

Cardiovascular Wellness Program Newsletter

Issue 31
June 2025

Comments from Linda

Summer “break” is upon us and you should have noticed that our schedule is essentially unchanged. A one-day holiday that caught me by surprise is this Thursday, June 19th (Juneteenth) I apologize for the very short notice on that closure. We will have a short break the first week of July (1st - 4th) and at present that is the only week off planned. (Stayed tuned for maybe a week off in August. Our staff does deserve somewhat of a break before the fall semester gets underway.) Be sure to check the calendar/emails for schedule notices.

Projects are always ongoing, and new ones brewing (described later).

Parking note: Those of you with CWP parking permits should be aware permits expire June 30th. If you want to have a car in the lot while attending, you should get a “CWP permit” (even if you have a disabled placard). We have the same arrangement for parking: \$41 annual fee, with an extra \$1.09 charged when you purchase online. You can go into the UTAPS office (at the Welcome Center, J Street entrance) to take care of this in-person and save that \$1.09 fee. Please talk to me if this is prohibitive. New passes go from July 1st, 2025 to June 30th, 2026. The link to renew your permit online is

<https://sacstate.atlassian.net/wiki/spaces/PUB/pages/2247884846/Cardiovascular+Wellness+Center>

Please talk to me about this if you are new to the process and/or need help.

BTW—I appreciate when you share info about your summer travels; less wondering there what happened to you.

Linda



Included in this issue:

Program Coordinator Notes,
Linda Paumer, MA
CWP Projects
Nutrition Notes,
Debbie Lucas, RD
Recipe Corner
Universe in a Rose Petal,
Linda Larsen, RN On Leave
Exercise Reminders,
Linda Paumer, MA
People Profile
Letter Equations – puzzle fun



CWP Projects

List compiled by Linda Paumer

Of course there are things going on this summer, and very likely you might be asked a few things if you are around. Thanks so much for helping students and the program out by joining when you can. A recap of some of our projects:

Physical/Mental Abilities of our Group. I have a project hoping to get started on later this summer, early this fall. Students will be involved but it is really a project I am wishing to do to demonstrate the value of the things we are all doing. Limited data is in the research pool for ‘older adults’ and obviously we are of the belief that we are way ahead of the curve with the many things we are doing to take care of ourselves -- exercising, eating right, being mindful, and staying socially connected. I think it’s time to share our data. If you were born in 1950 or before, likely you will get an invitation from me to run through a few tests – physical measures, cognitive function, and also health status. Of course, participating is totally optional, and I am still sorting out details.

High School Student Interns. We usually have crew of summer students, mostly still in high school, join us in the summer and this summer is no exception. We have six total. They all have a pre-med mentality and any insights we can impart to help their thought process there is greatly appreciated. They are here to help while they learn things about taking vitals, interacting with others, and general program management. Please do try to get them to talk!

Fall Prevention Training. We are blessed to have a summer PT student (Justin) come up and help with the PT-initiated balance activities class Fridays at 2:30 pm. Jasmine will be back when the fall semester starts, ends of August.

New Collaboration – Aural Rehab. We have just started a pilot program with 6 audiology students who are paired with clients from our program to focus on aural rehabilitation skills (things to help people function around hearing issues). Thank you to those who have agreed to work with these students and I look forward to seeing other things come of this.

Nursing Assistance. Summers students in an RN to BSN program will be helping us bit this summer. These are new nurses hoping to gain some community experience while they are finishing up a BSN now that they have completed their RN licensing. Most of them are actually working as nurses around town but still needing this community training to finish this final degree. Of course, we appreciate their help greatly.

Cooking. Our kitchen activities aren’t really projects, but our goal of trying something new regularly is ongoing and luckily Debbie Lucas, our dietitian, John, and the summer students are ready to help out here. Please feel free to offer suggestions for things you’d like to try, keeping in mind our whole-food, plant-based goals.

Monthly Potlucks. We continue to have a whole-food, plant-based potluck the last Friday of every month. These are great opportunities to share some healthy food and also have a fun social interaction. Bringing a dish is definitely not a requirement! Please do try and attend; June 27th this month.



Healthy Plant-based Picnic Tips

By Debbie Lucas, MS, RD, CDCES

Full disclosure – I had a little help from ChatGPT for this article. If you haven't used AI yet, I really encourage you to try it. It is an awesome help to plant-based eaters. Simply go to ChatGPT (don't have to pay anything) on your computer or you can download the app for free on your phone. Then ask it anything:



'What is the difference in calories, fat and sodium between regular mayo, homemade tofu mayo, homemade cashew mayo or store-bought vegan mayonnaise?' (You might see a table with exactly this information in my slide presentation in June)

'Give me 5 plant-based dinner recipes that are low in sugar, oil and fat'

'Give me 5 quick plant-based lunches that are gluten free'

'What is the highest fiber and lowest sugar breakfast cereal?'

You get the idea.....now on to my article. (Even though I used AI to get me started, I go in and add/subtract things to better suit our program and adjust it to more how I talk.)

Planning a plant-based picnic can be both fun and a great chance to enjoy the outdoors with yummy, plant-based food. With a little preparation, your picnic can be healthy, satisfying, and easy to transport. Here are some practical tips and tasty recipes to make your plant-based picnic a success.

Picnic Planning Tips

1. **Focus on Freshness:** Choose fruits and vegetables that are in season. They can taste better and are packed with nutrients.
2. **Prep Ahead:** To make your life easier, bring dishes that can be made a day in advance and store in containers.
3. **Portability:** Use mason jars, bento boxes, or stackable containers for convenience. To reduce waste, you can use re-usable sandwich bags instead of plastic.
4. **Keep It Cool:** Pack a cooler bag with ice packs to keep salads and dips fresh and foods safe. Plant-based picnics don't have as many foods that are susceptible to spoilage, but remember your food safety lessons: Keep foods chilled until use, and don't let sit out for more than 2 hours (make that one hour on a hot, Sacramento summer day).
5. **Utensil-Free Foods:** Finger foods are easier and reduce waste. Think wraps, sandwiches, skewers, and muffins.
6. **Stay Hydrated:** Bring plenty of water, and consider infused water with citrus and mint for added flavor. People also like the flavored sparkling waters, such as Bubly, Waterloo, La

Croix and SanPellegrino (or ‘Peli’ as our dietitian friend, Marie, likes to call it). Hydration is so important in our Sacramento heat – drink up before you get there, drink while you are there and stay in the shade. And don’t forget to wear a hat and use your sunscreen.

7. **Pack Eco-Friendly:** We are always trying to decrease our waste to help the environment. Use reusable containers, utensils, and cloth napkins to keep your picnic green.

Vegan Picnic Recipes



Chickpea Salad Sandwiches (AKA, who needs tuna?)

Ingredients:

- 1 can chickpeas, drained and mashed
- 2 Tbsp vegan mayo (try the tofu mayonnaise we made at the last food demo)
- 1 tsp Dijon mustard
- 1 stalk celery, diced
- 1 Tbsp chopped red onion
- Salt and pepper to taste
- Whole grain bread or wraps
- Optional: lettuce, tomato slices

Directions:

Mix all ingredients except bread. Spread onto bread or wraps, top with veggies, and wrap tightly in foil or parchment.

Rainbow Veggie Skewers with Hummus Dip *Colorful/kid-friendly, makes eating veggies fun.*

Ingredients:

- Cherry tomatoes, cucumber slices, bell pepper chunks, olives, and cooked baby potatoes (or whatever veggies you like)
- Wooden skewers
- Hummus or eggplant dip for dipping.

Directions:

Thread veggies onto skewers. Serve with a small container of hummus.

Quinoa Tabbouleh

Ingredients:

- 1 cup cooked quinoa
- 1/2 cup chopped parsley
- 1/4 cup chopped mint
- 1/2 cup diced cucumber
- 1/2 cup diced tomatoes
- Juice and zest of 1 lemon
- 2 Tbsp olive oil (I usually leave this out)

Directions:

Mix all ingredients in a large bowl. Chill before serving.

Fruit Salad with Lime-Mint Dressing

Ingredients:

- Assorted fruits (melon, berries, kiwi, grapes)
- Juice and zest of 1 lime
- 1 Tbsp maple syrup
- 1 tsp chopped fresh mint

Directions:

Mix fruits in a bowl. Whisk lime juice, syrup, and mint together and drizzle over fruit. Chill. You can also skewer these, as we did at my niece's graduation party last weekend)

No-Bake Energy Bites

Great for a healthy dessert or snack.

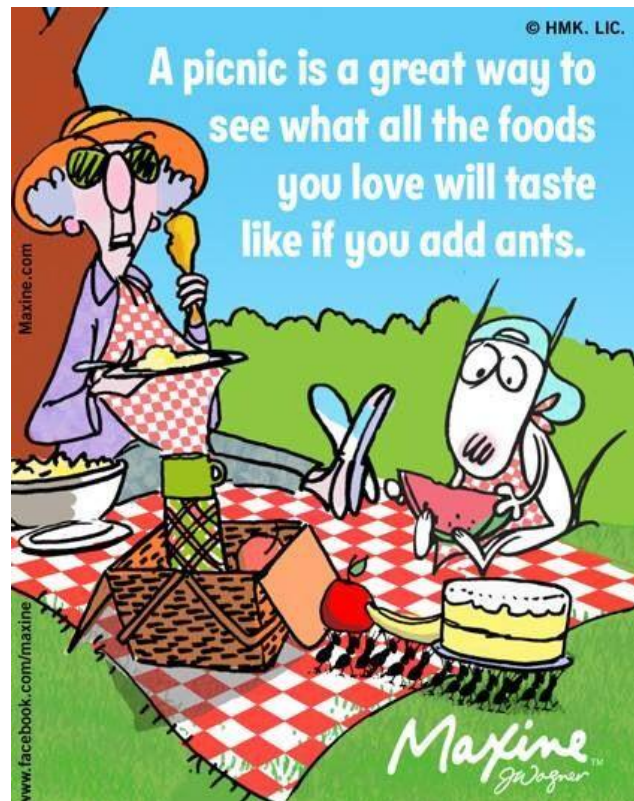
Ingredients:

- 1 cup rolled oats
- 1/2 cup almond or peanut butter
- 1/4 cup maple syrup or honey
- 1/4 cup dark dairy-free chocolate chips (I find that Trader Joe's brand is the most affordable) or raisins or dried cranberries
- 2 Tbsp chia seeds

Directions:

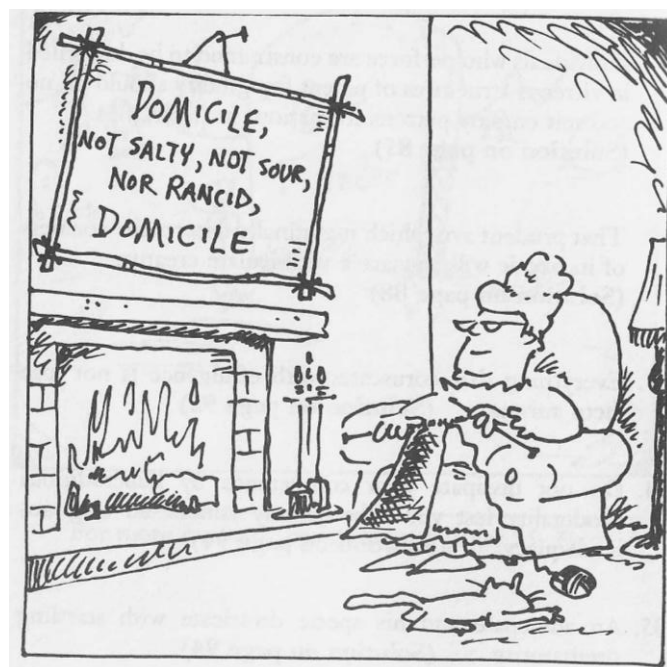
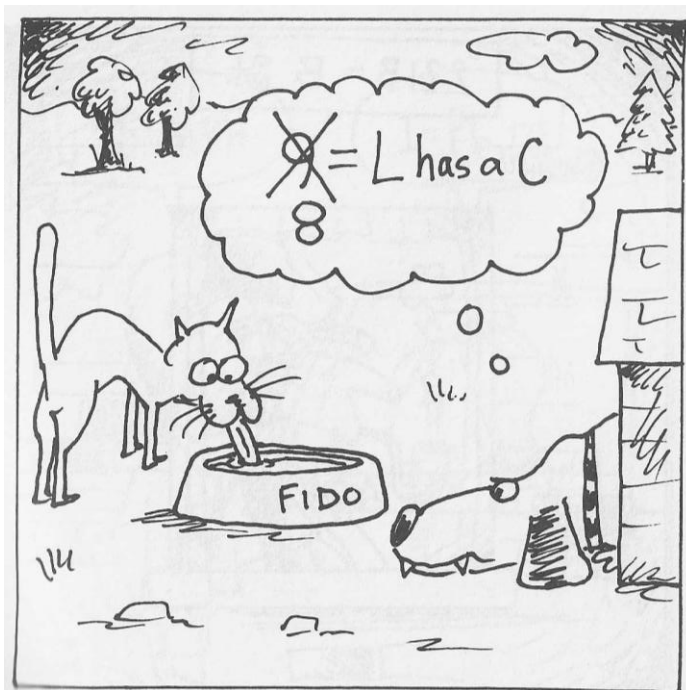
Mix everything in a bowl. Roll into bite-sized balls. Refrigerate until firm. I usually make extra because I love to snack on them before I even get there!

With these healthy vegan picnic tips and simple recipes, you can enjoy a delicious, cruelty-free outdoor meal that everyone will love. Pack up your goodies, grab a blanket, and enjoy the sunshine!



Answers to Letter Equations (Puzzles on back page)

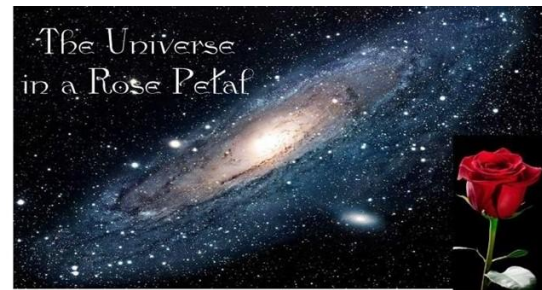
1	27 L in the EA	26 letters in the English alphabet
2	29 L in the SA	29 letters in the Spanish alphabet
3	P of P P that P P P	Peck of Pickled Peppers that Peter Piper Picked.
4	15 M of F	15 Minutes of Fame
5	4 P on MR	4 Presidents on Mount Rushmore
6	9 S in T T T	9 Squares in Tic Tac Toe
7	2 D in the B S	2 Digits in the Binary System
8	8 N in an O	8 Notes in an Octave
9	2 E, 1 N, and 1 M on Y F	2 Eyes, 1 Nose, and 1 Mouth on Your Face
10	3 C on a T L	3 Colors on a Traffic Light (Red, Yellow, Green)
11	90 D in a R A	90 Degrees in a Right Angle
12	2 S under P An E in G	2 Shots (or strokes) under Par An Eagle In Golf
13	5 T on a C (including the S in the T)	5 tires on a car (including the spare in the trunk)
14	5 L in a L	Five Lines in a Limerick
15	7 D in SW	7 dwarfs in Snow White
16	88 K on a P	88 Keys on a Piano
17	36 B K on a S P	36 Black Keys on a Standard Piano
18	24 W T Z	24 World Time Zones
19	12 P S on a T J	12 People Sitting on a Trial Jury
20	7 C in a R	7 Colors in a Rainbow (Red, Orange, Yellow,
21	7 W of the A W	7 Wonders of the Ancient World
22	31 F at B R	31 Flavors at Baskin Robbins.
23	11 P on a F T	11 players on a football team
24	13 S on the A F	13 Stripes on the American Flag



Mindful Practices

By Linda M, Larsen, RN-BC, RYT

<https://cardiovascularwellnessprogram.org/linda-larsen-rn-bc%2C-ryt>

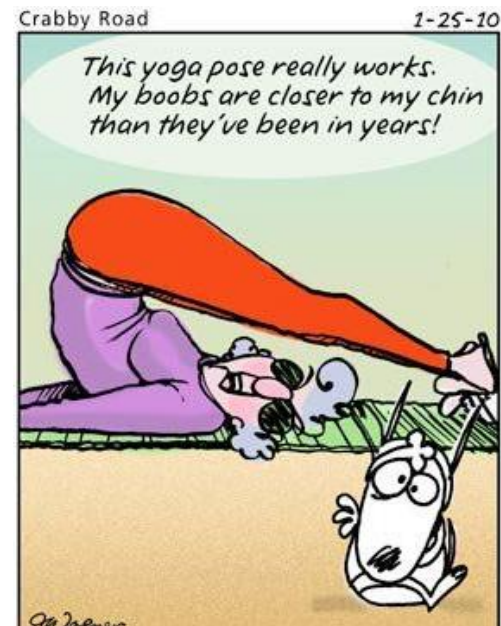


Linda gets a bye this edition. She had hip replacement surgery 6/10 – she is home, doing well, and working hard to get her walking/yoga muscles back in gear. We're happy to give her some recuperation time and of course looking forward to her healthy return after several more weeks.

People Profiles

Two folks I want to mention

1) Leanne Dawson. Leeann has been our student assistant for two semesters now, and will continue for at least one more. After that, she should graduate and our dream is by then we will have a “big girl” job for her, a position where she is with us as a support person at least ½ time. This hopefully fits in with the rest of her post-graduate life, where she works as a personal caregiver. Another claim to fame she has is coordinating monthly plant-based cooking classes at her church. We so need to keep her!



2) Linda Goode will now be with us on Tuesdays. She is recent retiree from UC Davis patient education, where she served as a Social Worker on a busy care management team. We have talked her into doing at least monthly group discussions with us, the first one scheduled for the last Tuesday in July – look for those on the calendar. Also share any topics you'd like to incorporate into these sessions. We so need to keep her too!



Exercise Reminders *from Linda Paumer*



My reminder this month is just an encouragement to think about how well you are meeting the CDC recommendation for exercise training, with special attention to the goals for muscle-strengthening activities. As always, if you hang out with me, you are doing this. If you are not, however, are you doing this on your own? Two weight lifting sessions a week would be great, and you really don't need to spend hours & hours. Two to three sets of 10-20 reps, 5-12 different exercises should take ~15-20 minutes is all. Please do ask for help with programs if you're having trouble.



150 minutes
of moderate-intensity aerobic activity every week

2X per week
Muscle-strengthening activities on 2 or more days a week that work all major muscle groups

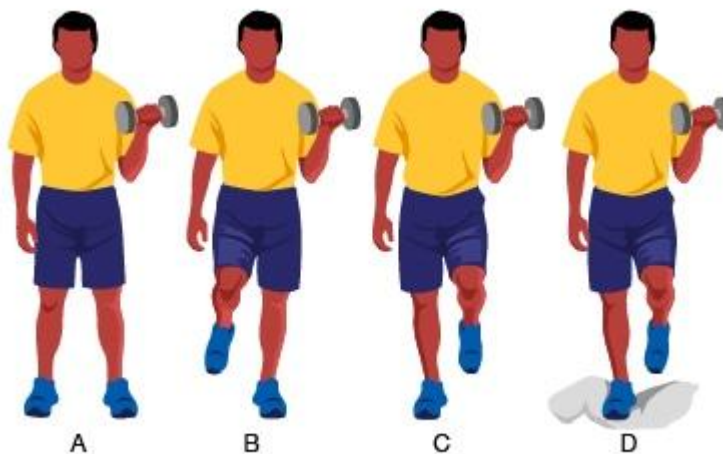


Below I have also included a suggestion for adding a balance component to your weight training session – even more bang for your buck!

Bicep curls for balance

Weights can make balance exercises more challenging and work the core muscles. Try biceps curls with a dumbbell:

- Stand with your feet hip-width apart. Spread your weight equally over both legs. Hold the dumbbell in your left hand with your palm facing upward (A). Lift your right leg off the floor and bend it back at the knee (B).
- Hold the position as long as you can keep good form while doing biceps curls, up to 30 seconds.
- Return to the starting position and repeat on the other side. As your balance improves, increase the number of times you do the exercise or the weight you lift.
- For added challenge, balance on the leg opposite the weight (C) or while standing on a pillow or other stable surface that isn't stable. (D).



Letter Equations

How many of these can you figure out? (Answers on a separate page)

1	27 L in the E A	
2	29 L in the S A	
3	P of P P that P P P	
4	15 M of F	
5	4 P on M R	
6	9 S in T T T	
7	2 D in the B S	
8	8 N in an O	
9	2 E, 1 N, and 1 M on Y F	
10	3 C on a T L	
11	90 D in a R A	
12	2 S under P An E in G	
13	5 T on a C (including the S in the T)	
14	5 L in a L	
15	7 D in SW	
16	88 K on a P	
17	36 B K on a S P	
18	24 W T Z	
19	12 P S on a T J	
20	7 C in a R	
21	7 W of the A W	
22	31 F at B R	
23	11 P on a F T	
24	13 S on the A F	