



# Mended Hearts® of Whittier, CA NEWSLETTER

2025 Edition

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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!.**



### **Presidents Report....**

**Your Chapter 351, based at PIH Health Hospital Whittier, plans a terrific 2025 comeback!**

Unfortunately, due to the cyber-attack in December, meeting rooms are not available, and we are unsure when they will be. This will affect meeting dates and/or locations. Call us for updates..

**February is Heart Month**, and **Dr. Tovar** headlines our February 19, 2025, general meeting. It will be held in the auditorium at PIH Health Whittier. Our social time with photo opts starts at 5:30 pm and the speaker meeting at 6 pm. **Be aware this date is tentative, and could be changed. More info in February edition.**

**PIH Good Samaritan Hospital** is awaiting the start of their visiting program for heart patients. It is on hold now due to the recent cyber-attack and we hope to start our visits soon. Mike Sanchez, our treasurer, is helping with this program.

**PIH Downey Hospital** receives pillows for their open-heart patients and our newsletter. They currently do not have an active visiting program. This visitor opportunity is available and training is provided.

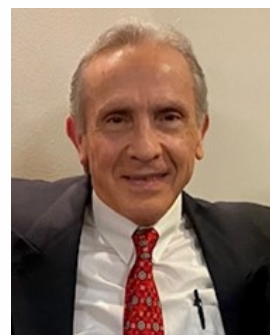
The MHI **World of Support** fundraiser for 2024 wants to thank all of you who helped us reach our contribution goal of \$1,500! Team Chapter 351 came in 7th place in the nation with its support of Mended Hearts Inc. Your donation helps provide the Heart Guides, the go-to guides, and other educational literature we provide for all our patients, plus much, much more!

The NEW **Mended Hearts Wellness Hour** begins in February 2025

The **Mended Hearts Wellness Hour** is a recurring series with educational and support conversation topics. One topic will be discussed every Wednesday throughout 2025, except for holidays. The topic and times will be in the newsletter and posted in the Cardiac Rehabilitation Gym.

The **Mended Hearts Wellness Hour** Series is scheduled to meet at PIH Health Whittier in a lower lobby conference room during times patients are already there for Cardiac Rehab. Patients can attend meetings, before or after their sessions with meeting times at 9 am, 10 am, 1 pm and 2 pm. Patients and/or their families are welcome to attend meetings at any time, including after they complete their Cardiac Rehab program.

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### Italian chicken and vegetable packet from Mayo Clinic Dieticians

**Dietitian's tip:** If making this recipe on the grill, use heavy-duty aluminum foil and place the packet off to the side of the flame. Turn midway through the cooking time.

#### Number of servings: 4

Diabetes meal plan/DASH diet/Low-sodium/Heart-healthy

Weight management/Low-fat/Healthy-carb/Gluten-free

#### Ingredients

- 8 ounces of skinless, boneless chicken breast
- 1 zucchini, diced
- 1 medium potato, scrubbed and diced
- 1 onion, diced
- 1 carrot, sliced
- 1/2 cup mushrooms, sliced
- 1 teaspoon garlic powder
- 1 teaspoon Italian seasoning or oregano

#### Directions

- Preheat the oven to 350 F.
- Tear off 2 sheets of heavy duty aluminum foil or parchment paper, about 12-inches each. Fold the foil or parchment paper in half. Unfold and spray with cooking spray.
- Center 4 ounces of chicken breast on each sheet. Top each with zucchini, potato, onion, carrots and mushrooms. Sprinkle garlic powder and Italian seasoning on the chicken and vegetables.
- Bring two sides of the parchment together over the food. Holding the edges, fold them over together to create a seal. Keep folding until you get almost to your ingredients. Keeping the part you folded together, seal the sides by folding those edges together. Crease the sides to make sure the packet doesn't leak.
- Place the packet on a cookie sheet. Bake for 45 minutes, until chicken and vegetables are tender.

**Nutritional analysis per serving:** 1/2 packet Calories 257 - Total carbohydrate 14 g – Protein 33 g

Total sugars 4 g - Added sugars 0 g - Dietary fiber 2 g - Total fat 4 g - Saturated fat 1 g - Trans fat 0 g

Monounsaturated fat 1 g - Polyunsaturated fat 0.5 g – Cholesterol 48 g - Sodium 51 mg

Potassium 558 mg – Calcium 32 mg - Magnesium 41 mg - Vitamin D 4 IU - Iron 1 g



### Healthier turkey sandwich

If you've added a few extra pounds over the holidays, you may want to cut calories and preserve the taste of foods at the same time. When it comes to a chicken or turkey sandwich, you could reduce calories by more than 200.

**First**, remove the skin from the meat. That's where most of the higher-calorie fat is found.

**Second**, load the sandwich with all the lettuce and tomatoes you can eat. Avoid a lot of mayonnaise. Tosting is also a tasty option!



### Alzheimer's drug trial halted

**Texas-based biotechnology firm Cassava Sciences has halted an advanced clinical trial for the experimental Alzheimer's drug simufilam after it failed to significantly reduce cognitive decline in people with mild to moderate Alzheimer's disease.**

**According to the New York Times, the canceled trial comes after several foundational studies to support the drug were found to contain fraudulent data and subsequently retracted from scientific journals. Cassava Sciences was also forced to settle with the Securities and Exchange Commission in September over allegations of misleading statements about**



### January is National Blood Donor Month

#### Blood banks begin search for donors

For children, January is a month for sledding and building snowmen.

For blood banks it is a time of searching.

With snowstorms, holidays, increased illness and winter vacations, donations to the blood banks come up short every year.

It's one of the reasons that January has been designated

#### **National Blood Donor Month.**

With blood being required by a patient every two seconds and only about 3 percent of the population donating blood, the plea goes out for eligible donors to donate as often as possible.

#### **A single donation of blood can save three lives.**

Blood banks want prospective donors to know that donating is a very safe procedure. All materials involved are used only once and then discarded.

The process starts with registration, a health history is taken and a mini-physical is given. The actual donation takes about 10 minutes and equals approximately one pint of blood. Your body will normally replace the lost fluid within 24 hours.

#### **The American Red Cross offers some tips to make donating a good experience.**

- Before going to donate, eat a good breakfast or lunch. Avoid fatty foods and eat iron-rich foods. Drink extra fluids to replace the fluid you will donate but avoid caffeine.
- Be sure to wear clothes with sleeves that can be raised above the elbow.
- Afterwards, eat the snack and drink provided.
- Over the next 24-48 hours, be sure to drink plenty of fluids.

Even if you cannot donate blood due to health conditions or other reasons, you can still participate in Blood Donor Month. You can help organize a blood drive, or volunteer to help at mobile blood sites.

Check with your local blood drives to see if they need treats to give to donors after they give blood.



### **The Presidents report continued...**

The participants of each **wellness hour** will gain valuable information and engage in meaningful conversation with other heart patients who will motivate and inspire them with tips for leading a healthier and happier life!

The **MH Wellness Hour** will replace the monthly evening support group and offer more availability for patients, family members and our community to join us.



In the plans for February, we are scheduling restaurant fundraisers for PIH Health Whittier and Good Samaritan. **Tiffany Wong** is helping with those. Watch for details in the February newsletter. Our restaurant fundraisers for 2024 raised \$642.14 We will purchase more heart pillows for our patients! Chapter 351 membership, thanks to Marcela Cueto-Sanchez, is at 161 members. I want to remind you that membership is free, and you can log onto MHI to join webinar's, talk groups and find more information Ask us how to do it!

**Happy New Year to all of you from your Chapter 351 Family!**

### ***Blessed are the children& what they say...***

***The minister asked if anyone would like to give praise for answered prayers. A child stepped up to the podium.***

He said his daddy, Tom, had a terrible bicycle crash that crushed his scrotum. The pain was terrible. Men in the congregation gasped in empathy.

"He couldn't hold me and he was in pain at every moment. The doctors did a five-hour operation and pieced together the remains of daddy's scrotum and wrapped wire around it." The men shuddered as they imagined the horrible surgery. "Now, thanks to the lord, his scrotum is healed," he said. The men sighed with relief as he went back to his seat.

Then, a man slowly made his way to the podium. All he said was, "Hi, I'm Tom. I just wanted to tell my son that the word is sternum."







### Keep your feet warm; avoid a cold

A number of studies show that feeling generally cold outside or indoors will not cause a cold. Having cold feet, however, can make you more likely to get one. Researchers at Cardiff University's Common Cold Center (Wales, U.K.) say that having very cold feet could jump-start a cold.



Cold feet, the doctors explain, cause constriction of the blood vessels in the upper airways, which may reduce your body's defenses against viruses.

It wouldn't hurt to make yourself comfortable and reduce your chance of a cold at the same time.

Put on some thick socks if the floor gets drafty when you watch television, and wear them outside when the weather is frigid.

**Better yet, grab a blanket and cuddle up!**

## Plays and musicals

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

AIDA

CARMEN

EUGENE ONEGIN

FALSTAFF

FIDELIO

IDOMENEO

JENUFA

KING PRIAM

LA BOHEME

LES TROYENS

LOHENGRIN

MANON

NORMA

OTELLO

PAGLIACCI

PORGY AND BESS

RIGOLETTO

SALOME

THE MAGIC FLUTE

TOSCA

TURANDOT

WILLIAM TELL

WOZZECK

XERXES



"And you say you last saw him in the clothes dryer?"



### You can look at a donut and gain five pounds. *Funny -- but maybe even a tiny bit true.*

A new study published in the journal Nature hints at a correlation between obesity and changes at the cellular level in fat cells that appear to remember obesity.

Weight loss experts have long noted that obese people who slim down tend to revert back to obesity -- the yo-yo effect. But the reasons were unclear. Was it merely that the people reverted to old eating styles or was there something else at play? Now scientists think that, among the many reasons for re-gaining weight, at least one might be a sort of genetic memory. In mouse studies, scientists put obese mice on a diet until they slimmed down, and then compared their fat cells to mice who had never been obese. In the formerly obese mice, fat cells absorbed more sugar and fat than the cells from mice that never were obese. Certain genes were active in obese mice that were not active in never-obese mice. In fact, when put on a high calorie diet, the formerly obese mice gained more weight faster than the never-obese mice.

The findings do not indicate that fat cell memory alone is the cause of obesity. It is also not known what factors, if any, can alter fat cell memory or if fat cell memory ever changes.

