



Mended Hearts[®] of Whittier, CA NEWSLETTER

2024 Edition



Merry Christmas



May your holidays sparkle with joy and laughter!
Mended Hearts Chapter 351 wishes you a warm and safe
holiday season from our family to yours.

Banana Nog



Here's a nog that doesn't use eggs: Puree four bananas with 1-1/2 cups skim milk, 1-1/2 cups plain nonfat yogurt, 1/4 tsp. rum extract and some ground nutmeg. Enjoya watt familia.

December is SAD Awareness Month - What is seasonal affective disorder?

Many people go through short periods when they feel sad or unlike their usual selves. Sometimes, these mood changes begin and end when the seasons change. Many people feel "down" or have the "winter blues" when the days get shorter in the fall and winter and feel better in the spring when longer daylight hours return.

Sometimes, these mood changes are more serious and can affect how a person feels, thinks, and behaves. If you have noticed significant changes in your mood and behavior when the seasons change, you may be experiencing seasonal affective disorder (SAD).

In most cases, SAD symptoms start in the late fall or early winter and go away during the spring and summer, known as winter-pattern SAD or winter depression. Other people experience depressive symptoms during the spring and summer months, known as summer-pattern SAD or summer depression. Summer-pattern SAD is less

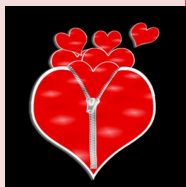
Spend time with family & friends .
Remember that **HUGS ARE HEALING.**

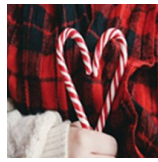


Mended Hearts Mission

Our mission is to "Inspire hope and improve the quality of life

for heart patients and their families through ongoing peer-to-peer support, education & advocacy!





Welcome our new Fundraising Committee Chair – Tiffany Wong

Tiffany is a recent graduate from the USC. She has a Health and Human Sciences major and Occupational Therapy minor, with aspirations to become a Physician Assistant. She held multiple leadership positions in college and played a significant role in USC's Science Outreach, a nonprofit organization dedicated to teaching science to local elementary school students. Over the course of three years, she held key leadership positions, Public Relations Coordinator and Vice President of External Affairs, where she helped expand the club's reach and strengthen its community engagement efforts. She also served on the executive board of USC's Trojan Poker Club for three years, holding the positions of Social Media Director and Managing Director. In these roles, she was responsible for all external communications with both members and the public.



Tiffany began volunteering at PIH Good Samaritan Hospital in January 2021, volunteering in the Cardiovascular Definitive Unit and Acute Rehabilitation Unit at PIH Good Samaritan Hospital, having over 500 hours of service. In February 2023, she joined Mended Hearts Chapter 351. Tiffany says her interest in joining Mended Hearts came from her family's history with heart disease, with several of her family members being affected by various heart diseases, and her desire to help give back to her community.

After joining, **Tiffany** quickly become one of PIH Good Samaritan's Lead Volunteer Ambassadors. She trains new volunteers and even created infographics to educate patients and other healthcare personnel on the mission and services of Mended Hearts. As Lead Volunteer Ambassador, Tiffany would round with patients on her shift on the cardiovascular floor and inform them about our program, how to become a Mended Hearts member, and even just listen to what patients had to say about their heart diagnosis. Recognizing Tiffany's dedication and hard work within our organization, we invited her to serve as Member-at-Large for Mended Hearts Chapter 351. As Member-at-Large, Tiffany played a pivotal role in helping our chapter raise over \$1,500 in less than a year through the 2023 World of Support fundraiser and by organizing a successful Trojan Poker Club charity tournament to raise additional funds for Mended Hearts Chapter 351. She also helped plan our Grinchmas Fundraising Party this past December which was a huge success. Recently, MH Chapter 351 unanimously decided to promote Tiffany to the role of Fundraising Committee Chair. Tiffany will be in charge of creating and hosting fundraisers for our chapter so we can continue to provide free services and materials (Heart Pillows, newsletters and trifolds) to our community. So far, as Fundraising Committee Chair, Tiffany has raised over \$1,300 in two months in our Chapters name for the 2024 World of Support and has many more fundraising ideas for the future!



How to avoid holiday weight gain

From November to New Year's, we are likely to be socializing and, according to both conventional wisdom and even some science, we are going to gain weight. Look at all those holiday buffets!

How much weight do people put on? One National Institutes of Health study of 195 participants found that people put on about one pound and, more importantly, they didn't lose it over the following year. Over time, those holiday pounds can really add up.

To avoid that holiday pound (or two), think ahead about these strategies for making merry while avoiding scale shock:

- * Resolve to stick with your ordinary portions of meat, veggie, and starch.
- * Sit further away from the buffet table to make seconds inconvenient.
- * Make a conscious effort to eat slowly. It takes about 20 minutes to realize you are full.
- * Drink water before you eat and during your meal.
- * Mix drinks with calorie-free mixers like club soda.
- * Focus on visiting with loved ones, not just the spread.

Of course, that piece of pecan pie is probably never on your home menu, but if that is the treat you want, cut a piece and enjoy. If you are on a diet plan, remember that one piece of pie doesn't ruin your diet forever. Your job is

Apple-berry cobbler by Mayo Clinic Staff **Makes 6 Servings.**

Ingredients - For the filling:

- 1 cup fresh raspberries
- 1 cup fresh blueberries
- 2 cups chopped apples
- 2 tablespoons turbinado or brown sugar
- 1/2 teaspoon ground cinnamon
- 1 teaspoon lemon zest
- 2 teaspoons lemon juice
- 1 1/2 tablespoons cornstarch

For the topping:

- Egg white from 1 large egg
- 1/4 cup soy milk
- 1/4 teaspoon salt
- 1/2 teaspoon vanilla
- 1 1/2 tablespoons turbinado or brown sugar
- 3/4 cup whole-wheat pastry flour

*Diabetes meal plan
DASH diet
Low-sodium
Heart-healthy
Weight management
Low-fat/Plant-based*



Dietitian's tip:

Berries are an excellent source of antioxidants. You may substitute frozen fruit in the recipe. To make this plant based, use an egg substitute

Directions

1. Heat the oven to 350 F. Lightly coat 6 individual ovenproof ramekins with cooking spray.
2. In a medium bowl, add the raspberries, blueberries, apples, sugar, cinnamon, lemon zest and lemon juice. Stir to mix evenly. Add the cornstarch and stir until the cornstarch dissolves. Set aside.
3. In a separate bowl, add the egg white and whisk until lightly beaten. Add the soy milk, salt, vanilla, sugar and pastry flour. Stir to mix well.
4. Divide the fruit mixture evenly among the prepared dishes. Pour the topping over each. Arrange the ramekins on a large baking pan and place in oven.
5. Bake until the filling is tender and the topping is golden brown, about 30 minutes. Serve warm.

Nutritional analysis per serving size: About 2/3 cup Calories 119; Total fat 0.5 g; Saturated fat Trace; Trans fat 0 g Monounsaturated fat Trace; Cholesterol 0 mg; Sodium 114 mg; Total carbohydrate 24 g; Dietary fiber 4 g Added sugars 5 g; Protein 3.5 g; Total sugars 12 g



Presidents Report

Your Chapter 351, at PIH Health Hospital's, is planning a terrific comeback in 2025! We all love hearing the professional speakers and we are planning three general speaker meetings at the hospital. Beginning on February 19th, Dr. Tovar will join us for Heart Month. The next meeting will be on May 21st. Our Picnic in the Park will be on June 18th. Be sure to add to your calendar December 3, 2025, for a memorable Annual Party! Watch your newsletter for all the upcoming events including our restaurant fundraisers.

The World of Support: is in full swing! Donors have until the end of the year to contribute to the campaign. Our team is trying to reach its contribution goal of \$1,500. We want to thank all of you who have donated to our goal and for those who want to donate, please scan the QR code and join **Team Chapter 351** to donate. You can also call 1-888-432-7899 to donate, be sure to mention our Team.. All donations are tax deductible. Here is the web site: <https://givebutter.com/WorldofSupport2024/team-chapter-351/>



New... beginning January 2025 on Wednesday's. The MH Heart Wellness Hour is a 6 part recurring series. Participants will gain valuable information and engage in meaningful conversations with other heart patients, who will motivate and inspire them with tips for leading a healthier and happier lives They will be held during the day offering Cardiac Rehab patients the opportunity to attend before or after their rehab session. Watch for the flyer with the weekly topics. Our focus is on growth and expanding our services to meet the needs of our community.



Chapter #351 Board Members

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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.

They can learn a lot from You!.

Call 562-698-0811 Ext. 12368

What ARE frankincense and myrrh, anyway?

Most Christians, even those who are not particularly religious, know about the three wise men and the pricey gifts they presented to Jesus after his birth. It's right there in the Bible -- "they presented unto him gifts; gold, and frankincense, and myrrh."

Gold is as valuable as ever, but gifts of frankincense and myrrh don't hold quite the same cache as they did 2,000 years ago. And if somebody did give you any for Christmas, would you even know what it was or what to do with it?

Frankincense usually looks like pale yellow rocks, but the hard little nuggets are actually dried sap from trees in the Boswellia genus, which can be found in parts of Africa, the Middle East, and India. The resin was highly prized for its fragrance during the Age of Antiquity, and was commonly burned as incense during religious ceremonies. As a result, frankincense was commonly associated with divinity.

Myrrh, also called myrrh gum, comes from a select few species of trees in the Commiphora genus. In order to extract the waxy resin, harvesters "bleed" the trees through repeated wounds that penetrate through the bark and into the sapwood. The resin becomes hard and glossy as it dries, darkening as it ages from yellow to rich amber and brown. Historically, myrrh was used as anti-inflammatory, perfume, or incense. The Hebrew Bible repeatedly mentions its ritual importance in the First and Second Temple at Jerusalem, and it appears in the New Testament at Christ's birth, crucifixion, and burial. Numerous Eastern and Western Christian churches continue to use myrrh, which has a strong symbolic link to death and the divine, as part of their rituals to this day.

Frankincense and myrrh are also still used in traditional medicine, included in supplements (you'll find it under the name "boswellia"), and studied for their clinical potential. Preliminary testing shows that epilupeol, a compound found in Somali frankincense, may have some effect against an array of serious diseases -- though a frankincense-derived drug may be years away.



Rare event: Hanukkah and Christmas coincide

Hanukkah and Christmas Day coinciding is a relatively rare occurrence. Hanukkah is based on the lunisolar Hebrew calendar, and varies each year against the western calendar. Christmas, on the other hand, is fixed on December 25th.

Hanukkah starts on the 25th of Kislev in the Hebrew calendar, and this can fall anywhere from late November to late December.

The overlap with Christmas Day happens occasionally, but not frequently. For example, in recent history, Hanukkah started on December 25 in 2005 and 2016. After 2024, the next time Hanukkah will start on Christmas Day is in 2061. So while it does happen, it's not a common occurrence!

