



Cardiovascular Wellness  
Program Newsletter  
Issue 18 – Student Edition  
May 2023

**Comments from Linda**

The next regular edition for this quarterly newsletter will come out in June. I have enjoyed putting out student editions each semester between our usual publications. This issue is entirely student-written and does have some good information. Our clients' involvement with the students is always greatly appreciated and I am proud of the good job we are doing serving students. I know you are aware it is important that that continue. I can set up connections, but it is you, the clients, that make them successful. You might have heard me mention that we are indeed a village, so many continued, eternal thanks to all of you.

Spring semester has ended, and several of our students have now graduated; some will be back in the fall. This summer we will have some high school and other college students, from outside Sac State. We will soldier on and do some fun stuff this summer before the regular platoon comes back in the fall. *Linda*

*(My comments are in italics)*

*We will start with Tim, who we consider our lifelong student. He actually graduated quite a while ago and we are very reticent about letting him get on with the rest of his life. Obviously, all the chicks must leave the roost, and sadly, Tim does have plans to move on. He will always be a part of us, though, and I am confident he knows that. He did have a comment to share*

Happy mothers day to all the moms out there! Me and my siblings got my mom some chocolate candies and a small compost bin with a lid because the house was starting to smell a little.

As for me, I had not applied to nursing school last semester because I was having second thoughts about whether or not I wanted to do nursing. I took that semester to think over it and decided to keep going and pursue a masters in nursing.

In the meantime, while I was thinking it over I decided to save money by substitute teaching. It's kindergarten to 12th grade but I've only worked with 2nd and 3rd graders so far. Most classes are lots of fun to be around but some students are quite a handful of energy.



I think it's going to be a loooooong time before I decide to have kids myself! I'm doing well and my family is as well! I hope everyone is also doing good. I'll be stopping by the CWP every now and again so I hope to see you all sometime soon!

- Spring 2023 Student Intern Roster**  
Gerontology Interns (Gero 130)  
Angel, Maya, Nazya  
Community Nutrition Interns (NuFD 117)  
CJ, Peer, Sebastian  
Research Interns (ID201)  
CJ, Dalton, Ivan, Jenny, Megan,  
Nadine, Stacey, Zainab



*Our webpage is in great order thanks to the efforts and talents of Marilou. We have learned that a paid student assistant is a huge asset. And while they are paid, the stipend they receive is meager and clearly not going to keep anyone from graduating just so they can continue as slave labor.*

Hello everyone! My name is Marilou and I am a 4th year sac state student graduating this May. For those that do not know me, I am a kinesiology student and have been Linda's student assistant for about a year and a half. I am fortunate to have learned many things from Linda, Mary, Dave, and so many others that make up this program. Through this program, I have been able to enjoy many one-on-one interactions with members and listen to the different walks of life. I've been inspired by the healthy lifestyle practices that are promoted at the CWP and inspired by the compassion the members have for one another. It is a bittersweet moment for me as I am graduating this spring, however, I plan to visit here and there. Fortunately, I found myself enjoying the ability to serve this community and plan on continuing my education within the healthcare field. The CWP will always have a special place in my heart and I am excited to see it grow.

*In the summer of 2019, we had a high school student who did fun things in the kitchen. She graciously offered to give us some insights on music for this newsletter.*



My name is Ananyaa and I am an incoming junior at UC Berkeley, studying Molecular and Cell Biology. I have been part of the Cardiovascular Rehabilitation Center since my sophomore year in high school and have loved having a tangible impact on the community. I've taken blood pressures, interacted with clients, and even been able to teach people how to cook heart-healthy Indian meals.



I've loved being part of this community and will continue volunteering this year!

### ♪ Cardiovascular Health and Music:

As a singer and someone who wants to be a future cardiologist, I have always been intrigued by the intersection of music and heart health. While researching this topic, I have found that music has a quantifiable impact on some patients' stress and blood pressure levels. A Harvard study has found that listening to music may “improve blood vessel function by relaxing arteries, help heart rate and blood pressure levels to return to baseline more quickly after physical exertion, ease anxiety in heart attack survivors and help people recovering from heart surgery to feel less pain and anxiety” (Harvard Health Publishing). This study also found that the type of music that you listen to matters. So, if for example, you prefer opera, opera would have a calming effect on you, but listening to rock music could actually induce the opposite effect. In an artery relaxation study, which tested both classical and rock music, improvements were greater when classical aficionados listened to classical music than when they listened to rock, and vice versa (Harvard Health). It is important to realize that something that we often take for granted can provide relief from many heart symptoms. So, the next time you're feeling a little stressed, make sure to take some time out of your day to listen to some music!

## Gerontology Students

Hello wonderful peeps of the CWP!



It has been an honor to be a part of the Cardiovascular Wellness Program, and a pleasure to have met you all in my educational journey. I have learned from many of you and have drawn inspiration from you all to live life with the intention to cherish every moment. The field of gerontology unexpectedly fell onto my lap and I am grateful it did. I hope to continue my journey with what I have learned as I am attending my Master's of Science in Nursing in the upcoming Fall. But in the meantime, I am continuing to, "find joy" and traveling this summer. I am taking my dad to the Philippines since he hasn't been back home in over 30 years! Have a great summer. Sincerely, MayaSunshine Custodio

Hello everyone,

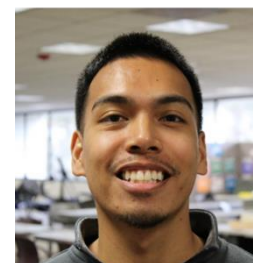
My name is Angel Lee. It has been an amazing journey at the Cardiovascular Wellness Program, I have enjoyed being there and cannot wait to be back next semester. I loved how friendly the members are and the environment makes me feel at home. My plans for the summer is to work and focus on my dance group.



*Naaz is a gero major and will be back next fall to finish her 131 course.*

## Nutrition Students

Hello everyone, My name is CJ Torricer it has been a pleasure and great experience being able to contribute my skills and knowledge about Nutrition and Food at CWP. I am excited to be graduating this semester with a Bachelors in Nutrition and Food with an Emphasis in Dietetics. At CWP, I had the opportunity to learn and grow in so many ways. One of my favorite aspects of the program was the interactions I had with fellow members. I loved the sense of community and support that the CWP provided. I also enjoyed conducting 24-hour recalls, helping members of the CWP track their food intake and identify areas for improvement. It was rewarding to listen and see the progress CWP members had made throughout their journey towards better health. As I look towards the future, I plan to become a Sports Dietitian, helping athletes optimize their health and performance through nutrition. This summer, I am taking the first steps towards achieving my dreams by launching my role as a Certified Nutrition Coach with a local Sports Performance Team. I can't wait to see where this journey takes me and to continue making a positive impact on the lives of others. I am so grateful for the opportunities and experiences that the Cardiovascular Wellness Program has provided me. Thank you to everyone involved in make this program so amazing!





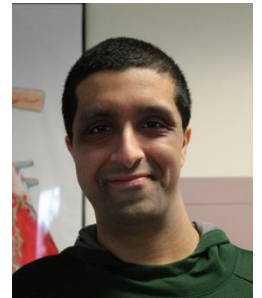


Hi everyone! My name is Sebastian Recostodio and I am a graduating senior at Sacramento State studying Nutrition and Food. This is my first semester here at the Cardiovascular Wellness Program and this truly has been a pleasure. I really love the sense of community in this program as I know that life can be very isolating at times and it is amazing to see such a great community of people trying to better their lives.

My plans over the summer may not sound the most exciting but I will be doing work that I enjoy. I will be at Sac State's health center providing nutrition support to students as well as I will be working in the athletic department providing nutrition support to the sports teams.

I recently got accepted into Sacramento State's brand new Master's program in Nutrition and Food and will be part of the first cohort. After Master's school I plan to become a Registered Dietitian Nutritionist, like our friend Debbie Lucas. I am looking to work at the college setting and work either with college athletics or be a part of a campus's wellness team promoting and educating nutrition to students.

Hello all. My name is Peer Hamdani and I am a 4th year at Sacramento State majoring in Nutrition and Food concentration. My last semester as I graduate around late May. I liked that health professionals come in, had a variety of recipes for cooking demos, and got out of my comfort zone to see what the program has to offer. I feel that there were many things going on so I stayed busy. I appreciated how welcoming and friendly other volunteers & staff had been towards me. Surprisingly enough, this is my first semester at CSUS's Cardiovascular Wellness Program. I really enjoyed my time there, felt nice improving my research skills and learning Esha, a food processor tool. I came outside of my comfort zone, grateful for the opportunities provided, and understand older adults better by experiencing it in person. The speakers are all wonderful, I learn many things from health professionals coming inside the space about their knowledge of health, wellness, and lifestyle each week. I admired where Cardiovascular Wellness Program's kitchen was pretty organized to the point I had no trouble putting stuff away or getting it out. I gained increased cooking skills by exposing myself to the program's kitchen. Time constantly goes fast here. Glad I met nice people who I can proudly say, are my friends.



After graduation even right before, looking out regarding any jobs. Updating my resume and spending more time with family and friends while summertime. I might get into some shows and movies. I actually will be able to go to Canada, for the first time ever going. My mom and sisters went back in 2018. Plan out what steps I should take being part of the Nutrition field, most likely either a Nutritionist, Nutrition Counseling, Nutrition Education, Community Nutrition, etc.

## Nursing Students



My love for the aging community started with my grandmother who had Parkinson's and Alzheimer's and grew into a career. Now I will be graduating with a double major in Nursing and Health Science with a minor in Gerontology. I love working with and getting to know the members of the CWP. It is so fulfilling knowing I have been able to help and educate them in even the smallest way. Even after Graduation, I will be coming back to see my second family!  
-Jennifer Nicholson

Hi all! My name is Jaylene, a Sac State Nursing major, graduating in May 2023! I was lucky enough to get placed at the CWP for my nursing community health rotation where my classmate, Jen, and I came in every Tuesday for the past 3 months! (Fun side note: I was 39 weeks pregnant when I finished my nursing community health rotation!)



I really enjoyed my time at the CWP and met some great people. I really appreciate what CWP stands for and its goals for individuals in the community. As a student nurse, I had the opportunity to provide health teaching and promotion through various ways, and I enjoyed working with fellow Sac State students majoring in nutrition, physical therapy, and gerontology!

Although my nursing community health rotation has come to an end, I'm grateful for all the experiences and people I have met along the way, and I most definitely plan to visit again soon - with the new baby of course!

Hello everyone! I am a Nursing Major and Gerontology Minor finishing up my third year at Sacramento State. As a future nurse I want to be an advocate for the geriatric community and help solve major issues in older adult health care. I was first introduced to CWP through Linda's Gero 101 class during the Fall 2022 semester. However, my continued attendance and participation can be attributed to the unique culture and admirable commitment the staff has toward upholding the mission of the program. Although my role isn't defined like many other students, I try my best to contribute to the client experience by using my expertise to help them understand important topics like medication compliance and chronic illness management. Overall, CWP has inspired me to find creative ways to help older adults and I am grateful to be a part of such a welcoming and supportive community.     Quenton



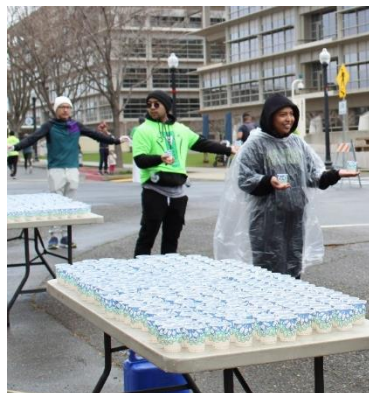




*Angela is a classmate of Quenton's (just completed the 2<sup>nd</sup> semester of the nursing program). She is bashful about photos and that can be respected. She is super helpful in the kitchen and has put together some great food items for us to try. Here she is making a soba noodle salad which used Velma's peanut sauce for dressing. A big bit earlier were some spicy roasted brussel sprouts—recipe for that is included with this newsletter. Thank you so much Angela both for your nursing help and your fun in the kitchen!*



*Several students put in time helping run a fluid station at the Shamrockn' 5/10K back in March. This was a service learning opportunity for Gero 101 students and a connection point for other students. They did gain an appreciation for society and involvement and were impressed by the efforts and attitude of the people that came out to participate in this event, which was a benefit for Triumph Cancer.*



## D201 Students

Hello, I'm Nadine Tejada and this is my second semester being here at the Cardiovascular Wellness Program. I'm a second year Health Science (Pre-Nursing) student, and I actually had just been admitted into the Sacramento State Nursing Program! I'm very excited for the program next semester and I will definitely be coming back to the CVW program since I'll only be 2 floors down in Folsom Hall! The CVW program has definitely taught me many skills that I could apply such as taking blood pressures and pulses, interacting with everyone that allowed me to improve my communication skills, and much more. I have learned more about the community this semester and I hope to learn so much more in the remaining weeks and next semester as time goes on. I've gotten the chance to connect with the other fellow volunteers, interns, clients, and staff and am grateful for all the conversations and experiences I've shared with them. Last semester, I made it a goal to see more food demos, and this semester I've done just that. The food that I've seen and helped make really is great and I'm glad I finally have the opportunity to be able to participate in the making (and the tasting) of the food. This program is truly made up of very special people whom I look up to. I am looking forward to coming back again next semester, finally as an official nursing student, and see some familiar faces!



The CWP gave me a practical experience. It opens up avenues and the people who are in the program, from staff to patients, give so much insight. CWP is a relaxing environment that allowed me to hone my skills and ask lots of questions. I really enjoyed listening to the stories from patients and staff, and the advice they gave me if I wanted to pursue a career in Cardio Rehab. As the semester comes to an end, I am looking to apply my knowledge from my classes and from CWP into an occupation. With the help of the CWP it helped me propel my interest in Cardio Rehab, and during this summer I will visit my family and friends in the Bay Area. Afterwards, I will be interning at Mercy Hospital and hopefully get hired as a Cardio Exercise physiologist.



CJ Jones

The Cardiovascular Wellness Program is great, fun, and exciting. There are many things to do, see, and experience. I will be graduating with a Bachelor of Science degree in Exercise Science. I plan on becoming an exercise physiologist.

-Dalton Mekkers



This is my second semester being an intern at CWP. I love the friendly community that we have here. There's always something new to learn from everyone. My career goal is to become a registered nurse. I'm getting one step closer as I have been accepted into the nursing program here at Sac State. I've felt like I had to jump through so many hoops since I started on this path, and now I'm finally going to start the nursing program. I am excited and a little nervous to start. I'll still try to stop by the CWP here and there once I begin the nursing program. The Cardiovascular Wellness



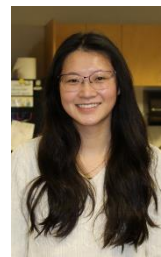
Program is one of the friendliest and most welcoming places I've visited. I'm thankful to have this opportunity to intern here! I'll always cherish the time I've spent here learning and meeting new people! Thank You, Megan Yee



Hi, my name is Ivan. I am a Health Science Major and will be graduating next year! I hope to be able to obtain the skills necessary to help people in need and provide support to my community.

*FYI Starting this summer Ivan will be our student assistant, taking over when Marilou runs away. Thank you!*

*Emily is a helpful student and unique because she is actually a UC Davis student, not Sac State. So, she is not receiving academic credit and helps just to be helpful.*



I really enjoy meeting all the participants, interns, and volunteers in the program. I love all the events, presentations, and getting to taste some of the yummy recipes. This summer, I will be studying for the MCAT exam to apply to medical school next year. I will also be starting research again and helping out in a project! Thank you, Emily

*I mentioned we had graduating students this semester. Congratulations to Maya, Marilou, Dalton, and CJ., as well as our three nutrition students, CJ, Peer and Sebastian, and two nursing students, Jaylene & Jennifer. I know the world is ready for all of you.*



*A fun project led by Maya was tie-dying.*



# Orange Soy Glazed Brussel Sprouts with Chimichurri & Almonds

Inspired by the brussel sprouts from, <https://eurekarestaurantgroup.com/>

## Ingredients

- 1.5-2 lb. of raw brussel sprouts
- 4-8 oz. chopped/ or sliced almonds

## Chimichurri

- ½-1 tsp dried oregano
- 4-5 garlic cloves
- 2 red pearl onion or ½ red onion
- ⅓ fresno chili\*\*
- 1 cup parsley
- red wine vinegar (enough to cover mixture)

- black pepper

## Soy glaze

- 3 oranges, juice, pulp, and zest = ~1.5 cups
- 1 dried tangerine peel\*
- Shaoxing wine or other rice wine
- 2-3 garlic cloves, minced
- ⅓ fresno chili\*\*
- 2 tbsp chili garlic sauce\*\*\*
- light soy sauce to taste (few tbsp)
- msg to taste (optional)

Notes:

\*Keep leftover tangerine peels in the fridge to dry for a week

\*\*Serrano or another spicy chili will work as well

\*\*\*The main ingredients of the bottled sauce are chilis, garlic, and vinegar. Can substitute with those ingredients to cut down on the salt content of the glaze.

## Directions

### Chimichurri (10 min, optional several hours of rest)

Add following ingredients to food processor:

- 2 red pearl onion or ½ red onion
- ½-1 tsp dried oregano
- 4-5 garlic cloves
- ⅓ fresno chili
- 1 cup parsley
- black pepper

Blitz in food processor, adding enough red wine vinegar to make it spreadable. With enough vinegar to soak through the mixture, keep chimichurri refrigerated preferably for a few hours or overnight.

### Soy glaze (~1hr)

1. Zest and juice 3 oranges and put into a pot with a dried tangerine peel. Simmer over medium heat until reduced by half.
2. Add shaoxing wine, minced 2-3 garlic cloves, and ⅓ fresno chili, keep reducing. Scrape the sides of the pot down occasionally with a rubber spatula.
3. Add 2 tbsp chili garlic sauce, light soy, msg.
4. Reduce until it's a thin glaze.

### Brussel sprouts (~45min)

1. Preheat oven 425-475F
2. Halve or quarter brussel sprouts depending on size
3. Bake until almost tender, will take about 15-30 min.
4. Toss with chopped almonds in soy glaze
5. Broil low/medium (or airfry convection setting if available) until crispy and caramelized. Flip if needed.
6. Toss with chimichurri and serve.

