



# Mended Hearts™ of Whittier NEWSLETTER

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



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### **President's Report** from Constance Evans

**Hello to you all and thank you so much for being a member of our Chapter 351!**



We all miss the opportunity to see other and I am happy to say, unless anything changes, **WE WILL MEET IN PERSON on August 18th** at PIH Health Whittier for our first Speaker Meeting since February 2020. Our meeting will be at 6 pm, with the support group following at 7 pm. Our speaker will be Jessica Daly, B.S. Ed., MLS. She works at Orlando Health in Orlando, Fl. And her topic is **"The Heart of Self Care"**, which we heard at our MHI Leadership Conference and she is inspiring! On our end, we need to get prepared to see each other so .....

### **July's zoom meeting is cancelled.**

This has been an unusual year for all of us since COVID hit! Hospitals had to close their doors to volunteers, visitors, and shift staff to take care of the outbreak. Many operations were put off, so Mended Hearts looked for new ways to be supportive of patients, families, caregivers and their volunteers. These difficult times taught many of us that we are stronger than we think and that this too will pass. Now we all want to move on to what is referred to as the new normal!

MHI started the iPad program to connect patients and families with information when we were not there to provide it. The iPads will remain at Whittier and Downey hospitals for patients and families to seek information at times when they **need it**.

Many chapters like ours started social connections by having zoom meetings, some for chatting and more with speakers. We started zoom meetings last August with amazing speakers and we were happy to see many of you on the calls. Other programs were started or expanded on and I will continue to share what's happening each month.

**On June 27th the National Mended Hearts Awards Ceremony was held via zoom.** MHI has 8 Regions across the USA and our region includes: Alaska, Washington, Oregon, California, Nevada and Hawaii.

**We are very proud to announce that our chapter won the "Chapter Excellence Award" and "The Newsletter of the Year". Thank you to our Board of Directors and all our members for you support & helping us grow and make a difference at PIH Health Hospitals!**



Mended Hearts of Whittier Chapter 351

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Healthy recipes from Mayo Clinic Dieticians

**Chicken Breast with Braised Pineapple**

Number of servings: 6

**Ingredients**

- 3 tablespoons cornstarch
- 3 tablespoons brown sugar
- 3/4 teaspoon oregano
- 3 garlic cloves, crushed
- 1 1/2 teaspoons sesame oil
- 3 tablespoons reduced-sodium soy sauce
- 1 1/2 cups white wine
- 6 skinless, boneless chicken breasts, each 5 ounces
- 6 pineapple rings
- 3 teaspoons sunflower seeds

**Directions**

- In a small bowl, combine the cornstarch, brown sugar, oregano, garlic, sesame oil, soy sauce and white wine. Whisk to blend. Set aside.
- Place chicken in a microwave-safe baking dish. Pierce the chicken breast several times with a fork. Pour the liquid mixture over the chicken. Cover and microwave for about 10 minutes or until done.
- While chicken is cooking, spray a small frying pan with cooking spray. Add the pineapple rings and sauté over medium heat until browned, about 5 minutes.
- To serve, transfer the chicken breasts to individual plates. Top each with a pineapple ring and 1/2 teaspoon sunflower seeds. Serve immediately.



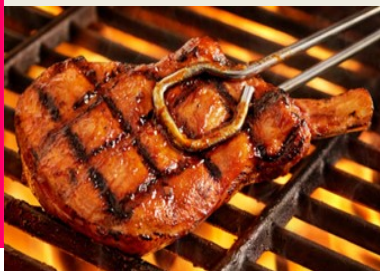
**Dietician’s Tip:** Add a side of steamed broccoli to make this a quick and healthy meal.

**Nutritional analysis per serving size:** 1 breast and toppings      Calories 266  
Cholesterol 82 mg - Sodium 394 mg - Total fat 4 g – Protein 34 g - Dietary fiber 0 g - Trans fat 0 g - Added sugars 4 g - Total sugars 7 g - Total carbohydrate 14 g - Saturated fat 1 g - Monounsaturated fat 1 g

**How to grill the perfect, tender pork chop!      (from pagesmag.com)**

Grilling season is in full swing, and carnivores know that few things are quite as unpleasant as a dry, tough grilled pork chop. But it doesn't have to be that way! With a little preparation and caution, you can grill tender, juicy pork chops in just a few minutes. **The best part?** Grilled chops pair well with just about any sauce or side, and pork is more affordable than beef, which means you can grill out as often as you please.

**First**, choose a thicker pork chop, at least one inch. Thinner chops cook too quickly on the grill, and by the time you develop a nice crust, the inside will be tough. You can choose bone-in or boneless chops -- whichever you prefer. **Next**, brine your chops in a mixture of four cups cold water and 1/4-cup kosher salt (or less). Leave them in the mixture for about 30minutes. After 30 minutes have elapsed, pull them out and dry them off with paper towels. After your chops are dried, you can sprinkle on some black pepper or your favorite spice or rub, but make sure that your rub doesn't contain salt, or else your chops might end up over-seasoned. To grill outside, crank up the heat to sear the chops for three minutes per side, which starts the cooking process and leaves impressive grill marks. After that, you'll want to turn the heat down (or move to a higher rack) for an additional four to seven minutes, depending on the thickness. This completes the cooking process while leaving a nice crust outside. Make sure your grill stays closed during cooking to ensure high, even heat. When your chops register 145 degrees Fahrenheit in the thickest part, they're ready to come off the grill and rest for three to five minutes, which gives juices time to redistribute and lets muscle fibers relax.



**The result? A tender, flavorful chop with minimal effort and maximum reward.**



## Health Benefits of Pineapple (article from WebMD)

**High Seas and Vitamin C** - Despite its rough exterior, the pineapple is a symbol of welcome and hospitality. This dates from the 17th century, when American colonists braved dangerous trade routes to import pineapple from the Caribbean Islands and share it with guests. Pineapple is also quite hospitable to your immune system:

**One cup has more than 100% of your daily value of cell-protecting, collagen-making vitamin C.**

**High in Manganese** - The mineral manganese plays an essential role in the way your body metabolizes food, clots blood, and keeps your bones healthy. **One cup of pineapple has more than half of the manganese** you need every day. This mineral is also present in whole grains, lentils, and black pepper.

**Loaded With Vitamins and Minerals** - In addition to large amounts of vitamin C and manganese, pineapples add to your daily value of vitamin B6, copper, thiamin, folate, potassium, magnesium, niacin, riboflavin, and iron.

**Good for Digestion** - Pineapples are the only known food source of bromelain, a combination of enzymes that digest protein.

That's why pineapple works as a meat tenderizer: The bromelain breaks down the protein and softens the meat. In your body, bromelain makes it easier for you to digest food and absorb it.

**All About Antioxidants** - When you eat, your body breaks down food. This process creates molecules called free radicals. The same goes for exposure to tobacco smoke and radiation. Pineapples are rich in flavonoids and phenolic acids, two antioxidants that protect your cells from free radicals that can cause chronic disease. More studies are needed, but bromelain has also been linked to reduced risk of cancer.

**Anti-Inflammatory and Analgesic Properties** - Bromelain, the digestive enzyme in pineapple, has anti-inflammatory and pain-relieving properties. This helps when you have an infection, like sinusitis, or an injury, like a sprain or burn. It also offsets the joint pain of osteoarthritis. The vitamin C in pineapple juice also keeps inflammation levels low.

**Post-Workout Recovery** - Intense workout? The anti-inflammatory benefits of the bromelain in pineapple can help muscles recover quicker and keep you from feeling sore.

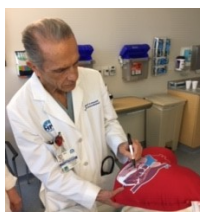
**Tingle vs. Allergy** - Fresh pineapple can make your mouth tingle or burn. That's because our tissues are made of protein, and the bromelain in pineapple breaks down protein. This is normal. It's temporary and doesn't mean you're allergic to pineapple. It may help to eat a dairy food along with the fruit. **The Real Pineapple Allergy** - The most common allergic reaction to pineapple is swelling, hives, or trouble breathing. If you have a latex allergy, you may also be allergic to pineapple.

**How to Select a Pineapple** - Smell the end of the pineapple first. Does it smell like pineapple? Good. Does it smell fermented? Keep looking. It should feel heavy and not have any soft spots or bruises.

**How to Store Fresh Pineapple** - A ripe, whole pineapple will keep on the counter for 2-3 days. Once you cut it, it'll stay good in the fridge for 5-7 days, or in the freezer for 6 months or more. You can store it on its own or in its juice.

**How to Cut Fresh Pineapple** - They may be the world's friendliest fruit, but pineapples can be confusing to cut. Here's how to get from the rough skin to the juicy fruit: Cut off the top, also called the crown, and the bottom. Dig out any "eyes" left behind. Stand it up and slice off the outer skin from top to bottom. Cut it in half from top to bottom, and then cut those halves into quarters. Slice off the core from all four pieces, then cut into smaller chunks.

**I love to add pineapple sticks to my ice tea or lemonade to add bonus color and flavor and of course I eat it!**



To purchase a heart pillow, contact us at 562-698-0811 Ext. 12368.







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**Public Relations** - Mike Candelaria  
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**Co-Hospital Liaison** – Lupe Morales  
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**PIH Downey Liaison** - Mayra Linares  
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**Mascot** - Makena

### The magical story of Romeo still tugs at Alaska's heart

A magical thing happened in Juneau, Alaska, 18 years ago, and as with most magical things, some people loved it and some hated it. ***But it's a true story of a solitary wolf who wanted to be friends.***

His name was Romeo, a black wolf who is now a legend. He was a rare creature: Wild but friendly, alone and in search of friends, a player of games, a curious visitor and, ultimately, a target.

***This story began in 2003***, when Nick and Sherrie Jans were walking their dogs across a frozen Alaskan lake. Suddenly, a black wolf appeared. Jans wasn't surprised. He had seen wolf tracks in the snow. But now their Labrador broke free and ran to the wolf. While the couple held their breath, the dog slid across the ice toward the wolf ... and then? Wolf and dog sniffed and bowed in that iconic canine way.

***It was the beginning of a beautiful friendship.***

During the next six years, Romeo visited his dog friends frequently, sometimes disappearing for weeks at a time. The humans didn't feed him, but Romeo played with their dogs, dancing and chasing and scaring up controversy.

Not everyone welcomed a wolf in the neighborhood. Someone tried to trap him, another tried to poison him. His human friends rallied to protect him. Speculation arose that he was a wolf without a pack because his mate had been killed. Maybe his mate had been the pregnant wolf killed by a car around the same time Romeo appeared.

***Whatever Romeo's story*** -- no one really knows -- in September 2009, he disappeared and never returned. Romeo's friend Harry Robinson discovered that Romeo had been shot at point-blank range -- easy to get close to a friendly animal. Robinson tracked down the killers. Sorrow and anger roiled the community. Jans, a wildlife photographer and expert on the Alaskan wilderness, wrote a book, ***A Wolf Called Romeo***, detailing the incredible story. (Web: [nickjans.com](http://nickjans.com))

Today, after a seven-year struggle, a memorial is finally displayed at the Mendenhall Glacier Visitor Center, where you can see Romeo, relaxed and noble and ready to play with your dog.



Article from MHI Newsletter. (July)

### Visiting Stats for Mended Hearts 351 .....Over 250 calls

Yolie Zaragoza, Visiting Chairperson - Hi everyone! We continue to provide support every month with phone call, zoom meetings and emails. Please call our Ext. 12368 if you have questions, need support or just want to say HI! We are always here or you.

### Mended Hearts Mission

Our mission is to "Inspire hope and improve the quality of life for heart patients and their families through ongoing peer-to-peer support, education & advocacy!"

### 70th Anniversary Merchandise

Now on . Shop today at

[www.mendedhearts/marketplace/](http://www.mendedhearts/marketplace/)





### Stay in the shade if you take these drugs

**Some drugs magnify the harmful effects of the sun.** According to Harvard Health Letter, you should check with your doctor to make sure the medications you are taking are sun safe.



You'll want to get more shade and less sun if you are taking the following drugs:

- 1 Antibiotics.** Ciprofloxacin (Cipro, ProQuin), doxycycline (Oracea, Vibramycin), sulfamethoxazole (Bactrim, Gantanol, Septra) or tetracycline (Achromycin).
- 2 Cancer drugs that increase sun sensitivity:** They include 5-fluorouracil (Carac, Efudex, Fluoroplex), dacarbazine (DTIC-Dome) and vemurafenib (Zelboraf).
- 3 Decongestants and older antihistamines.** Pseudoephedrine (Sudafed), phenylephrine (Sudafed PE) and diphenhydramine (Benadryl). Try fexofenadine (Allegra) or loratadine (Claritin).
- 4. Diabetes medications.** Chlorpropamide (Diabinese) and glyburide (DiaBeta, Glynase, Micronase).
- 5. Diuretics.** Furosemide (Lasix) and hydrochlorothiazide (Microzide)
- 6. Cardiovascular medications.** Amiodarone (Cordarone), for serious heart rhythm disturbances, and the blood pressure drugs diltiazem (Cardizem, Dilacor, Tiazac) and nifedipine (Procardia).
- 7 Pain relievers.** Ibuprofen (Motrin), naproxen (Aleve, Naprosyn), celecoxib (Celebrex) and piroxicam (Feldene) increase the chances of a serious sunburn. Acetaminophen (Tylenol) doesn't.
- 8 Psychiatric drugs.** Chlorpromazine (Thorazine), desipramine (Norpramin), imipramine (Tofranil) and other anti-anxiety and antidepressant drugs can inhibit the body's ability to sweat.

### IN THE WAY - word game

Using these definitions, identify the 6-letter words that all end in W-A-Y.

- 1. Breathing passage
- 2. Freedom to move
- 3. In spite of everything
- 4. World War II naval battle
- 5. Urban transportation
- 6. Personal transportation device
- 7. Fashion show stage
- 8. Comic actor Tim
- 9. Port city in western Ireland

### ANSWERS

- 1. AIRWAY
- 2. LEEWAY
- 3. ANYWAY
- 4. MIDWAY
- 5. SUBWAY
- 6. SEGWAY
- 7. RUNWAY
- 8. CONWAY
- 9. GALWAY

### Not all diets best for heart-healthy weight loss

Even though weight loss comes down to a simple formula -- eat fewer calories than you burn -- dieters should exercise caution when choosing how to eat. Not all diets are created equal when it comes to protecting or improving heart health.

According to the Harvard Heart Letter, all older adults should pay attention to their heart health, and for people who want to lose weight, low-carb diets may not be the best choice. Dieters who stick to a ketogenic or Atkins-style diet tend to eat lots of red meat and high-fat, high-salt processed meats, like bacon -- not exactly heart-healthy choices. But low-carbohydrate diets aren't completely off-limits -- for dieters who prefer to avoid carbohydrates, doctors recommend choosing unprocessed or minimally processed foods and high-quality fats, such as those found in nuts.

But in general, experts caution, dieters should think twice about any diet that restricts a specific category of food, such as carbohydrates or fats, because they are less sustainable for people who want to lose weight and keep it off. Instead of restrictive diets that eliminate entire food groups, experts urge dieters to eat a variety of heart-healthy foods. According to the American Heart Association (AHA), a variety of whole fruits and vegetables, whole grains, low-fat dairy products, skinless poultry and fish, nuts and legumes and non-tropical vegetable oils (such as olive oil) are all good choices for heart health. In addition, the AHA recommends that dieters limit saturated fats (such as butter), trans fats, sodium, red meat, sweets and sugary drinks.





**Chapter Membership Report**

Chapter 351 has 90 members plus and counting. Wouldn't you like to join us? It's free and a great information source!

**Chapter 351 Lifetime Members**

- Evans, Constance
- Heider, Daniel
- Hubaud, Lou
- Killian, Henry (family)
- Mgrdichian, Jon
- Pino, Louis & Madelaine
- Rice, Vivian

**2021 MH Chapter Donors**

Arciniaga, Bob & Lydia

**\$100.00 Plus Club 2021**

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- Denise Griffiths
- Betty & Robb Hobs
- Lou Hubaud
- Vivian Rice
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- Irland, Corbin
- Magdelano, Antonia
- Mattson, Nathan
- Portugal, Edward
- Rice, Vivian
- Turnbow, Karen
- Zaragoza, Yolie



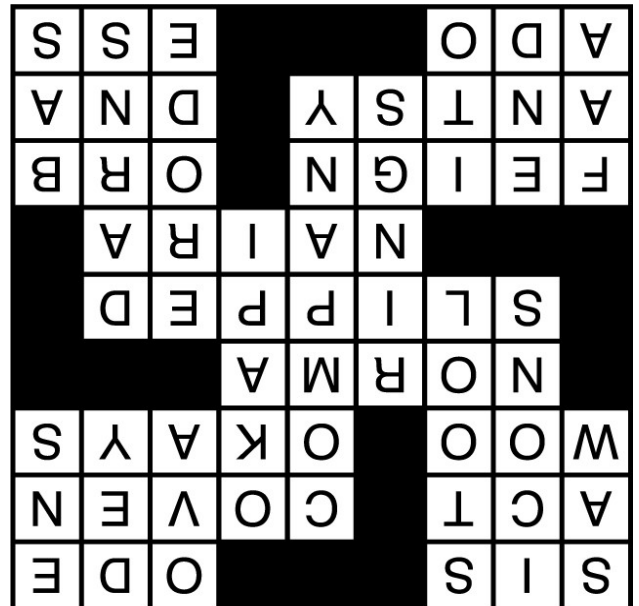
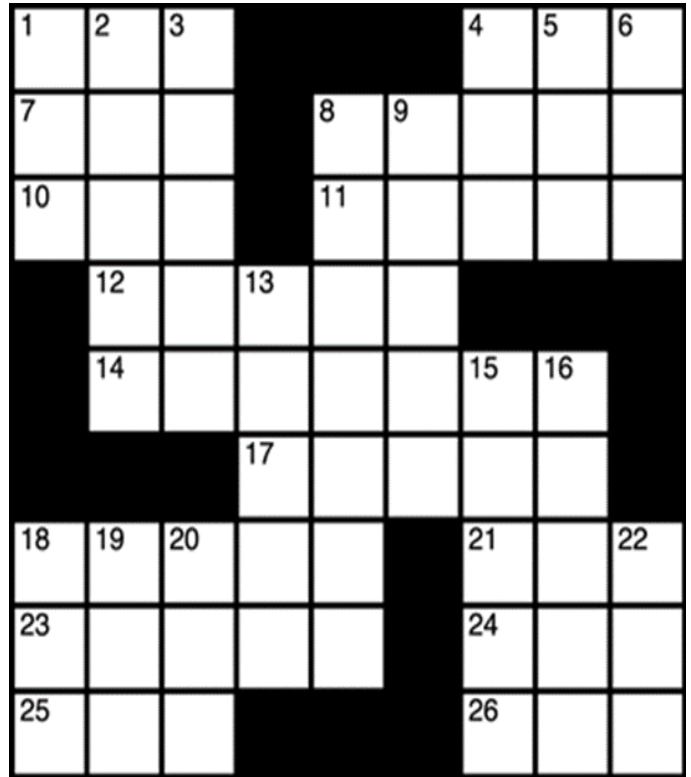
**Across**

- 1. Bro's sibling
- 4. Pindaric lines
- 7. Roleplay
- 8. An assembly of witches
- 10. Court
- 11. Approves
- 12. \_\_\_ Ray, film
- 14. Skidded
- 17. Nigerian monetary unit
- 18. Pretend
- 21. Globe
- 23. Impatient
- 24. Genetic material
- 25. Bustle
- 26. Double curve

**Down**

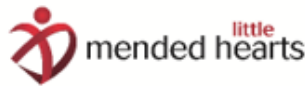
- 1. I came, I \_\_\_, I conquered
- 2. Images
- 3. Bar seat
- 4. Egg cell
- 5. Actress Susan \_\_\_
- 6. USNA grad
- 8. Business
- 9. Giraffe's cousin
- 13. Jewelry
- 15. Eat away
- 16. Mends socks
- 18. Flying gr.
- 19. Terminate
- 20. Japanese prime minister
- 22. Undergraduate degrees.

**Scary Stingers**



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





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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 INFORMATION: Race:  Caucasian;  Black;  Asian;  Am. Indian;  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	FAMILY MEMBERSHIP
<p><b>Associate Member --- FREE</b></p> <ul style="list-style-type: none"> <li>* Can attend any chapter meeting for MH or MLH</li> <li>* Can join online communities</li> <li>* Can access Member Portal</li> <li>* Receives the National e-newsletter</li> </ul>	<p>For members of one household with one mailing address only</p> <p><b>Family Membership --- \$40 annual donation</b></p> <ul style="list-style-type: none"> <li>* All of the benefits of an Associate Membership, PLUS</li> <li>* <u>One year</u> annual subscription to Heartbeat magazine (\$30 value)</li> <li>* Membership Cards for all members of the family</li> <li>* 2 Car Decals – Select ___ MH or ___ MLH</li> <li>* Each family member receives a one-time 5% off coupon for purchase from the MH store. Use only one coupon per order.</li> </ul>
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<p><b>Heart of Gold Lifetime Sponsor --- \$1500 donation</b>  <b>A one-time donation per individual</b></p> <ul style="list-style-type: none"> <li>* All the benefits of a Gold member FOR LIFE, PLUS</li> <li>* 15% off registration fees at National MH/MLH Conferences / Symposia</li> <li>* Recognition in the next <i>Heartbeat</i> 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</li> </ul>	

**ALL Donations are tax deductible**

**PAYMENT INFORMATION:**

**ADDITIONAL CHAPTER 351 DONATION:**

Membership Level \_\_\_\_\_ \$ \_\_\_\_\_

Chapter Name: Chapter 351 Whittier, CA

Additional tax-deductible Donation to

Amount: \$

Mended Hearts Mended *Little* Hearts \$ \_\_\_\_\_

**TOTAL TO NATIONAL \$ \_\_\_\_\_**

**TOTAL TO CHAPTER \$ \_\_\_\_\_**

**\*\*Please note: To be a member of a Mended Hearts Chapter or Mended *Little* Hearts Group, you must be a member of The Mended Hearts, Inc.**





**July Mended Hearts Zoom Meeting - Rescheduled**  
**Next Meeting is in person on August 18th at PIH Health Whittier in the auditorium.**

**Saturday July 24th 9 am to 2 pm**

**Downey Los Amigos Kiwanis Car Show**

Downey High School  
11040 Brookshire Ave, Downey, CA.

Refreshments Live Music 50/50 FOOD

**Over 300 Cars**

\$15.00 Entry Fee



All proceeds to benefit Downey YMCA & Mended Hearts will host an information booth and we have a trophy for our favorite car - The "Pace Car"! You'll see the picture next month.

There are many ways those affected by heart disease can share their heart journey.

Over the last six months we've invited people to share their stories through pictures, videos and art. Now we are asking you to share your story through your writing. In our **Share Your Heart Essay Contest**, contestants can submit essays and poems on our [Share Your Heart website](#). Winning pieces will be placed on our MLH and MH blogs. Writers will receive a small prize pack, will be featured in social media posts and in **Heartbeat Magazine**. Please see below for contest details.



- Submissions must be typed.
- Submissions must be less than 500 words. Entries can be in essay or poetry format.
- Anyone affected by heart disease - congenital or acquired - can enter. Patients, family members, siblings, caregivers, friends, health care providers.

Please visit [www.Mendedhearts.org](http://www.Mendedhearts.org) on July 14th for more information.

**The Mended Hearts, Inc. National 2020 Award Winners**

Recently, The Mended Hearts, Inc. held its annual award ceremony and honored all of those who won awards at the regional, divisional and national levels. Congratulations to the following national award winners.

MHI Volunteer of the Year: **Maryann Mayhood - MLH of Washington, D.C.**

MHI Presidents Cup: **Chapter 012, Temple, TX**

MHI Hospital of the Year: **Oklahoma Children's Hospital, Oklahoma City, OK**

MHI Visiting Chair Excellence: **Cheryl Storey Chapter 097, Tupelo, MS**

MHI Accredited Visitor Excellence: **Sylvia Townsley, Chapter 260, Huntsville, AL**

MHI Internet Visitor Excellence: **Isabella Hirst, MLH of San Diego**

MHI Newsletter of the Year: **Chapter 028 Richmond, VA, Joe Shocket**

MHI Heart Hero of the Year: **Jennifer Geiger Nemours Pensacola, MLH of the Pensacola Region**

MHI Sydney & Helen Shuman Nurse of the Year: **Denise Tener, Evanston, IL, Chapter 424**

MHI Cardiologist of the Year: **Dr. Susan Davis, Ft. Worth, TX, MLH of Ft. Worth**

MHI Haken Award: **Astra Zeneca**

MHI Tita Hutchens Award: **The Congenital Heart Public Health Consortium**

MHI Corporate Award: **Novartis**