



# Mended Hearts® of Whittier, CA NEWSLETTER



**2024**

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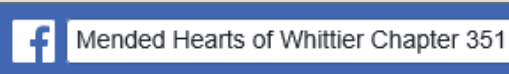
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EMAIL: [MH351@PIHHEALTH.ORG](mailto:MH351@PIHHEALTH.ORG)

CALL: 562-698-0811 EXT: 12368

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

[WWW.MENDEdHEARTSWHITTIER.ORG](http://WWW.MENDEdHEARTSWHITTIER.ORG)  
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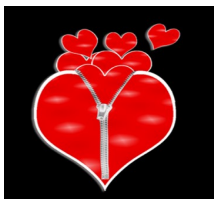


### Welcome to Mended Hearts!

We currently have 155 members in our Chapter.351, who enjoy emotional support, friendship building, and fun filled events!

#### Welcome

- Marianne Cota**
- William Downey
- Susan Neff
- Patricia Sevilla
- Mitana Shah



## **Mended Hearts Support Group** **Wednesday, March 20, 2024**

In Person at PIH Health Hospital - Whittier Auditorium  
12401 Washington Blvd in Whittier, CA.

Public is welcome.

Heart Support group is for all patients and families to participate.

5:30 Social & Snacks

6:00 pm Support Group

Join our Conversation on Diet and Nutrition

Including **You Are What You Eat: A Twin Experiment**

For information call 562-463-6960 Ext. 12368

### Dr. Tovar's Smoothie Recipe

Susan Tovar sent me the recipe and we'll talk about the ingredients at the meeting.

- ½ cup frozen blueberries
- ½ frozen banana
- A handful of frozen kale
- 2 tablespoons unsweetened unflavored vegan protein powder
- 1 tablespoon whole flax seed
- 1 tablespoon chia seed
- 1/8 cup uncooked/dry quick oats
- ½ tsp brewer's yeast powder
- ½ teaspoon Amla powder
- 1 tablespoon beetroot powder
- 1 teaspoon purple sweet potato powder
- 1/8 tsp chlorella powder
- 1 tsp honey
- 8 oz unflavored almond milk

Blend until smooth and drink with a straw because the blueberries, beet powder & purple sweet potato powder may stain your teeth.





### Marinated portobello mushrooms with provolone

Number of servings: 2

DASH diet - Low-sodium - Heart-healthy - Weight management

Meatless - Diabetes meal plan - Gluten-free

#### Ingredients

- 2 portobello mushrooms, stemmed and wiped clean
- 1/2 cup balsamic vinegar
- 1 tablespoon brown sugar
- 1/4 teaspoon dried rosemary
- 1 teaspoon minced garlic
- 1/4 cup grated (1 ounce) provolone cheese

#### Directions

- Heat the broiler (grill). Position the rack 4 inches from the heat source.
- Lightly coat a glass baking dish with cooking spray. Place the mushrooms in the dish, stemless-side (gill-side) up.
- In a small bowl, whisk together the vinegar, brown sugar, rosemary and garlic. Pour the mixture over the mushrooms. Set aside for 5 to 10 minutes to marinate.
- Broil (grill) the mushrooms, turning once, until they're tender, about 4 minutes on each side. Sprinkle grated cheese over each mushroom and continue to broil (grill) until the cheese melts. Transfer to individual plates.

**Nutritional analysis per serving:** 1 mushroom

Calories 112 - Total fat 4 g - Saturated fat 2 g - Trans fat Trace - Monounsaturated fat 1 g - Protein 6 g

Cholesterol 10 mg - Sodium 140 mg - Total carbohydrate 13 g - Dietary fiber 1 g - Total sugars 11 g - Added sugars 4 g

from Mayo Clinic Dieticians



**Dietitian's tip:** When cleaning mushrooms, don't immerse them in water because they'll soak up the water like a sponge. Instead, wipe the mushrooms clean with a damp cloth or sturdy paper towel

**Good sources of iron for vegetarians include:** kidney beans, chickpeas and lentils. and dried fruit, such as apricots.

***Protein satisfies hunger and preserves muscle.***

It's true that protein satisfies hunger in a way that fats and carbohydrates can't -- possibly one reason why high protein, low-carb diets are popular.

Protein has a second quality that may be equally important to people who are losing weight. One of protein's amino acids, leucine, appears to be the key to preserving muscle while losing fat, say researchers at the University of Illinois. Other studies show that leucine can promote muscle building when overall calories are low.

To get plenty of leucine from protein and still avoid the animal fat in meat, consider these low-fat, leucine-rich protein sources:

- 1/2 cup firm tofu, 1,511 mg. - *leucine*
- 1/2 cup low-fat cottage cheese, 1,440 mg. - *leucine*
- 8 ounces fat-free milk, 818 mg. - *leucine*
- 1 ounce reduced-fat mozzarella cheese, 670 mg. - *leucine*
- 1 ounce reduced fat cheddar cheese, 608 mg. - *leucine*
- Hard-boiled or soft-boiled egg, 538 mg. - *leucine*
- 1 cup couscous, cooked, 464 mg. - *leucine*





**The Netflix series *You Are What You Eat* features Christopher Gardner discussing a Stanford Medicine- led trial of identical twins comparing vegan and omnivore diets.**

The show chronicles the experience of four pairs of identical twins who participated in an eight-week study with Stanford Medicine researchers as they compared the impacts of a vegan diet with an omnivore diet. The study involved a total of 22 pairs of identical twins and randomized one twin from each pair to either a vegan or omnivore diet.

“I’m always trying to get people to eat more healthfully, and it often doesn’t work,” said Gardner, the Rehnberg Farquhar Professor, and a professor of medicine. **“I don’t actually care if they eat a vegan diet, just more plants and less meat. That’s what I’ve been all about for a long, long time.”**

**The omnivore diet versus the vegan diet:** Which one is better for your cardiovascular health? Stanford researchers found the answer by changing the eating habits of identical twins. It is a four part series and very interesting to watch, so have a look and be ready for our support group conversation!



**Controversy?** A vegan diet has been promoted as having a much lower environmental impact, but there is some controversy about the health effects of following a vegan diet. **Some believe that this plant-based diet can help prevent many of the chronic diseases that affect us, such as heart disease, cancer, and Alzheimer’s disease and would also help in managing body weight.** Others claim that the vegan diet does not provide all the required nutrients, such as adequate amounts of protein, vitamin B12 and the minerals iron and calcium, and thus it would not promote optimal health. This study is designed to investigate the health impact of a vegan diet compared to an omnivorous diet.



**Dr. Christopher Gardner** is Director of Nutrition Studies at Stanford Prevention Research Center, Professor of Medicine at Stanford Medical School and one of the world's leading and most innovative research scientists in the field of nutrition

The study found that, after only eight weeks, the twins eating the plant-based diet experienced: an increase in their life expectancy; reduced visceral fat (the dangerous fat that accumulates around your organs); reduced risk of heart disease; and even a heightened sexual drive.

In this study with 22 pairs of identical twins, Stanford Medicine researchers and their colleagues have found that a vegan diet improves cardiovascular health in as little as eight weeks.

**Conclusions.** The findings indicate that a vegan diet improves cardiovascular health. Vegan eaters' low-density lipoprotein - which is the bad cholesterol - dropped on average by 15.2 milligrams over eight weeks

Findings In this randomized clinical trial of 22 healthy, adult, identical twin pairs, those consuming a healthy vegan diet showed significantly improved low-density lipoprotein cholesterol concentration, fasting insulin level, and weight loss compared with twins consuming a healthy omnivorous diet. Nov 30, 2023

Vegetarians and vegans typically have lower body mass index, serum low-density lipoprotein (LDL) cholesterol and blood pressure than comparable regular meat-eaters, as well as lower bone mineral density. Vegan participants shed an average of around 4 more pounds than omnivores, and their insulin dropped by 20 percent more. A full recap of results can be found in **Stanford Medicine’s News Center.** <https://med.stanford.edu/nutrition>



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

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

Constance Evans

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Phone -951-316-1951

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Email - [hugocambron@yahoo.com](mailto:hugocambron@yahoo.com)

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#### **Treasurer** – Open position

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#### **Member at Large** - Tiffany Wong

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\*Lupe Morales-

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[mayra.linares@pilhhealth.org](mailto:mayra.linares@pilhhealth.org)

#### **PIH Good Samaritan Liaison-**

Deanna.Shea-Vega@

[pilhhealth.org2pilhhealth.org](http://pilhhealth.org2pilhhealth.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

## Hawaiian Food

H	O	G	K	M	A	L	A	S	A	D	A	S
O	F	F	U	P	O	C	O	C	J	C	P	W
C	G	A	R	L	I	C	S	H	R	I	M	P
O	V	Q	P	L	A	T	E	L	U	N	C	H
M	I	S	P	A	M	M	U	S	U	B	I	A
O	A	V	N	P	A	S	T	E	L	E	E	U
C	T	N	I	M	I	A	S	V	L	J	C	P
O	I	A	H	C	O	M	L	P	J	A	I	I
L	A	L	W	O	B	I	A	C	A	F	E	A
D	M	C	F	A	Q	U	U	X	I	S	V	P
Q	K	R	O	P	A	U	L	A	K	O	A	I
J	Y	V	G	M	A	N	A	P	U	A	H	E
N	E	K	C	I	H	C	U	Y	O	H	S	R
Y	M	P	O	K	E	B	O	W	L	I	A	T
L	I	L	I	K	O	I	B	A	R	S	I	M
A	K	K	E	H	N	E	K	C	I	H	C	U

ACAI BOWL

MANAPUA

CHICKEN HEKKA

MOCHA

COCO PUFF

PASTELE

GARLIC SHRIMP

PLATE LUNCH

HAUPIA PIE

POI

KALUA PORK

POKE BOWL

LAU LAU

SAIMIN

LILIKOI BARS

SHAVE ICE

LOCO MOCO

SHOYU CHICKEN

MAI TAI

SPAM MUSUBI

MALASADAS

**Take our survey at the meeting to help build our heart community!**

**We need your input on places to go, topics you want to discuss,  
speakers you want to hear and more!**

#### **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 go to  
[www.mendedhearts.org](http://www.mendedhearts.org) and click on the link or email Mandy at  
[Mandy.Sandkuhler@mendedhearts.org](mailto:Mandy.Sandkuhler@mendedhearts.org)

### Learn to be more patient: To work more effectively, stop rushing



***This exercise can help you cultivate patience in your work and life.***

When you find yourself in the middle of a project, a relationship, or your journey toward a personal goal, do you often find yourself rushing and trying to force things?

***If so, try this:***

- \* Don't concentrate on just getting the job over with. Experience what it has to offer.
- \* When you find yourself rushing, take a few minutes to visualize yourself slowing down and enjoying the job. Open yourself to the wisdom you can gain when you do the job carefully.

- Pause and take a deep breath. Stop your mind from fast-forwarding into the future so you can stay involved with what you are doing now. ***Be fully present.***

In her book *Inner Gardening: Four Seasons of Cultivating the Soil and the Spirit* (William Morrow), Diane Dreher says slowing down will help you concentrate your energies and gain important insight.



### Living a courageous life

***When you think about people with courage, soldiers and firemen probably come to mind. But courage is about more than how people react to traumatic events.***

Speaking up at a meeting takes courage. So does sharing your true feelings with a loved one or confronting financial fears.

Courage involves thinking. Instead of succumbing to paralysis, courage enables you to think clearly and take constructive action in spite of your fear of the risks involved.

***Hope can be an obstacle to courage.*** While it provides many positive things, it also allows us to relax and gives us permission not to act. It can be accompanied by denial, which is the lack of courage to face the truth.

Aggression and procrastination are another anti-courage factor. Instead of acting realistically, the aggressive person may push blindly through a situation. The procrastinator might do nothing at all.

In his book ***Business Games: How to Recognize the Players and Deal with Them*** (Boardroom Classics), psychiatrist Martin Groder, M.D., says teaching yourself to think realistically is one pathway to courage. That includes not exaggerating the possible consequences of what you will do.

***It's OK to admit to yourself that you are afraid to confront problems when they arise.*** When that happens, consider your choices realistically.

First, view the situation as an outsider would. Be willing to decide whether you have enough information to move forward. If not, consult experts or do some research.

***Consider your principles.*** Moral courage comes from doing what you believe is right instead of going along with others' ideas of right and wrong.

Be ready to face disapproval, and know that you can handle it.





# 2024 MARCH

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 Support Group 5:30 - 7 pm	21	22	23
24	25	26	27	28	29	30
31						



Relax ...

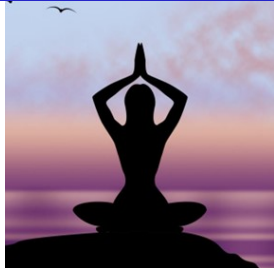
**MIND, BODY, SPIRIT WORKSHOP**

In-Person Meeting  
*Reduce worry, anxiety, and find meaning in challenging times*

*Four-week workshop.*

Dates: 5/1, 5/8, 5/15, 5/22 from 4:30 pm to 6 pm at  
PIH Health Whittier Hospital, Lower Level, Conference Room A.

To register go to [PIHHealth.org/Yoga](http://PIHHealth.org/Yoga) Call




**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!** Your heart will thank you.



It is with great sadness that we announce the passing of David Myron Temple.

November 23, 1932 - January 2, 2024

For all of us who knew David, he was a pillar in our Mended Hearts program for years. He led us in singing God Bless America at our meetings, and often he would break out in song when he saw a special friend. David always started our general meetings by leading us in reciting The Pledge of Allegiance., which was near and dear to his heart. Everyone quickly became of this wonderful man!

One of David's favorites was our restaurant fundraisers! He loved going out to eat, having his glass of wine and always had dessert! Rest in peace dear friend and we will carry your memory in our hearts



### Presidents Report

February we had two guest speakers. Dr. Eduardo Tovar and Mirna Tovalin, NP-C, RNFA. The topic is exciting to Dr. Tovar, who is vegan and they both presented information on the Stanford University study, You Are What You Eat, the Twin Experiment. At our next support group meeting March 20th, we will share printed materials and further discuss this topic and others. We hope you can join us to meet each other at 5:30 pm for social & snack time, before our 6 pm meeting.



We are having fun with a new format and will have a survey for you to help us plan what speakers, topics and locations you'd like to choose for this coming years meetings and events. Your opinion matters to all of us! New - At each meeting we are asking an educational question and hope you have a answer. This month's prize was a plush heart and our drawing prize was a Forks Over Knives Cookbook autographed by Dr. Tovar.



### National Kidney Month:

#### The importance of early detection

Every day your kidneys go about their work of removing excess fluid and waste from your blood. You probably never think about them. But you should.

In addition to filtering waste, the kidneys have several other important jobs to do. Consider this: They produce

the two hormones needed to make red blood cells and regulate blood pressure, and they produce the active form of vitamin D, which helps maintain calcium for bones and other body functions.

At your regular checkup, ask your doctor about a blood test to measure your kidney function. **Early detection of a problem is very important.**

Each kidney has millions of tiny nephrons that act as filters. Beginning around age 40, a natural loss of nephrons occurs, but because there are so many, that doesn't cause problems unless other factors are present. If you have high blood pressure, diabetes, or both, some nephrons will lose their ability to filter blood.

In addition to controlling diabetes and blood pressure, you can protect your kidneys with these steps.

\* If you regularly take over-the-counter painkillers, especially for a long period of time, check with your doctor. The doctor may be able to recommend a safer alternative.

\*Always seek prompt treatment for strep throat. When streptococcus invades the kidneys of adults, it can lead to kidney problems and kidney failure in some cases.

\* Be cautious about "natural" supplements. Products labeled "natural" aren't necessarily safe, and some can work like prescription drugs. Patients taking blood thinners should know that garlic, ginger, ginko biloba, and ginseng all contain natural anticoagulants, and could cause internal bleeding in people taking blood thinners.





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.

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Associate Member --- FREE

- \* Can attend any chapter meeting for MH or MLH
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\* Can access Member Portal
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Heart of Gold Lifetime Sponsor --- \$1500 donation

A one-time donation per individual

- \* All the benefits of a Gold member FOR LIFE, PLUS
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\* 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

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For members of one household with one mailing address only

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\* 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

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\* 5% off registration of any National (not regional) MH/MLH Conference or Symposia

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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.