



# Mended Hearts® of Whittier, CA NEWSLETTER



December 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](mailto:MH351@PIHHEALTH.ORG)

CALL: 562-698-0811 EXT: 12368

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

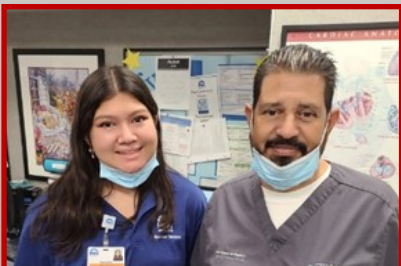
[WWW.MENDEDHEARTSWHITTIER.ORG](http://WWW.MENDEDHEARTSWHITTIER.ORG)



Mended Hearts of Whittier Chapter 351

### November 2022 New Members

Rueben Cueto Jr.  
Susana Leon Cueto  
Lori Stasica  
Nico Panella



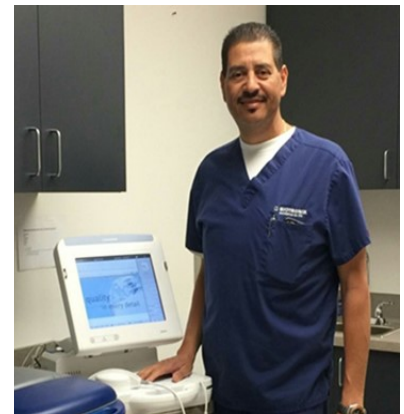
### Happy Holidays from our Chapter President, Constance Evans.



On Saturday, October 1<sup>st</sup>, family, friends, doctors, nurses, and some of our Mended Hearts family met at Holy Family Catholic Church in Artesia, to say goodbye to one of our own, **Michael Angel Candelaria**. Some of you heard at our October Zoom meeting and were shocked by the news he had passed

on September 4<sup>th</sup> from a stroke. No one wanted to believe it! His motorcycle club was there with a tribute.

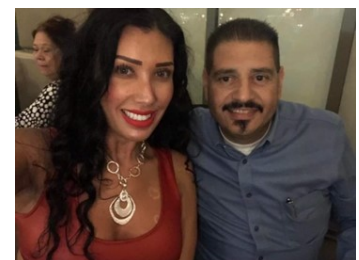
**Mike was well known and loved at PIH Health** for his outstanding work and his commitment to his patients. There was always time for them and their questions. He was a doting father and committed to his daughter Samantha, who came with him to help at some of our events. He didn't miss one of her soccer games and now as she finishes her senior year of high school her dad is not there to celebrate her.



Mike was very special to our Mended Hearts family from the first time he spoke to us about Pacemakers and Defibrillators. He worked for Biotronik and wanted to share his knowledge, be a support to patients and was always helping someone. He joined our chapter in August of 2020 and in January

2021 joined our board, as Public Relations Coordinator. Mike helped on fundraisers, car shows and joined us in the Downey Christmas Parade. Mike was so full of life... It's hard to imagine that he isn't with us.

***We feel blessed to have had Mike in our lives know his spirit is here, cheering us on once again.***





### Healthy Recipes from Mayo Clinic Staff

Number of servings: 6 Low Sodium

#### Ingredients ;

3 skinless, bone-in chicken breast halves, each 8 ounces  
3 skinless, bone-in chicken legs with thigh pieces, each 8 ounces  
2 garlic cloves, minced  
1 1/2 teaspoons extra-virgin olive oil  
3 teaspoons fresh rosemary or 1 teaspoon dried rosemary, minced  
1/8 teaspoon freshly ground black pepper  
1/3 cup orange juice

#### Directions

1. Heat the oven to 450 F. Lightly coat a baking pan with cooking spray.
2. Rub each piece of chicken with garlic. Dab fingers in oil and rub with oil, and sprinkle with rosemary and pepper. Place the chicken pieces in the baking dish. Pour the orange juice over the chicken. Cover and bake for 30 minutes. Using tongs, turn the chicken and return to the oven until browned, about 10 to 15 minutes longer. Baste the chicken with the orange juice from the pan as needed to prevent it from drying out.
3. Transfer the chicken to individual serving plates. Spoon orange juice from the pan over the top of the chicken and serve immediately.

**Nutritional analysis per serving: One piece** \_Calories 204 - Total fat 8 g - Saturated fat 2 g - Trans fat Trace - Monounsaturated fat 4 g – Cholesterol 118 mg – Sodium 95 mg - Total carbohydrate 2 g  
Dietary fiber Trace - Total sugars 1 g - Added sugars 0 g – Protein 31 g

### Orange-Rosemary Roasted Chicken



**Dietitian's tip:** Rosemary has an appealing piney flavor. It can be used to season a variety of foods, including roasted vegetables and mushrooms, and even ripe melon. Use it with care, however. Too much can be overpowering. Rosemary has an appealing piney flavor. It can be used to season a variety of foods, including roasted vegetables and mushrooms, and even ripe melon. Use it with care, however. Too much can be overpowering.

### Recetas saludables del personal de Mayo Clinic

Número de porciones: 6 Bajo en Sodio

#### Ingredientes:

3 mitades de pechuga de pollo sin piel y con hueso, cada una de 8 onzas  
3 patas de pollo sin piel, con hueso y trozos de muslo, cada una de 8 onzas  
2 dientes de ajo, picados  
1 1/2 cucharaditas de aceite de oliva virgen extra  
3 cucharaditas de romero fresco o 1 cucharadita de romero seco, picado  
1/8 cucharadita de pimienta negra recién molida  
1/3 taza de jugo de naranja

#### Indicaciones:

1. Caliente el horno a 450 F. Cubra ligeramente una bandeja para hornear con aerosol para cocinar.
2. Frote cada trozo de pollo con ajo. Frote los dedos en aceite y frote con aceite, y espolvoree con romero y pimienta. Coloque los trozos de pollo en la fuente para hornear. Vierte el jugo de naranja sobre el pollo. Cubra y hornee durante 30 minutos. Usando pinzas, volteo el pollo y vuelva al horno hasta que esté dorado, aproximadamente de 10 a 15 minutos más. Baste el pollo con el jugo de naranja de la sartén según sea necesario para evitar que se seque.
3. Transfiera el pollo a platos de servir individuales. Vierta el jugo de naranja de la sartén sobre la parte superior del pollo y sirva inmediatamente.

Continuación en la página 4

### Pollo asado de naranja y romero





Mended Hearts Whittier Chapter 351  
announce our...

**3rd Annual JINGLE BELL RAFFLE**

Your donations help support our

“Heart Pillows for Patients” program, the PIH Student Nursing  
Scholarship and awards for Outstanding Volunteers!

**Donate \$10 for 1 Ticket - \$20 for 3 Tickets - \$50.00 for 8 Tickets**

**3 Ways to Purchase Tickets:**

1. Send a check or money order to Mended Hearts Chapter 351 at PO Box 68, Whittier, CA 90608
2. Purchase on our web site; [www.mendedheartswittier.org](http://www.mendedheartswittier.org)
3. Purchase from a board member or call our office to arrange another option

CALL 562- 698-0811 EXT. 12368 for information.

**DRAWING AT 12/14 ZOOM GENERAL MEETING**

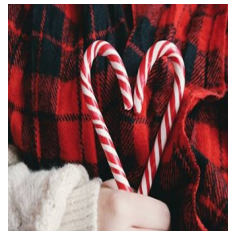
**You don't have to be present to win and it's tax deductible!**



**55"/ 4K / Quad Core / True Cinema /  
Gameplay with Alexa built in /Google  
\$395.00**



Micro-Cart from Sun Mountain is a four wheel golf push cart that folds 25% smaller and weighs 20% less than leading push carts. Weighing only 13 lbs. and folding down to only 52 cubic inches, Micro is a very appropriate name \$250.00



**See's Candy  
Assorted Box**



**Mended Hearts Chapter 351's Zoom Meeting**

Time: Dec 14, 2022 6:00 PM Pacific Time (US and Canada)

Join Zoom Meeting

[https://us06web.zoom.us/j/81101020451?](https://us06web.zoom.us/j/81101020451?pwd=SCtDRkIPRTBwWDAvT2tHMWtTTHN2UT09)  
[pwd=SCtDRkIPRTBwWDAvT2tHMWtTTHN2UT09](https://us06web.zoom.us/j/81101020451?pwd=SCtDRkIPRTBwWDAvT2tHMWtTTHN2UT09)

**If you are not able to join from link, sign onto Zoom and enter:**

**Meeting ID: 811 0102 0451**

Passcode: MH351

**No computer – no problem – Dial by your location**

+1 669 444 9171 US

+1 253 215 8782 US (Tacoma)



**A dazzling necklace  
& earring set!**



### **Chapter #351 Board Members**

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

**Vice President** – Hugo Cambron

**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](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** - Dayane Verdin

**Mascot** - Makena



#### **Banana Nog**

Here's a nog that doesn't use eggs: Puree four bananas with 1-1/2 cups skim milk, 1-1/2 cups plain nonfat yogurt, 1/4 teaspoon rum extract and some ground nutmeg.

#### **Nog de plátano**

Aquí hay un nog que no usa huevos: haga puré de cuatro plátanos con 1-1/2 tazas de leche descremada, 1-1/2 tazas de yogur natural sin grasa, 1/4 cucharadita de extracto de ron y un poco de nuez moscada molida.



David Temple, our Honorary Board Member, celebrated his 90th birthday. He went to lunch with Mila, Corbin and Vivian.

**Happy Birthday David!**

#### **Pollo asado de naranja y romero**

- Continuación de la página 4

Análisis nutricional por porción: Una pieza Calorías 204 - Grasa total 8 g - Grasa saturada 2 g - Grasas trans Traza - Grasa monoinsaturada 4 g Colesterol 118 mg – Sodio 95 mg - Carbohidrato total 2 g Trazas de fibra dietética - Azúcares totales 1 g - Azúcares añadidos 0 g Proteína 31 g

#### **Consejo del dietista:**

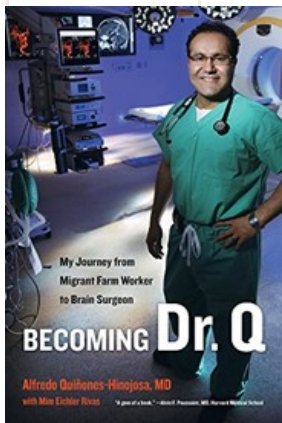
El romero tiene un atractivo sabor a pino. Se puede utilizar para sazonar una variedad de alimentos, incluyendo verduras asadas y champiñones, e incluso melón maduro. Sin embargo, úselo con cuidado. Demasiado puede ser abrumador



# December 2022



|                 |    |    |  |    |                      |                           |
|-----------------|----|----|--|----|----------------------|---------------------------|
|                 |    |    |  | 1  | 2                    | 3                         |
| 4               | 5  | 6  | 6  | 8  | 9                    | 10                        |
|                 |    |    |  |    | MH Board Meeting CXL | Raffle Ticket Sales Ends! |
| 11              | 12 | 13 | 14                                       | 15 | 16                   | 17                        |
|                 |    |    | Jingle Bell Raffle Drawing Zoom Mtg 6 pm |    |                      |                           |
| 18              | 19 | 20 | 21                                       | 22 | 23                   | 24                        |
| Hanukkah Begins |    |    |  |    |                      |                           |
| 25              | 26 | 27 | 28                                       | 29 | 30                   | 31                        |
| Christmas Day   |    |    |  |    |                      | New Years Eve             |



Dr. Tovar's favorite book is about Dr. Q, an internationally renowned neurosurgeon and neuroscientist who leads cutting-edge research to cure brain cancer. But not too long ago, he was Freddy, a nineteen-year-old undocumented migrant worker toiling in the tomato fields of central California.

## 3rd Annual JINGLE BELL RAFFLE & More prizes

**What will you win?**  
**Get your tickets today!**



Three bottles of wine, Godiva Chocolates and a Christmas throw. \$100.00



Set of Dutch Ovens \$65.00



Large Scrabble Giant Black Deluxe Edition Wooden Rotating Board Game \$130.00



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**

**Associate Member --- FREE**

- \* Can attend any chapter meeting for MH or MLH
- \* Can join online communities
- \* Can access Member Portal
- \* Receives the National e-newsletter

**Individual Member --- \$20 annual donation per person**

- \* 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)

**Bronze Member --- \$45 annual donation per person**

- \* 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

**Silver Member --- \$100 annual donation per person**

- \* All the benefits of a Bronze Member, PLUS
- \* A Stainless Steel Mended Hearts Travel Mug

**Gold Member --- \$250 annual donation per person**

- \* All the benefits of a Silver Member, PLUS
- \* A Red Fleece Blanket
- \* 10% off registration of any National Conference or CHD Symposium

**Heart of Gold Lifetime Sponsor --- \$1500 donation  
A one-time donation per individual**

- \* All the benefits of a Gold member FOR LIFE, PLUS
- \* 15% off registration fees at National MH/MLH Conferences / Symposia
- \* Recognition in the next *Heartbeat* magazine after enrolling in the Heart of Gold Lifetime Sponsorship, in all special Heartbeat issues, and on our website's list of Heart of Gold Lifetime Sponsors

**FAMILY MEMBERSHIP**

For members of one household with one mailing address only

**Family Membership --- \$40 annual donation**

- \* 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.

**Bronze Family Membership --- \$75 annual donation**

- \* 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

Family Members:

Spouse \_\_\_ Child \_\_\_ Heart Patient \_\_\_

Spouse \_\_\_ Child \_\_\_ Heart Patient \_\_\_

Spouse \_\_\_ Child \_\_\_ Heart Patient \_\_\_

Spouse \_\_\_ Child \_\_\_ Heart Patient \_\_\_

**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.**