



# Cardiovascular Wellness Program Newsletter

Issue 15 – Student Edition  
November 2022

## Comments from Linda

The next regular edition for this quarterly newsletter will come out in December. It worked so well last spring when mid-quarter we put together an edition that was student work I wanted to repeat that. Many fun things have been going on with a variety of students this semester and it seems like a good time to share some of them. This issue is entirely student-written and does have some good information. As always, the interest, time and efforts of our clients with the students are greatly appreciated. We have done a good job establishing that we are serving students, and obviously, it is important that that continue. I can set up connections, but it is you, the clients, that make them successful. Your participation in the many online surveys is especially appreciated. I admit to being the captain, but we do have an awesome team and I really am very grateful to be part of such a wonderful community. You might have heard me mention that we are indeed a village, so many continued, eternal thanks to all of you.

*Linda*

Tim has certainly engrained himself as a vital mentor in our program, and many thanks to him for keeping everyone on task and safe in the kitchen.



## Fall 2022 Student Intern Roster

Gerontology Interns (Gero 131)  
Alex, Ashley, Dixie, Stephanie  
Community Nutrition Interns (NuFD 117)  
Oksana, Valeria  
Community Psychology Interns (Psy143)  
Danielle, Jenn  
Research Interns (ID201)  
Jenny, Jessica, Nadine, Noah

## Included in this issue:

Program Coordinator Notes, Linda Paumer, MA  
Gerontology Interns  
Community Nutrition Interns  
Community Psychology Interns  
ID201 Interns  
From RD Interns: Hydration, B<sub>12</sub>  
Fun Halloween Party Photos!

## Gerontology Students

Alex is supposed to be with us the semester, but a full time job with Meals on Wheels plus a move back to Martinez have him seriously distracted. Rumors are he will finish his coursework eventually, so I do look forward to getting him back in the kitchen someday. The project he has in mind – eating for immunity – it too good to not see it come to fruition.



Ashley B. Throughout my time at the Cardiovascular Wellness Center I have gotten to know many of you through my project and for that I am grateful. I have had the privilege to interview many participants of the program asking them to tell me a life story that has impacted them and that they want others to know. I have spent much of my time preparing a scrapbook with everyone's stories, morals, and values and cannot wait to share it with you all. All Gero 131 students will be presenting our projects on December 2nd and hope to see many of you there. My experience here has been full of stories, laughs, and inspiration and I would not change it for anything.

From Dixie. Happy holiday season everyone. I am a Gerontology student, working on my last semester at Sac State. My plans after graduate are still up in the air, but I am interested in case management work. As my second semester with CWP comes to an end, I've seen so many new and familiar faces walk through the doors of the gym, and it's been a refreshing sight as we're still simulating to post lockdown lifestyles. I'm grateful for the opportunity to meet so many people at the gym and hearing the stories and wisdom everyone has to share. I like the community CWP offers for people of all backgrounds, and I appreciate that CWP isn't just for exercise and health, but for social interaction, education, and connection.



From Stephanie Mendoza, the master-mind behind the very fun Halloween open house we just had, Oct 29<sup>th</sup> .

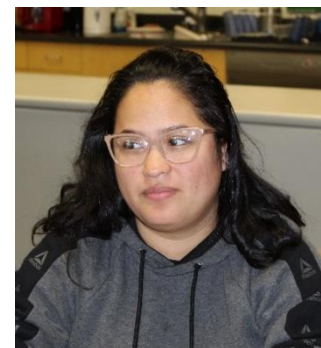
This is my first semester at CWP, since I've been an intern here at the cardiovascular health center, I've discovered that it's also a place where people of all ages can come together to learn, engage with one another, and exercise. This location unites individuals from all walks of life and creates a welcoming atmosphere. Every time I visit, the staff, patrons, and interns greet me with genuine grins. I've enjoyed getting to know all of the people that contribute to this program because without them, it couldn't be the pleasant, welcoming educational program that it is now. I've come to understand the value of community and the bonds that people have with one another here. I wanted to bring everyone together and have a day to be thankful for everyone. By having a social engagement event like the open house it was also an effort to invite others into the program and experience what we do here at the CWP. I am appreciative of each and everyone who came out, I hope to see everyone next time. I also extend an invitation to others to participate in this fantastic program; it is a terrific location to discover new friends and cultivate healthy habits”

## Nutrition Students



Oksana is a graduating dietetics major and she has made her mark in our program in many ways. She cooked stuffed Ukrainian bell peppers for us that were quite tasty. She came to our Halloween open house (possibly you didn't recognize her under that witches' hat) and had a wonderful display on spices. She clearly is an accomplished chef and we have enjoyed the things she has shared with us.

Hi everyone! I am Valeria Salmeron and I am currently a senior at Sacramento State. I am majoring in Nutrition and Food with an emphasis in Dietetics. This would be my first semester at the Cardiovascular Wellness Program and I have to say that it has been an eye opening experience. From the participants to the interns and staff, I have felt welcomed and received with open arms. One of the best things I love about the program is that it opens opportunities to part of the population that most tend to forget. I admire the staff and the many speakers that come and teach about health and lifestyle every week. Even I have learned new things with them in the process and I apply that information in my classes. I can say that I have enjoyed watching the drive many participants have and how devoted they are in their health. It is contagious and makes you want to make a conscious effort in your health and be consistent with it. As a nutrition student, it has warmed my heart knowing there are programs like this. It also taught me and showed me how a program focusing in health looks like. I enjoyed everything from the food demos to the mindfulness and relaxation sessions. I hope that I get to spend more time in this program, keep helping, and getting to know everyone.



Early in the semester we were blessed to have two students who were doing remote RD internship programs. They were only with us during October, but they did several great things, including contributions for this newsletter. We wish them the best of luck for the future rotations they need to complete.

Hello everyone! I'm Jose Yopez, a CSU Long Beach dietetic intern. Being a dietetic intern means that I am doing hours to become a registered dietitian. I greatly enjoyed my time here and learning from the participants and staff and volunteers/interns. The meaningful conversations to teaching a class about bone health and the connections I made will follow me through life. Some of my most fun memories were cooking with Danielle and Debbie, the Halloween party, and doing a presentation on bone health. Thank you and I appreciate all of you!



## Hydration During the Winter by Jose Yepez

Hydration during the winter months is just as important as hydration in the summertime. Dehydration does not only happen in the summer but it can occur during the winter months. This might be due to energy-expending winter activities such as raking leaves, the use of heavy clothing, and being in dry heated air can cause significant sweating and/or fluid loss. People also do not feel as thirsty when the weather is cold and tend to not drink as many fluids compared to summer months. As we age, we are more prone to becoming dehydrated for several reasons, including a diminished sense of thirst and certain prescription medications that cause the body to flush out more water.

Water is essential to almost all body functions, from lubricating your joints to pumping blood to your heart. So not getting enough of it can have serious health consequences. According to the American Heart Association, the amount of water each person needs can vary. So asking your primary care provider how much fluid to consume is important. Also, following the recommendations below can prevent going into a state of dehydration.

### Recommended Action and Prevention Strategy

- Watch for early signs and symptoms of dehydration.

*Most common:*

- dry mouth, thirst, dark-colored urine

*Other symptoms:*

- muscle weakness, fatigue, headaches, no tears when crying

- **Water intake recommendation:** at least 8 cups (64oz) of fluids daily.

\*\*\*\* individuals with kidney or heart conditions may be restricted on the amount of fluid they can have in 24 hours.

- **Alcohol** and **caffeine** can contribute to fluid loss in most people. Limiting the intake of these beverages can help your body to hang on to more of the water it needs to thrive.
- **Choose foods with high water content.**
  - Veggies/Fruits: cucumbers, watermelon, lettuce, strawberries, tomatoes, celery.
  - Foods: soups and broths (\*low sodium options), and stews.
- **Elevate your water.**
  - *Add slices of fruit:* lemon, berries, cucumber, apple, and citrus fruits.



Vitamin B<sub>12</sub> (cobalamin) is an essential B vitamin. Its job in the body is to make DNA, red blood cells, and help keep our brain and nervous system working properly. B<sub>12</sub> is a vitamin stored in the liver and we usually have enough to last 3-5 years. B<sub>12</sub> is found in animal foods such as meat, dairy, eggs and fortified foods such as cereal. Animals get B<sub>12</sub> from bacteria in their food, or by eating other foods with B12 (Campbell, 2015). If you are eating a whole foods plant-based diet, vegan or other plant-based diets, you may not be getting B<sub>12</sub> and taking a supplement is recommended.

We need stomach acid to absorb B<sub>12</sub>. Medications used to treat heartburn or ulcers, surgeries that involve the stomach, heavy alcohol use, avoiding animal products, aging and autoimmune disorders such as celiac disease can lead to a deficiency (Harvard T.H. Chan). Also, long-term use of Metformin for diabetes can lead to deficiency. If any of these factors apply to you, please talk to your physician about lab work for B<sub>12</sub>.

Signs and symptoms of a B<sub>12</sub> deficiency include:

- Physical signs
  - Pale skin
  - Smooth or sore tongue
  - Skin hyperpigmentation (darkened patches of skin)
- Fatigue, lightheadedness
- Heart palpitations
- Neuropathy (nerve damage in hands or feet such as tingling or numbness)
- Memory issues such as memory loss, depression or behavior changes
- Anemia

These issues can be reversed if caught early on. Nerve damage can be serious and permanent damage such as blindness and seizures can occur if not treated. Vegans who do not supplement with B<sub>12</sub> have a higher risk of cardiovascular disease especially stroke, early death, low bone mineral density and dementia (Norris, paras 11-13).

If you are following a plant-based diet it is important to understand there are NO good plant sources of B<sub>12</sub>. Many vegan supplements will contain spirulina, nori, chlorella or other forms of algae but these are not good sources of B<sub>12</sub> (Norris, paras 1-2). Brewer's yeast and nutritional yeast must be fortified with B<sub>12</sub>, should be stored in a cool, dark place, and it is not recommended to cook all your animal sources of B<sub>12</sub> because is not stable during cooking, (Norris, paras 4-16).

Supplement recommendations include chewing B<sub>12</sub> only supplements or swallowing B<sub>12</sub> supplements when compared to a multivitamin with B<sub>12</sub> because it may not have enough (Norris, para 9). Norris suggests when looking for a B<sub>12</sub> supplement, choose cyanocobalamin because it is the most stable, well studied and least expensive (para 1).

The bottom line is if you do not consume animal products in your diet or you are over 50, you need to supplement with B<sub>12</sub>.

Table 1: Daily Needs for B12 based on age, dosage and frequency taken, Jack Norris, RD  
 IOM= Institutes of Medicine (The U.S. recommended amount)

Age	Recommendations		Regimens to Meet the Recommendations (IOM-EFSA)					
	IOM	EFSA	3x day	2x day	1x day	3x week	2x week	1x week
	µg	µg	µg	µg	µg	µg	µg	µg
6 months	0.4	None	0.2	0.2	0.4			
7-11 mos	0.5	1.5	0.2-0.5	0.3-1.0	0.5-10			
1-3 yrs	0.9	1.5	0.3-0.5	0.5-1.0	0.9-10			
4-6 yrs	1.1	1.5	0.4-0.5	0.6-1.0	1.4-10	100-500	500-1000	1000-2500
7-8 yrs	1.2	2.0	0.4-0.7	0.6-1.4	1.5-50	100-500	500-1000	1000-2500
9-10 yrs	1.5	2.5	0.5-0.8	0.8-1.8	2-50	250-500	500-1000	1000-2500
11-13 yrs	1.8	3.0	0.6-1.0	0.9-2	5-50	250-500	500-1000	1000-2500
14 yrs	2.4	3.5	0.8-1.2	1.2-5	5-100	250-1000	500-1000	1250-2500
≥15 yrs	2.4	4.0	0.8-1.3	1.2-5	5-100	250-1000	500-1250	1250-2500
Pregnant	2.6	4.5	0.9-1.5	1.3-5	10-250			
Breastfeeding	2.8	5.0	1.0-1.7	1.4-5	10-250			

Post provided by Rhyan Geiger vegan RD nutritionist **Website:** <https://phxvegandietitian.com/>

Visit Rhyan’s website for tips on how to safely buy vegan supplements online

<https://phxvegandietitian.com/going-vegan/supplements>

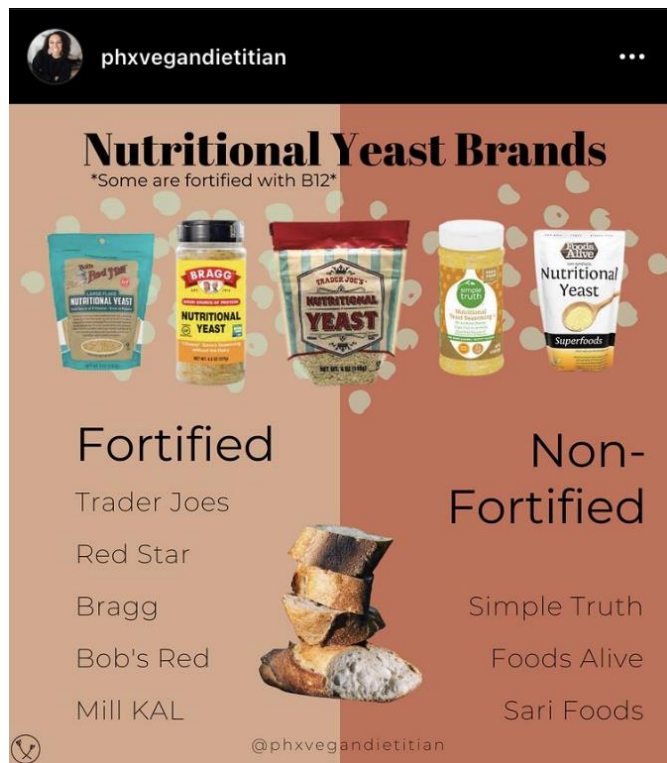
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Norris, J. (n.d.). *Vitamin B12*. VeganHealth.org. Retrieved October 10, 2022, from





Shushanik is a special intern with us. She came to us in the summer, a time when most college students have run away; she quickly settled in and became a valued member of our volunteer staff. In addition to her student role, Shush has a part-time job as an EMT, a much treasured commodity in our environment. I truly hope she continues with us until she graduates. Not only is she helpful on the exercise floor, but she's got great inspirations and I look forward to trying Armenian stuffed pumpkins before too long!

What the CWP means to me

My experience with the CWP began with me volunteering and then later on interning at the program. This program has taught me many valuable life lessons from both the program and its mission to even talk with the participants. The mission of the program is to educate, assist, and guide people to a heart healthy lifestyle through their diet and nutrition, exercise habits and expanding their general knowledge on certain medical topics. From these lessons I have learned to incorporate the same lifestyle within my own family. Coming from an Armenian family, the same lifestyle my family had in Armenia is not a healthy one in America. Educating my family and trying to steer them in the healthy path makes me happy.

As for meeting new people, the CWP is filled with people who have life stories worth writing books and making movies about. Their constant drive to get healthy and remain healthy is amazing to see. As we monitor their health throughout the days and weeks it is nice to see improvements and them staying motivated.

I can say whole heartedly that my experience at the CWP has been nothing but positive and encouraging.

## Psych Students



From, Danielle Leon Here at the CWP I have had the honor of speaking to many of you. I am grateful for those who are willing to talk to us about mental health and mindfulness that can connect to physical wellness. I have heard many interesting stories here and look forward to learning more! I am also very thankful for David and Linda Larsen who are leading very meaningful programs here. Tai chi and meditation practices are very beneficial to all ages, and I hope that more people attend in the future. Thank you for being welcoming to us psychology students at the CWP!



From Jennifer Pruneda. I have had the opportunity to be a student intern at the CWP. I have had the pleasure to speak to some clients in the program about mental health and mindfulness and how it can connect to physical health. I have learned so much at the CWP and it's such a close community everyone has a connection to each other. I am thankful for Linda Larsen and David Sady for giving Danielle and I knowledge about mindfulness and tai chi. Thank you for being welcoming to us psychology students this semester!

## ID201 Students

Hi everyone, my name is Nadine and I'm a Health Science (Pre-Nursing) major in my second year of college. I am here at the Cardiovascular Wellness Program as a volunteer this semester. So far, I've had nothing short of a great experience in the program and I am so grateful for being able to be given the opportunity to volunteer here. Every Tuesday and Thursday that I come in I look forward to taking everyone's blood pressure, exercising with everyone coming by, and most importantly getting to know everyone and any stories they have to tell me. I am not the type of person to start conversations and reach out for small talk but being in this program definitely has helped me become more social and I love hearing how everyone's day has been going and more! There's always something new that I get to learn about the program and the community, which I am always open to hearing. I love how close the community is, how everyone knows and respects one another, and how open everyone is to newcomers. Even in times when I had no idea what I was doing, there was always somebody willing to help me whether it be an individual that has been coming in for years, staff, or other fellow volunteers. I am looking forward to coming back for next semester and hopefully I can get to see some food demos next semester that I've never got the chance to see this semester!



This is from Noah. Over the last few months, I have volunteered at the Cardiovascular Wellness Center at Sacramento State University. Located on the third floor at Folsom Hall, it is a very secluded place that houses different types of physical and mental activities for the older population. Throughout my experience, I've become more grateful for the connections I've made. I get up at 6:30 in the morning on Tuesdays and Thursdays just to commute an hour to Sacramento to help out. I remember wanting to finish my hours for my GERO-101 class, but because of how much I have helped out, I broadened myself more to help out around the wellness center, accumulating up to 65+ hours. There were days that I never left the Wellness Center, and I've been able to keep myself busy helping others. As a Gerontology major, I'm grateful for my volunteer hours, but I am more grateful that I get to connect with others and assist them when needed. I would like to thank the entire Cardiovascular Wellness Center staff and volunteers, but I also would like to thank my professor Linda Paumer, for letting me get the chance to connect with others. Thank you and GO HORNETS



Hi, my name is Jessica, I'm a Nutrition and Food major and this is my first semester at CWP. It has been such a wonderful experience getting to interact with everyone; the program's participants, the staff, and the other interns. The atmosphere is very inviting and everyone is so kind. I've enjoyed interacting with others whether it was doing exercises or making food for everyone to eat. One of my favorite things the program has to offer has been the nutrition classes. It's amazing to see how they make common day foods vegan; such as when Danielle made vegan empanadas, I had no idea that you can make them healthy. You can definitely learn so much from this program no matter what major you're in.





Hi my name is Jenny Galvez and I am a second year pre-nursing student. For my future career path, I am going the nursing route to pursue a career as a pediatric cardiology nurse practitioner. I plan to apply for Sacramento State's nursing program next fall 2023. I started interning in this program for numerous reasons. One big reason is to gain more experience within the nursing field. I came here not knowing how to take a manual blood pressure or pulse, but with the help of the wonderful staff and my peers, I was able to accomplish my goal. I am very grateful for everyone I met in this program, especially the sweet and kind participants! I felt very welcomed and comfortable to be myself and learn from everyone when it came to nursing or life advice. The cardiovascular wellness program was a great opportunity to experience. It's the first program that I obtained where I can learn how to cook and try healthy meals and express my clinical skills as a pre-nursing student on such genuine people.

### **Student Notes From Linda**

The students above in various courses (Gero, Community Psych, Community Nutrition, ID201) all receive academic credit for participating with us and have assignments for coursework to submit, which I like to also include as a presentation to our group. Several of those presentations are coming up on our calendar.

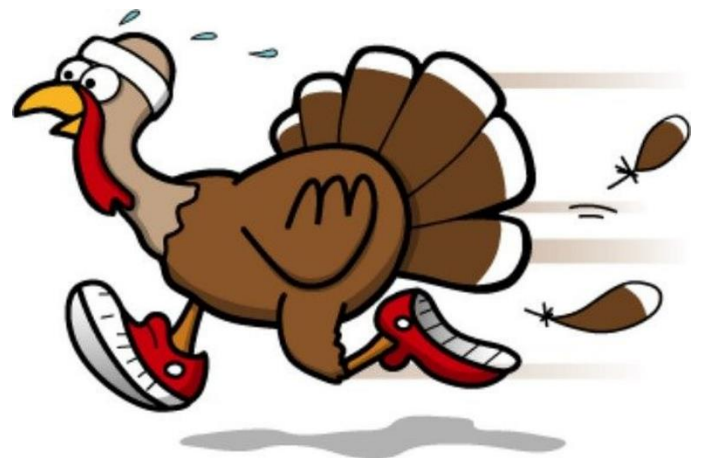
Other student projects going on this semester that have added to the fun: Gero 101 students have been helping out, trying out kitchen skills, and apparently really getting into doing jigsaw puzzles. Nursing 112 students have been gaining skills taking vital signs. PT students have been gaining skills in fall prevention training, and many thanks to the two dozen program clients who participated with them in their Otago program. We have now added a Tuesday 3:30 pm fall prevention group session with their continued help. Kim Roberts from psychology every semester as projects going and for this semester that has meant some of those online surveys – thanks for contributing to those.

These additional helpers should continue next semester as well, and it will be fun to see where it all goes.

### **Calendar Notes**

Of course we have a short break for Thanksgiving. Next week we will have our usual Monday Zoom sessions and a usual Tuesday schedule, and then be closed the rest of the week.

We will also take one week off over the December holidays – Dec 24-Jan 1<sup>st</sup>. Last day will be Fri the 23<sup>rd</sup>, returning Tues Jan 2<sup>nd</sup>. Happy holidays!





*Thank you, Stephanie  
for a very fun,  
worthwhile open house  
October 29, 2022*

