



# Heart Beat



Volume 9 No. 1

Salinas Valley Mended Hearts Chapter 370

Jan - March 2020

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## Our Visitors Are

Monday: Al & Marilyn Stream  
 Wednesday: Shirley Gould  
 Thursday: Arron Yaras & Julie Jezowski  
 Friday: Tom & Karen Humphrey  
 Saturday: Alex Sapien & Bob Hansen  
 Cardiac Wellness: Jim Eddy & Wayne Tucker

**From January 1 to December 31, we have made 1,193 patient visits and 33 family only visits for a total of 1,226 visits.**

## Happy New Year to all from Mended Hearts

The Earth begins another trip around the sun January 1, and we'll travel more than 583 million miles (tired yet?) in 365.24 days.

This is also leap year!

This day has been observed as New Year's Day in most English-speaking countries since the British Calendar Act of 1751. Before that time, the New Year began on March 25, about the date of the vernal equinox.

January 1 is a day when people resolve to make improvements in the coming year. So, it is a great time to renew our commitment to health and happiness!

Here's hoping you have a safe new year filled with love, health, hope, and prosperity!



## Mended Hearts

Mended Hearts is a non-profit support and continuing-education group open to all heart patients and their families/caregivers. Attendance at our monthly meetings is gratis and your membership support is invited. Please feel free to pass on this newsletter to someone you know who has been affected in some way by heart disease.

Want to help others that have had or are having a heart event experience? There is nothing better than being a Mended Hearts visitor and seeing the joy in the face of a patient or receiving the gratitude of a patient when you visit them.

For more information about Mended Hearts and our Chapter, contact Chapter 370 President Julie Jezowski, jljezowski@sbcglobal.net or Arron Yaras, Newsletter Editor at amyprint2@att.net

## Upcoming Meeting Speakers

**January 21, 2020 at 6:00 p.m.**

*Our Speaker is Suzette Urquides, DNP, MPA, CCRN SVMH Cardiac Cath Lab Cardiovascular Technology Update*

**February 18, 2020 at 6:00 p.m.**

*Our Speaker is Dr. Michael Dicus "The Heart and Kidney Connection"*

**March 17, 2020 at 6:00 p.m.**

*Our Speaker is Tracey Shearer, Air Med Care Network "Fly U Home"*

at

Salinas Valley Memorial Hospital  
Downing Resource Center  
Room B & C

450 East Romie Lane, Salinas, CA 93901

## Heart Valve Awareness Month



February 22, and throughout the year, Mended Hearts is proud to participate in the National Heart Valve Disease Awareness Day campaign. The campaign encourages you to 'Listen to Your Heart', know your risk factors, get your heart checked regularly, and join the movement to help spread the word and raise awareness.

To learn more, or to find out how you can participate in raising awareness, go to [www.ValveDiseaseDay.org](http://www.ValveDiseaseDay.org).

## Torn between work and family? It may not be good for heart health

When family demands affect work performance or work demands undermine family obligations, the resulting stress may contribute to decreased heart health, particularly among women, a new study finds.

The study adds another factor for doctors and patients to evaluate in treating cardiovascular problems, said the study's senior author, Dr. Itamar Santos, a professor at the University of São Paulo and a researcher in the Brazilian Longitudinal Study of Adult Health.

"There are very consistent results showing that people under higher stress have more cardiovascular disease," he said. "We wanted to specifically study the effect of work-family conflict."

Santos and his colleagues studied more than 11,000 workers in Brazil between ages 35 and 74. The workers filled out questionnaires based on a model that measures the impact of work on family life, and vice versa.

Their heart health was scored using questionnaires, clinical exams and laboratory results for health metrics, including smoking, body mass index, diet, physical activity, cholesterol, blood pressure and blood sugar level.

The study found lower cardiovascular health scores most evident in women who reported a variety of frequent work-family conflicts.

Experts warn chronic stress can affect the heart by increasing inflammation in the body. That can affect blood pressure and cholesterol, as well as lead to unhealthy lifestyle behaviors such as lack of sleep and exercise, poor diet and weight gain.

Although both genders were affected, Santos said, the impact on women was greater.

"This was interesting because in our previous study, job stress alone affected men and women almost equally," he said. "But we found that for work-family conflict, women are more affected than men. They seem to be especially susceptible to this kind of stress."

He suggested the disparity might be explained, at least for some women, by the importance they place on family life.

Article taken from: <https://medicalxpress.com/news/2019-10-torn-family-good-heart-health.html>

## The Flu & Heart Disease

Everyone is vulnerable to the flu and its harsh effects, but heart patients are particularly at risk of developing serious complications.

According to the Centers for Disease Control (CDC), about half of adults hospitalized with flu during the 2017-2018 flu season had heart disease and studies have shown that influenza is associated with an increase of heart attacks and stroke.

Not only can a flu vaccine reduce your risk of getting sick with flu and being hospitalized, the flu vaccination has been associated with lower rates of some cardiac events among people with heart disease.

In addition to getting your flu shot, the CDC recommends some other ways to protect yourself:

- Maintain a two week supply of your regular medications during flu season.
- Do not stop taking your regular medications without first consulting your doctor, especially in the event that you get the flu or another respiratory infection.
- People with heart failure should be alert to changes in their breathing and should promptly report changes to their doctor.

## Roasted Sweet Potatoes with Honey and Cinnamon

Prep: 15 min  
Cook: 30 min  
Yield: 4 servings

### Ingredients

4 sweet potatoes, peeled and cut into 1-inch cubes  
1/4 cup extra-virgin olive oil, plus more for drizzling potatoes after cooked  
1/4 cup honey  
2 teaspoons ground cinnamon  
Salt and freshly ground black pepper



Preheat oven to 375 degrees F.

Lay the sweet potatoes out in a single layer on a roasting tray. Drizzle the oil, honey, cinnamon, salt and pepper over the potatoes. Roast for 25 to 30 minutes in oven or until tender.

Take sweet potatoes out of the oven and transfer them to a serving platter. Drizzle with more extra-virgin olive oil.

Recipe found at: <https://www.foodnetwork.com/recipes/tyler-florence/roasted-sweet-potatoes-with-honey-butter-recipe-1946538>

## These 6 jobs are linked to poor heart health for women

What do female social workers, nurses, health aides, and retail cashiers all have in common? According to new research, they probably have poorer heart health than women working in other jobs.

In a study involving more than 65,000 postmenopausal women, researchers found that women working in the above jobs were more likely to experience poor heart health.

Specifically, the researchers – who adjusted for age, race, marital status and education – found that female social workers were 36 percent more likely to have heart problems, while female retail cashiers were 33 percent more likely. Meanwhile, female psychiatric health care providers, female home health aides, and female nurses were each 16 percent more likely to suffer from poor heart health. Female registered nurses (RNs) also had a 14 percent greater risk of the same, according to a news release from the American Heart Association.

Comparatively, female real estate brokers and sales agents, were 24 percent less likely to suffer from poor heart health, while female administrative assistants were 11 percent less likely.

“Several of the professions that had [a] high risk of poor cardiovascular health were health care providers, such as nurses and home health aides. This is surprising because these women are likely more knowledgeable about cardiovascular health risk factors,” said study author Bede Nriagu, M.B.B.S., M.P.H., a research fellow in epidemiology and biostatistics at the Dornsife School of Public Health at Drexel University.

“We interpret this to mean that it's important to look beyond individual factors such as health knowledge to better understand the context of health care and other jobs that negatively impact cardiovascular health in women,” he continued, noting clinicians should inquire about their patient's occupation to help determine if they are at an increased risk of cardiovascular-related issues.

### WHO IS . . . MENDED HEARTS. INC?

The Mended Hearts, Incorporated, is a National Voluntary Health, Education, Non-profit organization.

Its purpose is to offer help, support and encouragement to heart disease patients and their families, by:

- ♥ Visiting patients with their physicians' approval.
- ♥ Distributing information of specific educational value to our membership and heart disease patients and their families.
- ♥ Cooperating with other organizations in education and research activities pertaining to heart disease.
- ♥ Establishing and assisting heart rehabilitation programs for our members.
- ♥ Planning and conducting suitable programs of social and educational interest for our members and for heart disease patients and their families.

## What You Should Know About Holiday Heart Syndrome

The holidays are a time for excess, and that's not so good for your heart.

Holiday heart syndrome, the occurrence of heart arrhythmia, most frequently atrial fibrillation, after bouts of binge drinking, is known to occur even in healthy individuals.

“It's an illustration that anything to excess is not a good thing. So, the advice that we give our patients for everything from alcohol to caffeine to supplemental vitamins to exercise is ‘everything in moderation’ is a good rule to follow. You can overdo it. Holiday heart syndrome is something that illustrates that very well,” Dr. Nicholas Skipitaris, Director of Cardiac Electrophysiology at Lenox Hill Hospital in New York City.

Despite holiday heart syndrome being recognized for 40 years, the mechanism or reason why alcohol has this effect on the heart is still not well understood. Alcohol is known to affect both the sympathetic and parasympathetic nervous system, in addition to many other functions in the body which have the potential to induce cardiac arrhythmia.

In addition to alcohol consumption, the holidays can also affect the heart in different ways. Finances, buying gifts, and hosting family can also lead to increased stress during this time. Diet can also take a turn for the worse with sweets, leftovers, and various rich foods lying around the house.

A holiday party or visiting family also makes it easy for your regular routine for sleeping and exercising to get thrown off track.

So, it may come as no surprise that the number of heart attacks each year tends to increase around Christmas.

That being said, holiday heart syndrome isn't necessarily dangerous in and of itself. While it's likely disconcerting to notice a rapid heart rate or skipped beat, without the presence of other symptoms or previous history of heart problems, it'll likely resolve on its own.

“People may develop some extra beats or some little palpitations if they're otherwise feeling OK – hopefully that gets better within a 24-hour period. The most important thing from my perspective is don't keep doing what you're doing if you're not feeling well,” said Skipitaris.

However, there are cases in which alcohol-related heart arrhythmias should be taken seriously. You should seek immediate medical care if they're accompanied by other symptoms such as: dizziness, difficulty breathing, chest pain, and loss of consciousness.

Heart arrhythmias are associated with more serious complications including heart failure and stroke, both of which can result in death if not properly treated.

These are, however, the most serious cases that can result from holiday heart syndrome. While the vast majority will resolve with abstinence from alcohol, it's important to be aware of how you're feeling and to keep your health and medical history in mind.

“If there is an abrupt change in how you're feeling or if you're at all concerned [and think] ‘oh gosh this doesn't feel right to me,’ it's always better to err on the side of having a professional take a look at you,” said Skipitaris.

And when it comes to having that fifth glass of spiked eggnog, it might be better to just lay off the sauce.

# Vietnamese Marinated Grilled Chicken with Corn-and-Avocado Salad

## Servings: 6

1 1/2 lbs boneless, skinless chicken thighs (all visible fat discarded)

## Ingredients

3 tablespoons honey  
 3 tablespoons fresh lime juice  
 3 tablespoons soy sauce (lowest sodium available)  
 2 tablespoons canola or corn oil  
 2 teaspoons minced garlic  
 1 teaspoon ground ginger  
 1/2 teaspoon crushed red pepper flakes (optional)

## Salad Ingredients

6 large ears of corn, husks and silk discarded  
 2 medium avocados (halved, pitted, diced)  
 2 medium tomatoes, chopped (about 2 cups)  
 3/4 cup finely chopped, fresh basil  
 2 tablespoons chopped red onion  
 1 tablespoon canola or corn oil  
 1 tablespoon plain rice vinegar or white vinegar  
 1/4 teaspoon salt  
 1/8 teaspoon Black pepper

- In a shallow glass dish, whisk together the marinade ingredients. Add the chicken, turning to coat. Cover and refrigerate for 4 to 24 hours, turning occasionally.
- When the chicken has marinated, preheat the grill on medium high. Drain the chicken, discarding the marinade. Let the chicken stand at room temperature for 15 minutes.
- Meanwhile, wrap each ear of corn in heavy-duty aluminum foil.
- Grill the corn for 15 to 20 minutes, or until tender, turning occasionally. Remove from the grill. Let cool. Using potholders, carefully remove the corn from the foil.
- Meanwhile, grill the chicken for 5 minutes on each side, or until it registers 165°F on an instant-read thermometer.
- When the corn is cool enough to handle, using a knife, cut off the kernels from each cob. Transfer to a large bowl.
- Stir in the remaining salad ingredients, tossing gently to combine.
- Serve the salad with the chicken.

# Crescent Pastry

The headline is a clue to the answer in the diagonal.

1	2	3	4		5	6	7	8
9					10			
11					12			
13				14				
			15					
16	17	18				19	20	21
22					23			
24					25			
26					27			

## Across

- Spanish sparkling wine
- Muslim holy man
- Buffalo's lake
- Showy flower
- Last name in fashion
- Ancient Peruvian
- Oval-shaped figure
- Volcanic spew
- Not idealized
- Wrinkly fruit
- Trig function
- Soccer \_\_\_\_
- Lab item
- Furtive summons
- Left on a map

## Down

- Formally surrender
- Seed covering
- Six-stringed instrument
- Trapeze artist
- Hearty pub meal
- Pre-stereo
- Fungal spore sacs
- "Beowulf" beverage
- Last Greek consonant
- Backside
- Freudian topics
- Charity
- London art gallery
- Places to overnight
- Talk



T	S	E	M		T	S	S	P
V	N	T	E		S	M	O	M
H	N	A	T		I	T	G	U
C	I	T	S		I	A	R	E
					H	S	A	
D	I	O	S		P	I	L	E
A	C	A	N		I	R	O	I
E	S	O	R			E	R	I
M	A	M	I			A	V	A

## MISSION

To inspire hope and improve the quality of life of heart patients and their families through ongoing peer-to-peer support, education and advocacy.

## VISION

To be the premier nationwide resource and peer-to-peer network for all patients and families affected by heart disease across the lifespan.

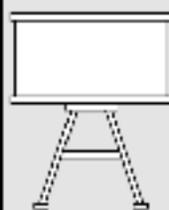
## STATEMENTS

**SUPPORT:** To support heart patients and their families by creating an inclusive and compassionate community through meaningful connections so no one feels alone.

**EDUCATION:** To empower heart patients and their families by providing relevant education and resources that enable them to make better decisions about their healthcare.

**ADVOCACY:** To energize and engage heart patients and their families through advocacy, enabling them to make informed decisions that improve their quality of life.

## 2020 GOALS



**GOAL 1:  
RD AND ARD TRAINING  
AND DEVELOPMENT**

**GOAL 2:  
EXPAND DIVERSITY**



**GOAL 3:  
RETAIN AND GROW  
VOLUNTEERS**



**GOAL 4:  
DIVERSIFY AND  
EXPAND FUNDING**



**GOAL 5:  
RETAIN AND INCREASE  
MEMBERSHIP**



**GOAL 6:  
LEADERSHIP  
TRAINING**



[WWW.MENDEDHEARTS.ORG](http://WWW.MENDEDHEARTS.ORG)  
[WWW.MENDEDLITTLEHEARTS.ORG](http://WWW.MENDEDLITTLEHEARTS.ORG)

*It's great to be alive...and to help others!*

*Little hearts hold big hopes.*



Mended Hearts™



little  
mended hearts

Mended Hearts, Inc. Resource Center  
1500 Dawson Road  
Albany, GA 31707  
Phone: 1-888-HEART99 Email: info@mendedhearts.org

MEMBERSHIP FORM

NEW MENDED HEARTS  NEW MENDED LITTLE HEARTS  RENEWAL DATE \_\_\_\_\_

Name (Mr. /Mrs./Ms.) \_\_\_\_\_

Chapter/Group \_\_\_\_\_ Member-at-large \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

City / ST / Zip \_\_\_\_\_

I want to be a MH support volunteer:  Yes  No

Email address \_\_\_\_\_

I am interested in CHD Parent Matching:  Yes  No

(Please check all that apply) I am a  Heart Patient  Caregiver  CHD Parent  Physician  RN  Healthcare Employee

OPTIONAL INFO: Race:  Caucasian  Black  Asian  Am. Indian  Hispanic  Other \_\_\_\_\_ Gender:  Male  Female

**Membership Levels:** All membership levels are for ONE YEAR, renewed annually, except for Heart of Gold Lifetime Sponsorship. Please choose your membership level and complete any appropriate payment information below.

**INDIVIDUAL MEMBERSHIP**

**\_\_\_\_ Associate Member --- FREE**

- \* Can attend any chapter meeting for MH or MLH
- \* Can join online communities
- \* Can access Member Portal
- \* Receives the National e-newsletter

**\_\_\_\_ Individual Member --- \$20 annual donation per person**

- \* All of the benefits of an Associate Member, PLUS
- \* Membership Card
- \* Car Decal – Select \_\_\_\_ MH or \_\_\_\_ MLH
- \* One-time 5% off coupon for purchase from the MH store
- \* One year annual subscription to Heartbeat magazine (\$30 value)

**\_\_\_\_ Bronze Member --- \$45 annual donation per person**

- \* All the benefits of a Full Individual Member, PLUS
- \* Membership Pin
- \* Choice of \_\_\_\_ Drawstring Backpack or \_\_\_\_ MH/MLH Notecards (10 pk)
- \* 5% off registration of any National (not regional) MH/MLH Conference or Symposia

**\_\_\_\_ Silver Member --- \$100 annual donation per person**

- \* All the benefits of a Bronze Member, PLUS
- \* A Stainless Steel Mended Hearts Travel Mug

**\_\_\_\_ Gold Member --- \$250 annual donation per person**

- \* All the benefits of a Silver Member, PLUS
- \* A Red Fleece Blanket
- \* 10% off registration of any National Conference or CHD Symposium

**\_\_\_\_ Heart of Gold Lifetime Sponsor --- \$1500 donation  
A one-time donation per individual**

- \* All the benefits of a Gold member FOR LIFE, PLUS
- \* 15% off registration fees at National MH/MLH Conferences / Symposia
- \* Recognition in the next *Heartbeat* magazine after enrolling in the Heart of Gold Lifetime Sponsorship, in all special Heartbeat issues, and on our website's list of Heart of Gold Lifetime Sponsors

**FAMILY MEMBERSHIP**

For members of one household with one mailing address only

**\_\_\_\_ Family Membership --- \$40 annual donation**

- \* All of the benefits of an Associate Membership, PLUS
- \* One year annual subscription to Heartbeat magazine (\$30 value)
- \* Membership Cards for all members of the family
- \* 2 Car Decals – Select \_\_\_\_ MH or \_\_\_\_ MLH
- \* Each family member receives a one-time 5% off coupon for purchase from the MH store. Use only one coupon per order.

**\_\_\_\_ Bronze Family Membership --- \$75 annual donation**

- \* All the benefits of a Family Membership, PLUS
- \* One Membership Pin per member
- \* Choice of \_\_\_\_ Drawstring Backpack or \_\_\_\_ MH/MLH Notecards (10 pk)
- \* 5% off registration of any National (not regional) MH/MLH Conference or Symposia

Family Members:

Spouse \_\_\_\_ Child \_\_\_\_ Heart Patient \_\_\_\_

**PAYMENT INFORMATION:**

Membership Level \_\_\_\_\_ \$ \_\_\_\_\_

Additional tax-deductible Donation to  
 Mended Hearts  Mended Little Hearts \$ \_\_\_\_\_

TOTAL \$ \_\_\_\_\_

**Chapter dues and donations are tax deductible.  
National memberships are tax deductible less \$10.  
Lifetime sponsorships are 100% tax deductible.**

*Please pay the chapter directly as shown here.*

**Salinas Valley Mended Hearts  
Chapter #370**

\_\_\_\_ Individual \$10      \_\_\_\_ Family \$15

Annual Dues \$ \_\_\_\_\_

Additional Chapter Donation Amount \$ \_\_\_\_\_

TOTAL Paid to Chapter \$ \_\_\_\_\_