



Mended Hearts[®] of Whittier, CA NEWSLETTER



2024 Edition

IN THIS ISSUE

PAGE 2 CHICKEN AND COLESLAW WRAP

Acorn Squash with apples

PAGE 3 DEAR MAYO CLINIC

Page 4 CHARGING YOUR PHONE /
PUMPKINS COME IN ALL COLORS

Page 5 TELESCPE COLLABORATION

PAGE 6 NATIONAL LIVER AWARENESS
MONTH / GOOD & BAD FOODS FOR YOUR
LIVER

EMAIL: MH351@PIHHEALTH.ORG

CALL: 562-698-0811 EXT: 12368

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

WWW.MENDEHEARTSWHITTIER.ORG
[MHI - MENDEHEARTS.ORG](http://MHI-MENDEHEARTS.ORG)



Mended Hearts of Whittier Chapter 351

All stories come from
Pages.cpm unless noted.



Brain Foods That May Help Prevent Dementia

Medically Reviewed by Jabeen Begum, MD on August 28, 2023 WebMD –
verified by Mayo Clinic information

The MIND Diet

This is a combination of two diets that have well-known health benefits -- Mediterranean and DASH. It's designed to prevent or slow brain decline. Early studies show that it lowers risk of Alzheimer's by 53% in those who follow it closely and by 35% in those who follow more loosely. (The name is short for Mediterranean-DASH Diet Intervention for Neurodegenerative Delay.) The recommendation was originally intended for healthy older adults, but in 2018 it was expanded to also apply to octogenarians who have had a stroke.

Brain-Healthy Food Groups

The MIND diet has 10 groups: green leafy vegetables, other vegetables, nuts, berries, beans, whole grains, fish, poultry, olive oil, and wine. You have to love a diet that has wine as a food group.

Protein - The diet calls for beans every other day, poultry twice a week, and fish once a week. Or make bean-and-turkey chili to eat for a few days. All these foods are high in protein and low in saturated fats, making them good for your overall health as well as for your brain health.

Vegetables and Grains - You'll need a salad, one other vegetable, and three servings of whole grains every day. Any vegetable will do, but collard greens, kale, and spinach are especially good. Though there's little research on brain function and grains, part of the science behind the MIND diet may include how the foods work together. Researchers are still trying to figure out why it works so well.

Snacks - Nuts and berries are ideal snacks -- both have been linked to better brain health. Blueberries and strawberries, in particular, help keep your brain working at its best and may slow symptoms linked to Alzheimer's.

Wine - Wine has been shown to improve brain health and help protect against Alzheimer's in several studies. But the key is moderation. Typically, that's one glass a day for women and two for men. More than that can have bad effects on brain health and may make you more likely to get dementia.

Olive Oil - It's delicious on bread, salad, pasta, cooked greens, and any number of other things. It's also been shown to improve brain function over the long term and protect against dementia.

Unhealthy Groups - The MIND diet specifically limits red meat, butter and margarine, cheese, pastries and sweets, and fried or fast food. You should have fewer than 4 servings a week of red meat, less than a tablespoon of butter a day, and less than a serving a week of each of the following: whole-fat cheese, fried food, and fast food.



Chicken and Coleslaw Wrap from the Dietitians at Mayo Clinic

- Number of servings; 2

Weight management - Healthy-carb - Diabetes meal plan - High-fiber

Ingredients For the dressing:

- 1 tablespoon olive oil
- 2 tablespoons apple cider vinegar
- 1/4 teaspoon celery seeds (or caraway seeds)
- 1/2 teaspoon sugar

Ingredients for the wraps:

- 1 can (5 ounces) chunky white meat chicken in water, drained
- 1 cup shredded cabbage (or packaged coleslaw mix without dressing)
- 1 can (4 ounces) crushed pineapple, drained
- 2 whole-grain tortillas, each 8 inches in diameter

Directions

- In a small bowl, mix together the dressing, chicken, cabbage and pineapple. Cover and refrigerate for at least 25 minutes.
- To serve, divide the chicken mixture between the two tortillas. Fold the sides of each tortilla up over the filling, and then roll to close. Serve immediately.

Nutritional analysis per serving size: 1 wrap Total fat 14 g; Calories 324; Protein 25 g; Cholesterol 47 mg; Total carbohydrate 26 g; Dietary fiber 13 g; Monounsaturated fat 8 g; Saturated fat 2 g; Trans fat 0 g; Sodium 475 mg; Total sugars 8 g; Added sugars 2 g



Dietitian's tip: Instead of using canned chicken, you can use plain roasted chicken breast (boneless, skinless). This substitution reduces the sodium by about 25 percent.

Acorn Squash with apples from Mayo Clinic Dietitians

Number of servings 2

DASH diet - Low-sodium - Heart-healthy - Weight management - Meatless
Healthy-carb - Diabetes meal plan - Gluten-free -

Ingredients

- 1 Granny Smith apple, cored and cubed
- 2 teaspoons brown sugar or molasses
- 1 small acorn squash, about 6 inches across
- 2 teaspoons trans fat-free margarine

Directions

- Preheat the oven to 375 degrees F.
- In a small bowl, mix the apple with the brown sugar. Set aside.
- Pierce the squash several times with a sharp knife so that steam can get out during cooking. Microwave on high for 3 minutes to soften the squash.
- Place the squash on a cutting board and cut in half. Scrape the seeds out of the center of each half and throw them out. Fill the hollowed squash with the apple mixture.
- Place the squash on a baking pan. If the squash can sit upright, cook it upright and tent aluminum foil over the top. If it can't stand upright, cook the squash upside down.
- Cook the apple-filled squash for 30 to 45 minutes or until very soft.
- Transfer the squash to a serving dish. Top each half with 1 teaspoon margarine and serve right away.

Nutritional analysis per serving size: 1/2 squash and 1/2 apple Calories 131; Total fat 3.5 g; Saturated fat 1 g; Trans fat trace; Monounsaturated fat 1.5 g; Cholesterol 0 mg; Sodium 38 mg; Total carbohydrate 25 g; Dietary fiber 5.5 g; Added sugars 3 g; Protein 1 g; Total sugars 11 g; Polyunsaturated fat 1 g; Potassium 429 mg; Calcium 39 mg; Magnesium 36 mg; Iron 1 mg;



Dietitian's tip: Acorn squash is a good source of vitamins A and C, potassium, and fiber. Here it's paired with apples and brown sugar to make a hearty side dish.

DEAR MAYO CLINIC: What exactly is the MIND diet, and can it really help prevent dementia? Is it a healthy diet for everyone?

ANSWER: The MIND diet is a combination of two other healthy diets, so it is a healthy option. Results from a recent study show that, over time, older adults who followed the MIND diet appeared to have less cognitive decline, such as memory problems. The effect of food on cognitive health has been the subject of research for quite some time. The research has shown that certain foods — particularly plant foods, such as green leafy vegetables, nuts and berries can help preserve brain function.

The MIND diet includes a variety of brain-friendly foods. *MIND stands for Mediterranean-DASH Intervention for Neurodegenerative Delay.* It includes aspects of a Mediterranean diet, as well as the Dietary Approaches to Stop Hypertension, or DASH, diet. A Mediterranean diet is rich in fruits, vegetables, olive oil, legumes, whole grains and fish. The DASH diet, often recommended for people who need to lower their blood pressure, emphasizes vegetables, fruit and low-fat dairy foods, along with moderate amounts of whole grains, fish, poultry and nuts.

To evaluate the benefits of the MIND diet, researchers monitored the eating habits of 900 older adults for several years. Specifically, they assessed a pattern of eating that emphasizes foods associated with cognitive benefit and limits foods associated with cognitive decline. This pattern of eating includes relatively high amounts of green leafy vegetables, as well as other vegetables, berries, fish, olive oil, whole grains, beans, nuts and poultry, along with moderate amounts of wine. It also includes low amounts of red meat, cheese, butter, margarine, fried foods, pastries and sweets.

Researchers found that people who regularly followed this pattern of eating showed less cognitive decline over time than people who did not. Based on previous studies, the results of this study are not surprising. But they extend the previous research by looking at an entire pattern of eating, not just specific foods. The results also are consistent with many studies that show benefits from this pattern of eating on other health conditions. It helps lower blood pressure and serum cholesterol, and it follows guidelines to lower the risk of heart disease and cancer.

Following the Mediterranean diet, upon which the MIND diet is partially based, can be a very tasty way of eating that incorporates different types of salads with olive oil, whole-grain pasta or rice with vegetables, and fish, poultry or beans. But making beneficial dietary changes and transitioning to a diet that relies more heavily on plants may seem challenging. There are strategies you can use to make it easier.

For example, plan ahead before you shop or make meals. Try new recipes that incorporate MIND diet foods. Keep different types of berries and mixed nuts on hand to snack on, rather than potato chips or processed crackers. When you eat at a restaurant, try grilled fish or chicken rather than fried. Start off with a salad and include generous amounts of vegetables. Stick to whole-grain bread with a little olive oil rather than white bread with butter. Opt for berries for dessert instead of pastries or other sweets. Eating in this way can be enjoyable, and the benefits on your mind, your overall health and your quality of life can be tremendous.

Because the MIND diet incorporates a wide variety of healthy food choices, it is safe for most people. If you have a chronic medical condition that requires you to eat or avoid certain foods, however, it would be a good idea to talk with your health care provider before you make significant changes to your diet.

[Donald Hensrud, M.D.](#), *Preventive Medicine, Mayo Clinic, Rochester, Minn.*

Presidents Corner October is here, and we are now ending our year with no events scheduled till January 2025. You will be receiving newsletters in Nov and Dec.

We are focusing the rest of the year on building our group and planning our speaker meetings and events for 2025. Look forward to seeing Dr. Tovar in February for heart month, our June Picnic in the Park and much more.



The MH Chapter 351 support desk on Wednesday is building awareness of our mission to support heart patients and their families. We encourage you to share 4 hours a month of your time to help heart patients, like yourself who are beginning their journey. Your words of wisdom can make a difference in their lives.

Enjoy your Halloween and here's a picture of our mascot, Makena. She wore a nurses costume for nurses week!



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



Do you charge your phone by your bed?

If you sleep near your phone, you are playing with fire.

More than 60 percent of adults sleep with their phone within arm's reach, but it's a dangerous practice. Charging your phone or tablet near your bed is a fire hazard that most people don't know about, according to the National Sleep Foundation.

In particular, you don't want to fall asleep with your phone on your bed, or especially under your covers. A phone releases a lot of heat to keep the device cool. If it is under a blanket, for example, heat can build up and damage the phone or cause it to overheat. In extreme cases, it could burn you or catch fire.

Instead be sure the phone is charging on a flat, open surface with lots of ventilation.

Never use a frayed cable for charging. Just change it out. Cables are cheap, but fires are deadly.

The biggest safety risk is a damaged and swollen lithium-ion battery. You might notice some loose adhesive between the screen and the housing, according to Tom's Guide. Or you might see the screen pull away from the housing. That means your device battery is swollen. If this happens, do not charge it. Stop using it immediately. Place it on a flat, cool, fire-resistant surface and keep an eye on it, allowing the battery to run down. Contact



Pumpkins are not just orange anymore

It turns out that pumpkins make fabulous canvases for creative projects, especially with paint -- but there is a technique.

- First, choose a pumpkin with no soft spots or blemishes. Before you paint your pumpkin, gently wipe off any dirt. Put the pumpkin in a sunny window for a week to cure if you have time.
- Next, spray or brush a sealer on the surface to serve as a base coat. Mod Podge Acrylic Sealer works well, but you might have to apply to one half of the pumpkin at a time, giving the first half time to dry before you move on, according to Scraplifters.com.
- When dry, use acrylic paints to cover the surface and allow each coat to dry completely. You might need a second coat for full coverage.
- Paint a design on your pumpkin when the base layer is dry. Then be sure to seal again. You might use an outdoor sealing spray to protect your design from the elements.

Finishing ideas

Eyes: Craft store googly eyes, candy disks, button, puff paint, or push pins.

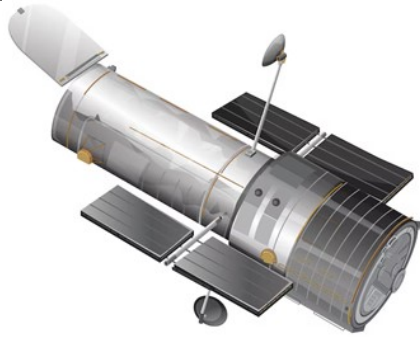
Hair: Corn husks, a bunch of lollipops, yarn, thread, feathers, big flowers (a use for those artificial ones). For a scruffy beard, stick toothpicks in at an angle. You might find that a pin prick makes a good guide for the toothpicks.

Edging: Try candy corn, beads, stickers, or stencils. ***Have fun with the kids!***





**More than just a picture:
How images of space
are created**



The Hubble Telescope

In 2019, the **Event Horizon Telescope Collaboration** published an image that should have been impossible to capture: a black hole swirling at the center of the supergiant Messier 87 (or M87 galaxy).

In 2021, the Collaboration released another image of the same black hole, this time with clearly visible lines that revealed the magnetic forces around it.

And in 2022, the Collaboration glimpsed the unseen once again with the first image of Sagittarius A, the black hole at the center of our own Milky Way galaxy.

But it takes more than a powerful telescope to see a black hole. It takes a lot of telescopes -- so many that together, they function like a telescope as big as Earth itself. To truly "see" a black hole, Event Horizon researchers meticulously synchronized eight observatories in six locations around the world to capture images at just the right time and observe the target area at the correct wavelength. It took an additional two years for EHT researchers to process the mountains of data and find what they were looking for -- the accretion disk, a swirling current of matter and energy that often surrounds black holes. And that first image, which may not seem like much at first, was the first visual confirmation that black holes did indeed exist.

Even images from the powerful James T. Webb telescope are more complicated than simply taking a color photo of space. This enormously complex scientific instrument, which captures more light than our eyes or screens can process and orbits about a million miles from Earth, contains numerous filters to detect different things -- for example, hydrogen or gamma radiation. The telescope sends buckets of data back to Earth, which can quickly be interpreted into black-and-white unprocessed images.

But color images are considerably more complicated. For any image, specialists must resize and compress the picture and use a mathematical function to re-interpret brightness -- just to make something that our eyes can see. Then, Webb staff remove artifacts (like random lines in the background) to make the image clearer. Colors are usually a result of two or more layers -- each from different filters or wavelengths -- stacked on top of each other to create something that our eyes and brains can see.

If you're disappointed that those images aren't exactly as they would appear in space, well, don't be. The published pictures are special in their own way, and perhaps even greater than the sum of their parts**Amazing!**

Mah Jong

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

- | | |
|----------------|---------|
| BAMS | JOKERS |
| BETTING | KONG |
| CALL | MELD |
| CARD | PAIRS |
| CHARLESTON | PUNG |
| CHOW | QUINTS |
| CONCEALED HAND | RACK |
| CRAKS | RUNS |
| DEAL | SINGLES |
| DICE | SOAP |
| DISCARD | SUITS |
| DOTS | TILES |
| DRAGONS | WALL |
| FLOWERS | WINDS |
| GOING DEAD | YEAR |
| HAND | |





October is National Liver Awareness Month

Take care of this essential organ - **Think Liver; Think Life**

That's the theme of the National Liver Foundation's annual liver awareness campaign and it's good advice.

It's not hard to keep your liver, the body's largest organ, healthy.

It requires the same steps as keeping yourself generally healthy.

For example:

- * Drink alcohol in moderation, especially if you are a woman. One and a half cans of beer a day can cause liver problems in some women.
- * Maintain a normal weight so you don't develop a fatty liver, which increases the risk of cirrhosis and liver failure.
- * Don't smoke. Smoking is linked to liver cancer and it may increase the toxic effects of some medications.
- * Never share a toothbrush or razor with anyone. These items can transmit hepatitis B or C through torn gum tissue or nicks in the skin.
- * Only get tattoos and body piercings at licensed establishments that sterilize all instruments and sanitize workspaces between clients.
- * Practice safer sex (including condom use) to protect yourself from hepatitis A and B.
- * If you have ever been told that something is wrong with your liver, even if you have no symptoms at all, see a liver specialist, called a hepatologist.
- * Avoid recreational drug use. Intravenous drugs are a common route for hepatitis B and C transmission. Never share needles.
- * If you have ever experimented with intravenous drugs, even if it was years ago, see a liver specialist. Even serious liver damage can be asymptomatic.

When you love your liver and avoid risky business, the liver will serve you well for the rest of your life.

Think: What food is Good or Bad for your liver!

Excerpt from article on WebMD

Good - Oatmeal has lots of fiber that can help your liver work at its best. Research shows it can help you shed some extra pounds and belly fat, which is a good way to keep away liver disease.

Bad - Fatty Foods - French fries and burgers are a poor choice to keep your liver healthy. Eat too many foods that are high in saturated fat and it can make it harder for your liver to do its job. Over time it may lead to inflammation, which in turn could cause scarring of the liver that's known as cirrhosis. So next time you're in the drive-thru line, think about ordering a healthier option.

Good - Lots of veggies. Broccoli. Some studies suggest this crunchy food can help protect you from nonalcoholic fatty liver disease. If steamed broccoli sounds a little too blah, shred it into a slaw and toss it with sliced almonds, dried cranberries, and a tangy vinaigrette. Leafy greens. Like spinach have a powerful antioxidant called glutathione. It makes a great base for a dinner salad, and it's also delicious sauteed with garlic and olive oil.

Bad - Too much sweet stuff takes a toll on your liver. That's because part of its job is to convert sugar into fat. If you overdo it, your liver makes too much fat, which ends up hanging around where it doesn't belong. In the long run, you could get a condition like fatty liver disease.

Good - Water and add in Green Tea. It has a type of antioxidant called catechins. Research suggests it may protect against some forms of cancer, including liver. You'll get more catechins if you brew tea yourself and drink it hot. Iced tea and ready-to-drink green teas have much lower levels.

Good - Nuts – especially almonds, which are a good sources of vitamin E, a nutrient that research suggests may help protect against fatty liver disease and they're good for your heart! Grab a handful the next time you feel like snacking.

Good - Blueberries. They've got nutrients in them called polyphenols that may help protect you against nonalcoholic fatty liver disease, which often goes hand in hand with obesity and high cholesterol. If blueberries aren't your thing, other foods rich in polyphenols include dark chocolate, olives, and plums.

