the different types of cholesterol and how to lower it. While the foods you eat play a significant role in your cholesterol level, there are other factors, too, that may place you at a heightened risk of high cholesterol and associated health issues. High cholesterol is a major risk factor for cardiac issues, so figuring out how to lower your cholesterol level – and keep it low – is essential for improving your overall heart health.

There are two types of cholesterol: low-density lipoprotein, or LDL, cholesterol, and high-density lipoprotein, or HDL, cholesterol. Some people refer to LDL cholesterol as “bad” cholesterol and HDL cholesterol as “good” cholesterol. This is because high LDL levels cause plaque to build up in your blood vessels, which blocks or slows the flow of blood to your heart, increasing your risk of heart disease and stroke. The other type of cholesterol (HDL) lowers your risk of heart disease and stroke by absorbing the body’s cholesterol, transporting it to the liver and then excreting it from your body.

MODIFY YOUR DIET - Your diet has a notable impact on your cholesterol levels. Saturated and trans fats are among the top dietary causes of high cholesterol, so lowering your intake of both types of fats helps reduce your cholesterol-related health risks

TALK TO YOUR DOCTOR - Your doctor should have a solid understanding of your specific cholesterol levels and concerns. Talk to him or her about what you might do to lower your bad cholesterol levels. Be sure, too, to let your physician know about any medications or supplements you are currently taking so that he or she can come up with a safe, coordinated health care plan on your behalf.

TYPES OF CHOLESTEROL



Continued on Page 3



Chapter #351 Board Members

President & Asst Regional Director

Constance Evans
Constance.mh351@yahoo.com
Phone -951-316-1951

Vice President – Hugo Cambron
Email - hugocambron@yahoo.com

Secretary – Open position

Treasurer – Marilyn Schirmer

Visiting Chairman – Yolie Zaragoza

Membership Chair - Marcela Cueto-Sanchez
cmmjsanchez@verizon.net

Newsletter Editor – Constance Evans

Communications – Eddie Rodriguez

Public Relations - Johnny Lemucchi
Email - jclemucchi@aol.com

Social Secretary - Vivian Rice
Support Group - Nancy White, LCSW

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
Deanna.Shea-Vega@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 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

September is National Cholesterol Education Month

DIETARY TIPS FOR LOWERING CHOLESTEROL

While you do not need or want to eliminate cholesterol from your diet entirely, you do want to limit how much LDL cholesterol makes its way into your bloodstream. Changing your diet can go a long way in terms of reducing your cholesterol-related health risks, so consider taking the following steps with regard to what you eat.



EXPLORE THE DASH EATING PLAN

The Dietary Approaches to Stop Hypertension, or DASH, eating plan draws from numerous research studies and aims to lower high blood pressure and reduce your risk of heart disease. The plan limits your consumption of foods high in saturated fats (think full-fat dairy products, fatty meats and certain tropical oils), and it also reduces your consumption of sweets, juices and other sugar-sweetened beverages. In exchange, it encourages increasing your consumption of fruits, veggies and whole grains, lower-fat dairy options, beans, nuts and vegetable oils.

LIMIT CONSUMPTION OF ANIMAL PRODUCTS, SALT AND ALCOHOL

Current recommendations suggest consuming less than 200 mg a day of cholesterol, and most cholesterol comes from animal products, such as egg yolks, fatty meats and full-fat dairy products. While lowering salt intake doesn't lower cholesterol levels, specifically, it does reduce your blood pressure, which in turn cuts your risk of heart disease. Limiting alcohol also helps guard against weight gain, which also impacts your cholesterol levels.

INCREASE CONSUMPTION OF FRUITS, VEGGIES, FISH & SOLUBLE FIBER

While limiting your consumption of cholesterol-heavy foods and drinks is a critical part of maintain healthy cholesterol levels, so, is filling your diet with heart-healthy foods that help you fight high cholesterol.

Exerts from the Arizona Heart Foundation September 1, 2022

Call a rabbit for luck!

According to one funny tradition, if you say "Rabbit Rabbit" on the first day of the month before you say anything else, you'll have good luck. You can also say "Bunny Bunny."

As with most superstitions, we can only guess at how the Rabbit Rabbit habit took hold. It was common up to even the 1940s. British pilots of who repelled the Luftwaffe in World War II said it. President Franklin Delano Roosevelt claimed to invoke the rabbit. Even Gilda Radner, comedian on Saturday Night Live, claimed to say it.

The first written record of the practice comes from 1909, according to the Farmers' Almanac.



How to start a book club tailored to your interests

Calling all book lovers! As the pages of life continue to turn, a book club offers a delightful way to embrace the joy of reading while fostering meaningful connections with like-minded individuals. Whether you have a passion for classic literature, mysteries, memoirs, or any other genre, starting a book club tailored to your interests can be an enriching and rewarding endeavor.

Step 1: Define your reading interests

The first step in forming your book club is to decide what types of books you will read. You can limit the books to one genre, like romance, or you can let people read whatever they want.

Step 2: Organize the club structure.

Decide on the frequency of meetings, which could be once a month or every two weeks, depending on everyone's availability. Rotate the host's home to keep things fresh and exciting.

Step 3: Create a reading list

Compile a diverse reading list. By including a mix of familiar classics and contemporary bestsellers.

Step 4: Attract members

Invite fellow seniors in your community to join the book club through word of mouth, community bulletin boards, or social media.

Step 5: Decide on meeting format and activities

During your book club meetings, encourage open discussions about the selected books. Consider incorporating related activities like book-themed trivia, author spotlights, or even occasional book-to-movie nights.

Remember, starting a book club is an enjoyable way to form cherished friendships. So grab your favorite book and join in as you connect with fellow seniors over shared passions and inspiring stories. Happy reading!

Red Robin in Whittier held our July fundraiser. It was fun for all of us who attended. We love to get together and eat good food! Here are pics of MH friends we share. We missed you not being with us! The Chicken Lettuce Wraps are Awesome!!



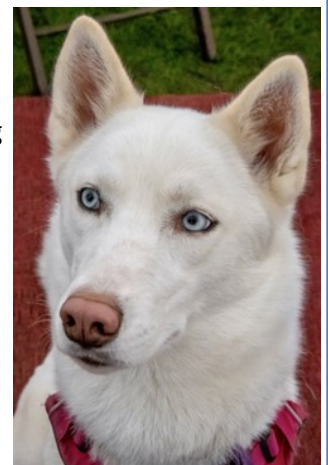
4 things you can't get back:

The stone after it's thrown.
The word after it's said.
The occasion after it's missed.
The time after it's gone.



Get Fluffy or Spot to show you what he wants!

Your pet is nagging you, but you don't know what he wants.



Why not just ask?

Liz Palika, author of *The New Age Dog* (Renaissance) says that with a small amount of training, you will be able to find the answer.

Say "Show me" to your pet, then walk toward him and keep saying "Show me."

Stop at various places, like the leash, the water dish, or the food bowl. When you find the right place, the dog will react strongly.

The same tactic can work for cats. When the cat jumps on your lap for no apparent reason, walks on the newspaper you are trying to read, or nags you while you are watching television, try the "Show me" routine. You'll be able to sit in peace after satisfying its wants or needs.



Mended Hearts®
of Whittier, CA



The money raised through this fundraiser will help us pay for things like the MH and MLH HeartGuides®, our award-winning Heartbeat® Magazine, our visitor training, chapter and group registrations, the printing and shipping of educational materials, and much more.

We do not receive sponsor funding to provide these vital programs, materials, and services, so we depend on community fundraising to keep them running. In this year's World of Support: Hearts Around the World Fundraiser and Virtual Race, participants can contribute by donating or/and or registering for the event.

If you choose to register, you'll pick a distance and then you'll have one month (from Sept 29 to Oct 29) to complete that chosen distance in a way that works for you.

If you would like to donate to this important fundraiser, but you would prefer to do it over the phone or through check, you can call 888-432-7899 or mail a donation to The Mended Hearts, Inc. at 1579 US Highway 19, Leesburg, GA 31763 USA. Just be sure to put "Worldof Support donation" somewhere on the check and see below for our team information.

Make sure you include your team when you talk to someone, add a note on your check or add your team name if you go online to donate. We are: **Team MHI Ch. 351 and our goal is to raise \$1,000 for Mended Hearts!**

To donate to the WOS general fund or to a team go to

<https://www.mightycause.com/event/Worldofsupport2023>

For help call 562-698-0811 Ext. 12368



September 2023

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

Presidents Report Hi everyone and welcome to September.



Our fundraising for August was at Lazy Dog. . The food was delicious and we had a great time! You will see pictures soon!

Septembers speaker is Jon Anderson who does take questions about your medications. It will be nice to have him in person this year!

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.

We are very excited about **World of Support** this year! As you know, I was at a Leadership Conference in Albany the end of June and the national office is very proud of the work we do getting support out to of all our heart patients. We need to support MHI so we can again be able to receive Heart Guides for our patients. The price rose to \$5.00 this year and there aren’t any grants to pay for the printing so please help with whatever you are comfortable Look for the flier to donate and if you need help please give us a call.

Friday, December 8th is our **Christmas Party** so be sure to **SAVE THE DATE !** This will be a huge event so keep your fingers crossed it sill happens! We do have space for help on the Event Planning Committee. It’s great fun working together to plan the food, the decorations, the music even find costumes! Tickets will go on sale starting in October for tickets and seating will be limited,



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.