



# Mended Hearts™ of Whittier NEWSLETTER

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

2021



## IN THIS ISSUE

- PAGE 2** PHILLY STEAK SANDWICH  
PREDIABETES SCREENING / FIRE DETECTORS
- PAGE 3** NATIONAL LIVER AWARENESS  
MONTH/JIM MERRILL - RECAP OF MTG.
- PAGE 4** Spooky good treats for kids
- Page 5** Crossword & Game.
- PAGE 6** CREATING A WORLD OF SUPPORT
- PAGE 7** MH MEMBERSHIP APPLICATION
- PAGE 8** HALLOWEEN FUN
- PAGE 9** ROADHOUSE FUNDRAISER

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Wednesday, October 20, 2021 at 6 pm

**We will be live on ZOOM!**

*Our Support Group follows at 7 p.m.*

**Join Us as our speaker**

**Mirna Tovalin, NP-C, RNFA**

**continues her series on**

**“Cardiac Surgery”**

**We can't tell you what Mirna has planned because it's a surprise and nothing she has done on camera before!**



**Be sure to mark your calendar so you don't miss the excitement!**



Mended Hearts Chapter 351 is inviting you to a scheduled Zoom meeting.  
Time: Oct 20, 2021 06:00 PM Pacific Time (US and Canada)

**Join Zoom Meeting from your email invitation or your email newsletter. - click on the highlighted link below.**

[https://us06web.zoom.us/j/87262429534?](https://us06web.zoom.us/j/87262429534?pwd=dVUvaXhKVWZISEJGVXZhUFNwV1pJdz09)

[pwd=dVUvaXhKVWZISEJGVXZhUFNwV1pJdz09](https://us06web.zoom.us/j/87262429534?pwd=dVUvaXhKVWZISEJGVXZhUFNwV1pJdz09)

If you aren't able to join with link, sign into free zoom account and enter the **Meeting ID : 872 6242 9534**

And this MH **Passcode: MH351**

No computer, no problem. You can dial into the meeting with this phone number. Dial by your location on the west coast.

**+1 253 215 8782 US (Tacoma)**



Healthy Recipes from Mayo Clinic Dieticians -Healthy Lifestyle

# Philly steak sandwich

Number of servings: 2 High Fiber

### Ingredients

- 1/2 green pepper, thinly sliced
- 1/2 small onion, thinly sliced
- 6 ounces lean roast beef, shaved
- 2 whole-wheat buns
- 1/4 cup cheddar cheese, shredded

### Directions

- Heat the oven to 350 F. Lightly coat a baking pan with cooking spray. Spray a frying pan with cooking spray.
- Over medium heat, sauté the peppers and onions until they soften, 3 to 5 minutes. Add the roast beef and sauté for an additional 2 to 3 minutes.
- Place 1/2 of the roast beef mixture on the bottom half of each bun. Place in the prepared baking dish. Top each bun with 2 tablespoons of the cheese. Bake until the cheese has melted, 2 to 4 minutes. Remove and add the top of bun and serve.



**Dietician’s Tip:** Cheddar is high in fat and calories, so limit to 2 tablespoons for each sandwich. For variety, use roast beef that has been rubbed with Italian seasonings.

**Nutritional analysis per serving ; 1 sandwich** Calories 350 – Protein 33 g - Total fat 14 g  
Saturated fat 6 g - Trans fa t0.5 g - Monounsaturated fat 5 g – Cholesterol 85 mg – Sodium 323 mg  
Total carbohydrate 23 g - Dietary fiber 3 g - Total sugars 8 g - Added sugars 0 g

## Minimum age for prediabetes screening drops

ARE YOU ON THE PATH TO  
DIABETES?

TRENDING PREDIABETES DIABETES

The United States Preventative Services Task Force (USPSTF) has updated its recommendations for

when physicians should start to screen patients for diabetes and prediabetes.

According to a statement published in the Journal of the American Medical Association, USPSTF now recommends that physicians start to screen overweight and obese patients at age 35 instead of the previous recommendation of 40.

According to Medical Economics, earlier screening can help delay or prevent diabetes in adults whose screenings indicate prediabetes. Lifestyle changes like diet modification and increased physical activity have been shown to be effective in reversing prediabetes.

From [Pagesmag.com](http://Pagesmag.com)

One of the most significant things you can do during **Fire Prevention Week (Oct. 3-9, 2021)**, is to update your smoke alarm system.

**Replace batteries and check the alarm to be sure it works. Install another smoke alarm** in a different area of the house, such as near bedrooms. Interconnected alarms that sound at the same time increase safety. Consider having **smoke alarms hard-wired into the electrical system**.

Permanent installation eliminates the task of changing batteries. Hard-wired alarms worked in 91 percent of home fires in recent years, while battery operated units worked only 75 percent of the time. More than half of smoke alarms in reported fires and two-thirds of alarms in homes with fire deaths were battery operated.



**SMOKE ALARMS SAVE LIVES**

Protect Yourself and your family. **BE SAFE!**



## October is National Liver Awareness Month

### Guard your liver: It's big, but not very tough

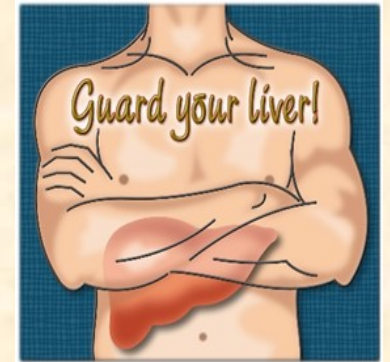
It's the largest organ you have. The liver is about the size of a football, but not nearly as tough. There's another big difference:

**You can live without a football, but you'll die without a liver!**

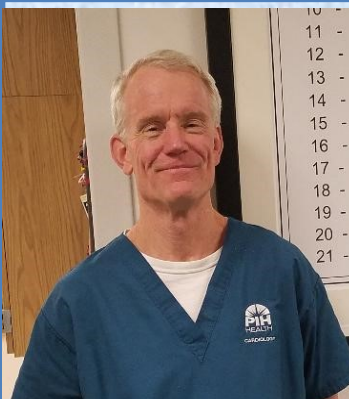
Weighing three or more pounds and located behind your lower ribs on the right side, it's the body's refinery, says the American Liver Foundation. It filters out and disposes of harmful substances, and it converts nutrients into building blocks that the body can use.

The liver quietly goes about its many jobs with little attention from you. All it needs is your protection. Here are some ways to guard your liver.

- **Don't overwork it.** Maintain a healthy weight. Overweight and obesity can increase your risk of fatty liver disease.
- Be careful with chemicals, including pesticides, aerosol cleaners and paint sprays. Avoid inhaling chemicals or letting them come into contact with your skin. Skin absorbs chemicals.
- **Prevent the liver diseases hepatitis A, B and C.** They can be spread through contaminated tattoo and other needles and shared razors, toothbrushes or nail clippers.
- Practice safe sex. Unprotected sex or sex with multiple partners increases the risk for hepatitis B and C.
- **Get vaccinated for hepatitis A and B if you are at risk.**
- Stay away from street drugs such as heroin and cocaine, which seriously damage the liver.
- **Use alcohol responsibly.** Too much too often can lead to cirrhosis of the liver, which causes irreversible scarring and can be fatal.



[Pagesmag.com](http://Pagesmag.com)



### Cardiac Rehab Recap: When Jim Merrill speaks, our heart patients listen. WHY?

Jim, who is our Exercise Specialist at PIH Health Hospital in Whittier, explains the value of the process involved in healing and the benefits of exercise. "Whatever goals you have, it has to become part of your lifestyle." Jim says to carve out time for your exercise program and **MAKE IT PART OF YOUR EVERYDAY LIFE!** Regular exercise is the beneficial to your health! His new motto - **Mindset of Movement**

**Vital to your exercise program is rest!** Rest & recover after you exercise by taking short naps and/or meditating because your mind and body need to refresh. You also need quality as well as quantity of sleep for renewal.

**Sitting, followed by sitting is a sedentary lifestyle.** You need to build in walks, bicycling... whatever you like because sitting there is detrimental to your health! Jim suggests staying away from sleep medications over the counter. Only take those that are prescribed by your doctor. If you have trouble falling asleep or staying asleep, there are different ways to help you. Try white noise, which is background noise like soft music, a fan, something soothing and comfortable. Don't eat 2 to 3 hours before going to bed. Your body must digest food and that can keep you awake.

Jim says the "**best bang for your buck**" is your expenditure of energy. You need to get your heart rate up for 30 to 60 minutes a day per session. Do this 4 to 6 days a week, if possible. You can add more time as you feel comfortable and when you can do morning and afternoon. Jim suggests mixing up your program so you don't get bored because then you might stop and go back to the sofa.

**How do you feel during your exercise session?** Always remember to do a warm up, don't just jump right in! That's where you make mistakes because the blood has to get flowing to warm up the muscles for the exercise session which reduces injury. Always be aware of environmental factors. How hot or cold is it? How high is the humidity? What is the smog/pollution level? Take all that into consideration so you don't defeat your purpose.

**Remember.....Mindset of MOVEMENT.**



## Chapter #35 1 Board Members

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**Snack Coordinator** - Betty Hobbs

**Door Greeter** - Bob Jefferson

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**PIH Good Samaritan** - Coming

**Mascot** - Makena

## Spooky good: Banana Mummies and Cookie Spiders

Here are some Halloween-appropriate, kid-friendly treats that require just a few easy ingredients and give kids and grandkids the chance to make a fun, tasty mess. Kids can easily make these treats, although adults have to supervise melting chocolate and trimming banana skewers.



### Banana mummies

- ◆ 1 bunch bananas or as many as desired (firm bananas work best)
- ◆ White chocolate wafers for melting (candy coating is also fine)
- ◆ Chocolate icing or chocolate wafers for melting
- ◆ Candy eyes

### Bamboo skewers

- ◆ Peel bananas and slice in half. Carefully slide skewer into banana halves lengthwise, then set on a tray and place in freezer for at least an hour to harden -- note that long skewers may need to be trimmed.
- ◆ When bananas are frozen, melt white chocolate wafers or candy coating according to package directions, then carefully dip bananas in coating until covered. Place coated bananas in the refrigerator until coating is set, then decorate with melted semi-sweet chocolate or chocolate icing to create bandages and to glue on candy eyes. Freeze until set, then serve.

### Cookie spiders

- ◆ 1 package sandwich cookies (we used Halloween Oreos, but Double Stuff Oreos will also work well)
- ◆ White chocolate wafers or icing -- any color or flavor is fine, but we used leftover melted white chocolate from the Banana Mummies
- ◆ Mini pretzel rods
- ◆ Candy eyes
- ◆ Carefully twist cookies apart. Count out eight pretzel rods for each cookie -- these are the legs.
- ◆ Dip just the tip of each pretzel rod in the melted white chocolate or icing, then press into the frosting side of the sandwich cookie. Be careful not to press too hard, or the cookie itself might break. Repeat for each of the eight legs.
- ◆ Replace the top of the sandwich cookie before the white chocolate or frosting sets. Use the white chocolate or frosting to glue on the candy eyes. Spiders are ready to eat almost immediately.

[Pagesmag.com](http://Pagesmag.com)

### 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!”



**HAPPY HALLOWEEN!**



As you get older, you've got to stay positive. For example, the other day I fell down the stairs. Instead of getting upset, I just thought, "Wow, that's the fastest I've moved in years!"

**Word game: Dog breeds**

Rearrange the letters in each of the entries below to spell the name of a dog breed.

1. LOOPED
2. PROTEIN
3. HOG SPEED
4. DOLL BUG
5. DADS HUNCH
6. TERRI TOWEL
7. DRY ENOUGH
8. PINK GEESE
9. TEA GARDEN (2 words)
10. HUSBANDS TOE (2 words)

**ANSWERS**

1. POODLE
2. POINTER
3. SHEEPDOG
4. BULLDOG
5. DACHSHUND
6. ROTTWEILER
7. GREYHOUND
8. PEKINGESE
9. GREAT DANE



Devil's fire add-on

- Across
1. Acknowledges applause
  5. Silent
  9. Region
  10. Song for Carmen
  11. Bridle part
  12. Congers
  13. Devise
  15. Biblical beast
  16. Trunk item
  22. It's hailed by city dwellers
  23. Aggravate
  24. "A Prayer for \_\_\_ Meany"
  25. Possesses
  26. \_\_\_-ran
  27. Earned

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			

- Down
1. John Candy role
  2. Snack often twisted apart
  3. Small dam
  4. Tiny republic of Europe

5. Vortex
6. Fertilizer chemical
7. Slant
8. Comfort
14. "What's the \_\_\_?"
16. Greek portico
17. Ratchet bar
18. Hatchets
19. Corn Belt state
20. Peel
21. Alternatively

E	D	V	M		O	S	T	V
S	N	W	O		N	E	W	O
L	O	I	R		X	I	T	A
E	R	E	T		I	R	E	S
			S		A	S		
E	L	A	T		U	L	M	F
S	E	L	S		E	N	E	R
A	R	I	A		A	R	E	A
E	M	U	T		S	B	O	W

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

**Thanks to your generous donations, Our MH Chapter 351 is able to purchase and donate 250 "heart pillows for patients" every year and donate \$1,00.00 dollars to the PIH Health Foundation. Those funds are designated for the Volunteer Services "Special Volunteer" awards and the Student Nursing Scholarship program. We are very proud to be MH Volunteers and part of the PIH Health Hospitals Volunteer Services programs.**



When you Join Chapter 351, you become part of a nationally recognized chapter with awards for Excellence and for its monthly Newsletters.

**Membership is free** and you can upgrade to receive the nationally acclaimed **HeartBeat** magazine for only \$20.00 a year. The web site is a great source for current information !

### 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

- Constance Evans
- Denise Griffitts
- Betty & Robb Hobs
- Lou Hubaud

#### Don and Jan Patton - In Memory

- Vivian Rice
- Eddie Rodriguez
- Mike Sanchez
- Marilyn Schirmer

#### Business Donors 2021

- Black Bear Diner
- Hera Technologies

Our open heart patients receive a special heart pillow at their PIH Health Hospital. To purchase a gift heart pillow, and support our program contact us at ;

562-698-0811 Ext. 12368.



### Our third annual ... Creating a World of Support Fundraiser is back again!

Pick your activity to complete your distance and you have one month to get it done starting on World Heart Day, September 29. You can form a team, raise funds, and participate in honor or memory of a loved one. Help us get all the way around the world together!



(Watch on the virtual map to see how far we get) Pick your distance goal of 5K, 10K, 13.1 miles (half-marathon) or 26.2 miles (full marathon).

#### NEW this year:

- Track your distance on your device (Fit Bit, Apple Watch, smart phone Health app, etc.) and we will keep track for you!
- You can get mileage credit for volunteer hours!

Share pictures in our Scrapbook so people can see your accomplishments.

Each participant gets a new World of Support Wristband and a certificate. Prizes are given for individuals raising \$100, \$500 and \$1,000. Registration opens September 15 at [www.Mendedhearts.org](http://www.Mendedhearts.org).

**Please join our Chapter 351 Team!**

### CDC: It's Safe to Get COVID, Flu Vaccines at Same Time

By Michael Vlessides (Paagesmag.com)

Sept. 16, 2021 -- When the CDC released its latest round of recommendations regarding seasonal flu vaccines, the agency made one notable update: Flu vaccines and COVID-19 vaccines can now be given simultaneously.

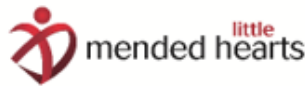
The guidance is a marked change from previous agency recommendations, which said that other vaccinations should not be administered within a 2-week window before or after the COVID-19 vaccine.

"We believe flu vaccination is very important in the context of ongoing COVID-19 activity," Lisa A. Grohskopf, MD, medical officer in the CDC's Influenza Division, said in an interview.

COVID-19 is keeping the health care system extremely busy, she said. And while last year's flu season was nearly non-existent, "we are seeing the return of other common respiratory viruses, so we anticipate that we will experience an annual epidemic of flu this season as we do during most winters.

"Substantial flu activity occurring at the same time as COVID-19 activity could overwhelm our health care systems," she added.

The update -was published as part of the CDC's Aug. 27 Morbidity and Mortality Weekly Report



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MEMBERSHIP FORM

NEW MENDED HEARTS  NEW MENDED *LITTLE* HEARTS  RENEWAL DATE \_\_\_\_\_

Name (Mr. /Mrs./Ms.) \_\_\_\_\_ Chapter/Group 351 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>
<p><b>Individual Member --- \$20 annual donation per person</b></p> <ul style="list-style-type: none"> <li>* All of the benefits of an Associate Member, PLUS</li> <li>* Membership Card</li> <li>* Car Decal – Select ___ MH or ___ MLH</li> <li>* One-time 5% off coupon for purchase from the MH store</li> <li>* <u>One year</u> annual subscription to Heartbeat magazine (\$30 value)</li> </ul>	<p><b>Bronze Family Membership --- \$75 annual donation</b></p> <ul style="list-style-type: none"> <li>* All the benefits of a Family Membership, PLUS</li> <li>* One Membership Pin per member</li> <li>* Choice of ___ MLH Drawstring Backpack or ___ MH/MLH Notecards (10 pk)</li> <li>* 5% off registration of any National (not regional) MH/MLH Conference or Symposia</li> </ul>
<p><b>Bronze Member --- \$45 annual donation per person</b></p> <ul style="list-style-type: none"> <li>* All the benefits of a Full Individual Member, PLUS</li> <li>* Membership Pin</li> <li>* Choice of ___ MLH Drawstring Backpack or ___ MH/MLH Notecards (10 pk)</li> <li>* 5% off registration of any National (not regional) MH/MLH Conference or Symposia</li> </ul>	<p>Family Members:</p> <p>Spouse ___ Child ___ Heart Patient ___</p> <p>Spouse ___ Child ___ Heart Patient ___</p> <p>Spouse ___ Child ___ Heart Patient ___</p> <p>Spouse ___ Child ___ Heart Patient ___</p>
<p><b>Silver Member --- \$100 annual donation per person</b></p> <ul style="list-style-type: none"> <li>* All the benefits of a Bronze Member, PLUS</li> <li>* A <u>Stainless Steel</u> Mended Hearts Travel Mug</li> </ul>	
<p><b>Gold Member --- \$250 annual donation per person</b></p> <ul style="list-style-type: none"> <li>* All the benefits of a Silver Member, PLUS</li> <li>* A Red Fleece Blanket</li> <li>* 10% off registration of any National Conference or CHD Symposium</li> </ul>	
<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.**

## Halloween

When the spooks have a midnight jamboree  
They break it up with fiendish glee .  
The ghosts are bad but the one that's cursed ...  
Is the headless horseman; he's the worst!  
That's right, he's a fright on Halloween night!  
When he goes a joggin' 'cross the land  
Holding his noggin in his hand  
Demons take one look and groan  
And they hit the road to parts unknown  
Beware, take care he rides alone!

From Lyrics from The Adventures of Ichabod and Mr. Toad

## A lot goes on in October ...have a look!

- ◆ ADOPT-A-SHELTER-DOG MONTH.
- ◆ BREAST CANCER AWARENESS MONTH.
- ◆ DOMESTIC VIOLENCE AWARENESS MONTH.
- ◆ GERMAN-AMERICAN HERITAGE MONTH.
- ◆ NATIONAL CRIME PREVENTION MONTH.
- ◆ NATIONAL CYBERSECURITY AWARENESS MONTH.
- ◆ NATIONAL POLISH-AMERICAN HERITAGE MONTH.
- ◆ NATIONAL CUSTODIAL WORKERS DAY. Oct 2.
- ◆ FIRE PREVENTION WEEK. Oct 3-9.
- ◆ EMERGENCY NURSES WEEK. Oct. 10-16.

## Jokes for Halloween

Q: Know why skeletons are so calm?

A: Because nothing gets under their skin.

Q: Why did the headless horseman go into business?

A: He wanted to get ahead in life.

Q: Where does a ghost go on vacation?

A: Mali-boo.

Q: The maker of this product does not want it, the buyer does not use it and the user does not see it. What is it?

A: A coffin.

Q: How can you tell when a vampire has been in a bakery?

A: All the jelly has been sucked out of the jelly doughnuts



## "JINGLE BELL RAFFLE"

Our Second Annual Jingle Bell Raffle will begin on November 1st!  
Tickets will go on sale that day with the drawing for prizes at our  
December Zoom Meeting.

Hear all the details at our October 20th ZOOM Meeting.

**We'll keep you up to date with prizes as they come in.**

Tickets will be on sale from November 1st until December 10th

\$10..00 each or 3 for \$20.00

Last year Jessica in Volunteer Services won the  
50 inch Samsung HD television!

**What will you win this year?**







**Food, Friends and Fundraising!**  
**Meet us at the Original Roadhouse Grill**  
**For our Annual Mended Hearts Fundraising.**

**Wednesday, October 27, 2021**

**11am – 10pm**

**15156 E. Whittier Blvd. Whittier CA, 90603**

Please feel free to make copies of this flyer to hand out to friends and family.

Offer does not apply to Take Out Orders or Gift Cards

**TAKE THIS WITH YOU! Community Benefit Night flyer required with each check.**

Original Roadhouse Grill is helping us raise funds by holding a Benefit Day/Night. On the date (11 am to close) listed below, 20% of all pre-tax sales generated by this flyer at the Original Roadhouse Grill location below will be donated to the organization named below:

15156 E. Whittier Blvd. Whittier CA, 90603

Original Roadhouse Grill Address

Mended Hearts of Whittier Chapter 351 at PIH Health Hospital Whittier

Organization Name

Event Date: October 27, 2021 Server: \_\_\_\_\_ Check Amount: \_\_\_\_\_

**Please present this to your server to ensure credit for your organization.** Community Benefit Night flyer required with each check to receive credit for this sale. Sale cannot be included in donation amount without a flyer. Offer only valid on the date and location stated above. Donations will not be given on sales made prior or past this date. **Offer does not apply to Take Out Orders or Gift Cards.**