



Mended Hearts® of Whittier, CA NEWSLETTER

November 2022

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

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EMAIL: MH351@PIHHEALTH.ORG

CALL: 562-698-0811 EXT: 12368



Mended Hearts of Whittier Chapter 351

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

October 2022 New Members

Lorena Cuffey
Michael Cuffney
Sara Wells
Joe Kuroshima

WWW.MENDEDCHEARTSWHITTIER.ORG

WWW.MENDEDCHEARTS.ORG



November Zoom Meeting

November 16 at 6 pm - Support Group at 7 pm

Our Speaker is

America Amaro, RD

Is presenting:

“Getting Ready for the Holidays”



It can be intimidating!

Get pointers for a beautiful meal plan and stay on your health plan!

Nov 16, 2022 06:00 PM Pacific Time (US and Canada)

Join Zoom Meeting:

<https://us06web.zoom.us/j/87286896415?pwd=c1hERFI4ZnMvMHFSa0d2eHVLMDF4UT09>

If you aren't able to join from the link, sign onto zoom and enter the Meeting ID: 872 8689 6415 and 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)





Roasted Butternut Squash Fries Recipe from Mayo Clinic Dieticians

Number of servings : 6 Healthy carb / Low Fat

Ingredients:

- 1 medium butternut squash
- 1 tablespoon olive oil
- 1 tablespoon chopped fresh thyme
- 1 tablespoon chopped fresh rosemary
- 1/2 teaspoon salt

Directions

- Heat oven to 425 F. Lightly coat a baking sheet with nonstick cooking spray.
- Peel skin from butternut squash and cut into even sticks, about 1/2 inch wide and 3 inches long. In a medium bowl, combine the squash, oil, thyme, rosemary, and salt; mix until the squash is evenly coated.
- Spread onto the baking sheet and roast for 10 minutes. Remove the baking sheet from the oven and shake to loosen the squash. Place back in the oven and continue to roast for another 5 to 10 minutes until golden brown.

Nutritional analysis per serving size: 1/2 cup – Calories 62 - Total fat 2 g - Saturated fat 0 g - Trans fat 0 g - Protein 1 g Monounsaturated fat 2 g - Cholesterol 0 mg – Sodium 168 mg - Total carbohydrate 11 g - Dietary fiber 3 g Total sugars 2 g



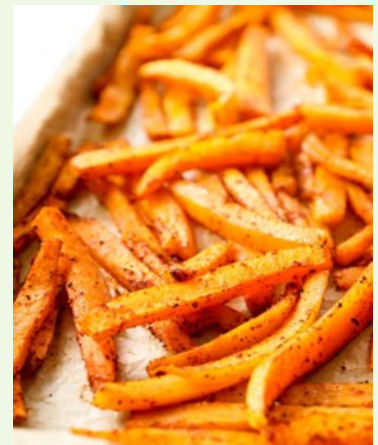
Dietitian's tip: To ensure even cooking, cut vegetables into uniform sizes. This recipe also works with sweet potatoes or acorn squash.

Papas fritas de calabaza asada Recetas de dietistas de Mayo Clinic

Número de porciones; 6 carbohidratos saludables / bajos en grasa

Ingredientes:

- 1 calabaza mediana
- 1 cucharada de aceite de oliva
- 1 cucharada de tomillo fresco picado
- 1 cucharada de romero fresco picado
- 1/2 cucharadita de sal



Indicaciones:

- Caliente el horno a 425 F. Cubra ligeramente una bandeja para hornear con aerosol antiadherente para cocinar.
- Pele la piel de la calabaza y córtela en palos uniformes, de aproximadamente 1/2 pulgada de ancho y 3 pulgadas de largo. En un tazón mediano, combine la calabaza, el aceite, el tomillo, el romero y la sal; Mezcle hasta que la calabaza esté uniformemente cubierta.
- Extienda sobre la bandeja para hornear y asar durante 10 minutos. Retire la bandeja para hornear del horno y agite para aflojar la calabaza. Vuelva a colocar en el horno y continúe asando durante otros 5 a 10 minutos hasta que estén dorados.

Análisis nutricional por dosis: 1/2 taza – Calorías 62 - Grasas totales 2 g - Grasas saturadas 0 g - Grasas trans 0 g - Grasas monoinsaturadas 2 g - Colesterol 0 mg – Sodio 168 mg - Carbohidrato total 11 g - Fibra dietética 3 g Azúcares totales 2 g - Proteína 1 g

Para garantizar una cocción uniforme, corte las verduras en tamaños uniformes. Esta receta también funciona con batatas o calabaza bellota.



November is American Diabetes Month

from pagaesmag.com

Prediabetes affects heart disease and is a stroke risk!

Also called impaired glucose tolerance or impaired fasting glucose, prediabetes is defined by blood sugar levels that are higher than normal, but not yet in the diabetic range.

According to the Centers for Disease Control and Prevention (CDC), normal fasting blood sugar is 99 mg/dL or lower. Fasting blood sugar of 100 to 125 mg/DL indicates prediabetes.

About 38 percent of Americans over the age of 18 are now classified as prediabetic. Most of these people are not aware of their condition.

Early diagnosis is important. Cardiovascular disease, which is the primary cause of death among people with diabetes, begins to develop in the prediabetic phase. The risk can begin to climb for 15 years before type 2 diabetes is diagnosed.

Unless people with prediabetes take steps to reduce their risk, 5 to 10 percent of them will develop type 2 diabetes each year. Within 10 years, up to half of them will progress to full-blown diabetes, a leading cause of blindness, kidney failure, amputations, and premature death from heart disease, according to the National Institutes of Health.

A study reported in The New England Journal of Medicine shows that lifestyle changes as well as the anti-diabetes drug metformin are effective at preventing or delaying type 2 diabetes risk.

In the study, 58 percent of those on a lifestyle program reduced their incidence of diabetes, compared with 31 percent taking metformin. The lifestyle program included a healthy, low-calorie, low-fat diet, and exercising at least 150 minutes per week with a goal of 7 percent weight loss.

Drugs are available for treatment of prediabetes, but lifestyle changes are the first-line treatment of choice.



Noviembre es el Mes Americano de la Diabetes

La prediabetes afecta la enfermedad cardíaca y el riesgo de accidente cerebrovascular

También llamada intolerancia a la glucosa o alteración de la glucosa en ayunas, la prediabetes se define por los niveles de azúcar en la sangre que son más altos de lo normal, pero aún no están en el rango diabético.

Según los Centros para el Control y la Prevención de Enfermedades (CDC), el azúcar en la sangre normal en ayunas es de 99 mg / dL o menos. El azúcar en sangre en ayunas de 100 a 125 mg / DL indica prediabetes.

Alrededor del 38 por ciento de los estadounidenses mayores de 18 años ahora están clasificados como prediabéticos. La mayoría de estas personas no son conscientes de su condición.

El diagnóstico precoz es importante. La enfermedad cardiovascular, que es la principal causa de muerte entre las personas con diabetes, comienza a desarrollarse en la fase prediabética. El riesgo puede comenzar a aumentar durante 15 años antes de que se diagnostique la diabetes tipo 2.

A menos que las personas con prediabetes tomen medidas para reducir su riesgo, del 5 al 10 por ciento de ellas desarrollarán diabetes tipo 2 cada año. Dentro de 10 años, hasta la mitad de ellos progresarán a diabetes en toda regla, una de las principales causas de ceguera, insuficiencia renal, amputaciones y muerte prematura por enfermedad cardíaca, según los Institutos Nacionales de Salud.

Un estudio publicado en The New England Journal of Medicine muestra que los cambios en el estilo de vida, así como el medicamento contra la diabetes metformina, son efectivos para prevenir o retrasar el riesgo de diabetes tipo 2. En el estudio, el 58 por ciento de los que seguían un programa de estilo de vida redujeron su incidencia de diabetes, en comparación con el 31 por ciento que tomaban metformina. El programa de estilo de vida incluyó una dieta saludable, baja en calorías y baja en grasas, y hacer ejercicio al menos 150 minutos por semana con un objetivo de pérdida de peso del 7 por ciento.

Hay medicamentos disponibles para el tratamiento de la prediabetes, pero los cambios en el estilo de vida son el tratamiento de primera línea de elección.



Chapter #351 Board Members

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

Vice President – Hugo Cambron

Secretary – Constance Evans

Treasurer – Marilyn Schirmer

Visiting Chairman – Yolie Zaragoza

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Public Relations - Johnny Lemucchi

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Lupe Morales- Lupe.Morales@pihhealth.org

PIH Downey Liaison - Mayra Linares

Email - mayra.linares@pihhealth.org

PIH Good Samaritan - Dayane Verdin

Mascot - Makena



Chapter 351 Third Annual

“JINGLE BELL RAFFLE”

The Raffle begins November 1st!

The winning tickets will be drawn

on December 14th at our

“Happy Holidays Zoom Meeting”

Hosted by your Mended Hearts Chapter 351 board.

Hear all the details at our **November 16th ZOOM Meeting.**

Watch our Facebook Page for Raffle Prizes coming in!

Tickets will be on sale until December 10th and you can purchase:

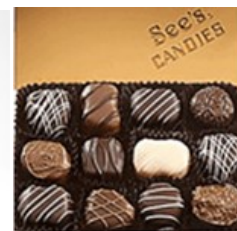
1. Send a check or money order to Mended Hearts Chapter 351 at PO Box 68, Whittier, CA 90608
2. You can purchase from a board member or call our office to arrange another option.

\$10.00 each / 3 for \$20.00 / 8 for \$50.00.

What will you win this year?

55”+ HD Smart Television

**A Golf Caddy / Favorite Book Autographed by Dr. Tovar
A beautiful Necklace Set / Gift Cards / Wine Basket / See’s
Candy & More!**



Chapter 351 Lifetime Members

Evans, Constance

Heider, Daniel

Hubaud, Lou

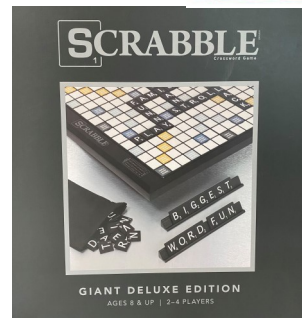
Killian, Henry (family)

Mgrdichian, Jon

Pino, Louis & Madelaine

Rice, Vivian

Honorary Member - David Temple





El voluntariado es bueno para los negocios y bueno para usted. pagesmag.com

Un cuerpo de investigación muestra que ayudar a otros puede reducir significativamente el estrés y mejorar la salud personal. Esta ayuda requiere contacto personal con los ayudados, repetir al menos cada dos semanas, e implica ayudar a extraños en lugar de personas que conoces. Tales voluntarios, dicen los científicos, se están *enfocando fuera de sí mismos*.

En este momento, solo alrededor del 13 por ciento de los estadounidenses ayudan a otros cara a cara. La falta de tiempo es la razón más común dada. Una encuesta realizada por Big Brothers Big Sisters en Nueva York, sin embargo, no muestra diferencias en la cantidad de tiempo dedicado al trabajo o al ocio entre voluntarios y no voluntarios de antecedentes similares.

Algunas personas son voluntarios que comienzan por sí mismos, pero la mayoría de las personas dicen que consideraron ser voluntarios durante años antes de hacerlo.

Una encuesta realizada por la revista Spirituality & Health muestra que la mayoría de los estadounidenses se convertirían en voluntarios de contacto personal si pudieran hacerlo mientras están en el trabajo. Otros lo harían si recibieran deducciones del seguro de salud.

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¡PIH Health tiene un fantástico programa de Servicios Voluntarios! Llame para saber más... Cualquiera que sea el conjunto de habilidades que tenga, puede estar seguro de que hay un departamento al que le encantaría que usted y sus voluntarios se estacionaran gratis en PIH. Llame al 568-698-0811 Ext.. 12623



Volunteering is good for business, and good for you. pagesmag.com

A body of research shows that helping others can significantly reduce stress and enhance personal health. This helping requires personal contact with those helped, repetition at least every other week, and involves helping strangers rather than people you know. Such volunteers, scientists say, are *focusing outside of themselves*.

Right now, only about 13 percent of Americans help others face-to-face. Lack of time is the most common reason given. A survey by Big Brothers Big Sisters in New York, however, shows no difference in the amount of time spent on working or leisure between volunteers and non-volunteers of similar backgrounds.

A few people are self-starting volunteers, but most people say they considered volunteering for years before they did it.

A survey by Spirituality & Health magazine shows that a majority of Americans would become person-contact volunteers if they could do it while at work. Others would do it if they received health insurance deductions.

+++++

PIH Health has a fantastic Volunteer Services program! Call to find out more...whatever skill set you have, you can be sure there is a department that would love to have you and volunteers park free at PIH. Call 568-698-0811 Ext..12623





Una gran manera de disfrutar e identificar aves.....

Si te gusta salir, sentarte entre los árboles y observar los pájaros, aquí hay una nueva forma de disfrutar de la experiencia y también es solo otra razón para obtener un teléfono inteligente, si aún no lo has hecho.

La observación de aves es una excelente manera de disfrutar de la naturaleza. Simplemente consigue unos binoculares y busca tus aves favoritas, por ejemplo. ¡Puedes hacerlo en cualquier lugar! El problema es que a veces, incluso con binoculares, no es fácil detectarlos. Podrías escucharlos, pero esos tonos altos a menudo pueden estar fuera del rango de audición, incluso con audífonos. Por supuesto, siempre se puede escuchar a los arrendajos azules bocazas, pero tal vez no el delicado canto de los pinzones.

¡La Universidad de Cornell al rescate! Con su aplicación gratuita Merlin Bird ID, puedes identificar casi cualquier ave que gorjee, y es fácil de hacer y muy divertida. Cuando obtenga la aplicación, puede seleccionar el área en la que vive (el sur, por ejemplo) y obtendrá una lista de todas las aves que viven allí o viajan allí durante el invierno. Ahora, simplemente toque Sound ID y sostenga su teléfono en alto. Independientemente de lo que hablen los pájaros, Merlín los identificará, presentará fotos de los pájaros y le dará una pequeña historia sobre ellos. No es inusual que la aplicación identifique cuatro o cinco pájaros diferentes parloteando cada mañana. Si tienes un comedero y no sabes qué pájaro ves venir a él, toca la identificación con foto de Merlín. Simplemente toma una foto y Merlín puede identificar 8,000 aves diferentes.

Incluso puede obtener una membresía gratuita y crear un registro de todas las aves que ve y escucha durante sus aventuras. ¡Qué di-

versión con ños y nietos!



ni-

To build

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

- Bivouac
- Hat-tipper's word
- Frost
- Clearasil target
- "Green Gables" girl
- "Darn it all!"
- Population statistics
- Hog's home
- Look at something again
- Approximately
- Twofold
- All over
- Killer whale
- College bigwig
- The bulk

Down

- Neighbor of Libya
- Top-rated
- Educator Horace
- Push, in a way
- Fate of one with a cause, perhaps
- Antioxidant berry
- Poker pot starter
- Military meal

- "___ be my pleasure!"
- Start of many Hope/ Crosby film titles.
- Coastal raptor
- Floating, perhaps
- Continental currency
- Pouches
- Bed board

T	S	O	M		N	E	A	D
A	C	R	O		W	E	N	A
L	A	L	D		S	O	R	S
S	S	E	S		R	E	A	D
			Y		S	T		
S	E	I	T		S	I	N	E
S	A	T	S		R	A	N	E
E	A	C	N		A	R	O	H
M	A	A	M		M	A	P	C

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

**Love you dog?
Of course you do!
And the cat?**


**Share your favorite
pictures with us**

**So we all can enjoy
our cuddly friends.**





November 2022

		1	2	3	4	5
6	7	8 Jingle Bell Raffle Starts	9	10	11	12
13	14	15	16	17	18 MH Board Meeting 10 am	19
20	21	22	23 Zoom Speaker Meeting 6 pm	24	25	26
27	28	29 Giving Tuesday	30			

A great way to enjoy and identify birds

If you enjoy going outside, sitting among the trees and watching the birds, here is a new way to enjoy the experience and it's also just another reason to get a smartphone, if you haven't already.

Birding is a great way to enjoy nature. Just get some binoculars and look for your favorite birds, for example. You can do it anywhere! The problem is that sometimes, even with binoculars, it's not easy to spot them. You could listen for them, but those high tones can often be out of hearing range, even with hearing aids. Of course, you can always hear loudmouth blue jays, but maybe not the delicate song of the finches.

Cornell University to the rescue! With its free Merlin Bird ID app, you can identify nearly any bird that chirps, and it is easy to do and lots of fun. When you get the app, you can select the area you live (the South, for example) and you'll get a list of all the birds that live there or commute there during the winter.

Now, just tap Sound ID and hold your phone up. Whatever birds are talking, Merlin will identify them, present photos of the birds, and give you a little story about them. It's not unusual for the app to identify four or five different birds chattering every morning. If you have a feeder and you don't know what bird you see coming to it, tap Merlin's photo ID. Simply snap a picture and Merlin can identify 8,000 different birds.

You can even get a free membership and create a log of all the birds you see and hear during your adventures. Great fun with kids and grandkids!





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 _____ 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>Associate Member --- 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>Individual Member --- \$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 * One year annual subscription to Heartbeat magazine (\$30 value) <p>Bronze Member --- \$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>Silver Member --- \$100 annual donation per person</p> <ul style="list-style-type: none"> * All the benefits of a Bronze Member, PLUS * A Stainless Steel Mended Hearts Travel Mug <p>Gold Member --- \$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>Heart of Gold Lifetime Sponsor --- \$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 	<p>For members of one household with one mailing address only</p> <p>Family Membership --- \$40 annual donation</p> <ul style="list-style-type: none"> * All of the benefits of an Associate Membership, PLUS * One year annual subscription to Heartbeat magazine (\$30 value) * Membership Cards for all members of the family * 2 Car Decals – Select ___ MH or ___ MLH * Each family member receives a one-time 5% off coupon for purchase from the MH store. Use only one coupon per order. <p>Bronze Family Membership --- \$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>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>

ALL Donations are tax deductible

PAYMENT INFORMATION:

ADDITIONAL CHAPTER/GROUP DONATION:

Membership Level _____ \$ _____

Chapter Name **Whittier 351**

Additional tax-deductible Donation to: _____

Amount: \$ _____

Mended Hearts Mended *Little* Hearts \$ _____

Young Mended Hearts \$ _____

TOTAL TO NATIONAL \$ _____

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.**