



Mended Hearts® of Whittier, CA NEWSLETTER



2024 Edition

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EMAIL: MH351@PIHHEALTH.ORG

CALL: 562-698-0811 EXT: 12368

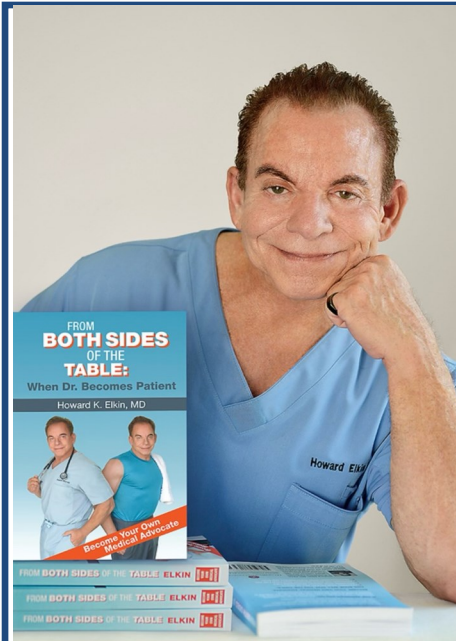
MAIL TO: **MENDE HEARTS**
P.O. BOX 68
WHITTIER, CA 90608

WWW.MENDEHEARTSWHITTIER.ORG
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Mended Hearts of Whittier Chapter 351

All stories come from
Pages.com unless noted.



Dr. Howard Elkin, 73, tragically left us on August 1, 2024. He was a true friend and beacon of light, departed this world too soon.

He left behind a legacy of warmth, community, kindness, and compassion. His staff, patients, friends, and colleagues are all reaching out to his family with condolences and support.

Howard was a constant source of knowledge and he loved to share with everyone. One of his passions besides bodybuilding was to mentor students, and we heard he did it with strength and encouragement.

He taught us all how important it is to be our own best medical advocate!

He wrote a book about it, gave presentations about it and did podcasts!

He was passionate about each of us taking care of ourselves!

Our Mended Hearts chapter was honored to have Dr. Elkin speak about the his book, how to improve on our medical advocacy and celebrate the 1st Anniversary when he presented in September 2023,

Howard was born in Fremont, VA, where he graduated with honors from the Medical College of Virginia. He did his internships and residency in internal medicine, before moving to California in 1984, where he completed his fellowship in Invasive Cardiology. In 1986, he started his cardiology practice in Whittier, CA.

Howard was an avid reader, writer and competitive athlete. He is survived by his mother, three siblings, two daughters and four grandchildren.



Consider adding olive oil to your diet

The reasons to add olive oil to your diet just keep piling up. Since 2019, at least a dozen studies have shown that olive oil has anti-inflammatory properties. This is possibly because it contains 70 to 80 percent oleic acid, an energy molecule that also partly comprises cell membranes, according to a 2023 study published in the journal *Nutrients*. Chronic Inflammation is thought to drive diseases such as cancer, heart disease, type 2 diabetes, Alzheimer's disease, arthritis, and obesity.

Research suggests that a small amount of olive oil -- as little as a half a tablespoon daily -- may reduce your risk for cardiovascular disease.



Healthy Recipes from Mayo Clinic Staff

Number of servings: 6

DASH diet /Heart-healthy/Weight management/Healthy-carb/
Diabetes meal plan/Gluten-free/High-fiber

Ingredients

- 3 cups fresh corn kernels (cut from 4 or 5 ears of corn) or frozen corn kernels, thawed
- 1/2 cup water
- 2 tablespoons fresh lime juice
- 2 tablespoons chopped red bell pepper
- 2 tablespoons extra-virgin olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1/4 cup chopped fresh cilantro (fresh coriander)
- 1 tablespoon ground cumin
- 2 teaspoons dried oregano
- 1/4 teaspoon red pepper flakes
- 3/4 pound (12 ounces) flank steak
- 1 large head romaine lettuce, trimmed and torn into bite-sized pieces (about 6 cups)
- 4 cups cherry tomatoes, halved
- 3/4 cup thinly sliced red onion
- 1 1/2 cups cooked black beans, no salt added

Directions

1. Place a dry, large cast-iron or heavy nonstick frying pan over medium-high heat. Add the corn and cook, stirring often, until the corn begins to brown, 4 to 5 minutes. Remove from the heat and set aside.
2. In a food processor, combine the water, lime juice, bell pepper and 1 cup of the roasted corn. Pulse to puree. Add the olive oil, 1/4 teaspoon of the salt, 1/4 teaspoon of the black pepper and the cilantro. Pulse to blend. Set the vinaigrette aside.
3. Prepare a hot fire in a charcoal grill or heat a gas grill or broiler (grill). 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.
4. In a small bowl, mix together the cumin, oregano, red pepper flakes and the remaining 1/4 teaspoon salt and 1/4 teaspoon black pepper. Rub on both sides of the steak. Place the steak on the grill rack or broiler pan and grill or broil, turning once, until browned, 4 to 5 minutes on each side. Cut into the center to check for doneness (medium doneness is 160 F if using a meat thermometer). Let stand for 5 minutes. Cut across the grain into thin slices. Cut the slices into pieces 2 inches long.
5. In a large bowl, combine the lettuce, tomatoes, onion, black beans and remaining roasted corn. Add the vinaigrette and toss gently to mix well and coat evenly.

To serve, divide the salad among individual plates. Top each serving with slices of grilled steak

Nutritional analysis per serving size: About 2 1/2 cups salad topped with 2 ounces grilled steak – Protein 21 g
Calories 295; Total carbohydrate 37 g; Dietary fiber 9 g; Sodium 249 mg; Saturated fat 2 g; Total fat 9 g - Trans fat 0 g
Cholesterol 36 mg - Monounsaturated fat 5 g - Total sugars 7 g - Added sugars 0 g

Steak Salad with Roasted Corn Vinaigrette



Dietitian's tip: .You can use good-quality canned beans or dried beans in this dish. Just remember that dried beans need to soak overnight before cooking.

Mended Hearts Support Group will be at the Red Robin fundraiser on Thursday, **Sept 19, 2024** from 1 pm to 3 pm.

The fundraiser is all day long and the flier is attached. We continue to raise money for our Pillows for Patients program and we are very proud that we give our pillows to all open heart patients at PIH Health Whittier and Downey. Many of you asked for a good Mexican restaurant option and a lot of you voted for El Pollo Loco for this month. We hope to see you and your neighbors there to share in the fresh food fun!



Chapter #351 Board Members

President & Asst Regional Director

Constance Evans
Constance.mh351@yahoo.com

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

Secretary – Open position

Treasurer – Mike Sanchez

Visiting Chairman – Yolie Zaragoza

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

Newsletter Editor – Constance Evans

Communications – Eddie Rodriguez

Public Relations - Johnny Lemucchi
Email - jclemukchi@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

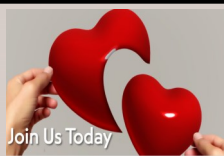
PIH Good Samaritan

Deanna.Shea-Vega@pihhealth.org

Welcome Our New Member

Celestie Dennis

We currently have 155 members in our Chapter.351. Great emotional support and friendship building for healing. You should join us!



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.

They can learn a lot from You !

Call 562-698-0811 Ext. 12368

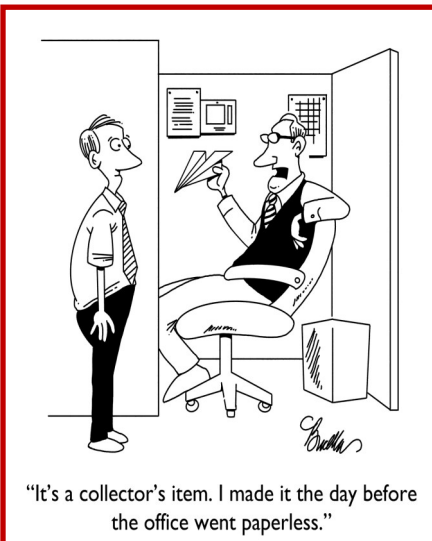
Understanding Atrial Fibrillation

Atrial Fibrillation (AFib) is a common heart condition characterized by an irregular and often rapid heart rate. This irregularity can lead to poor blood flow and increase the risk of stroke, heart failure, and other cardiovascular complications. According to the Centers for Disease Control and Prevention (CDC), an estimated 2.7 to 6.1 million people in the United States have AFib. The prevalence of AFib increases with age, affecting about 9 percent of people aged 65 and older.

One of the most pressing questions for those diagnosed with AFib is whether they can do anything to control this condition. While AFib can be unpredictable, there are several interventions and lifestyle changes that can help manage and potentially reduce episodes. Maintaining a healthy weight, engaging in regular physical activity, managing stress, and avoiding excessive alcohol and caffeine intake are all recommended. Additionally, controlling underlying conditions such as high blood pressure, diabetes, and sleep apnea can significantly reduce the frequency and severity of AFib episodes.

When it comes to treatment, several medications are commonly prescribed to manage AFib. These include anticoagulants (blood thinners) like warfarin and newer agents such as dabigatran, rivaroxaban, and apixaban. These drugs are crucial to reduce the risk of stroke, a serious complication of AFib. Antiarrhythmic medications, such as amiodarone, sotalol, and flecainide, are used to maintain a normal heart rhythm. Beta blockers and calcium channel blockers can help control the heart rate.

The safety and efficacy of these medications are well-documented, but they are not without risks. Anticoagulants, for instance, can increase the risk of bleeding. However, the stroke prevention benefits generally outweigh these risks for most patients. Antiarrhythmic drugs can have side effects ranging from mild to severe, including potential proarrhythmic effects, where the medication might cause other types of arrhythmias.



"It's a collector's item. I made it the day before the office went paperless."

Business Donors

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

- Hera Technologies
- PIH Health Hospital
- Jersey Mike's
- El Pollo Loco
- Ruby's Diner
- Red Robin
- Lazy Dog

Special thanks for July/August donors:

- Vivian Rice \$400.00,
- Patrick Villanueva \$570
- David Weinhold \$500.00.

10 Ways You're Drinking Water Wrong

Using Bottles With BPA - BPA is short for the chemical bisphenol A. It's used to make lots of products, including water bottles. But research shows BPA can get into your food and drinks. There's also concern that too much exposure can lead to birth defects. More research is needed, but experts think the chemical might also play a role in some health conditions. These include high blood pressure, hormonal imbalance, type 2 diabetes, and cardiovascular disease. Opt for water bottles that say they're BPA-free or made with glass or stainless steel.



Believing the Cold Water Myth - Cold water doesn't narrow your blood vessels or make food harder to digest. It's an easy way to cool down and hydrate when you're hot. *If you have a cold, warm water will help thin your mucus, but that's about it.*



Adding Sliced Fruit or Veggies - It may make your water tastier and more refreshing. But if you're not careful, it can also fill it with foodborne illness like salmonella and E.coli. That's because when the rind isn't clean, slicing into it moves bacteria to the flesh. Fruit and veggies sliced on the same board used to cut raw meat can also lead to foodborne illness. So can items not stored at the right temperature. Be sure to wash or scrub fruits and vegetables under running water.

Not Drinking It With Alcohol - Alcoholic drinks are diuretics, which means they trigger your body to make more pee. And peeing a lot can lead to dehydration. To avoid this, match your drinks one for one: that's one glass of water for every cup of coffee or alcoholic drink.

Not Downing a Full Glass With Pills - Don't just drink enough to get them down your throat. Use vitamins and medication as an opportunity to hydrate. Drinking a full glass of water also helps keep medicine from getting stuck in your esophagus and irritating it. It helps your body better absorb water-soluble vitamins, too.

Adding Anything Artificial - It's fine once in a while, but doing it every day isn't recommended. Research suggests artificial flavorings and sweeteners may put you at higher risk for type 2 diabetes and cancer. They can also make you feel hungry more often. Try to avoid anything with sugar, high fructose corn syrup, aspartame, or sucralose. Use lemon, lime, mint, herbs, or cucumbers instead. But don't forget to wash them first.

Not Reaching for It When Tired - Feeling fatigued and don't know why? It could be a sign of dehydration. You don't have to be sick or exercise hard to get dehydrated. You lose water every day through basic body functions like breathing and pooping.

Not Taking Your Time - A glass or two of water is fine, but don't wake up and chug a gallon. There's no evidence it kickstarts your metabolism. And you don't want to drink a lot before bed and spend all night in the bathroom, either. That disrupts your sleep. Sip slowly throughout the day instead. Experts recommend no more than 1 liter an hour.

Drinking Out of Rivers or Streams - Natural water sources may look clear and clean, but many things can contaminate them. This includes toxic plants, animal pee and poop, and illegal chemical dumping. Treat natural water with filtration tablets or water filters before drinking.

Not Drinking Enough - Your body is mostly water and uses it in many ways. It helps digestion and can ease and ward off constipation or trouble pooping. It also flushes out toxins, stops kidney stones from forming, and hydrates your skin. The recommended minimum daily amount is 11.5 cups for women and 15.5 cups for men.

from pages.com & verified info from Mayo Clinic



New Medicare prescription plan spreads out costs - Those with Medicare prescription drug coverage will soon be able to pay their out-of-pocket costs in monthly installments. This could help Medicare recipients with high monthly prescription drug costs. With Medicare prescription drug plans, the most you have to pay each year \$2,000. But if your prescriptions cost you \$500 a month, you still have four large monthly payments to make before you hit the maximum. Your prescriptions will be free after that, but getting to that point can be difficult. With the Medicare Prescription Payment Plan, beneficiaries can spread their costs out over 12 months. So instead of paying \$500 per month for four months, you would pay \$166.67 every month. **The plan begins Jan. 1, 2025.**



Check this list of immunizations to see what's right for you

Widespread immunization is one of the most important public health achievements of the 20th century.

It offers safe and effective protection against infectious diseases. A doctor can determine which vaccines are appropriate for an individual based on age, lifestyle, gender and travel destinations.

- ◆ **Tetanus and diphtheria:** Shots should be administered every 10 years throughout adulthood, according to the Centers for Disease Control and Prevention.
- ◆ **Chickenpox:** Can be life-threatening in adults. Any adult who did not previously receive the vaccine or have chickenpox as a child should be immunized now.
- ◆ **Hepatitis A:** Shots are important for men who have sex with men, intravenous street drug users, and travelers to Central or South America and other foreign countries.
- ◆ **Hepatitis B:** A disease of the liver which can stay in the system for years without detection. It is spread by blood contact, sex with an infected person and by needle sticks. This vaccine series is standard for most people.
- ◆ **Human papillomavirus (HPV):** Infects cervical cells and can lead to cervical cancer. Recommended for all preteens at ages 11 or 12, but can be administered in young adults up to age 26.
- ◆ **Influenza:** Annual shots are advised for all who want to avoid the flu and its possible complications.
- ◆ **Shingles:** Painful condition caused by the chickenpox virus, which can remain in the system after childhood infection. Adults over age 60 should be immunized.
- ◆ **Meningococcal:** Provides protection against bacteria that can cause meningitis, which can be fatal. Spread by coughing, kissing and sharing eating utensils. College students and military recruits should be immunized.
- ◆ **Measles, mumps, German measles (rubella) and whooping cough:** Most children receive these vaccines, but check with your doctor if you aren't sure about your vaccine status or whether you're due for booster shots. Get if you are a student, work in a hospital or travel internationally.
- ◆ **Polio:** Can lead to paralysis. Those who travel to areas with outbreaks should get polio shots.
- ◆ **Pneumonia:** Get immunized if you have a weakened immune system or are 65 and older.

Presidents Report : Hi everyone and welcome to September 2024.

I hope you all are enjoying our food fundraising! It's been a great way to get together and enjoy each other's company. We are helping to educate our community about heart disease and raise money for our heart pillows. We want to increase our membership, so we can begin our education meetings again next year. We owe it to our professional speakers, like Dr. Tovar, to have a large group for all the presentations. Our goal is to support, educate and advocate for all of you! **NEW...**Mended Hearts Support Desk is now in the lobby of PIH Health Whittier on



Wednesday's from 9 am to 2 pm. We meet and greet visitors, staff and most important, support our heart patients in cardiac rehab. We share our stories and MH information guides -and we can use your help. If you have a little free time, please call! Our MH Chapter is in need of patient visitors, phone callers, and Members At Large for our board. If you are interested, and have a few hours a month to help, contact Constance Evans for details. ***This year end will be different for us.*** There have been family and health issues for many of us so we are taking this holiday season off. It saddens us to have to do it so when we build our network of helpers for next year, we can get back in action! ***We are forever grateful for all your donations to our chapter in support of our "Pillows for Patients" program and our volunteer support.*** We maintain our surgical lobby information window, write your newsletter and do many mailings. ***Thank you from the bottom of our hearts!***



Red Robin® will give

**20% OF FOOD SALES*
BACK TO**

MENDED HEARTS CHAPTER 351

**Show this flyer or simply mention the fundraiser to
your server to have your sales counted.**

FUNDRAISER DETAILS

15610 Whittier Blvd, Whittier, CA 90603

September 19, 2024*

If ordering online, please follow these instructions:

- 1** Start your order at order.redrobin.com and select the restaurant above.
- 2** In the menu, go to the category labeled "Fundraisers (To-Go Only)" and click on that item.
- 3** Click the "add" button, and then "add to bag."
- 4** Add your meal items and check out.
- 5** Arrive at Red Robin, come in, say hi, grab your food and be on your way! If your location has curbside pick-up, we can bring it to your car too!

*Fundraiser during restaurant operating hours. Visit redrobin.com and find this location to view hours. Donation based on all eligible net dine-in and to-go food sales only. Excludes sales from catering (at select locations), 3rd party ordering and delivery sites, alcohol, gift cards, retail, tax and gratuity. Offer void if flyer is distributed in or near the restaurant during fundraiser day & hours.

