



Mended Hearts® of Whittier, CA NEWSLETTER

2024 Edition

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Mended Hearts of Whittier Chapter 351

**When you Join Chapter 351, you
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acclaimed **HeartBeat magazine** for only
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source for current information !**

Welcome our newest member

Tonya Taylor



Diabetes affects every part of the body

Until now, you may not have thought much about diabetes. You probably know people who have type 2 and they seem to be fine. You might even wonder how serious it could really be.

Here's the truth: It's deadly serious. In 2021, 103,294 people died from diabetes, making it the eighth leading cause of death. And compared to 2019, diabetes-related deaths increased 17 percent in 2020 and 15 percent in 2021.

Nearly 38.4 million Americans already have diabetes. That's an amazing number, but millions more are at risk. They have pre-diabetes and may not realize it. In fact, it is estimated that nearly 9 percent of people with diabetes are undiagnosed.

If you are overweight, don't exercise, and have been feeling pretty tired lately, it's time to see your doctor for a glucose tolerance test.

A normal fasting blood glucose level is between 70 and 100 mg/dL. A level between 100 and 125 mg/dL indicates prediabetes, and a level of 126 mg/dL or higher indicates diabetes.

The good news is that even if your fasting glucose level is high, you can keep from getting type 2 diabetes. But you have to get serious about doing it.

- ⇒ **Get regular exercise** -- at least 30 minutes each day. You'll have to do it anyway if you progress to type 2 diabetes, so why not walk or exercise to prevent it?
- ⇒ **Improve your diet.** Eat more fruits, vegetables, and fiber-rich foods. Stop drinking sodas, sports drinks, and fruit drinks. Limit white breads, rice, and pasta, along with sugars from candy, cakes, and pastries. Ask your doctor or a registered dietitian about a nutrition plan that's formulated for your specific needs.
- ⇒ **Lose a few pounds.** Weight loss is not uncommon if you exercise and eat better, and you can drive consistent weight loss if you watch your portion sizes. Losing just 5 percent of your total body weight can make a difference, but 10 percent reduces type 2 risk by 58 percent.



All stories come from Pages.cpm unless noted.



Healthy Recipes from Mayo Clinic Dieticians - Healthy Lifestyle **Artichoke, Spinach and White Bean Dip**

Ingredients;

1. 2 cups artichoke hearts
2. 1 tablespoon black pepper
3. 4 cups chopped spinach
4. 1 teaspoon minced dried thyme
5. 2 cloves garlic, minced
6. 1 tablespoon minced fresh parsley
7. 1 cup cooked white beans
8. 2 tablespoons grated parmesan cheese
9. 1/2 cup reduced-fat sour cream

**Great Appetizer for
Turkey Day!**



Directions:

- Heat oven to 350 degrees.
- Mix all ingredients together. Put in a glass or ceramic dish and bake for 30 minutes.
- Serve with vegetables or whole-grain bread or crackers.

Nutritional analysis per serving size, about 1/2 cup : Protein 8 g - Added sugars 0 g - Calories 123 - Total fat 3 g - Saturated fat 1.5 g - Trans-fat 0 g - Monounsaturated fat 1 g - Cholesterol 6 mg - Sodium 114 mg - Total carbohydrate 16 g - Dietary fiber 7.5 g

Dietician's Tip: You can puree the beans if you want the dip to have a smoother consistency.



Ways to show gratitude each Thanksgiving and beyond

Thanksgiving is a time to give thanks for the blessings in our lives, and the greatest blessing for most of us is the people we love. There are many ways to show our gratitude for what others bring to our lives, and we can do it anytime -- not just on Thanksgiving Day.

- ◇ Send a handwritten thank-you note to your Thanksgiving host. If you did the hosting, write them for the people who showed up, pitched in, and made the holiday special.
- ◇ Plan some quality time with people you care about -- set a date, plan an activity, and really do it.
- ◇ Give genuine compliments to others. It's a simple way to show that we care, and it really matters.
- ◇ Open your home to a few extra guests. Ask a friend to join you if you know they don't have plans, or see if elderly neighbors would like to stop by. If they decline, pack up some leftovers and give them the gift of a meal that only requires reheating.
- ◇ Keep family traditions alive. Maybe Grandma made the best pumpkin pie, but needs some extra help these days. You can take over the labor while Grandma relaxes and offers guidance. The pie still gets made (with Grandma's personal touch) and the tradition continues.
- ◇ Say it clearly. Use words like "I appreciate everything you've done," or "I love spending my Thanksgiving with you." Your loved ones may be glad to hear the words, and you'll be glad you said them.

The purpose of life, after all, is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experience.
Eleanor Roosevelt

Friendships need face-to-face time

In the United States and across the world, actual friends are being replaced by acquaintances.

Digital contacts are replacing human contact.

YouTube, TikTok, two-career families, and demanding jobs mean that people have less time to belong to organizations, clubs or churches.

Ten years ago, Robert Putnam noted in his book "Bowling Alone" that our growing social capital deficit meant people often went bowling alone. But, bowling, once an activity that attracted people to leagues and provided cheap weekend fun for the family, has changed. League membership is down, alleys are closing. The remaining centers often have to become like little amusement parks to stay open.

People don't go out as much. They don't do things together. In the United Kingdom, the Mental Health Foundation has published The Lonely Society. It says about half of Brits believe they are living in a lonelier society. One in three would like to be closer to family, but social trends are driving them apart.

Today, the average American has only two close friends, and a quarter of Americans say they don't have any.

Shallow friendships prevail, like those with pals on the Internet. Sociologists say they are very worried about the decline in social connections in the United States. A connection with another person may be only a click away, but cultivating a genuine friendship takes more.

People could have everything that life can offer, but if they don't have a good friend, their lives would be fundamentally lacking. The secret to close friendships?

Put down the device and engage the person. Spend some time with a friend, and do it face-to-face.



President's Report

Hi everyone! After reading this article about seeing friends face to face, it reminded me of why we gather to support each other, make new friendships and feel connected. Our Chapter has education meetings, restaurant fundraisers and social activities to make all of us feel more connected to our communities. We are learning how our own heart experience story can benefit other people, not just our family. Thank goodness I have so many friends in you! We welcome everyone in our community and beyond to join us for fun and inspiration. Our new year 2025 plans are exciting! We will have three quarterly speaker meetings, starting with Dr. Tovar presenting in February, an "Ask the Doctor" meeting in May, another speaker in August, the ever popular Picnic in the Park in June, plus our Annual End of the year Party! Watch for upcoming restaurant dates.

A new program for the new year. Mended Hearts will be conducting the MH Heart Wellness Hour. It's a series of 6 informational classes on heart topics, brought to heart patients by heart patients. Teri Beyer is assisting in the development of our new program. It will be held at multiple times on Wednesdays so its convenient for Cardiac Rehab patients to join in the discussion groups. I'll share more information with you next month. A very special thank you to all of you who have donated to our chapter and helped keep us strong. We have provided heart pillows to every open heart patient this year. Have an eventful and colorful Halloween and Thanksgiving! I'll see you soon!



"It says, 'Wednesday is no good, how about Thursday?'"

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

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Jersey Mike's
El Pollo Loco
Red Robin
Ruby's Diner
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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



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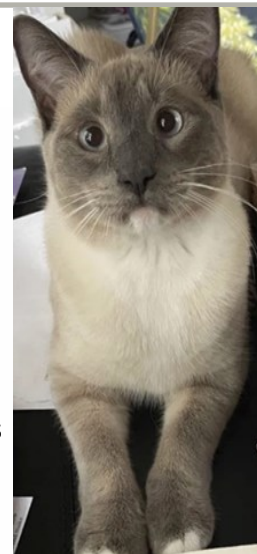
PIH Good Samaritan

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A long journey home

Feline Rayne Beau left Salinas, California, with Benny and Susanne Anguiano for an RV vacation in Yellowstone National Park. That was in June and almost as soon as they arrived Rayne darted into nearby trees and disappeared. The family launched a frantic search, but after four days, they had to drive home without the missing cat.

Two months later they got a call from Roseville, California, 200 miles away. Rayne Beau had been found wandering the streets of Roseville -- a dramatic 900 miles away from Yellowstone. The cat's chip led to a reunification. Rayne had lost half his body weight and suffered injured paws, but was otherwise well. How he made his incredible journey is unknown, but his ID chip got him home.



Exercise to store fat?

This may seem counter-intuitive. Researchers say the more you exercise, the better you store fat.

But wait! Isn't the whole point of exercise not to be fat? Yes, but the key question is not whether your body stores fat, because storing fat is essential for health, but **how** your body stores it.

Researchers from the University of Michigan reported in the journal of Nature Metabolism that people who exercise regularly have a greater capacity to store fat tissue under the skin. That's good -- mainly because

if you aren't storing fat under the skin, it is probably going to the liver, heart, or pancreas. Extra fat in organs prevents them from working correctly.

In fact, fat is supposed to be stored under the skin and in those who regularly exercise, that's where it goes. Once stored, those fat reserves can be quickly accessed for extra energy, according to CNN.



The commute: Unhealthy part of the day?

The daily commute has more dangers than just sleepy drivers. One study says it appears to be pretty unhealthy. According to the study of 3,000 commuters reported in Safety and Health Magazine, food is a major health issue on that drive to and from work.

About 68 percent of drivers reported choosing their route to work based on what fast food restaurants were in the area. The majority also reported eating an average of 420 calories on their commute.

The reasons for relying on fast food won't be that surprising. About 53 percent said they did so because it is, well, fast and they were saving time. About 20 percent said they were trying to avoid being too hungry. One of the most interesting findings was the number of incidents of 'food



mishaps.' Eating hot food or drinks that burned the driver happened to about 32 percent of respondents. Others reported unsafe driving behavior with food, such as balancing a meal on the lap (13 percent), driving with the knees (32 percent), and using utensils (6 percent.) Finally, the drivers were given a hypothetical scenario in which a doctor asked them to stop eating while driving for the sake of their health. Would they do it? About 43 percent said no.