



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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**Wednesday, December 15, 2021
at 6 pm Is our Chapter 351
Zoom Meeting**



This year we are combining Christmas piano music, courtesy of our PIH volunteer Lois Bennet, prize drawings for our "JINGLE BELL RAFFLE", a presentation from our MSW, Brenda Valenzuela,

Plus snack & craft ideas to share.

**Happy Holidays from your
Very Merry Holiday Support Group**



 Mended Hearts of Whittier Chapter 351

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P.O. BOX 68
WHITTIER, CA 90608

WWW.MENDEDCHEARTSWHITTIER.ORG

TO CONTACT OUR SOCIAL WORKER
BRENDA VALENZUELA, MSW

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BRENDA.VALENZUELA@PIHHEALTH.ORG

[MHI - MENDEDCHEARTS.ORG](http://MHI-MENDEDCHEARTS.ORG)

**Mended Hearts invitation to scheduled Zoom Meeting
Dec 15, 2021 at 6:00 PM Pacific Time (US & Canada)**

Join Zoom Meeting from email invite or email newsletter.

Click on the highlighted link you see below.

[https://us06web.zoom.us/j/84368670009?
pwd=SUhKQkYxOXRBN1NqQjZtZld6TERCQT09](https://us06web.zoom.us/j/84368670009?pwd=SUhKQkYxOXRBN1NqQjZtZld6TERCQT09)



If you aren't able to join from the link, sign onto zoom and enter this Meeting ID: 843 6867 0009 & Passcode: MH351

No computer, no problem!

You can dial in to the meeting with this phone number and not miss a thing! Dial by your location
+1 253 215 8782 US (Tacoma)



Turkey Sliders with Avocado, Mushrooms, and Swiss Cheese

Recipe taken from <https://recipes.heart.org/en/recipes>

Servings 4 Serving Size 2 sliders

- 8 whole-grain slider buns (lowest sodium available)
- 1 1/4 pounds ground skinless turkey breast
- 1/4 teaspoon salt
- 1 cup sliced brown (cremimi) mushrooms
- 4 slices low-fat Swiss cheese, cut in half
- 1 medium avocado, peeled, pitted, and mashed with a fork
- 1 medium tomato, cut into 8 slices (about 1/4-inch thick)

Preheat the oven to 450°F.

- Arrange the buns with the cut side up in a single layer on a baking sheet. Set aside.
- Using your hands or a spoon, shape the turkey into 8 patties, each about 3 inches in diameter. (The uncooked patties will be larger than the bun and will shrink as they cook.) Sprinkle the salt over each patty.
- Heat a large nonstick skillet or griddle pan over medium-high heat.
- Cook the patties for 2 to 3 minutes. Turn over. Cook for 2 to 3 minutes, or until the patties are no longer pink in the center and register 165°F on an instant-read thermometer.
- Transfer the patties to the bottoms of the buns.
- In the same skillet, cook the mushrooms over medium heat for about 3 minutes, or until soft, stirring frequently.
- Spoon the mushrooms onto each patty. Top with the Swiss cheese.
- Place the baking sheet on the middle rack of the oven. Bake the sliders for 1 to 2 minutes, or until the Swiss cheese is melted and the buns are heated through. Remove from the oven.
- Spread the avocado over the Swiss cheese. Top with the tomato slices. Put the tops of the buns on the sliders.
- Using four short skewers, pierce two sliders with each skewer, if desired. Serve immediately.



Calories 470 Per Serving - Protein 45g Per Serving - Fiber 8g Per Serving



Fortune cookies didn't come from China...

The minute you munch the last noodle in the chow mein, you are ready for the final act of Chinese dining, at least in Western style. That's right: It's time for the fortune cookie.

We know what we are getting: A little piece of wisdom, some lucky numbers, maybe even a Chinese word.

But as you might suspect, we really aren't getting something authentically Chinese. The origin of the fortune cookie is disputed, but most stories say it is an import -- not from China, but from 19th century Japan. Jennifer Lee, author of The Fortune Cookie Chronicles, writes that as early as 1870, confectionery shops in Kyoto carried a folded cracker with a fortune:

Tsujiura senbei, or fortune cracker. It was larger and darker than today's fortune cookies.

By the early 1900s, the fortune cookie had come to the U.S. along with Japanese immigrants.

The Japanese Tea Garden in San Francisco's Golden Gate Park is usually cited as the origin of the first American fortune cookie. But at least three other immigrant businesses in Los Angeles also claim to have introduced it to the States. But it was American food preferences that moved the fortune cookie to Chinese restaurants. Americans didn't much like raw fish, a common feature in Japanese cuisine. So Japanese immigrants started Chinese restaurants and brought the fortune cookie with them. Today, the largest fortune cookie maker in the world is Wonton Food, which makes more than four million cookies each day. An estimated three billion cookies are produced annually, according to history.com.

Mended Hearts Chapter 351 presents our 2nd Annual
Jingle Bells Holiday Raffle

Raffle Tickets are on sale now until December 10, 2021
\$10.00 each or 3 for \$20.00
Call 562-698-0811 Ext 12368 for information and to purchase.

GRAND PRIZE



**TCL 55" Class 4 Series 4K UHD
HDR TV Value \$400.00**

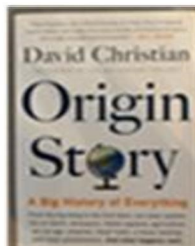


**Blue Topaz Heart
with
Silver Necklace**

**Plantronics Voyager Focus UC
Headset Value \$200.00**

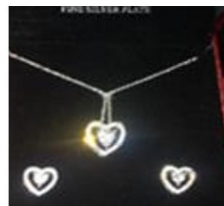


**Instant Vortex
6 Qt Air Fryer**



**A Favorite Book of
Dr. Tovar's -
Autographed**

**Sparkly
Heart
Necklace
with
Earrings**



**Watch
For
More
Books
From
Doctors
You
Love!**

Charcuterie Board Set



**Two \$50.00
Gift Cards
for
See's Candy**

Gift Cards

Chapter #35 1 Board Members

President – Constance Evans
Email – Constance.mh351@yahoo.com
Phone -951-316-1951

Vice President – Mike Sanchez
Email - msanchez00769@yahoo.com
Phone - (602)315-6373

Secretary – Open position

Treasurer – Marilyn Schirmer
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Phone - 562-301-2361

Visiting Chairman – Yolie Zaragoza
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Phone - 626-223-8323

Membership Chair - Open position

Chief Editor – Constance Evans

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Email - candem.101@gmail.com

Social Secretary - Vivian Rice

Honorary Member – David Temple

Snack Coordinator - Betty Hobbs

Door Greeter - Bob Jefferson

PIH Whittier Hospital Liaisons– Teri Beyer
Email – Teri.Beyer@pihhealth.org
Lupe Morales
Email – Lupe.Morales@pihhealth.org

PIH Downey Liaison - Mayra Linares
Email - mayra.linares@pihhealth.org

PIH Good Samaritan - Coming 2022

Mascot - Makena



Annual Report Upcoming Webinars - MH Inc.

Annual reports for 2021 are due on February 15 and to help you get ready we are holding information sessions in December and January. For more information on how to register for one of these informative sessions, please email Mandy at Mandy.Sandkuhler@mendedhearts.org.

The sessions are on the following dates and times.

12/01/2021 4 PM ET / 3 PM PT

01/04/2021 3 PM ET / 12 Noon PT

01/12/2021 7 PM ET / 4 PM PT

2021 Awards It's time to start thinking about those individuals, chapters, groups and hospitals that deserve to be recognized for their dedication to heart patients and MHI in 2021. We'll be holding award information sessions in January and early March.

Trivia Teaser: Land's End

1. While the U.S. is divided into states, Switzerland uses which other administrative divisions?
a-Cantons, b-Parishes, c-Councils, d-Wards.
2. Keflavik Airport is the main international hub for which country?
a-Lapland, b-Greenland, c- Iceland, d- The Netherlands.
3. The Sudetenland, which had a predominately German population, was incorporated into which country in 1918-19?
a-Yugoslavia, b-Czechoslovakia, c-Poland, d-Austria.
4. Before their international matches, New Zealand rugby players perform which traditional Maori dance?
a-Hula, b-Takalo, c-Hokey Pokey, d-Haka.
5. Formerly known as the Cimbric Peninsula, the northern part of Jutland contains part of which European country?
a-Romania, b-Denmark, c-England, d-Greece.
6. Solidarity was the first independent trade union to exist in a Warsaw Pact country, established by shipyard workers in which city in Poland?
a-Krakow, b-Gdansk, c-Lodz, d-Lublin.
7. Popular with tourists, which is Thailand's largest island?
a-Nassau, b-Rapa Nui, c-Palawan, d-Phuket.
8. Finland's passport contains flick-book animation in the corners of its pages depicting which walking animal?
a-Turtle, b-Reindeer, c-Moose, d-Wolverine.
9. Which dictator gave himself the title "The Last King of Scotland"?
a-Idi Amin, b-Joseph Stalin, c-Adolf Hitler, d-Slobodan Milosevic.
10. Which of these African countries shares the largest border with Swaziland?
a-Angola, b-Zambia, c-South Africa, d-Kenya.

(answers on page



**Mended
Hearts
Chapter 351
Second
Annual**

“JINGLE BELL RAFFLE”

Page 3 has all the great prizes!!

Tickets on sale thru December 10th
\$10..00 each or 3 for \$20.00

Prize drawings December 15th at
our Holiday Zoom Meeting.

Purchase your tickets in 3 ways:

1. On our web site using a credit card
or PayPal at:

www.mendedheartswittier.org/store

2. Send a check or money order to
Mended Hearts Chapter 351, P.O.
Box 68, Whittier, CA 90608.

3. You can purchase from a board
member or call our office
562-698-0811 Ext.12368
to purchase.

Your ticket stub numbers will be
mailed, emailed or text to you.
Just let us know your preference.

In person, you receive your #stubs.



Last year Jessica, in Volunteer
Services won the TV.

What will you win?

Contact our office for ticket sales.
Call 562-698-0811
Ext. 12368 and for your ticket
information.

December birthplace

Across

1. Lingerie item
4. Crosswise, on deck
9. Necklace of plumeria
10. Washing machine cycle
13. Polo Grounds legend
12. Corners
13. Computer whiz
15. Word in a simile
16. Ship steerers
18. Alright
20. Votes in
23. River in Hades
25. Big success
26. Big name in Scotch
27. ___ bit
28. Wintery forecast, perhaps
29. Escort's offering

Down

1. Soak up
2. Neural network
3. Goalpost-shaped letter
4. Big guns

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		

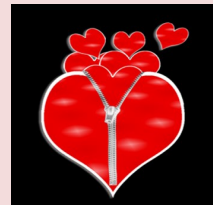
5. Ancient galley
6. Chemical suffix
7. Floating, perhaps
8. Military meal
14. Donkey sound
17. Pronunciation symbol
18. Cutlass, e.g.
19. Hot to trot
21. Bleacher feature
22. Stern's opposite
24. Wee hour

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

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

Trivia Teaser Answers:

- 1-a, Cantons
- 2-c, Iceland
- 3-b, Czechoslovakia
- 4-d, Haka
- 5-d, Denmark
- 6-b, Gdansk
- 7-d, Phuket
- 8-c, Moose
- 9-a, Idi Amin
- 10-c, South Africa



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!



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
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- Marcela Cueto-Sanchez
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The Science of Sweating

(excerpt from Pages.mag)

Everybody does it, but we usually try to hide the evidence. Sweating is a normal part of living, an essential function that helps keep us alive. It's satisfying during hot yoga sessions or a long workout, but for the most part, we spend our adult lives trying to hide the evidence with anti-perspirants, dress shields, moisture-wicking fabrics and, for the particularly sweaty among us, Botox injections in the armpits to paralyze sweat glands.

Sweat is more than just something that stains our favorite shirts, according to Sarah Everts in her book *The Joy of Sweat*, published earlier this year. It's a built-in cooling system, a complex network of glands that release fluid, which evaporates from heated skin and produces a cooling effect that lets us go outside on a hot day or enjoy a workout without risking death. And far from being gross and unsightly, sweat is an evolutionary marvel, an adaptation that allowed early humans to disperse into diverse climates and forage for food during daylight hours while many predators retreated to the shade for survival.

And that unpleasant odor that we associate with sweat? Our bodies don't actually create that. Larger sweat glands, such as those in the armpits and groin, secrete sweat with a slightly different molecular profile, with fatty particles that bacteria love to feast on. In turn, the bacteria produces waste that, to human noses, smells like rancid butter and wet dog, among other things, according to Everts.

But even if your armpits are a little ripe, don't kick yourself over it because, as Everts reminds readers, it could be much worse. Some animals spend their days rolling in mud, while others urinate or vomit on themselves to produce a similar, though much less efficient cooling effect.



"OK...starting tomorrow, I start photographing smaller portions of food."

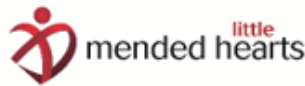


"Mom, what kind of soup do we eat when we're sick?"



December 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	 15 ZOOM Meeting 6 pm Jingle Bell Raffle	16	17	18
19	20	 21 Winter Begins	22	23	24	25
26	27	28	29	30	31	
					New Year's Eve	



The Mended Hearts, Inc.
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 Phone: 1-888-HEART99 Email: info@mendedhearts.org

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>Associate Member --- FREE</p> <ul style="list-style-type: none"> * Can attend any chapter meeting for MH or MLH * Can join online communities * Can access Member Portal * Receives the National e-newsletter 	<p>For members of one household with one mailing address only</p> <p>Family Membership --- \$40 annual donation</p> <ul style="list-style-type: none"> * All of the benefits of an Associate Membership, PLUS * <u>One year</u> annual subscription to Heartbeat magazine (\$30 value) * Membership Cards for all members of the family * 2 Car Decals – Select ___ MH or ___ MLH * Each family member receives a one-time 5% off coupon for purchase from the MH store. Use only one coupon per order.
<p>Individual Member --- \$20 annual donation per person</p> <ul style="list-style-type: none"> * All of the benefits of an Associate Member, PLUS * Membership Card * Car Decal – Select ___ MH or ___ MLH * One-time 5% off coupon for purchase from the MH store * <u>One year</u> annual subscription to Heartbeat magazine (\$30 value) 	<p>Bronze Family Membership --- \$75 annual donation</p> <ul style="list-style-type: none"> * All the benefits of a Family Membership, PLUS * One Membership Pin per member * Choice of ___ MLH Drawstring Backpack or ___ MH/MLH Notecards (10 pk) * 5% off registration of any National (not regional) MH/MLH Conference or Symposia
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<p>Silver Member --- \$100 annual donation per person</p> <ul style="list-style-type: none"> * All the benefits of a Bronze Member, PLUS * A <u>Stainless Steel</u> Mended Hearts Travel Mug 	
<p>Gold Member --- \$250 annual donation per person</p> <ul style="list-style-type: none"> * All the benefits of a Silver Member, PLUS * A Red Fleece Blanket * 10% off registration of any National Conference or CHD Symposium 	
<p>Heart of Gold Lifetime Sponsor --- \$1500 donation</p> <p>A one-time donation per individual</p> <ul style="list-style-type: none"> * All the benefits of a Gold member FOR LIFE, PLUS * 15% off registration fees at National MH/MLH Conferences / Symposia * 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 	

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.**