



Mended Hearts® of Whittier, CA NEWSLETTER

2025 Edition

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PIH Good Samaritan TBD



Mended Hearts of Whittier Chapter 351

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!”

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!.



The Presidents report

Welcome to Heart Month. This month we celebrate how grateful we all are to be here with our families and friends and reflect on what strength it took to get here!

We made it and continue to be strong!

The new Mended Hearts Wellness Series starts on March 5, 2025. It is a patient-to-patient information and educational support group with discussion topics perfect for new heart patients. The group meets during the day on Wednesday’s at 9 am, 10am, 1pm, & 2pm, when cardiac rehab patients are here to attend their workouts. There are 4 topics, one per week for 4 weeks, then it repeats. You and your loved ones can attend whichever time you choose and as many times as you want. This replaces our old support group that meet once a month in the evening.

See the flyer in the gym and in this newsletter.

The good news is the auditorium is open and we scheduled **Dr. Tovar** on March 19, with social time at 5:30 pm and Dr. Tovar will speak at 6 pm. More to come in the March newsletter.

“Heart Pillow” fundraisers are being scheduled for us to have fun and enjoy good food together. This Month is BJ’s in Montebello. February 27...se attached flyer.

I love the pizza and will see you there! *Constance*





Let's have a Valentines Day Brunch with Strawberries and Crème Cheese Crepes ...from the staff at Mayo Clinic Serves 4

Ingredients:

- 4 tablespoons cream cheese, softened
- 2 tablespoons sifted powdered sugar
- 2 teaspoons vanilla extract
- 2 prepackaged crepes, each about 8 inches in diameter
- 8 strawberries, hulled and sliced
- 1 teaspoon powdered sugar for garnish
- 2 tablespoons caramel sauce, warmed

Directions

- Heat the oven to 325 F. Lightly coat a baking dish with cooking spray.
- In a mixing bowl, blend the cream cheese until smooth using an electric mixer. Add the powdered sugar and vanilla. Mix well.
Spread 1/2 of the cream cheese mixture on each crepe, leaving 1/2 inch around the edge. Top with 2 tablespoons strawberries. Roll up and place seam-side down in the prepared baking dish. Bake until lightly browned, about 10 minutes.
- Cut crepes in half. Transfer to four individual serving plates. Sprinkle each with powdered sugar and top with 1/2 tablespoon caramel sauce.

Nutritional analysis per serving size ; 1/2 Crepe Total carbohydrate 17 g - Dietary fiber 0.5 g – Sodium 161 mg- Saturated fat 4 g - Total fat 7 g - Trans fat Trace – Cholesterol 37 mg – Protein 3 g - Monounsaturated fat 0.5 g = Calories 143 - Total sugars 11 g - Added sugars 7 g

Dietitian's tip: Using whipped cream cheese in these crepes instead of regular cream cheese saves one-third of the calories, fat and sodium. The recipe works with other berries as well as stone fruit such as sliced peaches or apricots.



***Ideas
to make
Valentine's Day
special ...***



DRONES SEARCH AND FIND LOST PETS

A dog breaks his leash and takes off across a park, quickly disappearing from view. What do you do? You run, walk, call, search, but to no avail. A dog can cover five miles in an hour and can quickly get out of



earshot. But now there is a new way to search for lost pets: Thermal drones. **Thermal drones** have been used for years to help hunters find a wounded animal and even scope out deer herds. But their latest use is in finding Fido, and drone owners say it is the most rewarding use of the technology. In Michigan, **Lost Pet Drone Recovery** started responding to owner requests in 2022 using a thermal drone to search for wayward mutts. In the first month, the drones found 22 lost dogs and returned them to their owners. The same is true across the country where thermal drone operators are recovering dozens of lost pets.

In Connecticut, a New York based thermal drone pilot recovered 40 dogs in 2023. Although drones can be a great tool in recovering dogs, they are not a guarantee. According to **Lost Dogs of America**, an ordinary drone can more easily locate a dog that stands out from surrounding vegetation: A white dog standing on green weeds would be easier to find than a white dog in snow. If a drone does spot a dog, there is still the issue of recovering the pet. Once you know the location, you still have to get hands on the dog. A shy pet may run or even panic. In some cases, drones may be the best way to search, but in all cases, **posts on Facebook lost pet groups and flyers are essential**

Do some hearts just need a little rest?

There is no cure for heart failure, although drugs can slow its progress, but a new study suggests that the heart might improve if it just gets some rest. A study published in the journal **Circulation** offers the first hope for a new way to treat, or even cure, heart failure. University of Arizona researchers investigated whether heart muscle can regenerate, much like an injured leg muscle heals after time. They found that some patients with an artificial heart pump actually regenerated heart muscle cells at a rate six times greater than healthy hearts. Researchers speculate that because the heart pump bypasses the heart, it is like putting the heart on bed rest, giving it time to repair itself, something that can't be done while the heart is working. It is possible that some patient may even be able to have the pump removed.

Only about 25 percent of patients in the study responded with cardiac muscle regeneration. New research will focus on whether all patients might be able to have muscle regeneration. Researchers say such a thing would essentially be a cure for heart failure.



Yes, your phone is listening to you.

Apple has agreed to a \$95 million settlement on a lawsuit alleging that Apple used its digital assistant, Siri, to listen to users. A judge must approve the settlement this month. It seems that saying 'Hey Siri' isn't necessary for your phone to listen to conversations. This won't come as too much of a surprise to many people who have noticed that advertisements related to their conversations seem to pop up regularly.

Apple iPhone users could get \$20 per Siri device used from September 2014 to December 2024, with a maximum of five devices per user. This might seem like a lot of money, but Apple is worth more than \$3 trillion. The company earns \$95 million in about nine hours



It's learning and practice, not talent, that brings success. Talent is overrated.

That is the conclusion of legions of experts and research into why people are successful. What counts isn't necessarily the genetic factors that make you smart or quick witted. What counts is work. Psychologist **Jordan Peterson** notes this in his lectures. "In any field, there are people who are phenomenally gifted and then if they work really hard, they break records," he says. "But that talent apart, hard work actually works with virtually everything.

If you work 10 percent longer hours, you make 40 percent more money." In fact, researchers studying talent and success found little evidence of talent in high-achieving individuals before they had intensive training. The findings show up in every kind of endeavor and in businesspeople, artists, sports figures and others. The researchers don't say talent doesn't exist or help, but that practice and diligent work are more important to success.

"**Deliberate practice**" is designed to improve performance. It includes continually stretching yourself just beyond your current capabilities. You have to identify the elements of your performance that need to be improved and work intensely on repetition. That means using deep focus and concentration. For deliberate practice to be effective, do what is difficult and painful.

Seek out what you are not good at.

In the beginning, and sometimes long after, you should have a teacher to guide you. Anyone who thinks he's outgrown the benefits of a teacher's help should question that view. You need feedback.

It may seem that the most important things you can do to improve in your work are not fun. But if the activities that lead to greatness were enjoyable, everyone would do them. There would be no way to distinguish the best from the rest.

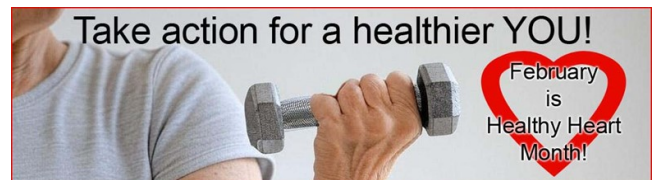
Bottom line: If you think you aren't highly talented in an area, you can still become great by learning and practicing deliberately.

Country Famous

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| EDDY ARNOLD | RAY CHARLES |
| ELVIS | RED FOLEY |
| EMMYLOU HARRIS | RICKY SKAGGS |
| ERNEST TUBB | ROY ACUFF |
| FRED ROSE | ROY CLARK |
| HANK SNOW | ROY ROGERS |
| JIMMY DEAN | TEX RITTER |
| JOHNNY CASH | THE JUDDS |
| KENNY ROGERS | WAYLON JENNINGS |
| KITTY WELLS | |

Visit www.Mendedheartwhittier.com to see our chapters web site. All our newsletters are there an much more!



Mended Hearts Wellness Series 2025

Beginning March 5, 2025

Education and support conversations - Heart Patient to Heart Patient

Meeting times at 9 am, 10 am, 1 pm and 2 pm.

Four topics, one topic each Wednesday, replace our evening support group.

Week 1 - Your Heart Support System

What you may be feeling - Anxiety – Depression -Stress
Patients Sharing Stories
Where to get information.

Week 2 - Become an Empowered Patient

Educating Yourself
Advocate for Yourself
Caregivers

Week 3 - The Medicine Cabinet

Do you keep a list with you?
Know your medications/ Know your side effects.

Week 4 – What you eat & how you move makes a difference.

Eating Healthier
Getting your body moving, in ways that work for you.

**The topics and times will be in the posted in the Cardiac Rehabilitation Gym.
And in the Mended Hearts newsletter.**

Meetings are held at PIH Health Whittier in a lower lobby conference room during the times patients are already at PIH Whittier for Cardiac Rehab visits.

Patients can attend the meeting time of their choice, before or after visits.

**Patients and their families are welcome to attend meetings,
including after they complete Rehab.
The community is welcome.**

Call us with your questions, 562-689-0811 Ext. 12368



JOIN US FOR A DELICIOUS WAY TO
RAISE MONEY!

Date: Feb 27, 2025

Time: 11:00AM to 10:00PM

For Dine In, Takeout or Curbside at this BJ's Location:

1716 Montebello Town Center
Montebello, CA 90640
323-261-4296

Enjoy delicious food in a fun atmosphere along with your family and friends while earning funds in support of:

Mended Hearts Chapter 351

WITH EACH FLYER PRESENTED DURING THIS FUNDRAISING EVENT, BJ'S WILL DONATE 20% OF FOOD AND SOFT BEVERAGE SALES TO THE DESIGNATED ORGANIZATION!

VISIT US IN PERSON, ORDER ONLINE OR PLACE A TAKE-OUT ORDER

When dining in: Present this flyer to your server at any time during your meal.

When ordering online: Enter the 6-digit fundraiser code below at the time of checkout.

When placing a take-out order: Present this flyer to a BJ's team member upon your arrival.



F E B 5 7 8

Valid for dine-in, takeout or curbside when applicable. Not valid toward alcoholic beverages. Happy hour specials or for delivery orders. Please do not distribute flyers or code during the event.



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