



# 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.

**NO ZOOM MEETING**



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 Mended Hearts of Whittier Chapter 351

EMAIL: [MH351@PIHHEALTH.ORG](mailto:MH351@PIHHEALTH.ORG)

CALL: 562-698-0811 EXT: 12368

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

[WWW.MENDEDCHEARTSWHITTIER.ORG](http://WWW.MENDEDCHEARTSWHITTIER.ORG)

**We are PICNIC...ing IN THE PARK**

**September 21, 2022 4 - 6 pm**

Michigan Park

8228 Michigan Ave, Whittier, CA 90602

(Between Mar Vista and Whittier Blvd )

**PLEASE RSVP to save your seats!**

562-698-0811 Ext 12368 Mended Hearts Office

There are picnic tables, tablecloths & you are welcome to bring your own chairs. .

**Raffle with Prizes!**

*There will be fresh Food available and water.*

**Bring your favorite Heart Healthy Snacks to share with friends**

**RSVP to Marcela...she is coordinating the snacks**

**Call 562- 652-4355**



**We have 2 speakers coming. See their information on Page 6 & 7.**



Healthy Recipes from Mayo /Clinic Dieticians

### Chicken salad with pineapple and balsamic vinaigrette

Number of servings: 8 Plus Healthy carbs & Low Sodium

#### Ingredients:

- 4 boneless, skinless chicken breasts, each about 5 ounces
- 1 tablespoon olive oil
- 1 can (8 ounces) unsweetened pineapple chunks, drained except for 2 tablespoons juice
- 2 cups broccoli florets
- 4 cups fresh baby spinach leaves
- 1/2 cup thinly sliced red onions
- For the vinaigrette:
  - 1/4 cup olive oil
  - 2 tablespoons balsamic vinegar
  - 2 teaspoons sugar
  - 1/4 teaspoon ground cinnamon

#### Directions:

1. Cut each chicken breast into cubes. In a large, nonstick frying pan, heat the olive oil over medium heat. Add the chicken and cook until golden brown, about 10 minutes. In a large serving bowl, combine the cooked chicken, pineapple chunks, broccoli, spinach and onions.
2. To make the dressing, whisk together the olive oil, vinegar, reserved pineapple juice, sugar, and cinnamon in a small bowl. Pour over the salad. Toss gently to coat evenly. Serve immediately.

**Nutritional analysis per serving: About 2 cups** Calories 186; Total fat 10 g; Saturated fat 1.5 g; Trans-fat Trace; Monounsaturated fat 7 g; Cholesterol 51 mg; Sodium 50 mg; Total carbohydrate 7 g; Dietary fiber 1 g Total sugars 5 g; Added sugars 2 g; Protein 17 g



**Dietitian's tip:** Balsamic vinegar adds vibrant flavor to this salad and only a smidgen of fat and sodium

### Ensalada de pollo con piña y vinagreta balsámica

Número de porciones 8 Más sus carbohidratos saludables y bajo en sodio

#### Ingredientes:

- 4 pechugas de pollo deshuesadas y sin piel, cada una de aproximadamente 5 onzas
- 1 cucharada de aceite de oliva
- 1 lata (8 onzas) trozos de piña sin azúcar, escurridos excepto por 2 cucharadas de jugo
- 2 tazas de floretes de brócoli
- 4 tazas de hojas frescas de espinaca bebé
- 1/2 taza de cebollas rojas en rodajas finas
- Para la vinagreta:
  - 1/4 taza de aceite de oliva
  - 2 cucharadas de vinagre balsámico
  - 2 cucharaditas de azúcar
  - 1/4 cucharadita de canela molida

#### Indicaciones:

1. Cortar cada pechuga de pollo en cubos. En una sartén grande y antiadherente, calienta el aceite de oliva a fuego medio. Agregue el pollo y cocine hasta que esté dorado, unos 10 minutos. En un tazón grande, combine el pollo cocido, los trozos de piña, el brócoli, las espinacas y las cebollas.



**Consejo del dietista:** El vinagre balsámico agrega un sabor vibrante a esta ensalada y solo una pizca de grasa y sodio

**Continúa en la página 4**



## Gender Gap: 8 Ways Women's Heart Attacks Are Different From Men's

Medically Reviewed by Carmelita Swiner, MD on July 18, 2022

### Women and Heart Attacks

For both men and women, heart disease is the number one cause of death in the United States. Still, there are key differences in how it develops, presents, and is addressed between the sexes.

Heart disease has a major impact on many women's lives, but awareness about it has typically focused more on men than women.

**Smaller Hearts and Blood Vessels** - There are differences in male and female bodies that affect how heart disease develops. For example, women have smaller hearts and smaller blood vessels. This difference is significant because sometimes smaller vessels don't show up well on an angiogram — a picture taken of the blood vessels of the heart — so signs of blockages can be missed in some women. Women also tend to develop heart disease in the smaller blood vessels of the heart instead of the large coronary arteries commonly seen in men.



**Risk Factors** - Female reproductive health history and heart disease are closely related. Women with endometriosis were found to be three times more likely to develop some form of heart disease than women without it.

Women who develop gestational diabetes during pregnancy or preeclampsia, a complication of pregnancy that causes high blood pressure and places stress on the organs, may also have an increased risk for heart attacks.

**Symptoms** - Many of the "classic" heart attack symptoms — like crushing chest pain — are based on research done on men. Women may experience chest pain, but may also have flu-like symptoms including: Nausea; Vomiting; Dizziness; Shortness of breath.



**Symptom-Mimicking Conditions** - Women are more likely than men to develop several diseases that have symptoms similar to a heart attack, like chest pain and shortness of breath.

**Coronary spasm.** In this condition, a vessel that supplies blood to the heart clamps down. This temporarily constricts the blood flow, mimicking a heart attack.

**Coronary dissection.** This is when the wall of a coronary artery tears. Patients are frequently women who may not have any history of heart disease.

**Takotsubo cardiomyopathy.** Also called broken syndrome, this is an inflammatory condition that causes the heart to enlarge after a period of emotional distress.

Some of these look-alike conditions can be less severe than a heart attack, but others are just as dangerous, so it's always important to check with your doctor if you're experiencing any symptoms.

**Medications** - Women are less likely to be prescribed drugs that control blood pressure or lower cholesterol after having a heart attack than men. Women are also less likely to be prescribed baby aspirin, a medication widely recommended for people with a history of heart attack.

More research is needed to determine why women are less frequently prescribed these guideline-recommended

**Diagnostic Testing** - The cardiac troponin test is a common tool used to determine if a heart attack has occurred. This test measures the levels of troponin — a protein that indicates the presence of damaged heart muscle — in the blood.

Medical providers are beginning to understand that women need a lower level of troponin in the blood to indicate a heart attack. If providers are only going off the old standard that looked at results in men, women experiencing a heart attack could be told they are fine because their troponin wasn't high enough.

medicines.

**Treatments** - Women may need a different approach to treatment to get the best outcomes compared to men. For example, women have higher mortality rates for coronary artery bypass surgery, a type of open heart surgery that fixes blocked arteries in the heart. A more conservative approach to treatment may be more successful for some women. **Be Your Own Advocate for Heart Health Care!**





### Chapter #351 Board Members

**President** - Constance Evans  
Email - [Constance.mh351@yahoo.com](mailto: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

**Public Relations** - Johnny Lemucchi

**Public Relations** - Mike Candelaria

**Social Secretary** - Vivian Rice

**Honorary Member** - David Temple

**PIH Whittier Hospital Liaisons-**

Teri Beyer - [Teri.Beyer@pihhealth.org](mailto:Teri.Beyer@pihhealth.org)

Lupe Morales- [Lupe.Morales@pihhealth.org](mailto:Lupe.Morales@pihhealth.org)

**PIH Downey Liaison** - Mayra Linares

Email - [mayra.linares@pihhealth.org](mailto:mayra.linares@pihhealth.org)

**PIH Good Samaritan** - Helen Simpson



**Mascot** - Makena

#### 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!"**

#### President's Report

Our chapter is growing with 5 new members this month! We are very proud to have them join us and be part of an uplifting and informative organization. Heart Disease kills more people than cancer, so be prepared with the information for yourself, your family and your friends.



HeartBeat magazine July-September - When you receive your magazine, turn to page 27. There is a great story about our chapter and how we reach out to our community with our newsletter in 2 languages. We strive to be more inclusive in communities we serve!

We'll talk more about the World of Support and next years Annual 2023 Conference at our picnic. It will be fun to share favorite healthy snack ideas and just be with each other catching up! **See you there !**

#### Ensalada de pollo con piña y vinagreta balsámica - continuado

2. Para hacer el aderezo, mezcle el aceite de oliva, el vinagre, el jugo de piña reservado, el azúcar y la canela en un tazón pequeño. Vierte sobre la ensalada. Mezcle suavemente para cubrir uniformemente. Servir inmediatamente.

**Análisis nutricional por porción:** Alrededor de 2 tazas Calorías 186; Grasa total 10 g; Grasas saturadas 1,5 g; Traza de grasas trans; Grasas monoinsaturadas 7 g; Colesterol 51 mg; Sodio 50 mg; Carbohidrato total 7 g; Fibra dietética 1 g  
Azúcares totales 5 g; Azúcares añadidos 2 g; Proteína 17 g.

#### Brecha de género: 8 formas en que los ataques cardíacos de las mujeres son diferentes de los de los hombres

Los proveedores médicos están empezando a entender que las mujeres necesitan un nivel más bajo de troponina en la sangre para indicar un ataque cardíaco. Si los proveedores solo se salen del antiguo estándar que analizaba los resultados en los hombres, a las mujeres que experimentan un ataque cardíaco se les podría decir que están bien porque su troponina no era lo suficientemente alta.  
medicinas.

**Tratamientos :** las mujeres pueden necesitar un enfoque diferente del tratamiento para obtener los mejores resultados en comparación con los hombres. Por ejemplo, las mujeres tienen tasas de mortalidad más altas para la cirugía de derivación de la arteria coronaria, un tipo de cirugía a corazón abierto que corrige las arterias bloqueadas en el corazón. Un enfoque más conservador del tratamiento puede ser más exitoso para algunas mujeres.



## Brecha de género: 8 formas en que los ataques cardíacos de las mujeres son diferentes de los de los hombres

Revisado médicamente por Carmelita Swiner, MD el 18 de julio de 2022

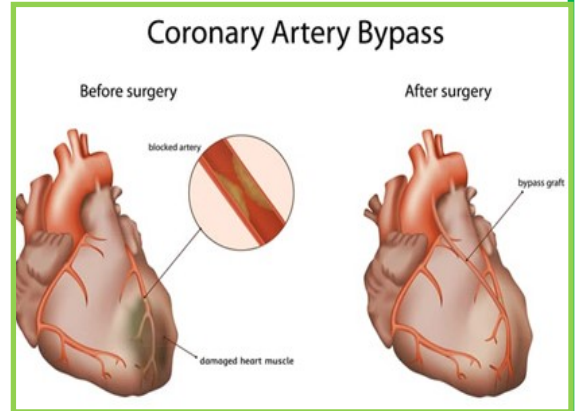
### Mujeres y ataques cardíacos

Tanto para hombres como para mujeres, la enfermedad cardíaca es la causa número uno de muerte en los Estados Unidos. Aún así, hay diferencias clave en la forma en que se desarrolla, presenta y se aborda entre los sexos.

La enfermedad cardíaca tiene un gran impacto en la vida de muchas mujeres, pero la conciencia al respecto generalmente se ha centrado más en los hombres que en las mujeres.

### Corazones y vasos sanguíneos más pequeños

: hay diferencias en los cuerpos masculinos y femeninos que afectan la forma en que se desarrolla la enfermedad cardíaca. Por ejemplo, las mujeres tienen corazones más pequeños y vasos sanguíneos más pequeños. Esta diferencia es significativa porque a veces los vasos más pequeños no se muestran bien en una angiografía, una imagen tomada de los vasos sanguíneos del corazón, por lo que se pueden pasar por alto signos de obstrucciones en algunas mujeres. Las mujeres también tienden a desarrollar enfermedades cardíacas en los vasos sanguíneos más pequeños del corazón en lugar de las grandes arterias coronarias que se ven comúnmente en los hombres.



**Factores de riesgo** : los antecedentes de salud reproductiva femenina y las enfermedades cardíacas están estrechamente relacionados. Se encontró que las mujeres con endometriosis tenían tres veces más probabilidades de desarrollar algún tipo de enfermedad cardíaca que las mujeres sin ella. Las mujeres que desarrollan diabetes gestacional durante el embarazo o preeclampsia, una complicación del embarazo que causa presión arterial alta y ejerce presión arterial en los órganos, también pueden tener un mayor riesgo de ataques cardíacos.

**Síntomas** - Muchos de los síntomas "clásicos" del ataque cardíaco como el dolor de pecho aplastante se basan en investigaciones realizadas en hombres. Las mujeres pueden experimentar dolor en el pecho, pero también pueden tener síntomas similares a los de la gripe, incluyendo náuseas; Vómitos; Mareos; Dificultad para respirar.



**Condiciones que imitan los síntomas**: las mujeres son más propensas que los hombres a desarrollar varias enfermedades que tienen síntomas como un ataque cardíaco, como dolor en el pecho y dificultad para respirar. Espasmo coronario. En esta condición, un vaso que suministra sangre al corazón se reprime. Esto constriñe temporalmente el flujo sanguíneo, imitando un ataque al corazón.

Diseción coronaria. Esto es cuando la pared de una arteria coronaria se desgarrar. Los pacientes son con frecuencia mujeres que pueden no tener antecedentes de enfermedad cardíaca.

Miocardopatía de Takotsubo. También llamado síndrome roto, esta es una condición inflamatoria que hace que el corazón se agrande después de un período de angustia emocional.

Algunas de estas afecciones similares pueden ser menos graves que un ataque cardíaco, pero otras son igual de peligrosas, por lo que siempre es importante consultar con su médico si experimenta algún síntoma.

**Medicamentos** : las mujeres tienen menos probabilidades de que se les receten medicamentos que controlen la presión arterial o reduzcan el colesterol después de tener un ataque cardíaco que los hombres. Las mujeres también son menos propensas a que se les recete aspirina para bebés, un medicamento ampliamente recomendado para personas con antecedentes de ataque cardíaco.

Se necesita más investigación para determinar por qué a las mujeres se les recetan con menos frecuencia estas

**pruebas de diagnóstico recomendadas por las pautas** : la prueba de troponina cardíaca es una herramienta común utilizada para determinar si se ha producido un ataque cardíaco. Esta prueba mide los niveles de troponina, una proteína que indica la presencia de músculo cardíaco dañado, en la sangre.

**Continúa en la página 4**



### **.Odd jobs: How the mud man makes baseballs fly right**

It's a closely guarded secret, passed down from generation to generation. It helps save lives and is an integral part of a multi-billion-dollar industry. **It's mud. Yes, mud.** And Major League Baseball (MLB) currently depends on this mud to provide ball traction and to ensure a strong grip, thus reducing errant balls.

You see, baseballs fresh from the box are quite slippery. And if pitchers lose control of the ball, someone could end up hurt or even killed. Mud can be used to increase grip while still maintaining the classic look of a white baseball.

But not just any old mud will do. In fact, the mud all comes from a specific place, a top-secret spot on a New Jersey river. And the MLB depends on one man, Jim Bintliff, who may be the only person alive who knows where to find the mud.

Bintliff learned the secret of the mud's location back in 2000, when his parents passed it on to him. An MLB player, Russell "Lena" Blackburne, first discovered the mud and its deglossing properties back in 1938. The mud quickly became popular throughout the league and barrels of it can now be found in every MLB stadium.

In 1968, Blackburne passed on the secret location of the mud to a close friend, who just so happened to be Jim Bintliff's grandfather. Grandpa eventually passed the location on to Jim's parents, who then passed it on to him.

Mudding new baseballs is now a time-honored tradition. That said, the mud's days may be numbered. MLB is exploring ways to create a baseball that will provide excellent grip without mud and without interfering with the baseball's many properties.



### **Trabajos ocasionales: cómo el hombre de barro hace que las pelotas de béisbol vuelen bien**

Es un secreto muy bien guardado, transmitido de generación en generación. Ayuda a salvar vidas y es una parte integral de una industria multimillonaria. **Es barro. Sí, barro.** Y las Grandes Ligas de Béisbol (MLB) actualmente dependen de este barro para proporcionar tracción a la pelota y garantizar un fuerte agarre, reduciendo así las bolas errantes.

Verás, las pelotas de béisbol recién salidas de la caja son bastante resbaladizas. Y si los lanzadores pierden el control de la pelota, alguien podría terminar herido o incluso muerto. El barro se puede usar para aumentar el agarre sin dejar de mantener el aspecto clásico de una pelota de béisbol blanca.

Pero no cualquier barro viejo servirá. De hecho, todo el barro proviene de un lugar específico, un lugar de alto secreto en un río de Nueva Jersey. Y la MLB depende de un hombre, Jim Bintliff, que puede ser la única persona viva que sabe dónde encontrar el barro.

Bintliff aprendió el secreto de la ubicación del lodo en el año 2000, cuando sus padres se lo pasaron. Un jugador de MLB, Russell "Lena" Blackburne, descubrió por primera vez el barro y sus propiedades de desglosado en 1938. El barro se hizo popular rápidamente en toda la liga y ahora se pueden encontrar barriles de él en todos los estadios de la MLB.

En 1968, Blackburne le pasó la ubicación secreta del barro a un amigo cercano, que resultó ser el abuelo de Jim Bintliff. El abuelo finalmente pasó la ubicación a los padres de Jim, quienes luego se la pasaron a él.

Enturbiar nuevas pelotas de béisbol es ahora una tradición consagrada por el tiempo. Dicho esto, los días del barro pueden estar contados. MLB está explorando formas de crear una pelota de béisbol que proporcione un excelente agarre sin barro y sin interferir con las muchas propiedades del béisbol.

**Meet our speaker David Kim.** He lives in the South Bay area of Los Angeles, received his bachelor's degree from USC Berkeley and his master's degree from the CSU at Dominguez Hills. In his spare time, David enjoys spending time with his 6-year-old son Theodore and wife Jessica. David is a big fan of basketball, having played all 4 years in high school. Fun fact: I am 6'5" tall and participated on the practice squad at college!



David coordinates community outreach in Southern California for a medical device company called Abiomed. They make the world's smallest heart pump, called Impella. If you've never heard of it, go to [www.heartrecovery.com](http://www.heartrecovery.com) to learn more! He will speak to us about the Life-changing diagnosis of coronary artery disease (CAD) and heart failure (HF). Have you been tested/diagnosed? Life-saving treatment options with Impella, specifically protected percutaneous coronary intervention (PPCI). Has your doctor ever discussed this with you?





### Meet Our Speaker - Anita Torres M.S. Cardiac Rehabilitation/Exercise Physiologist



Anita fell in love with medical science while taking a biology class in High School. She had the opportunity to dissect a pig heart and was fascinated by the internal anatomy of the heart. She attended the University of Southern California and entered her freshman year with the hopes of being a Pre-Med major. While attending college she also had dreams of having a family. That passion led her to graduate with a degree in Kinesiology. She went on to receive her Master of Science in Kinesiology- Exercise Science from California State University, Long Beach. The following year she gave birth to her son. Anita has been working in Cardiac Rehab at PIH Health Hospital - Whittier for almost 14 years. She loves to stay active by lap swimming, running and hiking. She values the importance of being able to keep up with her son, who will begin High School this fall. They both recently finished courses and are PADI certified as Open Water Divers.



### Giving of yourself to support other patients is "Healing For Your Heart"

It's a proven fact that people who get involved in giving back actually start to feel better and improve their own health. Here is a way you can help... You can visit by phone, in the community or in a hospital where you received your care. Whatever you decide to do...We Thank You! Here are the classes for September offered by MHI for all chapters across the nation.

#### Visitor Reaccreditation and Full Visitor Training

If you are an in-person visitor who needs to be reaccredited, or you are interested in becoming a virtual visitor, we are offering our one-hour training session on September 15. We are also offering a three-hour Zoom training for those who would like to visit face-to-face. Please see below for registration information.

#### Visitor Reaccreditation/Virtual Visitor Training

When: Sep 15, 2022 03:00 PM Eastern Time  
Register in advance for this meeting:  
[https://us06web.zoom.us/meeting/register/tZcpc-ygrzMQGN0btldInh0gg\\_eis0lSWhrs](https://us06web.zoom.us/meeting/register/tZcpc-ygrzMQGN0btldInh0gg_eis0lSWhrs)

After registering, you will receive a confirmation email containing information about joining the meeting.

#### Full Visitor Training

When: Sep 20, 2022 01:30 PM Eastern Time  
Register in advance for this meeting:  
<https://us06web.zoom.us/meeting/register/>

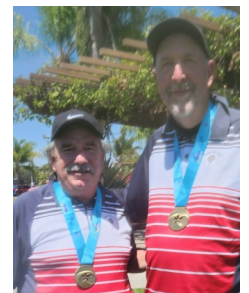


### MHI Attends June 2023 Transplant Games

The Mended Hearts, Inc. was honored to attend this year's Transplant Games in San Diego. They witnessed athletes and competitors from around the country come together for a week of sport, competition, comradery and tribute, and felt privileged to meet so many recipients, donor families and living donors. A big thanks to local San Diego Chapter 62 volunteers who worked at the MHI exhibition booth and helped spread the word about the importance of peer-to-peer support and the work MHI does. Here is a picture of Joe and Margaret - Chapter 62



Chapter 351 was represented by our own transplant recipient and PR Chair Johnny Lemucchi & wife, Caroline. His team competed in events and took home the Gold in Golf, Gold in Corn H and Bronze for Basketball!...Fantastic Team! Congratulations!





## Large & Small

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

BITTY	MINI
COLOSSAL	MINIATURE
ENORMOUS	MINUSCULE
EXTRAVAGANT	PETITE
GIANT	PICAYUNE
GIGANTIC	RUNTY
GRAND	SHORT
HUGE	SIZABLE
HUMONGOUS	SUBSTANTIAL
IMMENSE	TEENY
JUMBO	VAST
LITTLE	VOLUMINOUS
MASSIVE	WEE
MICROSCOPIC	WIDE

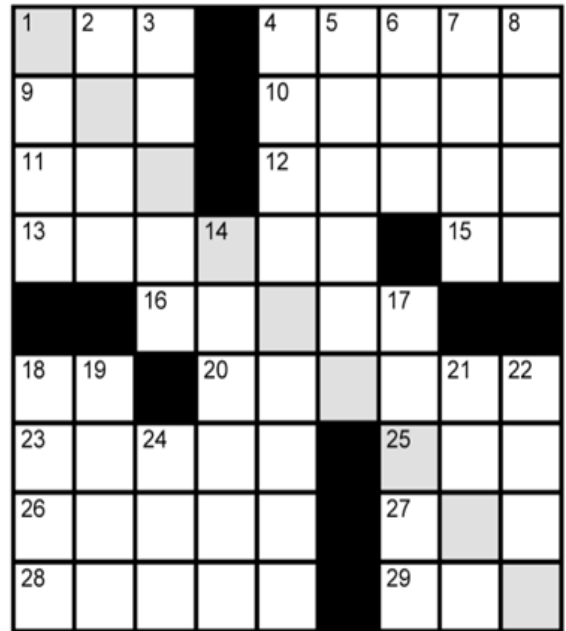
## Redwood Home

### Across

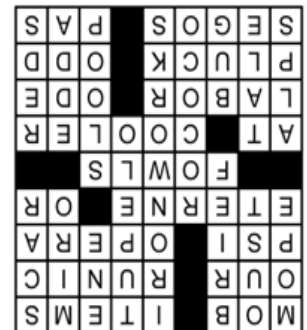
- Syndicate
- Agenda entries
- Lord's Prayer starter
- Like old Norse alphabets
- Last Greek consonant
- Met offering
- Forever, poetically
- Hosp. facility
- Game birds
- @
- Less hot
- Work hard
- "\_\_\_ to Joy"
- Neaten eyebrows
- Uneven
- Utah lilies
- Faux \_\_\_

### Down

- Have the blues
- Remove from office
- Succinct
- Smelting site
- Mississippi city where Elvis was born



- Compass heading
- Catalan painter Joan
- Mark for life
- Like Chippendale furniture
- Regatta entry
- Skiing mecca
- Story
- Icelandic epic
- McCarthy's quarry
- Insect



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



"Ooh, that looks delicious! Does it photograph well?"

### Funny observations

Occasionally he has stumbled over the truth, but he always picked himself up and hurried on as if nothing had happened.

#### Winston Churchill

His idea of conversation is talking to himself in the presence of others. **Donald Reines**

He looked at me like I was a side dish he hadn't ordered.

#### Ring Lardner

Grandpa always said "When one door closes, another one opens." Great man. Horrible cabinetmaker. **Bud Frampton**





# September 2022



Sun Mon Tue Wed Thu Fri Sat

				1	2	3
4	5	6	7	8	9 MH Board Meeting 10 am	10
11	12	13 10 am Q3 Leadership Training	14 1pm Q3 Leadership Training	15 4 pm Q3 Leadership Training	16	17
18	19	20	21 Picnic Michigan Park Event 4 - 6 pm	22	23	24
25	26	27	28	29	30	

### Business Donors 2022

Biotronik  
 Hera Technologies  
 Lazy Dog Restaurant  
 Mountain Lakes Resort  
 Panera Bread  
 PIH Health Hospital  
 Ruby's Diner  
 Roadhouse

SEPTEMBER 29  
**WORLD  
 HEART  
 DAY**



### August 2022 New Members

Maria Salazar Gallo  
 Phyllis Ham  
 Laurel Parker  
 Carole Jicha  
 Florence Murray



Mended Hearts®  
of Whittier, CA

## Programs for families and our communities.



### Our annual World of Support Fundraiser

*It is back for its fourth year* and registration is now open.

This year we have some new fun ways to get involved and get moving, all while supporting an organization you love.

The event begins on **September 1** and ends on **September 29, World Heart Day**, but you can register and encourage friends and family to donate now. For those of you who are logging miles on the Charity Footprints site, they will start to accumulate on September 1.

Because we always want to put the "fun" in fundraising, we are inviting you to complete four weekly challenges. Challenge participants will be entered into a drawing to win tickets to see the Rockettes in New York City on December 18-21 (including roundtrip airfare and accommodations)! Those who register and donate will also be eligible to win gift card prizes. In addition, prizes will be given for individuals raising \$100, \$500 and \$1,000 in donations. More details on the challenges and prizes are coming soon.

**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.



### Registration for adults is \$25 and kids is \$15

Register, donate, join a team or start a team at <https://www.charityfootprints.com/worldofsupport2022/>

To donate by check or phone please email [info@mendedhearts.org](mailto:info@mendedhearts.org) or call 888-432-7899

Choose a distance goal of 10K, 13.1 miles, 26.2 miles or 50 miles and complete your miles ANY way you choose (like volunteering, swimming, vacuuming, yoga, weightlifting), and more -just click "Other" when registering  
And don't forget to share pictures in our Scrapbook so people can see your accomplishments

### Order a T shirt for your team

Members, family & friends!  
See them all on the MHI web site and design your own.



**Young Mended Hearts™**  
Learn more at [www.mendedhearts.org](http://www.mendedhearts.org)

**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.**