



September 2019

# Mended Hearts™ of Whittier NEWSLETTER

The red ribbon simultaneously celebrates and mends the heart. It is a symbol of passion, strength, action, and perseverance.

## IN THIS ISSUE

**PAGE 2 RECIPE - BANANA PECAN  
COMPOSITE & OUR PRIZE WINNERS**

**PAGE 3 MEET YOUR MH BOARD OF  
DIRECTORS AND VISITORS**

**PAGE 4 CROSSWORD PUZZLE**

**Page 5 AFIB Awareness Month**

**Page 6 September Speakers**

**PAGE 7 ANNUAL PARTY INVITATION**

TO CONTACT MH CHAPTER 351

EMAIL: [MH351@PIHHEALTH.ORG](mailto:MH351@PIHHEALTH.ORG)

MAIL TO: MENDED HEARTS

P.O. BOX 68 WHITTIER, CA 90608

CALL: 562-698-0811 EXT: 12368

[WWW.MENDEDHEARTSWHITTIER.ORG](http://WWW.MENDEDHEARTSWHITTIER.ORG)

TO CONTACT OUR SOCIAL WORKER

DIANA HERNANDEZ - CALL 562-698-0811 EXT: 16127 OR EMAIL

[DIANA.HERNANDEZ2@PIHHEALTH.ORG](mailto:DIANA.HERNANDEZ2@PIHHEALTH.ORG)

**World Heart Day is celebrated on September 29th,** every year. It is aimed at drawing people's attention to heart illness and the range of health issues associated with it. This day is commemorated to promote different steps we can take and changes we can make in our lifestyle to avoid cardiovascular diseases, like heart attack, stroke, heart failure, diabetes and any other health conditions.

### Prevention is Key!

**More than 17 million people die from heart-related illnesses every year, more than HIV, malaria, and cancer !**



On **World Heart Day**, there are concerted media campaigns all to help alert the people of many nations that heart disease is the number one cause of death in the world. The fact is that most heart

related disease might have been prevented were it not for smoking, poor diet, obesity, and other out of control risk factors.

**This year we can all be Heart Heroes by making a promise to ourselves and those we care about, to look after our hearts!**

We will walk, run, ride our bikes and upgrade our exercise routine like our own

### Heart Hero, Johnny Lemucchi.

After his heart transplant and recuperation, he started playing golf again and he works out routinely so he can compete again in the **Transplant Games!** Take inspiration from John and learn more about your own health and motivate those around you!.





## Banana Pecan Compote

Healthy Recipes by Mayo Clinic Staff

Number of servings = 6

Low Sodium & Low Fat

### Ingredients:

1. 4 very ripe sliced medium bananas
2. 2 tablespoons brown sugar
3. 1/2 cup orange juice
4. 1 teaspoon vanilla
5. 1/2 teaspoon cinnamon
6. 2 tablespoons chopped pecans



**Chef's note:** For a more decadent sauce, you can add 1 tablespoon of butter after the orange juice has reduced. Cook butter just until melted.

### Directions:

Heat a medium saucepan to medium heat. Add bananas and brown sugar and sauté until sugar dissolves, about 1 to 2 minutes. Add orange juice, vanilla and cinnamon. Let the orange juice reduce for about 2 minutes, stirring occasionally. Top with pecans before serving.

Nutritional analysis per serving: Serving size: 1/3 cup - Calories 109 - Total fat 2 g

Saturated fat 0 g - Trans fat 0 g - Monounsaturated fat 1 g - Cholesterol 0 mg - Sodium 2 mg

Total carbohydrate 24 g - Dietary fiber 2 g - Total sugars 14 g - Protein 1 g

### Our Raffle Prize Winners ....

**Congratulations !!!**Barbara Sanchez won the Brighton gift - a turtle key fob and a special accessories bag. We girls love our Brighton! The second gift is Chocolate! A 1 lb. Box of See's Chocolate to be exact that was won by Rob & Betty Hobbs!.



**Special thanks to Loretta & Anthony Acosta for bringing our July treats and to**

**Vivian Rice for her August fresh fruit treats! It's fun to share with friends!**





## Mended Hearts Chapter #351

### Board Members

**President** – Constance Evans  
Email – [hubauds@yahoo.com](mailto:hubauds@yahoo.com)

**Vice President** – Mike Sanchez  
Email - [msanchez00769@yahoo.com](mailto:msanchez00769@yahoo.com)  
Phone: (602)315-6373

**Secretary** – OPEN

**Treasurer** – Marilyn Schirmer  
Email – [marilynmschirmer@aol.com](mailto:marilynmschirmer@aol.com)

**Visiting Chair** – Yolanda Zaragoza  
Email - [yolie.zaragoza@gmail.com](mailto:yolie.zaragoza@gmail.com)  
Phone: (626)223-6373

**Chief Editor** – OPEN

**Communications** – OPEN

**Public Relations** - Johnny Lemucchi  
Email - [jlemucchi@aol.com](mailto:jlemucchi@aol.com)

**Honorary Member** – David Temple

**Door Greeter** - Anthony Acosta

**Mascot** - Makena Evans

**Co-Hospital Liaison** – Teri Beyer  
Email – [Teri.Beyer@pihealth.org](mailto:Teri.Beyer@pihealth.org)

**Co-Hospital Liaison** – Lupe Morales  
Email – [Lupe.Morales@pihealth.org](mailto:Lupe.Morales@pihealth.org)

**National Headquarters Web Site**  
<http://www.mendedhearts.org>



### Meet your Board of Directors for Mended Hearts Chapter 351



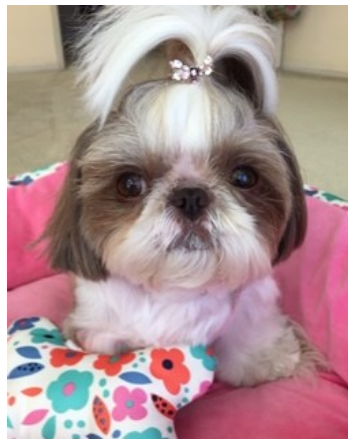
From left to right: Marilyn Schirmer, Treasurer; Yolanda Zaragoza, Visitation Chair; Johnny Lemucchi, Public Relations Chair; Constance Evans, President; Mike Sanchez, Vice President.

### Meet your Patient Visitors



From left to right: Yolanda Zaragoza, Mervin Felker, Constance Evans, Mike Sanchez and Johnny Lemucchi. PIH Downey visitors are Johnny Lemucchi, Ruth Kathan (not pictured), Mike Sanchez & Constance Evans. **Ask how you can become a visitor or help with our group!**

Our newest member is **Makena Evans**. Makena is a 7 year old miniature Shih Tzu who belongs to Constance. She is a registered therapy dog with Alliance of Therapy Dogs and is a volunteer visitor at PIH Health Hospitals in Whittier & Downey. She visits with our heart patients in critical care, 1 tower, SAU and surgical waiting. Staff, patients and visitors enjoy her visits and she loves being there. Makena has been voted in as our Mended Hearts Mascot for Chapter 351 and we are very proud to have her attend our meetings and the support group.





## Pizza Star

### Across

1. \_\_\_ Beta Kappa
4. Trick-taking game
9. Longing
10. Unexpected problem
11. Tide type
12. Matter of debate
13. Spews lava
15. Yours truly
16. Corners
18. Alternatively
20. Kind of valve
23. Love of antiques
25. United
26. Heretofore
27. Stopping point
28. Yorkshire city
29. Tire meas.

### Down

1. Combustible heap
2. Successor
3. Enter
4. Sometimes occurs  
when it snows
5. Many a snake or cat
6. '\_\_\_ show time!'
7. Lowlife
8. Biblical pronoun
14. Ran on
17. South African porch
18. Track shape
19. Ascend
21. Lodges

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

22. Monetary unit  
of Ghana
24. 'The Catcher  
in the \_\_\_

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		
28						29		

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



**Welcome New Members  
2019**

- Abrahamyan, Narine
- Cueto Sanchez, Marcela
- De Leon, Paul
- Evans, Makena
- Frei, Jim
- Hobbs, Betty & Rob
- McKenzie, Ian
- Purdy, Yolanda
- Rice, Vivian
- Rodriguez, Eddie
- Sanchez, Mike & Barbara

**2019 MH Chapter Donors**

- Teri Beyer
- Constance Evans
- Rob and Betty Hobbs
- Robert L. Jefferson
- Vivian Rice

**2019 Business Donors**

- Acro Printing
- Hera Technologies
- Nixon Steakhouse
- Rocky Cola

***AFib Awareness Month***

**Preventing AFib strokes**

**Atrial Fibrillation, or AFib, is a leading risk factor for stroke.**

According to the National Stroke Association, the irregular or rapid heartbeat is often caused when the two upper chambers of the heart beat unpredictably and sometimes rapidly; these irregular heartbeats cause blood to collect in the heart and potentially form a clot, which can travel to the brain and cause a stroke.

The bad news is about 15 percent of people who have strokes also have AFib, and folks with AFib have a five times greater chance of stroke. The really good news is that up to 80 percent of strokes i can be prevented.

The National Stroke Association offers tips for people to manage their anxiety and tips for stroke prevention. These include:

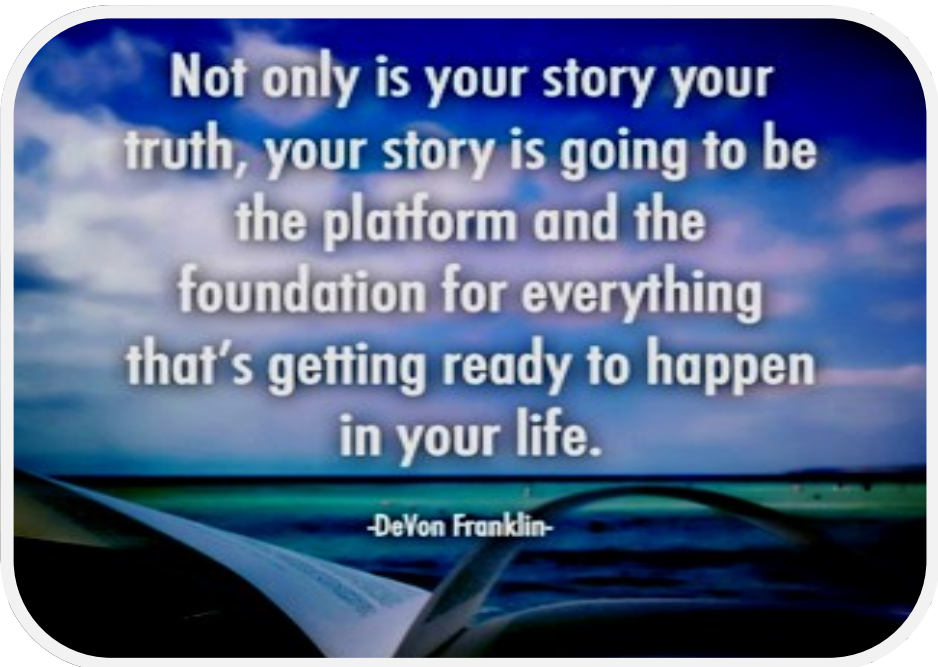
**\* The use of proper medication to manage AFib.**

These are used to restore the regular rhythms of the heart.

**\* Treatment aimed at preventing blood clots** may also include blood thinners, or anticoagulants. This can be tricky and of course involves discussion with a health care provider.

**\* Schedule relaxation time.** Stress and fatigue increase the risk for AFib, and downtime is a good idea for anybody.

**\* Exercise** -- if allowed by your doctor.





## Johnny Lemucchi is an inspiration and our own Heart Hero !

This month, we can learn from our own team member, Johnny Lemucchi! John had an artificial heart while he was waiting for his heart transplant a little over a year ago. Johnny is featured in the HEARTBEAT magazine this month and will be at our next meeting to speak with us. He challenges himself with daily physical fitness so he can participate in the Transplant games again this year, with other Heart Transplant patients.



## Angela Manriquez

our Assistant Regional Director for the west coast, will be presenting the **Mended Hearts Mission, Vision and Strategic Goals** for the coming year. MH National has a new Board of Directors that began in June and they have renewed excitement for growth that we all would like to hear! **Angela** is visiting all the southern California chapters and groups to see what plans we have all put into place. **Angela** is also the wife of Mended Hearts National's new **President, Ron Manriquez**.

**Wednesday, September 25, 2019 at 6 p.m.**

Support Group immediately follows at 7 p.m.

PIH Health Hospital - Whittier (Auditorium)

12401 Washington Blvd., Whittier, CA.

End of the Year Party Tickets will be available to purchase at the September meeting. You won't want to miss out, and don't forget to invite your family and friends! [Flyer is on the next page.](#)





**Mended hearts chapter 351**  
Invites you to attend

**OCTOBER 23, 2019**

6:00 p.m. - 9 p.m.

PIH Health Hospital - Whittier - Auditorium

# 'Harvest Moon hoedown'

**Country Music & Line dancing**

**Feast for Cowboys & Cowgirls!**

Grilled skirt steak with chimichurri sauce, grilled chicken, fresh fruit bowl, cowboy baked beans, potatoes, grilled vegetables and desserts!

..... Return this Portion with your Payment .....

**Tickets are \$20.00 per person**

- I will attend. Check enclosed for \$\_\_\_\_\_**
- I would like to reserve a table for 8 - \$150.00**
- I am unable to attend but want to donate to Mended Hearts. Enclosed check for \$\_\_\_\_\_**

Please make checks payable to Mended Hearts Chapter 351 and mail to P.O. Box 68, Whittier, CA 990608

Your name: \_\_\_\_\_

Guest names: \_\_\_\_\_