



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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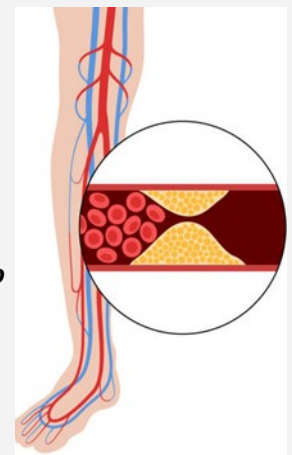
**Zoom Speaker Meeting
October 19, 2022 a 6 PM**

Dr. Zachary Haber

**UCLA Health Vascular and
Interventional Radiologist**

Peripheral Arterial Disease

"PAD"



Description: Peripheral arterial disease (PAD) occurs when there is a blockage in the blood vessels that significantly decreases blood flow to the limbs, usually the legs. The blockage can be caused by inflammation or a clot. Dr. Haber, will discuss common PAD symptoms and how to treat them with minimally-invasive procedures.



Mended Hearts of Whittier Chapter 351

September 2022 New Members

Robert & Irene Bezazian

EMAIL: MH351@PIHHEALTH.ORG

CALL: 562-698-0811 EXT: 12368

MAIL TO: **MENDED HEARTS**
P.O. Box 68
WHITTIER, CA 90608

WWW.MENDEDHEARTSWHITTIER.ORG



Oct 19, 2022 06:00 PM Pacific Time (US and Canada)

Join Zoom Meeting from email invite or emailed newsletter.

Click on this highlighted blue link below from email:

[https://us06web.zoom.us/j/85171321503?](https://us06web.zoom.us/j/85171321503?pwd=aklNaUI5ZldvMkJZdnlhclZRNkF3QT09)

[pwd=aklNaUI5ZldvMkJZdnlhclZRNkF3QT09](https://us06web.zoom.us/j/85171321503?pwd=aklNaUI5ZldvMkJZdnlhclZRNkF3QT09)



If you aren't able to join from the link, sign onto zoom and enter the Meeting ID: 851 7132 1503 and Passcode: 398111

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)



Grilled Pork Fajita's

Number of servings: 8 Healthy carb - High Fiber - Low Fat

Ingredients

- 1 teaspoon ground cumin
- 1/2 teaspoon oregano
- 1/2 teaspoon paprika
- 1/4 teaspoon ground coriander
- 1/4 teaspoon garlic powder
- 1 pound pork tenderloin, cut into strips 1/2 inch wide and 2 inches long
- 1 small onion, sliced
- 8 whole-wheat flour tortillas, about 8 inches in diameter, warmed in the microwave
- 1/2 cup shredded sharp cheddar cheese
- 4 medium tomatoes, diced (about 3 cups)
- 4 cups shredded lettuce
- 1 cup salsa

Directions

Prepare a hot fire in a charcoal grill or heat a gas grill or broiler to medium-high or 400 F.

- In a small bowl, stir together the cumin, oregano, paprika, coriander and garlic powder. Dredge the pork pieces in the seasonings, coating completely.
- Place the pork strips and onions in a cast-iron pan or grill basket. Grill or broil at medium-high heat, turning several times, until browned on all sides, about 5 minutes.
- To serve, spread an equal amount of pork strips and onions on each tortilla. Top each with 1 tablespoon cheese, 2 tablespoons tomatoes, 1/2 cup shredded lettuce and 2 tablespoons salsa. Fold sides of tortilla over the filling, then roll to close.

Nutritional analysis per serving size: 1 fajita - Total fat 3 g – Calories 180 – Protein 17 g – Cholesterol 42 mg - Total carbohydrate 29 g - Dietary fiber 11 g - Monounsaturated fat 0.5 g - Saturated fat 1 g - Total sugars 4 g – Sodium 382 mg - Added sugar 0 g

Healthy Recipes from Mayo Clinic Dieticians

Dietitian's tip: Using pork tenderloin instead of the traditional beef steak reduces the amount of saturated fat in these fajitas.



Fajitas de cerdo a la parrilla

Número de porciones: 8 Carbohidratos saludables - Alto en fibra - Bajo en grasa

Ingredientes

- 1 cucharadita de comino molido
- 1/2 cucharadita de orégano
- 1/2 cucharadita de pimentón
- 1/4 cucharadita de cilantro molido
- 1/4 cucharadita de ajo en polvo
- 1 libra de solomillo de cerdo, cortado en tiras de 1/2 pulgada de ancho y 2 pulgadas de largo
- 1 cebolla pequeña, cortada en rodajas
- 8 tortillas de harina integral, de aproximadamente 8 pulgadas de diámetro, calentadas en el microondas
- 1/2 taza de queso cheddar rallado
- 4 tomates medianos, cortados en cubitos (aproximadamente 3 tazas)
- 4 tazas de lechuga rallada

1 taza de salsa

Continuad en la página 3



Experts say heart patients shouldn't skip flu shots ..from Pages.com

People with heart disease or history of stroke should always get an annual flu vaccine, according to the Centers for Disease Control and Prevention (CDC). While the agency recommends flu vaccines for everyone over six months of age, heart patients face elevated risk of serious illness leading to hospitalization and other complications.

Among 80,000 U.S. adults hospitalized for flu between the 2010-11 and 2017-18 flu seasons, half had heart disease, and sudden heart complications occurred in one out of every eight patients, according to the CDC. Flu patients also face significantly elevated risk of heart attack within a week of a confirmed infection, particularly among older adults or patients experiencing their first heart attack.

People with heart disease should also stay up to date on their pneumococcal vaccination, which is typically administered at the same time as the flu shot and protects against pneumococcal pneumonia, a serious flu complication that can result in death.

The CDC urges Americans to get their flu shots by the end of October. Contact your healthcare provider, a pharmacy or your local health department for an appointment or for information about vaccine clinics.

Los expertos dicen que los pacientes cardíacos no deben omitir las vacunas contra la gripe. Las personas con enfermedades cardíacas o antecedentes de accidente cerebrovascular siempre deben recibir una vacuna anual contra la gripe, según los Centros para el Control y la Prevención de Enfermedades (CDC). Si bien la agencia recomienda vacunas contra la gripe para todas las personas mayores de seis meses de edad, los pacientes cardíacos enfrentan un riesgo elevado de enfermedad grave que conduce a la hospitalización y otras complicaciones. Entre los 80,000 adultos estadounidenses hospitalizados por influenza entre las temporadas de influenza 2010-11 y 2017-18, la mitad tenía enfermedad cardíaca y se produjeron complicaciones cardíacas repentinas en uno de cada ocho pacientes, según los CDC. Los pacientes con gripe también enfrentan un riesgo significativamente elevado de ataque cardíaco dentro de una semana de una infección confirmada, particularmente entre los adultos mayores o los pacientes que experimentan su primer ataque cardíaco.

Las personas con enfermedades cardíacas también deben mantenerse al día con su vacuna antineumocócica, que generalmente se administra al mismo tiempo que la vacuna contra la gripe y protege contra la neumonía neumocócica, una complicación grave de la gripe que puede provocar la muerte.

Los CDC instan a los estadounidenses a vacunarse contra la gripe antes de finales de octubre. Comuníquese con su proveedor de atención médica, una farmacia o su departamento de salud local para una cita o para obtener información sobre las clínicas de vacunas

Fajitas de cerdo a la parrilla

Continuación de la página 2

Indicaciones

Prepare un fuego caliente en una parrilla de carbón o caliente una parrilla de gas o un asador a medio-alto o 400 F. En un tazón pequeño, revuelva el comino, el orégano, el pimentón, el cilantro y el ajo en polvo. Dragar las piezas de cerdo en los condimentos, cubriendo completamente.

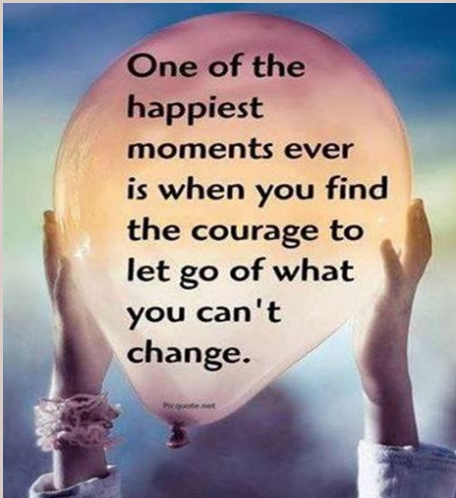
Coloque las tiras de cerdo y las cebollas en una sartén de hierro fundido o en una cesta a la parrilla. Asar o asar a fuego medio-alto, girando varias veces, hasta que se dore por todos lados, unos 5 minutos.

Para servir, esparce una cantidad igual de tiras de cerdo y cebollas en cada tortilla. Cubra cada uno con 1 cucharada de queso, 2 cucharadas de tomates, 1/2 taza de lechuga rallada y 2 cucharadas de salsa. Doble los lados de la tortilla sobre el relleno, luego ruede para cerrar.

Análisis nutricional por tamaño de porción: 1 fajita - Grasa total 3 g - Calorías 180 - Proteína 17 g - Colesterol 42 mg - Carbohidrato total 29 g - Fibra dietética 11 g - Grasa monoinsaturada 0.5 g - Grasa saturada 1 g - Azúcares totales 4 g - Sodio 382 mg - Trans fat Trace - Azúcares añadidos 0 g

Chapter #351 Board Members

- President** - Constance Evans
Email – Constance.mh351@yahoo.com
- Vice President** – Open
- Secretary** – Constance Evans
- Treasurer** – Marilyn Schirmer
- Visiting Chairman** – Yolie Zaragoza
- Membership Chair** - Marcela Cueto-Sanchez
- Newsletter Editor** – Constance Evans
- Public Relations** - Johnny Lemucchi
- Social Secretary** - Vivian Rice
- Honorary Member** – David Temple
- PIH Whittier Hospital Liaisons**–
Teri Beyer - Teri.Beyer@pihhealth.org
Lupe Morales- Lupe.Morales@pihhealth.org
- PIH Downey Liaison** - Mayra Linares
Email - mayra.linares@pihhealth.org
- PIH Good Samaritan** - Helen Simpson
- Mascot** - Makena



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!”

President’s Report

Our September Picnic in the park was great fun! Thanks to everyone who attended and brought their favorite healthy snacks to share. If you missed it, our favorite Cardiac Rehabilitation nurse, Lupe Morales stood in for me and helped create the fun and I was sorry I had to miss it! We did serve food and salads thanks to our board members and everyone enjoyed gathering with friends and making new friends. We will plan another picnic, even though we are hoping to find a meeting place indoors. There were two speakers, our main speaker was Anita Torres M.S. Cardiac Rehabilitation/Exercise Physiologist, who most of you know. She spoke to the group about the importance of maintaining your exercise program after the program and beyond. Here is a picture of Lupe, Anita and our social secretary, Vivian. The other speaker was David Kim, from Abiomed who spoke about the worlds smallest heart pump that is sometimes used during open heart surgeries. Lupe explained more about the process, the benefits and when this device unparticular needs to be used.



Here is a picture of Esmerelda Robles, MSW on 1Tower, who I hope you had a chance to meet. She is a MH supporter and we look forward to working with!





The ultimate haunted house?

If you love haunted houses at Halloween, here's a haunt that may be the genuine article.



The Winchester Mystery House in San Jose, Calif., regularly features a haunted house in September and October for spooky season lovers who want to enjoy Halloween in an elaborate Victorian house with a creepy background. The story: A fabulously wealthy widow gone mad with grief who communed with the dead. They say she was a recluse, acting on the predictions of a psychic who told her she must never stop adding on to her house because the moment construction ceased, she would die. Sarah Winchester moved to California after the death of her husband, William Wirt Winchester, in 1881. With an inheritance of the modern-day equivalent of half a billion dollars and a monthly income of nearly \$1 million in today's money, she bought an 8-room farmhouse on 142 acres and started building. She built day and night for 38 years. Construction only stopped when she took her last breath in 1922.

She didn't have a building plan. She didn't have an architect. But she did have a small army of craftsmen to build anything she wanted. At her direction they created an enormous, eccentric house that at one time was seven stories high. In the house are mysteries: Staircases end at the ceiling -- was it an attempt to fool the spirits? Doors open to solid walls -- was she trapping ghosts? Stained glass windows hang where no light can shine through. Windows were installed inside the house. Despite the massive 24,000 square foot construction, there was only one indoor toilet in the whole house during her lifetime.

You can hear the whole story and take in a virtual tour at winchestermysteryhouse.com.

From Pages.com

¿La casa embrujada definitiva?

Si te encantan las casas embrujadas en Halloween, aquí hay un lugar que puede ser el artículo genuino.

La Winchester Mystery House en San José, California, cuenta regularmente con una casa embrujada en septiembre y octubre para los amantes de la temporada espeluznante que desean disfrutar de Halloween en una elaborada casa victoriana con un fondo espeluznante. La historia: Una viuda fabulosamente rica enloquecida de dolor que comulgaba con los muertos. Dicen que era una reclusa, actuando según las predicciones de un psíquico que le dijo que nunca debía dejar de agregar a su casa porque en el momento en que cesara la construcción, moriría.

Sarah Winchester se mudó a California después de la muerte de su esposo, William Wirt Winchester, en 1881. Con una herencia del equivalente moderno de medio billón de dólares y un ingreso mensual de casi \$ 1 millón en dinero de hoy, compró una granja de 8 habitaciones en 142 acres y comenzó a construir. Construyó día y noche durante 38 años. La construcción solo se detuvo cuando tomó su último aliento en 1922.

Ella no tenía un plan de construcción. No tenía arquitecto. Pero tenía un pequeño ejército de artesanos para construir lo que quisiera. Bajo su dirección crearon una casa enorme y excéntrica que en un momento tuvo siete pisos de altura. En la casa hay misterios: las escaleras terminan en el techo, ¿fue un intento de engañar a los espíritus? Las puertas se abren a paredes sólidas: ¿estaba atrapando fantasmas? Las vidrieras cuelgan donde no puede brillar la luz. Se instalaron ventanas dentro de la casa. A pesar de la enorme construcción de 24,000 pies cuadrados, solo había un inodoro interior en toda la casa durante su vida.

Puede escuchar toda la historia y realizar un recorrido virtual en winchestermysteryhouse.com.





Halloween: Dressing up on the cheap

Have the price tags on Halloween costumes caused a scare? You're not alone. Halloween costumes can get quite pricey, especially given that the outfits will likely get worn only a few times. And many children will quickly outgrow their Halloween costumes, meaning you may have to shell out for a new costume every year. Fortunately, there are some steps you can take to lower Halloween costume and decoration costs.

Want to maximize savings? You can make many great costumes and decorations yourself, spending only a few dollars on supplies. For example, you could run to the print store, print up a large copy of the Mona Lisa, then put it in a picture frame. Next, cut out Mona Lisa's face and you've got a wearable painting mask.

Seasonal products often come at a premium due to high demand. Sometimes you can find great costumes outside of the Halloween section. **Have a daughter who wants to play princess?** Check out the toy section and see if there are any princess outfits. The toy aisle costume could be much cheaper.

After Halloween wraps up, you can often find awesome costumes on the cheap. It's smart to poke around and see if any costumes catch your eye. If so, you can buy now and deck yourself out later. The same is true for Halloween decorations. Instead of waiting until next year, pick up some stuff this November.

Thrift stores often put together Halloween collections where you can find costumes, props, and costume-ready clothing pieces. Ditto for dollar stores. You might also find great costumes at garage sales.

Many folks don't want to wear the same costume year after year. Rather than ditching your costume or tucking it in the attic, why not loan it to friends? In return, your friends might lend you their extra costumes or decorations. You could also post up offers to swap on social media sites, like Facebook or Nextdoor.

Halloween: Disfrazarse de barato

¿Las etiquetas de precio en los disfraces de Halloween han causado un susto? No estás solo. Los disfraces de Halloween pueden ser bastante caros, especialmente dado que los atuendos probablemente se usarán solo unas pocas veces. Y muchos niños superarán rápidamente sus disfraces de Halloween, lo que significa que es posible que tenga que pagar por un disfraz nuevo cada año. Afortunadamente, hay algunos pasos que puede tomar para reducir los costos de disfraces y decoración de Halloween.

¿Quieres maximizar los ahorros? Puede hacer muchos disfraces y decoraciones excelentes usted mismo, gastando solo unos pocos dólares en suministros. Por ejemplo, puede correr a la tienda de impresión, imprimir una copia grande de la Mona Lisa y luego colocarla en un marco de fotos. A continuación, recorta la cara de Mona Lisa y tendrás una máscara de pintura portátil.

Los productos de temporada a menudo tienen una prima debido a la alta demanda. A veces puedes encontrar excelentes disfraces fuera de la sección de Halloween.

¿Tienes una hija que quiere interpretar a princesa? Echa un vistazo a la sección de juguetes y mira si hay algún atuendo de princesa. El disfraz de pasillo de juguete podría ser mucho más barato.

Después de que termina Halloween, a menudo puedes encontrar disfraces increíbles a bajo precio. Es inteligente hurgar y ver si algún disfraz llama tu atención. Si es así, puedes comprar ahora y vestirti más tarde. Lo mismo es cierto para las decoraciones de Halloween. En lugar de esperar hasta el próximo año, recoge algunas cosas este noviembre.

Las tiendas de segunda mano a menudo reúnen colecciones de Halloween donde puedes encontrar disfraces, accesorios y piezas de ropa listas para disfrazar. Lo mismo para las tiendas de dólares. También puede encontrar excelentes disfraces en las ventas de garaje. Muchas personas no quieren usar el mismo disfraz año tras año. En lugar de deshacerse de su disfraz o meterlo en el ático, ¿por qué no prestarlo a amigos? A cambio, tus amigos pueden prestarte sus disfraces o decoraciones adicionales. También puede publicar ofertas para intercambiar en sitios de redes sociales, como Facebook o Nextdoor





Car Styles

R N A D E S T C A P M O C
 E R A C S T R O P S B H X
 T N Y Y U H U M V E E Q J
 S A Y R V F O U R D O O R
 G V H C U A C K T A X I H
 A I O R R X N O P G V W A
 R N T O O A U B U G G Y R
 D I R B Y H C L L P S G D
 Y M O T I M I E Z K E C T
 K S D Q I M I J C M H I O
 T W O D O O R K E A D R P
 E K J U C R U I S E R T O
 S U B C O M P A C T P C T
 P A T R O L C A R W W E G
 R O A D S T E R U O O L A
 W G A U T O M O B I L E R

- | | |
|------------|------------|
| Automobile | Luxury |
| Buggy | Minivan |
| Compact | Patrol car |
| Coupe | Race car |
| Cruiser | Ragtop |
| Dragster | Roadster |
| Electric | Sedan |
| Four door | Sports car |
| Hard top | Subcompact |
| Hot rod | SUV |
| Humvee | Taxi |
| Hybrid | Two door |
| Jeep | Van |
| Limo | |

Enduring Plant

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		

Across

- Opposite of post-
- Kind of yoga
- Gas station abbr.
- Desert sight
- Henley need
- Turbaned Punjabis
- Rains ice
- Tallinn natives
- Is unable to
- Not fulfilled
- "___ Got a Secret"
- Spa feature
- Ed.'s request
- Broadway backer
- Unagi, at a sushi

Down

- Nonpoetic writing
- Former Spanish coins
- Everglades wader
- After childbirth
- Cereal fruit
- Inquire

- Govt. medical agcy
- Beast of burden
- Geological period
- Biscotti flavoring
- Star bursts
- Symbol of strength
- Dos Passos trilogy
- A Bobbsey twin
- Coffee holder

L	E	E		L	E	G	N	V
E	S			V	N	V	S	
E	V	I		T	M	E	U	
T	O	N	N	A	C			
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			S	T	E	S	L	E
S	H	S		S	I	K	S	O
S	A	S		O	A	S	R	E
A	N	A		P	R	A	P	R

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



Collect call


A mother was away all week at a business conference. Her cellphone was on the blink, so during a break, she decided to call home collect.

Her six-year-old son answered and heard a voice say, "We have Betty on the line. Will you accept the charges?" Frantic, the little boy dropped the receiver and came charging outside screaming, "Dad! They've got Mom! And they want money!"



October 2022

Sun Mon Tue Wed Thu Fri Sat

						1
2	3	4	5	6	7	8
9	10 EMERGENCY NURSES WEEK. Oct. 10-16	11	12	13	14 MH Board Meeting 10 am	15
16	17	18	19 Zoom Speaker Meeting 6 pm	20 Roadhouse Grill Fundraiser All Day	21	22
23	24	25	26	27	28	29
30	31 					

Benefits of a Mended Hearts **Membership...**

You can join for free ...or select a level of your choice and receive the HeartBeat magazine.

You will get access to the web site stories to find information you need at any time!

You receive emails about important Webinar's like this one.....

Associate members can sign up for Chapter 351 online or call us and we can do it for you!

There are new topics every quarter that as a heart patient or care provider you should be viewing! Share the information with family & your friends. You never know who will need it next!





Mended Hearts™
of Whittier



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

Wednesday, October 20, 2022

11am – 10pm

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: _____



Mended Hearts™
of Whittier



Food, Friends and Fundraising!
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For our Annual Mended Hearts Fundraising.

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