



Mended Hearts[®] of Whittier, CA NEWSLETTER



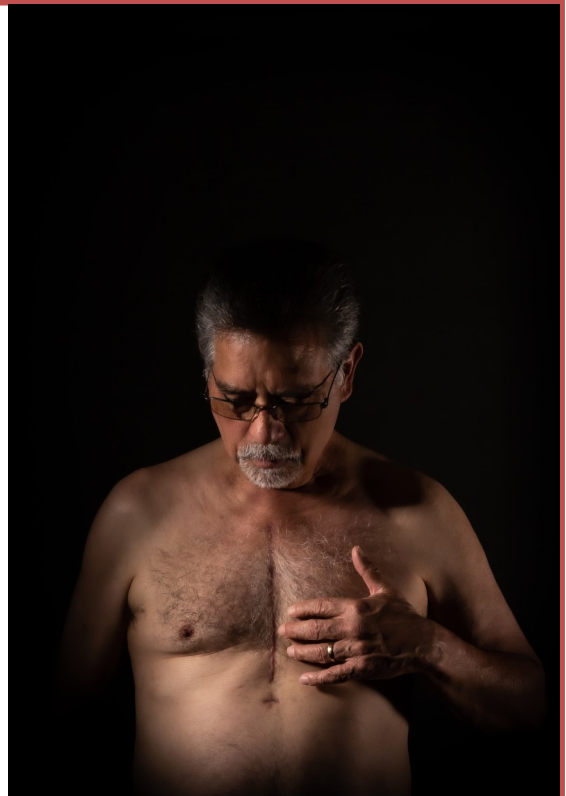
The red ribbon simultaneously celebrates and mends the heart. It is a symbol of passion, strength, action, and perseverance.

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President's Report From Constance Evans

In 2015, MHI started the "Rock Your Scar" campaign to help heart patients of all ages, feel proud of their scar, not embarrassed by it. The program has generated pride, especially in younger ages and it is more exciting every year! MHI sends out the entry information in January for heart patients of all ages to enter the contest and inspire others. This past January, our very own **Ed Romero** felt compelled to tell his story and had his daughter, a professional photographer take this picture to submit. I learned about it when Ed and Joanne



sent me this email that says it all; ***We titled it - An Unimaginable Gift The gift of life that God gave us, along with Dr. Tovar and Dr. A. and all the helpers that cared for Ed during this great trial in our lives. They blessed us beyond what words could ever say!!! Mended Hearts sent Ed a gift and he will be featured in the Heartbeat magazine. We hope they get to list those that helped save his life and the hospital that helped - PIH Health Whittier Hospital. We wanted to let you know so you are not surprised when you see it in the magazine and that we hadn't shared the great news before. Rock Your Scar Ed won 1st place in the 40 and over category. Congratulations Ed!***

Our fundraising continues with our next event at Lazy Dog in Downey. You will find 2 fliers for the event so you can share with family and friends, call us if you need more. Lazy Dog is pet friendly on their patio, so I will be there with our mascot,



Makena. We visit and support PIH Health Downey, and Makena visits patients at both hospitals. We also provide heart pillows for their patients. Downey is starting a sewing group so please let us know if you'd like to help. ***Blessings to all Mom's!***



 Mended Hearts of Whittier Chapter 351

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WWW.MENDEDHEARTSWHITTIER.ORG

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



Buffalo Chicken Salad Wrap *from the dieticians at Mayo Clinic*

Number of servings; 4 **Healthy carb & High Fiber**

Ingredients:

- 3 4-ounce chicken breasts (12 ounces total)
- 2 whole chipotle peppers
- 1/4 cup white wine vinegar
- 1/4 cup low-calorie mayonnaise
- 2 stalks celery, diced (about 1/2 cup)
- 2 carrots, cut into matchsticks (about 1/2 cup)
- 1 small yellow onion, diced (about 1/2 cup)
- 1/2 cup raw rutabaga or jicama, cut into matchsticks
- 4 ounces raw spinach, chopped (about 4 cups)
- 2 whole-grain tortillas (12-inch diameter)

Directions:

1. Heat oven to 375 F or start grill. Bake or grill chicken breasts for about 10 minutes on each side until interior temperature is 165 F. Remove, cool and cube chicken.
2. In a blender, puree chipotle peppers with white wine vinegar and mayonnaise. Place all ingredients except spinach and tortillas in a bowl and mix thoroughly.
3. Place 2 ounces spinach and half the chicken mixture in each tortilla and wrap. Cut each wrap in half to serve.

Nutritional analysis per serving size; 1/2 wrap Total carbohydrate 21 g - Dietary fiber 9 g – Sodium 374 mg
Saturated fat 1 g - Total fat 7 g - Trans-fat Trace – Cholesterol 66 mg – Protein 25 g - Monounsaturated fat 2 g
Calories 247 - Added sugars 0 g - Total sugars 3 g



Dietitian's tip: This quick-to-assemble wrap is a great way to use leftover chicken and to add vegetables to your diet.

Envoltura de ensalada de pollo de buffalo de los dietistas de Mayo Clinic

Número de porciones; 4 Carbohidratos saludables y alto contenido de fibra

Ingredientes:

- 3 pechugas de pollo de 4 onzas (12 onzas en total)
- 2 chiles chipotle enteros
- 1/4 taza de vinagre de vino blanco
- 1/4 taza de mayonesa baja en calorías
- 2 tallos de apio, cortados en cubitos (aproximadamente 1/2 taza)
- 2 zanahorias, cortadas en cerillas (aproximadamente 1/2 taza)
- 1 cebolla amarilla pequeña, cortada en cubitos (aproximadamente 1/2 taza)
- 1/2 taza de rutabaga o jícama cruda, cortada en cerillas
- 4 onzas de espinacas crudas, picadas (aproximadamente 4 tazas)
- 2 tortillas integrales (12 pulgadas de diámetro)

Modo de empleo:

Calentar el horno a 375 F o arrancar la parrilla. Hornea o asa las pechugas de pollo durante unos 10 minutos por cada lado hasta que la temperatura interior sea de 165 F. Retire, enfríe y cubra el pollo. En una licuadora, haga puré de chiles chipotle con vinagre de vino blanco y mayonesa. Coloque todos los ingredientes excepto las espinacas y las tortillas en un tazón y mezcle bien. Coloque 2 onzas de espinacas y la mitad de la mezcla de pollo en cada tortilla y envuelva. Corta cada envoltura por la mitad para servir.

Análisis nutricional por tamaño de porción ; 1/2 envoltura Carbohidrato total 21 g - Fibra dietética 9 g – Sodio 374 mg - Grasa saturada 1 g - Grasa total 7 g - Traza de grasas trans – Colesterol 66 mg – Proteína 25 g - Grasa monoinsaturada 2 g - Calorías 247 - Azúcares añadidos 0 g - Azúcares totales 3 g

Consejo del dietista: Esta envoltura rápida de montar es una excelente manera de usar el pollo sobrante y agregar verduras a su dieta.



Chapter #35 1 Board Members

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PIH Good Samaritan - Helen Simpson

Mascot - Makena

MHI National Board

Ron Manriquez, President, Board of Directors

Angela Manriquez, Western 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!”



Evelyn Vargas
RN, MSN, MPH, PHN, CDCES

Certified Diabetes Educator,
Public Health Nurse, Board of Registered Nursing

Chapter 351 Zoom Meeting

May 18, 2022 at 6 pm

Diabetes 101

Managing Diabetes is not an easy task! Join us to learn about;

- What glucose levels mean
- How episodes of high and low blood sugar are treated
- How to check sugars
- Medications & their side effects
- Preventing Complications
- Lifestyle modifications can positively affect your health!

Mended Hearts Chapter 351's Zoom Meeting

May 18, 2022 6:00 PM Pacific Time (US and Canada)

Join Zoom Meeting by clicking here:

<https://us06web.zoom.us/j/88377978110?pwd=REozczJnMXRlMzNiWjBKSC8wN2ttQT09>



If you aren't able to join from the link, sign onto zoom and enter the Meeting ID: **883 7797 8110** and the Passcode: **MH351**

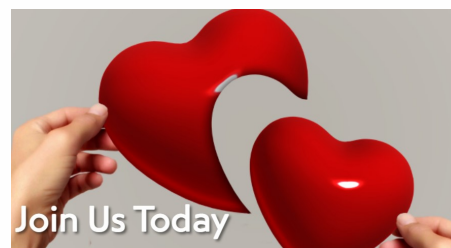
No computer, no problem!

You can dial in the meeting with this phone number and you won't miss a thing.
+1 253 215 8782 US (Tacoma)

Every day, families are being told a loved one has Heart Disease!

If you have ever thought of giving back, please join me and support heart patients and families in our communities.

They can learn a lot from You!.



.Call Constance at 562-698-0811 Ext. 12368



10 Tips to Eat Well With Diabetes

Be picky. Choose the right foods to keep your diabetes in check. And try to cook at home instead of going out. It's easier to keep track of what you eat when you make your own meals.

Use these ideas as motivation when you're whipping something up in the kitchen. Keep these tips in mind when you dine out, and see our article on eating out in restaurants!

- 1. Think Whole** - Use brown rice and whole wheat pasta. Look for 100% whole wheat flour and breads, and other whole grains like oats and barley. Make the switch simple. For example, if you're short on time, pop a packet of pre-cooked frozen brown rice into the microwave.
- 2. Fill Up!** - Aim for at least 8 grams of fiber per meal, especially when you eat carbohydrate-rich foods. It will help manage your blood sugar, keep you feeling full, and be good for your heart health. That's extra important because diabetes makes heart disease more likely. Try: Peas, Beans, Oats, Barley, Fruits like apples, pears, berries, and citrus. Try vegetables like sweet potatoes, Brussels sprouts, broccoli, carrots, and beets.
- 3. Replace Some Carbs With Good Fat** - Monounsaturated fats -- nuts, avocados, olive oil, and canola oil -- can help lower your blood sugar. Just avoid huge portions so you don't take in too many calories. Add nuts and avocado to salads and entrees. Look for salad dressings, marinades, and sauces made with canola or olive oil. You can also cook with these two oils.
- 4. Eat Foods That Won't Spike Blood Sugar** - Good choices that aren't likely to cause a big rise in your levels include lean meat, poultry, fish, avocados, salad vegetables, eggs, and cheese. Add these items to your plate to help balance the foods you eat that have carbs.
- 5. Go Lean** - Choose recipes with less saturated fat. Maybe skip that cream sauce and look for lean cuts of meat, skim or low-fat dairy, and vegetable sources of protein like beans, lentils, or nuts.
- 6. Check the Fine Print** - Does your recipe spell out what the calories, carbs, fiber, and fat are? That info comes in handy. Then all you have to do is stick to the suggested serving size and you'll know exactly what you get.
- 7. Think Plant Fat** - Make canola oil or olive oil your go-to ingredients. Both are rich in monounsaturated fat. Canola oil also has heart-healthy omega-3 fatty acids.
- 8. Make Salads Easier** - Prep so it's super-simple to throw together. Store a large spinach salad or vegetable-filled romaine lettuce salad in an airtight container without dressing. (You can add it later.) You can enjoy it with your dinner or as a snack for the next several days.
- 9. Slice Up Dessert** - With a few chops of a knife, you can turn a few pieces of fruit into a beautiful fruit salad. Drizzle lemon juice over the top. Then toss to coat the fruit. The vitamin C in the lemon juice helps prevent browning.
- 10. Outsmart Your Drink** - Watch the calories, sugar, and alcohol. If plain water doesn't appeal, you can try a fizzy, flavored (but not sweetened) water. Or sip no-calorie tea or coffee as the perfect finish to your home-made meal.

WebMD Medical Reference - View Article Sources **Reviewed by Sabrina Felson, MD on October 30, 2021**

10 consejos para comer bien con diabetes

Sé exigente. Elija los alimentos adecuados para mantener su diabetes bajo control. Y trata de cocinar en casa en lugar de salir. Es más fácil hacer un seguimiento de lo que comes cuando preparas tus propias comidas.

Usa estas ideas como motivación cuando estés preparando algo en la cocina. Tenga en cuenta estos consejos cuando cene fuera, ¡y vea nuestro artículo sobre comer fuera en restaurantes!

- 1. Think Whole** - Use arroz integral y pasta de trigo integral. Busque harina y panes 100% integrales, y otros granos integrales como avena y cebada. Haga que el cambio sea simple. Por ejemplo, si tiene poco tiempo, coloque un paquete de arroz integral congelado precocido en el microondas.
- 2. ¡Lléname!** - Apunta a al menos 8 gramos de fibra por comida, especialmente cuando comes alimentos ricos en carbohidratos. Ayudará a controlar su nivel de azúcar en la sangre, lo mantendrá sintiéndose lleno y será bueno para la salud de su corazón. Eso es muy importante porque la diabetes hace que la enfermedad cardíaca sea más probable. Pruebe: guisantes, frijoles, avena, cebada, frutas como manzanas, peras, bayas y cítricos. Pruebe verduras como batatas, coles de Bruselas, brócoli, zanahorias y remolachas. - **Continuación rom página 6**



Type 2 Diabetes: What to Order When You Dine Out

Medically Reviewed by Nayana Ambardekar, MD on February 09, 2021



Make the Right Menu Choices - Whether it's dinner in a restaurant or lunch from the drive-thru, you can enjoy eating out with type 2 diabetes. The key is to choose nutritious dishes. That's not always easy, because many meals made outside your kitchen are high in calories, fat, and carbs. You can stick with your diabetes meal plan if you ask the right questions and know what to look for on the menu.

Time It Right - Eating around the same time every day keeps your blood sugar steady. That's important if you take insulin or medicine for your diabetes. Try to make a reservation at your usual mealtime. If you know you'll have a late lunch or dinner, snack on a piece of fruit or bread, then skip that serving during your meal, so you don't double up.

Do Some Prep Work - It's easy to give in to temptation when you're dining with friends, especially if your decisions feel rushed. Before you go, look up the restaurant's menu online, and choose a dish that fits with your diabetes meal plan. You also can call ahead of time to ask questions and make requests. Some chefs will prepare a special meal.

Be Careful With Carbs - Your body needs carbs for energy, but too many at once can raise your blood sugar. To keep your levels steady, experts recommend 45 to 60 grams per meal. Many restaurant meals pack in much more. In fact, one baked potato or medium serving of fries delivers 60 grams. Keep an eye on your portions, and consider meals that are lower in carbs, like a spinach salad with grilled chicken.

Scan the Menu for Healthy Buzzwords - Grilled, steamed, poached, braised, and broiled: These cooking methods usually don't add a lot of fat or calories. Skip the ones labeled creamy, breaded, crusted, crispy, and fried. Ask your server how a dish is prepared if it's not clear on the menu.

Watch the Portions - Many restaurants give you enough for two meals in one serving. If you know this is the case, ask your server if a half-serving is an option, or ask for a take-home container and set aside half for a later meal as soon as



your food arrives. You also can split an entree with someone, or pair a healthy appetizer with a salad or broth-based soup for your meal.

Get Sauces and Dressings on the Side - Some restaurant dishes come doused in dressing or sauce. That usually means you're getting more calories, sodium, and fat than you need -- or expected. To scale back, ask for it on the side, then dip your fork in the sauce before taking each bite of food. You also can drizzle it on your salad or entree one teaspoon at a time. Better yet, flavor your dish simply with lemon juice and a little olive oil.

Ask for Substitutions - A few swaps can make your meal healthier. Instead of french fries or hash browns, get a double order of a vegetable, such as a side salad, broccoli, or tomato slices. Having tacos or a burrito? Salsa or pico de gallo works well in place of cheese and sour cream. Don't be shy about asking for what you want. Restaurant staffs should be eager to make their customers happy.

Choose Wisely at the Salad Bar - This is a good place to fill up on nutritious vegetables. Pile your plate with low-carb picks, like leafy greens, broccoli, and bell peppers. Then add lean protein, such as grilled chicken or chickpeas. Cheese, croutons, dried fruit, and bacon bits are high in calories, so only sprinkle on a small amount. Skip the creamy pasta and potato salads, and go easy on the dressing.

Think About Your Drink - Sweetened beverages tack calories and carbs onto your meal. If you're not a fan of unsweetened tea or coffee, have a glass of sparkling water with a squeeze of lemon or lime. Want a glass of wine, beer, or a cocktail? With your doctor's OK, alcohol is fine on occasion. A light beer or wine spritzer doesn't pack too many calories. If you want a cocktail, opt for a calorie-free mixer like club soda instead of soda or tonic water.



Room for Dessert? You can indulge in the occasional sweet treat while sticking with your diabetes meal plan. If you want something sweet, cut back on carbs during your meal. Pass on the bread basket, and hold the side of potatoes. To keep from overdoing it, share the dessert with someone. A few bites are usually all you need to feel satisfied.

Continued on Page 6



Type 2 Diabetes: What to Order When You Dine Out - continued

Look Out for Sneaky Sugars - Even if you play it right with your drink and dessert, your meal can still serve up a sugar shock. That's because many dishes are prepared with added sweeteners. For example, a quarter-cup of barbecue sauce can pack in 7 teaspoons of sugar. It's best to steer clear of dishes described as BBQ, glazed, sticky, honey, and teriyaki.

Build a Better Sandwich - Keep it simple. Specialty breads such as biscuits, croissants, and hoagies are usually higher in fat and calories than a bun or English muffin. Whatever you choose, it's a good idea to take off the top and go with an open-face version. For the filling, opt for a lean protein, such as grilled chicken, deli turkey, or low-fat roast beef. Cheese packs in 100 calories per ounce, so skip it or stick with one slice. Then top it off with mustard or oil and vinegar along with fresh vegetables, lettuce, and tomato.

Be Careful With Buffets - With their large spread of dishes, all-you-can-eat buffets can be trouble. If possible, order off the menu instead. If you can't avoid the buffet, choose only a few dishes instead of small scoops of several different things. A good rule of thumb: Fill half your plate with non-starchy vegetables, then split the rest between a lean protein and starch, such as a whole grain.

Fast-Food Tips - The average fast-food meal can deliver 1,000 calories or more. But you can find diabetes-friendly options at the drive-thru. First, check the menu's nutritional information: Grilled chicken sandwiches are often low-fat options. Pair it with a side salad or apple slices instead of fries. And to keep your portions in check, order the junior size instead of a deluxe or supersize meal.



10 consejos para comer bien con diabetes - Continuación rom página 4

3. Reemplace algunos carbohidratos con grasa buena : las grasas monoinsaturadas (nueces, aguacates, aceite de oliva y aceite de canola) pueden ayudar a reducir el azúcar en la sangre. Simplemente evite las porciones grandes para no ingerir demasiadas calorías. Agregue nueces y aguacate a las ensaladas y entradas. Busque aderezos para ensaladas, adobos y salsas hechas con canola o aceite de oliva. También puedes cocinar con estos dos aceites.

4. Coma alimentos que no aumenten el azúcar en la sangre : las buenas opciones que probablemente no causen un gran aumento en sus niveles incluyen carne magra, aves de corral, pescado, aguacates, ensaladas de verduras, huevos y queso. Agregue estos artículos a su plato para ayudar a equilibrar los alimentos que come que tienen carbohidratos.

5. Go Lean - Elige recetas con menos grasas saturadas. Tal vez omita esa salsa de crema y busque cortes magros de carne, lácteos descremados o bajos en grasa, y fuentes vegetales de proteínas como frijoles, lentejas o nueces.

6. Revise la letra pequeña: ¿su receta explica cuáles son las calorías, los carbohidratos, la fibra y la grasa? Esa información es útil. Entonces todo lo que tiene que hacer es apegarse al tamaño de porción sugerido y sabrá exactamente lo que obtiene.

7. Piense en la grasa vegetal : haga que el aceite de canola o el aceite de oliva sean sus ingredientes preferidos. Ambos son ricos en grasas monoinsaturadas. El aceite de canola también tiene ácidos grasos omega-3 saludables para el corazón.

8. Haga que las ensaladas sean más fáciles: prepárese para que sea súper simple de juntar. Guarde una ensalada grande de espinacas o una ensalada de lechuga romana rellena de verduras en un recipiente hermético sin aderezo. (Puede agregarlo más tarde). Puedes disfrutarlo con tu cena o como merienda durante los próximos días.

9. Postre en rodajas - Con unas chuletas de un cuchillo, puede convertir algunas piezas de fruta en una hermosa ensalada de frutas. Rocíe jugo de limón por encima. Luego tira para cubrir la fruta. La vitamina C en el jugo de limón ayuda a prevenir el pardeamiento.

10. Supere a su bebida - Vigile las calorías, el azúcar y el alcohol. Si el agua simple no es atractiva, puede probar un agua gaseosa y saborizada (pero no endulzada). O beba té o café sin calorías como el acabado perfecto para su comida casera.

Referencia médica de WebMD - Ver fuentes de artículos revisadas por Sabrina Felson, MD el 30 de octubre de 2021



SANDWICHES

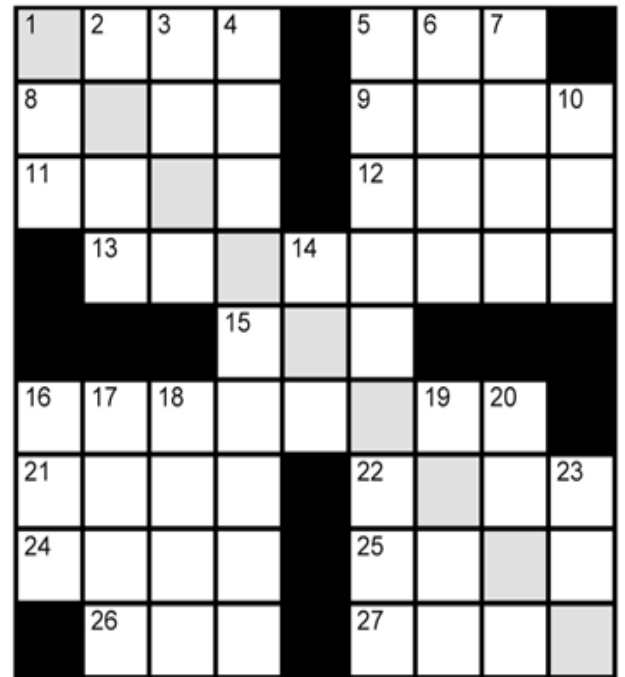
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| BARBECUE | GATSBY | POCKET |
| BLT | GYRO | RACHEL |
| CLUB | HERO | REUBEN |
| CORNED BEEF | HOAGIE | SAUSAGE |
| CRISP | HOT DOG | SLIDER |
| CUBAN | ITALIAN | SOUVLAKI |
| DELI | MARMITE | SUB |
| DENVER | MELT | TAVERN |
| EGG SALAD | PANINI | TEA |
| ELVIS | PIMENTO | WRAP |
| FINGER | CHEESE | |

Spring rain channel

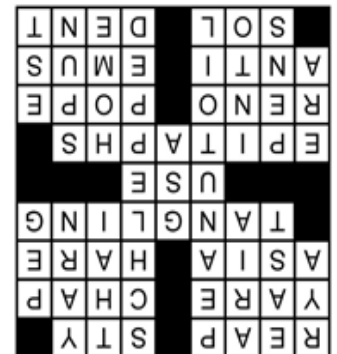
Across

- Harvest
- Pigpen
- Agile
- Bloke
- Where China is
- Fabled racer
- Twisting together
- Function
- Tombstone inscriptions
- Attorney General Janet
- Vatican VIP
- Against
- Outback birds
- Note after fa
- Job for a body shop



Down

- Shaggy Scandinavian rug
- White House's ___ Room
- La Scala highlight
- Used in a deep fryer
- Lugged
- Spicy cuisine
- Knitting stuff
- Hard throw, in baseball
- Fed. construction overseer
- Stat for Clemens
- Parker and Waterman
- "What's gotten ___ you?"
- Residence
- Whirled
- Superlative suffix



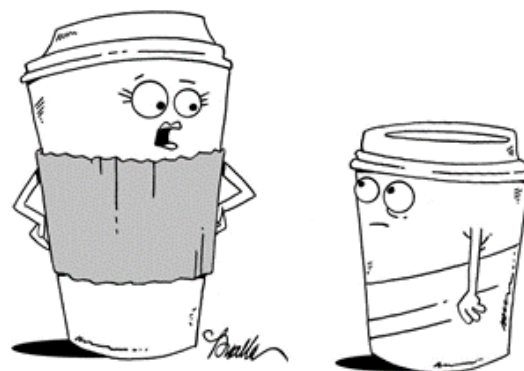
The headline is a clue to the answer in the diagonal.



Be sure to get your copy!

Call 562-698-0811 Ext. 12368

Thank you to PIH Health Hospital in Whittier for printing and mailing our chapter newsletters!



"Does this sleeve make me look fat?"



Mended Hearts®
of Whittier, CA

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.




Learn more at www.mendedhearts.org



SCAN ME

I thought I was too young to have heart disease. I was wrong.



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.

*“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*

Peer support for young adults with heart disease.



Programs for families and our communities.



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



Heartbeat® is the quarterly magazine Mended Hearts distributes to members and subscribers all over the nation.

Each issue focuses on the topics that matters most to our readers such as health tips, research updates, success stories, news on chapters and more.



Heartbeat
The Mended Hearts, Inc.
JANUARY-MARCH 2022

A Closer Look at TAVR and Underserved Populations

What You Should Know About Aortic Stenosis

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MyHeartVisit®

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8Sun Mon Tue Wed Thu Fri Sat

1	2	3	4	5 Cinco de Mayo	6	7
8 Mothers day	9	10	11	12	13 MH Board Meeting 10 am	14
15	16	17	18 Speaker Meeting 6 pm	19	20	21
22	23	24	25 Lazy Dog Fundraiser 11am - 11 pm	26	27	28
29	30 Memorial Day	31				

Chapter 351 Lifetime Members

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

2022 New Members

- Hawk, Courtney
- Hernandez, Marie
- Ramos, Molly
- Cueto, Ruben
- Sanchez, Cesar

Business Donors 2022

- Hera Technologies
- Lazy Dog Restaurant
- Panera Bread
- PIH Health Hospital
- Ruby's Diner



The Mended Hearts, Inc.
 International Headquarters and Resource Center
 1500 Dawson Road
 Albany, GA 31707
 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><u>Associate Member</u> --- 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><u>Family Membership</u> --- \$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><u>Individual Member</u> --- \$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><u>Bronze Family Membership</u> --- \$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
<p><u>Bronze Member</u> --- \$45 annual donation per person</p> <ul style="list-style-type: none"> * 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 	<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><u>Silver Member</u> --- \$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><u>Gold Member</u> --- \$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><u>Heart of Gold Lifetime Sponsor</u> --- \$1500 donation 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 <i>Heartbeat</i> issues, and on our website's list of Heart of Gold Lifetime Sponsors 	

ALL Donations are tax deductible

PAYMENT INFORMATION:

ADDITIONAL CHAPTER/GROUP DONATION:

Membership Level _____ \$ _____

Additional tax-deductible Donation to:
 Mended Hearts Mended *Little* Hearts
 Young Mended Hearts \$ _____

TOTAL TO NATIONAL \$ _____

Chapter Name **351**

Amount: \$ _____

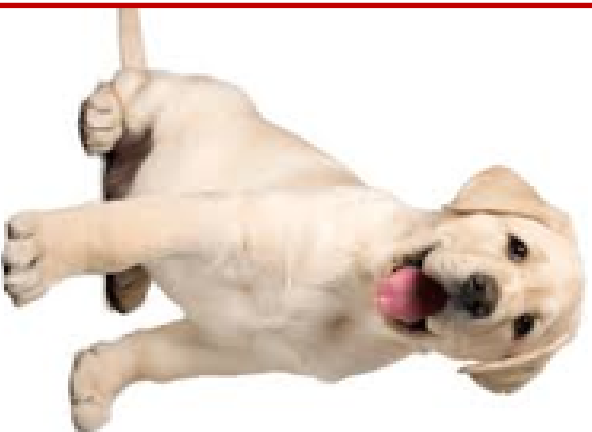
TOTAL TO CHAPTER \$ _____

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

Fundraiser

SIT. STAY. PLAY

Lazy Dog
EAT. DRINK.



"Mended Hearts Chapter 351"

Invites you to join them for a meal at Lazy Dog Bar and restaurants. Just bring this flyer with you on the date & time below and 15% of the total bill will be given back to the organizations!

Date: May 25th, 2022 (Wednesday)

Time: 11am to Midnight

Location:

Lazy Dog Bar and Restaurants in Downey

8800 Apollo Way

Downey, Ca., 90242

"TAKEOUT INCLUDED"

See You there!

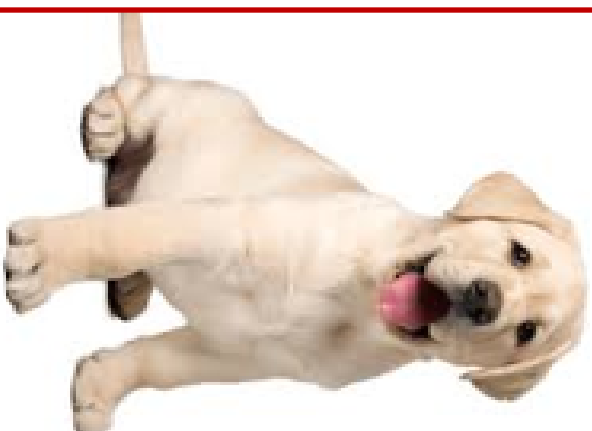
www.lazydogrestaurants.com



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