



# Heart Beat



Volume 9 No. 4

Salinas Valley Mended Hearts Chapter 370

October - December 2020



## In Control: Empowering Patients to Take Control of Their Heart Failure

Webinar Series

### Heart Failure Webinar Series

Mended Hearts is excited to announce another educational webinar series that you won't want to miss. This four-part series is designed to empower you to take an active role in managing your heart failure. Starting on October 8th, and each Thursday throughout October, we will be examining different aspects of heart failure from different perspectives.

The series will cover what heart failure is, why it's important to manage your symptoms, new ways to monitor your symptoms, and will end with a panel of experts - HEART PATIENTS who are living with heart failure.

Go to our website for registration information.

### 2021 Election of Officers

Attention members! Are you interested in becoming involved with Mended Hearts? Now is the perfect time - elections for officers for our chapter will be held at our November 17, 2020, meeting. At our October 20, 2020 meeting those interested in running will need to let us know by signing up. You can also let one of the current officers know by telling or email them.

#### Officers:

|                         |  |
|-------------------------|--|
| President:              | Julie Jezowski<br>jljezowski@sbcglobal.net |
| Vice President:         | Al Stream<br>streamam@yahoo.com            |
| Secretary:              | Karen Humphrey<br>nthksh@earthlink.net     |
| Treasurer & Newsletter: | Arron Yaras<br>amyprint2@att.net           |

## Western/Rocky Mountain Regional Conference Open to All Regions

Join us as we empower, educate and inspire heart patients, family members and caregivers in this virtual Regional Conference that you'll be able to participate in from anywhere! This event is now open to anyone around the nation, regardless of where you live, so join us to hear some of the top experts from the Western region! They'll engage us on topics relevant to heart patients, family members and caregivers; all will focus on how we are learning to live, thrive and survive in our new normal. The conference will take place on October 24th from 9 to 2 p.m. Pacific time.

This virtual meeting will take place on Zoom, but if you don't have a camera on your computer, that's OK, you can still participate by phone. For registration information, please email Beth at [ruready@reagan.com](mailto:ruready@reagan.com) or call (503) 931-5689.



'Alex won for the scariest costume. He wasn't wearing a mask.'

### Upcoming Meeting Speaker

November 17, 2020 at 6:00 p.m.

Our Speaker is Dr. Mazhar Javaid

"Sleep Disorders and Their Effects on the Heart"

### Join the Zoom Meeting

at

[https://zoom.us/j/96237516496?](https://zoom.us/j/96237516496?pwd=d25uMTU3K2tNeGo2aHpyZTh0N2Z0UT09)  
 Meeting ID: 962 3751 6496  
 Passcode: 038559

## Manners of the past might make you yearn for days gone by. Or not.

Manners are a sensitive awareness of the feelings of others. If you have that awareness, you have good manners, no matter what fork you use.

Emily Post

Once upon a time, proper conduct for adults and children was specified and adjudicated by the rules from Emily Post. Post, who died in 1960, lived to see quite a bit of change in human interaction and she did change with the times.

Rules from her 1922 book "Etiquette" are sometimes quaint, but other times might make you yearn for times gone by.

On money: Men should never, under any circumstance, borrow money from women; and they should avoid borrowing it from other men whenever possible. He also should refrain from speaking about money outside of business hours. (Today we can only dream.)

On unmentionables: Aside from ads in "the most dignified magazines, a discussion of underwear and toilet articles and their merit or their use, is unpleasant in polite conversation." (Today they are on TV.)

On marriage: Men and women should strive to always look their best and wear their finest clothes, lest their spouses be tempted to look elsewhere. Neither should complain, either, saving it for only the most serious of troubles. (Don't visit on a Saturday.)

Post also described how the behavior at home carries over into the outside world and that children could hardly be expected to behave as told if they witnessed otherwise within the home. (Today: hmmm.)

The book has been updated four times since then, and any number of other rules have come and gone over the past century. Today, good manners and etiquette extend to online behavior ~ at least that's the ideal ~ as well as cellphone use, modern dating, and marriage.



“Oh, no – it’s a panda-emic!”

## World of Support

September 29th was World Heart Day and the first day of our World of Support Awareness and Fundraising Campaign. Please consider participating in this important event. By doing so, you'll be Creating a World of Support in a world that needs support now more than ever! There are many ways to participate:

- **Engage** your family and friends by sending two emails of support to people who are affected by heart disease.
- **Donate** online, over the phone or by check. Call 1-888-432-7899 for more information.
- **Register** for 5K, 10K, 13.1 or 26.2 miles - you don't have to run to complete your miles—choose your favorite activity!
- **Create or Join a team** - If you need help with this, call Mandy at 469-888-3400

This event runs from through October 29th and it's only \$20 to participate and \$10 for kids. National will be splitting 50 percent what we raise (after fees) with participating chapters, so everyone benefits! To register, please go to: <https://give.classy.org/worldofsupport2020>

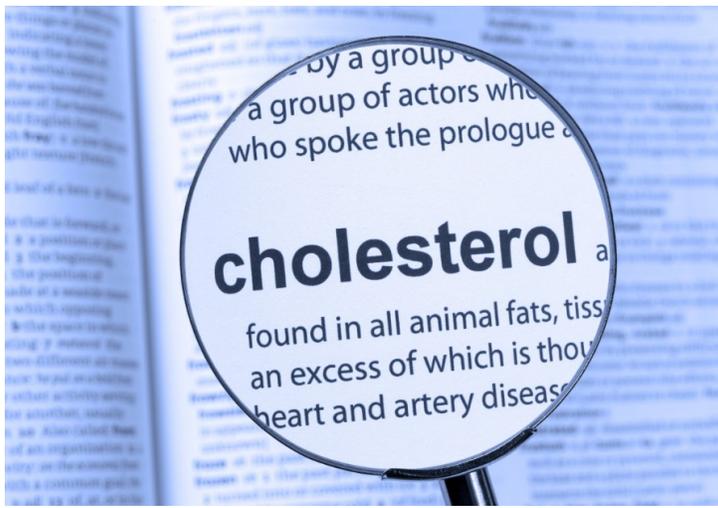


## Mended Hearts

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](mailto:jljezowski@sbcglobal.net) or Arron Yaras, Newsletter Editor at [amyprint2@att.net](mailto:amyprint2@att.net)



## Cholesterol Education

What's the right age for a first cholesterol test?

By age 20 and beyond, all adults should know what their cholesterol levels are. That's the age recommended by the National Cholesterol Education Program.

Cholesterol is a fat-like substance found in all body cells. The body uses it for cell and tissue formation, but too much cholesterol is linked with increased risk of heart attack and stroke.

Cardiologists say everyone should know their cholesterol readings by at least age 20.

If the reading is high, life-style changes may be required to stop progression. There is overwhelming evidence that coronary heart disease can be prevented with aggressive reduction of cholesterol levels, cessation of smoking, and controlling weight and diabetes.

Early testing gives physicians the chance to follow patients and monitor cholesterol levels.

### Cholesterol-cutting tips

Cutting fat is essential.

\* Eat frozen yogurt or low-fat ice cream or sherbet instead of ice cream.

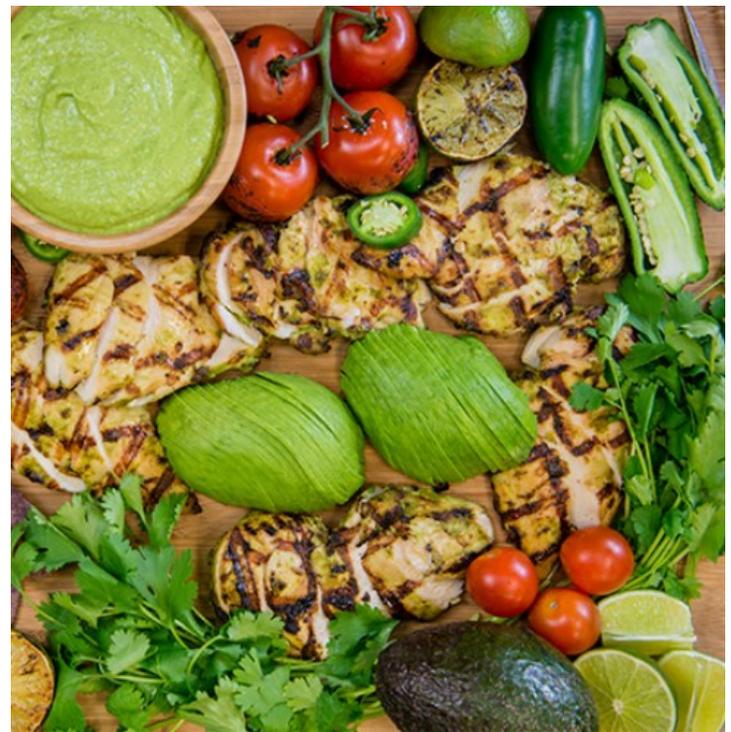
\* Broil, poach, grill, or bake meat and fish.

\* Snack on apples and pears.

\* Trim the fat from meat before cooking.

\* Include in your diet salmon, mackerel and herring to increase Omega 3 fatty acids.

\* Whey protein, found in dairy products, can be added as a supplement to lower LDL cholesterol and total cholesterol.



## Grilled Chicken Breasts with Fresh Avocado Chimichurri Sauce

Calories 260 Per Serving

Protein 27g Per Serving

Fiber 4g Per Serving

2 ripe, fresh avocados (halved, pitted, sliced)

1/2 medium onion (chopped)

1/2 cup fresh cilantro leaves (packed)

2 tablespoons fresh jalapeño pepper (diced)

1 tablespoon minced garlic

1/2 cup water (divided)

3 tablespoons white vinegar

2 tablespoons fresh lime juice

1 tablespoon olive oil

1/2 teaspoon salt

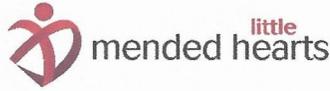
1/2 teaspoon ground black pepper

6, 4-ounce chicken breast, boneless, skinless

1. Purée avocados, onion, cilantro, jalapeño pepper, garlic, vinegar, 3 tablespoons water, lime juice, olive oil, salt and pepper in a blender until smooth. Remove 1/2 cup sauce; cover and refrigerate remaining sauce.
2. Place chicken breasts into a 1-gallon self-sealing plastic bag or large shallow dish. Add 1/2 cup avocado sauce and remaining 4 tablespoons water to chicken, turning to coat. Refrigerate for 45 minutes.
3. Preheat grill to medium-high. Remove chicken from marinade, place on grill. Cook, turning as needed, until the thickest part of the chicken registers 165° F. Remove from grill.
4. Place chicken breasts on large serving platter. Top the chicken with the reserved avocado sauce.

Recipe borrowed from: <https://recipes.heart.org/en/recipes/hcm-grilled-chicken-breasts-avocado-chimichurri-sauce>





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 \_\_\_\_

**NATIONAL DUES 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.**

**LOCAL DUES PAYMENT INFORMATION:**

**Salinas Valley Mended Hearts  
 Chapter #370**

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

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

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

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

**Please pay the chapter directly as shown here.**