



Mended Hearts[®] of Whittier, CA **NEWSLETTER**

July 2022

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

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Mended Hearts of Whittier Chapter 351

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NO SCHEDULED ZOOM MEETING in July



President's Report

Can you believe it's July already?

Time really slowed down during COVID, we were stuck at home and didn't really go anywhere.

Then, many things opened up and here we are trying to play catch up!

Your MH351 Board of Directors voted to cancel the Zoom meeting for July and focus our attention on our goals for the rest of this year. We want to build our membership and grow our visiting team is at the top of our list. The nurses remind us how much they need our support because they can't answer the vital questions for patients that we can. You all know exactly what I mean...that's why I do what I do. Next, we are looking for meeting places and new speakers. We always welcome your ideas because we grow together when we work together to help our communities! You are welcome to join our Board Meetings to share your ideas. The hospital welcomed us back with OPEN ARMS. They need our support and Susan Serrano, who runs Special Programs set up a window display for MH in the hall across from surgery waiting. She told me we needed to make a statement and she was there to help! That was amazing!

Our gatherings will be supportive and fun as you can see by the pictures from events on the following pages. This newsletter is shorter and we hope to get it out to you faster. We apologize for the delays in getting it out which is beyond our control. Please call us anytime you have questions or ideas to share. We look forward to seeing you at our next event in August! Blessings to you all and big hugs! *Constance*



2-Ingredientoolt Pineapple Angel Food Cake is delicious!

From Allrecipes.com

This angel food cake is easy and it only requires 2 ingredients! You can cover and store leftovers in the refrigerator. After it's baked, the topping possibilities are practically endless, fresh fruits, cool whip...

Prep: 10 mins / Cook: 40 mins / Additional: 2 hours for cooling / Servings: 12

Ingredients:

- 1 (16 ounce) package angel food cake mix
- 1 (20 ounce) can crushed pineapple, in juice

Directions:

1. Preheat the oven to 350 degrees F (175 degrees C).
2. Combine dry cake mix with crushed pineapple and juice in a large bowl. Beat on low speed for 30 seconds, then beat on medium speed for 1 minute. Pour into an ungreased 11x14 glass cake pan or 10-inch tube pan.
3. Bake in the preheated oven until deep golden brown, 40 to 45 minutes. Remove from the oven and immediately turn upside down to cool, if using a tube pan, about 2 hours. For glass cake pan, place on cooling rack.
4. For tube pan, run a knife around the edges and turn cooled cake out onto a serving place. Use a serrated knife to cut into slices. For glass pan, you can slice and serve from the pan.

Nutritional Information: Calories: 165.5 - Protein: 3.1g - Carbohydrates: 37.8g - Dietary Fiber: 0.4g - Sugars: 29.3g - Vitamin A IU: 17.7IU - Niacin: 0.2mg - Vitamin C: 4.4mg - Folate: 2.3mcg - Calcium: 45.8mg - Iron: 0.5mg - Magnesium: 6.5mg - Potassium: 56.9mg - Sodium: 324.7mg - Calories From Fat: 0.3



Jan Patton made this cake for out picnic...you have to try it! Jan likes to use Pineapple Ready Whip for the topping and she has made it for over 20 years with many HAPPY guests because its great for anyone with diabetes too!

2-Ingredientesoolt Pineapple Angel Food Cake es delicioso!

Desde Allrecipes.com

¡Este pastel de comida de ángel es fácil y solo requiere 2 ingredientes! Puede cubrir y almacenar las sobras en el refrigerador. Después de que se hornea, las posibilidades de cobertura son prácticamente infinitas, frutas frescas, látigo fresco, ...

Preparación: 10 minutos / Cocción: 40 minutos / Adicional: 2 horas para enfriar / Porciones: 12

Ingredientes:

- 1 (16 onzas) paquete de mezcla de pastel de comida de ángel
- 1 (20 onzas) lata de piña triturada, en jugo

Indicaciones:

- Precaliente el horno a 350 grados F (175 grados C).
- Combine la mezcla seca del pastel con la piña triturada y el jugo en un tazón grande. Batir a baja velocidad durante 30 segundos, luego batir a velocidad media durante 1 minuto. Vierta en una bandeja para pasteles de vidrio de 11x14 sin engrasar o en una bandeja de tubo de 10 pulgadas.
- Hornea en el horno precalentado hasta que esté dorado profundo, de 40 a 45 minutos. Retire del horno e inmediatamente gire boca abajo para enfriar, si usa una sartén de tubo, aproximadamente 2 horas. Para la bandeja para pasteles de vidrio, colóquela en la rejilla de enfriamiento.
- Para la sartén de tubo, pase un cuchillo alrededor de los bordes y gire el pastel enfriado en un lugar para servir. Use un cuchillo dentado para cortar en rodajas. Para la sartén de vidrio, puede cortar y servir de la sartén.

Información nutricional: Calorías: 165.5 - Proteína: 3.1g - Carbohidratos: 37.8g - Fibra dietética: 0.4g - Azúcares: 29.3g - Vitamina A IU: 17.7UI - Niacina: 0.2mg - Vitamina C: 4.4mg - Folato: 2.3mcg - Calcio: 45.8mg - Hierro: 0.5mg - Magnesio: 6.5mg - Potasio: 56.9mg - Sodio: 324.7mg - Calorías de grasa: 0.3





Michigan Park Mended Hearts Picnic was June 15th



Marcela & I prepared the table.

Our July meeting was a huge success! We had 21 of our Mended Hearts group who gathered at the park to share stories, enjoy good food and catch up with each other. Eddie Rodriguez, our Communications Chair had Lascari's Pizza delivered for us and he provided bottled water with ice for everyone to stay hydrated. **Special Thanks Eddie!**



Corbin & Mila visiting with Eddie.



Lola & Susie visit with Makena



Cindy & Whiskey, a PIH Pet Therapy Dog



Marcela invited family members to join us.



Mended Hearts new Event Banner I'm showing it to Robin & Hugo .



Marilyn made her specialty potato salad, Marcela made a beautiful green salad, Vivian make a cucumber & onion salad that we loved, and I brought assorted fruits. **Thanks ladies for all your help!**



Rex showing off his delicious food.



Mike sitting with Tom & Rex



Marilyn & Eddie

Guests brought homemade cookies and I shared Robin's secret to making even better Toll House Cookies!



Jan & Don Patton with Daniel. Jan made us her famous Pineapple Angel Food Cake & it was delicious! We are sharing this recipe on page 2..

Our next meeting, get together will be August 17th. Watch your emails and the August newsletter to find out where it will be and who your speaker will be. You will want to join us and share in the friendly chatter, the stories the education, and the fun!





Chapter #351 Board Members

President - Constance Evans
Email – Constance.mh351@yahoo.com

Vice President – Mike Sanchez

Secretary – Constance Evans

Treasurer – Marilyn Schirmer

Visiting Chairman – Yolie Zaragoza

Membership Chair - Marcela Cueto-Sanchez

Newsletter Editor – Constance Evans

Communications – Eddie Rodriguez

Public Relations - Johnny Lemucchi

Public Relations - Mike Candelaria

Social Secretary - Vivian Rice

Honorary Member – David Temple

PIH Whittier Hospital Liaisons–

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Lupe Morales- Lupe.Morales@pihhealth.org

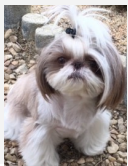
PIH Downey Liaison - Mayra Linares

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PIH Good Sam Liason - Helen Simpson

Helen.Simpson@pihhealth.org

Mascot - Makena



Lazy Dog Fundraiser was May 25th



A Big Thank You to everyone who supported us by attending the Lazy Dog Fundraiser! You can send selfie pictures when you're attending an event so we can add it to the Newsletter or share on social media. We met up with Don & Jan Patton, Mike Candelaria, Marcela, Vivian and David Temple. My husband, Lou, came and our girls (pups) Makena & Malani.

The food was great and the company!
Here is the dog menu for your next visit.



Lazy DOG | PUP MENU
EAT. DRINK.

- bowl of water.....complimentary
- grilled hamburger patty bowl.....5.00
WITH BROWN RICE + VEGGIES
- grilled chicken breast bowl.....5.00
WITH BROWN RICE + VEGGIES

PATIO RULES

We welcome your pooch to our patio dining area! Please be respectful of the rules below so that we can continue to do so.

- 1 Please do not place your dog, even a small one, on the table, in your lap or on a chair. *(BECAUSE THE HEALTH DEPARTMENT SAYS SO)*
- 2 Avoid the "three B's":
Begging, Barking & Biting
- 3 Your canine friend can't eat off your plate or drink from your glass. We have special bowls just for them.
- 4 Your server is not allowed to touch your *(ADORABLE)* pup while working, it's nothing personal!
- 5 Dogs must be kept on a leash and be within reach of their owner at all times.
- 6 Dogs are not allowed inside our restaurant *(WITH THE EXCEPTION OF SERVICE DOGS)*



MHI National Board

Ron Manriquez, President, Board of Directors
Angela Manriquez, Western Regional Director
Constance Evans, Western Region, Assistant Regional Director

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!"





Fathers Day Event with a Charity Car Show on June 18, 2022 at Mountain Lakes Resort in Lytle Creek.

We were the charity they chose for donations and we are in awe of the wonderful people we met, the heart support we gave and the pictures of the “Car With The Most Heart” that we chose. The beautiful car belongs to a cancer survivor, who declined pictures of herself ... **only her pride and joy...her car!**



Learn more at
www.mendedhearts.org



I thought I was too young to have heart disease.

I was wrong.



*"The camaraderie and support I found in this group has made a world of difference to me. We all have an unusual condition for our ages, yet we know we are not alone."
-Steven*

Join today!

Young Mended Hearts can make a tremendous difference in the lives of young adults with heart disease and give them hope for the future.



Mended Little Hearts® Program - In 2004, The Mended Hearts, Inc. recognized a unique need to provide hope and support to “the littlest heart patients of all” and their families, so the Mended Little Hearts program was created. Congenital heart defects (CHDs), or heart conditions babies are born with, are the #1 type of birth defect in the U.S., affecting 1 in every 110 people. About 40,000 new families are brought into the world of CHD each year. Mended Little Hearts is there – providing hope and support, creating awareness and being a strong voice for CHD families everywhere.

The MyHeartVisit® Accredited Visiting Program is a vital SUPPORT tool for patients and families. Our trained volunteers across the country, make more than 200,000 peer patient connections each year. Visitors will never give medical advice, but they can listen and share information about living with heart disease from a patient, parent or caregiver perspective. To learn more about the program, please visit: www.Myheartvisit.org **Just answer a few questions about yourself & your diagnosis so we can put you in touch with a member who has had a similar experience.**



Someone in the Postal Service needs to be rewarded ... I just had to share this story!

A letter from the Post Office...

We don't know who replied, but there is a beautiful soul working in the dead letter department who understands Love...

Our 14-year-old dog, Abbey, died last month. The day after she passed away my 4-year-old daughter Meredith was crying and talking about how much she missed Abbey. She asked if we could write a letter to God so that when Abbey got to Heaven, God would recognize her. I told her that I thought that we could, so she dictated these words:

***Dear God,
Will you please take care of my dog?
Abbey died yesterday and is with you in heaven.
I miss her very much.
I 'm happy that you let me have her as my dog even though she got sick.
I hope you will play with her. She likes to swim and play with balls.
I am sending a picture of her so when you see her you will know that she is my dog.
I really miss her.
Love,
Meredith***

We put the letter in an envelope with a picture of Abbey & Meredith and addressed it to God/Heaven. We put our return address on it. Meredith pasted several stamps on the front of the envelope because she said it would take lots of stamps to get the letter all the way to heaven. That afternoon she dropped it into the letter box at the post office.

A few days later, she asked if God had gotten the letter yet. I told her that I thought He had.

Yesterday, there was a package wrapped in gold paper on our front porch addressed, 'To Meredith' in an unfamiliar hand. Meredith opened it.

Inside was a book by Mr. Rogers called, 'When a Pet Dies.' Taped to the inside front cover was the letter we had written to God in its opened envelope. On the opposite page was the picture of Abbey & Meredith and this note:

***Dear Meredith,
Abbey arrived safely in heaven.
Having the picture was a big help and I recognized her right away.
Abbey isn't sick anymore. Her spirit is here with me just like it stays in your heart.
Abbey loved being your dog.
Since we don't need our bodies in heaven, I don't have any pockets to keep your picture in so I'm sending it back to you in this little book for you to keep and have something to remember Abbey by.
Thank you for the beautiful letter and thank your mother for helping you write it and sending it to me.
What a wonderful mother you have. I picked her especially for you.
I send my blessings every day and remember that I love you very much.
By the way, I'm easy to find.
I am wherever there is love.
Love,
God***





Alguien en el Servicio Postal necesita ser recompensado ... ¡Solo tenía que compartir esta historia!

Una carta de correos...

No sabemos quién respondió, pero hay un alma hermosa trabajando en el departamento de letra muerta que entiende el Amor ...

Nuestro perro Abbey, de 14 años, murió el mes pasado.

El día después de su muerte, mi hija Meredith, de 4 años, lloraba y hablaba de lo mucho que extrañaba a Abbey. Ella preguntó si podíamos escribir una carta a Dios para que cuando Abbey llegara al Cielo, Dios la reconociera.

Le dije que pensaba que podíamos, así que ella dictó estas palabras:

Dios mío

¿Cuidarás de mi perro?

Abbey murió ayer y está con ustedes en el cielo.

La extraño mucho.

Estoy feliz de que me hayas dejado tenerla como mi perra a pesar de que se enfermó.

Espero que juegues con ella. Le gusta nadar y jugar con pelotas.

Te envío una foto de ella para que cuando la veas sepas que es mi perra.

Realmente la extraño.

Amar

Meredith

Pusimos la carta en un sobre con una imagen de Abbey & Meredith y la dirigimos a Dios/Cielo.

Ponemos nuestra dirección de devolución en él. Meredith pegó varios sellos en la parte delantera del sobre porque dijo que se necesitarían muchos sellos para llevar la carta hasta el cielo.

Esa tarde lo dejó caer en el buzón de la oficina de correos.

Unos días más tarde, ella preguntó si Dios ya había recibido la carta. Le dije que creía que sí.

Ayer, había un paquete envuelto en papel dorado en nuestro porche delantero dirigido, 'A Meredith' en una mano desconocida. Meredith lo abrió.

Dentro había un libro del Sr. Rogers llamado, 'Cuando una mascota muere'.

Pegada a la portada interior estaba la carta que le habíamos escrito a Dios en su sobre abierto.

En la página opuesta estaba la imagen de Abbey & Meredith y esta nota:

Querida Meredith,

Abbey llegó a salvo al cielo. Tener la foto fue de gran ayuda y la reconocí de inmediato.

Abbey ya no está enferma. Su espíritu está aquí conmigo al igual que se queda en tu corazón.

A Abbey le encantaba ser tu perro.

Como no necesitamos nuestros cuerpos en el cielo, no tengo bolsillos para guardar tu foto, así que te la devuelvo en este pequeño libro para que la guardes y tengas algo para recordar Abbey.

Gracias por la hermosa carta y gracias a tu madre por ayudarte a escribirla y enviármelo.

Qué madre tan maravillosa tienes. La elegí especialmente para ti.

Envío mis bendiciones todos los días y recuerdo que te amo mucho.

Por cierto, soy fácil de encontrar.

Estoy dondequiera que haya amor.

Amar


God





JULY 2022

Sun Mon Tue Wed Thu Fri Sat

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3		5	6	7	8 MH Board Meeting 10 am	9
10	11	12	13	14	15	16
17	18	19	20 NO ZOOM MEETING	21	22	23
24	25	26	27	28	29 Transplant Games begin	30
31						

The Mended Hearts, Inc.

Save the Date

The Mended Hearts, Inc.
Presents:

GEORGIA ON MY MIND®
INSPIRATION FOR MY HEART

MHI International
Education & Empowerment Conference
June 23-28th, 2023
Albany, Georgia

