



Mended HeartsTM of Whittier NEWSLETTER

HAPPY NEW YEAR 2022



IN THIS ISSUE

PAGE 2 Pull-Apart Stuffing Ring / meet Brenda our MSW

PAGE 3 LETTER FROM THE PRESIDENT / OUR 2021 SPECIAL EVENTS

PAGE 4 BAKES SWEET POTATO COINS & FRUIT SKEWERS WITH DIPPING SAUCE

Page 5 CROSSWORD / A BRIEF HISTORY OF HELLO

PAGE 6 WHEN SHOULD YOU GO TO ER?

PAGE 7 JANUARY CALENDAR

PAGE 8 MEMBERSHIP APPLICATION



Mended Hearts of Whittier Chapter 351

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***Infectious Disease can touch any of our lives,
when we least expect it.!***

Wednesday, January 15, 2022 at 6 pm



**Meet our speaker, Sarah, RN,
Infection Preventionist (IP)
at PIH Health Whittier Hospital.**

We will be live on ZOOM

Sarah is the link between PIH Health and public health. She has been at PIH for 18 years and works hard to provide healthcare professionals with the information & tools they need to ensure patients, visitors and volunteers are in a safe environment.

***We thank you Sarah for teaching
us how to be safer!***

**Mended Hearts invitation to scheduled Zoom Meeting.
Jan 19, 2022 at 6 p.m. PM Pacific Time (US and Canada)**

Join Zoom Meeting from email invite or emailed newsletter.

Click on this highlighted blue link.

[https://us06web.zoom.us/j/89064419154?](https://us06web.zoom.us/j/89064419154?pwd=MmV1V0ZnYnlZanZOM2l0SDZSNURZz09)

[pwd=MmV1V0ZnYnlZanZOM2l0SDZSNURZz09](https://us06web.zoom.us/j/89064419154?pwd=MmV1V0ZnYnlZanZOM2l0SDZSNURZz09)

If you aren't able to join from the link, sign onto zoom and enter the **Meeting ID: 890 6441 9154** and the **Passcode: MH351**

No computer, no problem!

You can dial in the meeting with this phone number and you won't miss a thing.

+1 253 215 8782 US (Tacoma)





Pull-Apart Stuffing Ring Rating: 5 stars

Combine two of your Thanksgiving favorites--stuffing and rolls--into this pull-apart loaf shaped like a wreath. By Lisa Holderness Brown
Source: Better Homes and Gardens

Hands-On: 25 mins Total: 1 hr 50 mins Servings: 12

Yield: 1, 10-inch stuffing ring

Ingredient Checklist

- ¾ cup unsalted butter
- 2 cups chopped onion (1 large) & 2 cups sliced celery (4 stalks)
- 1 cup chopped apple
- 3 tablespoons chopped fresh rosemary or tarragon
- 3 tablespoons chopped fresh flat-leaf parsley, basil, or sage
- 1 teaspoon poultry seasoning & Fresh parsley
- ½ teaspoon kosher salt & ½ teaspoon black pepper
- 1 egg, lightly beaten
- 2 16.3 ounce packages refrigerated biscuits, separated and cut into quarters

Directions - Step 1 - Preheat oven to 325°F.* Butter or grease a 10-inch fluted tube pan.

Step 2 - In an extra-large skillet melt butter over medium. Cook onion, celery, and apple in butter 8 to 10 minutes or until tender. Stir in fresh herbs, poultry seasoning, and 1/2 tsp. each kosher salt and black pepper. Cook and stir 1 minute. Transfer vegetable mixture to an extra-large bowl. Let cool 15 minutes. Stir in egg. Add cut-up biscuits; toss to coat evenly. Spoon biscuit mixture into prepared pan. Press down lightly.

Step 3 - Bake about 1 hour or until golden brown and a thermometer registers 160°F. Transfer to a wire rack; let cool 10 minutes. Run a knife around edge of pan; invert stuffing ring onto a serving platter. Invert again. Garnish with additional fresh parsley. Serves 12.

Take It Easy: Prep as directed using prechopped onion and celery or mirepoix (look in the produce section). If you like, omit apple.

Tips Prep as directed through Step 2. Cover and chill up to 4 hours. Bake as directed.

Tips To bake separate from the turkey, bake at 375°F 45 minutes.

Nutrition Facts - Per Serving: 359 calories; fat 20g; cholesterol 47mg; saturated fat 9g; carbohydrates 39g; mono fat 8g; poly fat 1g; trans fatty acid 3g; insoluble fiber 1g; sugars 8g; protein 6g; vitamin a 528.7IU; vitamin c 3.2mg; thiamin 0.3mg; riboflavin 0.3mg; niacin equivalents 2.6mg; vitamin b6 0.1mg; folate 58mcg; vitamin b12 0.1mcg; sodium 808mg; potassium 231mg; calcium 62mg; iron 2.2mg.



I used one package of refrigerated biscuits and 1/2 of the ingredients. it was perfect for 4-6 and everyone loved it! So much so that 3 friends had me make it again for them! I used fresh sage, rosemary and basil. Delicious! .



We are very lucky to have Brenda join our MH family and facilitate our support group. Unfortunately, she had an emergency medical problem and couldn't be with us to speak at our December Meeting.

She wanted to share a little about herself so we can get to know her better.

My name is Brenda Valenzuela and I am a bilingual clinical social worker in the critical care unit at PIH Health Hospital in Whittier. As a social worker, I strive to utilize culturally sensitive interventions to address psychosocial barriers and patient needs. My hope is to assist Constance and our wonderful board in making the Mended Hearts Group a safe space and enjoyable experience for all.



Hello and Happy New Year to all our members, friends, and family.

As we welcome in 2022 with **Hope and Gratitude**, we know tis past year has been challenging. We are grateful to all of you who have joined our Chapter 351 family and for all who seek knowledge and support by joining our Zoom meetings and supporting our hard work! **Thank you!**

In 2022, the Board will continue to bring you outstanding speakers every month and look forward to in person meetings. Our chapter Zoom Meeting dates are on the Mended Hearts national meeting list. Anyone from around the country can join our meetings and you can go to MendedHearts.org and to look at what other chapters are offering.

With heartfelt gratitude, our Board wants to thank each of you for your generous donations and continued support that enables us to provide programs and services that directly impact people affected by heart disease. Thanks to our restaurant fundraisers and Jingle Bell Raffle, we met our goal of donating \$1,000 to the PIH Health Foundation to support Volunteer Services programs, which we are a part of.

In June 2021, I was elected to a new position at MH, becoming one of 6 Western Regional Assistant Directors. We assist other chapters and help MH to grow through our 6-state region. It's a challenge and I am honored to help! I will remain the President of our chapter, which covers PIH Whittier, PIH Downey and PIH Good Samaritan hospitals.

We are optimistic for this New Year! The past year and a half has been a time of great reflection for everyone and we've used that time to reflect on our chapter, staying true to our mission and being a beacon of hope for our community, prepared to grow and do more to help people with heart disease, and their families.

Stay tuned for the new year, and the changes ahead.

We look forward to coming together in 2022 and beyond .

Thanks for all you do and for being a part of our family.

With our gratitude,

Constance Evans, President and our Board of Directors



It's one of a kind!

This year we tried NEW EVENTS!

We had fun at the Downey Kiwanis car show July 24th. We had a booth and were asked help judge the cars. We went 1 step more and designed an **MH Heart Trophy**, including a pacemaker attached to a spark plug, thanks to Mike Candelaria and John Lemucchi who had it finished.

As we viewed all the beautiful cars, looking for one with heart...we looked, conferred and looked again. Then we heard about Bobby Jolly. He restored his grandfathers old truck that he and his uncle towed back from a farm in the south. Bob has spent years and a lot of money and is not done yet, but this truck took blood, sweat, \$\$\$ and a lot of heart to bring her back to life! That's a truck with heart and **Bob won our trophy**. He was teary eyed and so proud for his



family, especially his grandfather. **Even more fun...** We decided to join in the Downey Christmas parade. Only question? What do we ride in, so I called Bob. His first words were, "my grandfather would never believe this! His old truck in a Christmas Parade!" He was anxious for the details and decorations were hand made so we were ready to go! Toni Gutierrez, Volunteer Services Mgr at Downey, made a beautiful sign for the back! Bob drove his trophy winning truck with Marilyn Schirmer up front and riding in back were Cindy White and Whiskey, dog team volunteers at Downey & Whittier, Michael Candelaria, public relations & me!



Whiskey met the Downey Rose Parade Queen & her court.

**Exhilarating
& Exciting!**





Chapter #35 1 Board Members

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PIH Downey Liaison - Mayra Linares

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PIH Good Samaritan - Coming 2022

Mascot - Makena



Fruit Skewers with Apple Cinnamon Dipping Sauce

Prep: 20 mins Servings: 4 Yield: 8 skewers

Ingredients:

- ½ cup vanilla Greek-style yogurt
- 2 tablespoons applesauce (such as Mott's® Natural Applesauce)
- ¼ teaspoon almond extract
- ¼ teaspoon ground cinnamon
- 1 cup seedless grapes
- 1 cup fresh strawberries
- 1 cup apple chunks
- 1 cup pineapple chunks
- 8 (6 inch) wooden skewers



Directions

Step 1 - Stir yogurt, applesauce, almond extract, and cinnamon together in a bowl until dipping sauce is mixed well.

Step 2 - Thread grapes, strawberries, apple chunks, and pineapple chunks alternatively onto skewers. Arrange finished skewers on a plate and serve with dipping sauce.

Servings Per Recipe: 4 and on the site it can be adjusted for the number of people.

Nutrition: Calories: 117.1 - Protein: 2.5g - Carbohydrates: 26.2g - Dietary Fiber: 2.6g - Sugars: 22.7g - Fat: 1.3g Saturated Fat: 0.7g - Cholesterol: 2.3mg - Vitamin A - 2 %

Baked Sweet Potato Coins

From Allrecipes.com

Prep: 10 mins Cook: 20 mins Additional: 10 mins Total: 40 mins

Servings: 4

Use a spiralizer or mandolin to slice and bake homemade, healthy sweet potato chips the entire family will love. When picking out your sweet potatoes, try to select ones that are as straight and uniform in size as possible.

What you will need: cooking spray, 2 sweet potatoes and 1 teaspoon seasoned salt, or more to taste.

Directions

Step 1 - Preheat oven to 350 degrees F (175 degrees C). Grease 2 baking sheets with cooking spray.

Step 2 - Make a lengthwise cut partway through the middle of each sweet potato.

Step 3 - Cut potatoes into coins using the slicer attachment on a spiralizer. Arrange coins on the baking sheets. Spray with cooking spray. Season both sides with seasoned salt.

Step 4 - Bake in the preheated oven until edges start to curl, 20 to 25 minutes. Season with more salt. Let cool until crisp, about 10 minutes.

Cook's Notes: I like to use coconut or avocado oil cooking spray.

Nutrition Facts per serving: Per Serving: 124 calories; protein 2.3g; carbohydrates 28.8g; fat 0.2g; sodium 307.5mg



A brief history of hello

Odds are pretty good that when you answer the phone, "hello" is the first thing out of your mouth. But have you considered taking "ahoy" for a spin instead?

When Alexander Graham Bell received the patent for the telephone in 1876, "hello" hadn't been in our vocabulary for very long. According to National Public Radio, the first published use of "hello" was in 1827 -- just shy of 50 years before Bell's patent. People used it as a way to catch attention or express surprise, not unlike the way we use "hey" today.

So when Bell thought about the appropriate way to answer a telephone call, he landed on "ahoy," a word with a much longer history. The idea gained some traction when the first telephone operators were trained to answer the phone with "Ahoy! Ahoy!"

Bell's arch-rival Thomas Edison, who invented a transmitter to improve Bell's invention, encouraged users to answer the phone with a crisp "hello" instead. When the first telephone directories advised "hello," the issue was largely settled

Across

1. Relatives
4. Ms. Williams in aqua musicals
9. Plastic ___ Band
10. Silk with a wavy pattern
11. London lav
12. Pig out
13. Respond
15. '___ Thee I Sing'
16. Calculus pioneer Leonhard
18. @
20. Dozes
23. Rwandan people
25. Morse T
26. Orchestra section
27. Freudian topic
28. Swamp
29. Understand

Down

1. Caffeine source
2. Knowing, as a secret
3. Lasso loop
4. Add frills to
5. Evening event
6. Food container
7. Therefore
8. Snorkeling site
14. Wimps
17. Counsels: arch.
18. Proton's place
19. Big brass
21. Book unit
22. Loafer, e.g.
24. Craggy peak

Brain Content

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		

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F	O			R	E	W	S	A
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E	R	I		M	O	N	O	
R	E	S		E		N	K	I

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 and advocacy!"





Mended Hearts Membership is free !

You can upgrade if you want and receive benefits, including 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
Candelaria, Michael
Cota, Marianne
Felker, Mervin & Teri
Jolly, Bob
Candelaria, Michael
Cota, Marianne
Felker, Mervin & Teri
Jolly, Bob
Mirafior, Midding & Corbin
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\$100.00 Plus Club 2021

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Eddie Rodriguez
Mike Sanchez
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Dr. & Mrs. Eduardo Tovar

Business Donors 2021

Black Bear Diner
Hera Technologies
Roadhouse Grill

When should you go to the emergency room?

It's easy to see that an accident victim needs emergency treatment!

Judging whether a medical condition requires a trip to the emergency room (ER) is more difficult.

Get to the ER fast, say doctors at Harvard Medical School, if any of these problems occur:

- Severe abdominal pain. Especially if there is vomiting, swelling or tenderness of the abdomen or fever. This may signal appendicitis, bowel obstruction or a perforated organ.
- Breathing difficulty. Go quickly if you have heart or lung disease, asthma, chest pain, rapid heart beat, swelling, dizziness, pale clammy skin or swollen tongue or throat.
- Chest pain. People with coronary artery disease or angina should get help if pain begins during exercise and persists despite 10 minutes of rest or under-the-tongue nitroglycerin.
- Confusion or changes in consciousness. Sudden onset of confusion or memory loss is an emergency.
- Fractures. Suspected fractures should be evaluated promptly, except in the case of a finger or toe.
- Headaches. Most can be treated in the doctor's office. Go to the ER if a headache is accompanied by confusion, nausea and vomiting, loss of sensation or muscle strength, fever or sensitivity to light.
- Numbness or tingling. Widespread numbness or tingling can be due to a stroke. Get help immediately if one side of the body is affected, vision is blurred or distorted or if speaking is difficult.
- Rash. Rash accompanies many illnesses, is a common reaction to certain foods and usually does not require immediate treatment. But purple spots on the skin accompanied by fever are signs of serious illness such as meningitis. Hives that appear after an insect sting are a signal to get immediate treatment.
- Vomiting. This is an emergency if it produces blood or material that looks like coffee grounds. These are symptoms of serious problems.




Chapter Meetings Around the Country Are open to Anyone...

Many of our Mended Hearts chapters hold monthly Zoom meetings that are open to anyone who would like to attend. They have different speakers and topics.

If you would like a list of these meeting times and chapters, please email Mandy at Mandy.Sandkuhler@mendedhearts.org or call 888-432-7899.



January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14 Chapter 351 Board Meeting 10 am	15
16	17 MLK Jr Day	18	19 Chapter 351 Zoom Meeting 6 pm	20	21	22
23	24	25	26	27	28	29
30	31					

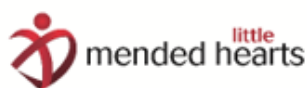
There is a great need for volunteers!

We are happy to be visiting patients on the Whittier and Downey campuses, however we are in need of Volunteers, who want to share their story and be of comfort to heart patients. Whittier has 2 patient visitors currently, Downey has none. Good Samaritan will be opening their program in the spring. If you have ever thought of giving back and helping a heart patient ***please give us a call. 562-698-0811 Ext. 12368***

We need volunteers to make phone calls, which you can do from home. Training is online. We need a volunteer in our office to help with communications and general office work and a visitor in the Cardiac Rehab Gym.

Bi-lingual volunteers, Spanish and Korean are very helpful!

We understand not everyone is ready to return because of the COVID variant. And want you to know that PIH Health respects that and keeps the hospital environment as clean and healthy as possible.



The Mended Hearts, Inc.
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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

Associate Member --- FREE

- * Can attend any chapter meeting for MH or MLH
- * Can join online communities
- * Can access Member Portal
- * Receives the National e-newsletter

Individual Member --- \$20 annual donation per person

- * 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
- * One year annual subscription to Heartbeat magazine (\$30 value)

Bronze Member --- \$45 annual donation per person

- * All the benefits of a Full Individual Member, PLUS
- * Membership Pin
- * Choice of ___ MLH Drawstring Backpack or ___ MH/MLH Notecards (10 pk)
- * 5% off registration of any National (not regional) MH/MLH Conference or Symposia

Silver Member --- \$100 annual donation per person

- * All the benefits of a Bronze Member, PLUS
- * A Stainless Steel Mended Hearts Travel Mug

Gold Member --- \$250 annual donation per person

- * All the benefits of a Silver Member, PLUS
- * A Red Fleece Blanket
- * 10% off registration of any National Conference or CHD Symposium

Heart of Gold Lifetime Sponsor --- \$1500 donation

A one-time donation per individual

- * All the benefits of a Gold member FOR LIFE, PLUS
- * 15% off registration fees at National MH/MLH Conferences / Symposia
- * Recognition in the next *Heartbeat* 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

FAMILY MEMBERSHIP

For members of one household with one mailing address only

Family Membership --- \$40 annual donation

- * All of the benefits of an Associate Membership, PLUS
- * One year 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.

Bronze Family Membership --- \$75 annual donation

- * 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

Family Members:

Spouse ___ Child ___ Heart Patient ___

Spouse ___ Child ___ Heart Patient ___

Spouse ___ Child ___ Heart Patient ___

Spouse ___ Child ___ Heart Patient ___

ALL Donations are tax deductible

PAYMENT INFORMATION:

Membership Level _____ \$ _____

Additional tax-deductible Donation to _____

Mended Hearts Mended *Little* Hearts \$ _____

TOTAL TO NATIONAL \$ _____

ADDITIONAL CHAPTER 351 DONATION:

Chapter Name: Chapter 351 Whittier, CA

Amount: \$ _____

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.**