



Mended Hearts[®] of Whittier, CA NEWSLETTER



2023

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MUSHROOMS, AND SWISS CHEESE
GINGER ROOT IS GREAT FOR YOU!

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EMAIL: MH351@PIHHEALTH.ORG

CALL: 562-698-0811 EXT: 12368

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


WWW.MENDEHEARTSWHITTIER.ORG
[MHI - MENDEHEARTS.ORG](http://MHI-MENDEHEARTS.ORG)



Photo Booth

**Music from DJ
Joey Moore**

Whoville Fabulous Food

 Mended Hearts of Whittier Chapter 351

Welcome Our New Members



Aaron Akhavon
Betty De Garmo
Bonnie Alba-Bernal

We currently have 149 members in our Chapter.351. Great emotional support and friendship building for healing.

You should join us!

Join us for our "Grinchmas Celebration"

Friday, December 8th from 6 pm to 9 pm

In Honor of Chapter 351's 15th Anniversary

PIH Health Hospital - Whittier Auditorium

BIG NEWS! Two Free Seats!

You need to call now to reserve 2 Free seats at our Grinchmas" celebration,. Seating is limited and fills up quickly. Call Constance Evans to check availability.
562-6980811 Ext. 12368



Be sure to get your tickets for our 4th Annual - **Jingle Bell Drawing**

Tickets are \$10.00 each / 3 for \$20.00 / 8 for \$50.00

You don't have to be present to win! You can purchase at the door!

This year we have over 40 fabulous prizes! Below are a few...



Win a pair of Brighton Collectible Pewter Wine Glasses value \$150.
They donated 4 pair!



**Win 2 Tickets to Rams Game in VIP Seats!
December 17th at 1:05 pm**

Get your tickets now!



Keurig



Kindle

See's Candy





Back by Popular demand! Leftovers Favored Pick

Turkey Sliders with Avocado, Mushrooms, and Swiss Cheese

Recipe taken from <https://recipes.heart.org/en/recipes>

Servings 4 Serving Size 2 sliders

Ingredients:

- 8 whole-grain slider buns (lowest sodium available)
- 1 1/4 pounds ground skinless turkey breast
- 1/4 teaspoon salt
- 1 cup sliced brown (cremini) mushrooms
- 4 slices low-fat Swiss cheese, cut in half
- 1 medium avocado, peeled, pitted, and mashed with a fork
- 1 medium tomato, cut into 8 slices (about 1/4-inch thick)

Preheat the oven to 450°F.

- Arrange the buns with the cut side up in a single layer on a baking sheet. Set aside.
- Using your hands or a spoon, shape the turkey into 8 patties, each about 3 inches in diameter. (The uncooked patties will be larger than the bun and will shrink as they cook.) Sprinkle the salt over each patty.
- Heat a large nonstick skillet or griddle pan over medium-high heat.
- Cook the patties for 2 to 3 minutes. Turn over. Cook for 2 to 3 minutes, or until the patties are no longer pink in the center and register 165°F on an instant-read thermometer.
- Transfer the patties to the bottoms of the buns.
- In the same skillet, cook the mushrooms over medium heat for about 3 minutes, or until soft, stirring frequently.
- Spoon the mushrooms onto each patty. Top with the Swiss cheese.
- Place the baking sheet on the middle rack of the oven. Bake the sliders for 1 to 2 minutes, or until the Swiss cheese is melted and the buns are heated through. Remove from the oven.
- Spread the avocado over the Swiss cheese. Top with the tomato slices. Put the tops of the buns on the sliders.
- Using four short skewers, pierce two sliders with each skewer, if desired. Serve immediately.

Calories 470 Per Serving - Protein 45g Per Serving - Fiber 8g Per Serving



Use good-for-you ginger in bread or tea If you've puzzled over uses for those knotty-looking ginger roots in the produce department, just put one into your shopping cart. Then check your cookbook for recipes that begin with the word "ginger."

Ginger has been revered around the world for more than 7,000 years. It has slightly pungent natural taste that adds a touch of its flavor and enhances all other flavors in a recipe.

Ground ginger has a different flavor and is not usually interchangeable with fresh ginger.

In China and many other parts of the world, ginger is well-known for its power to calm an upset stomach. Common anti-nausea medications work through the central nervous system, causing drowsiness. Ginger acts directly on the digestive tract. In one study, people who took one gram of ginger before surgery had less nausea afterward. It is useful for chemotherapy patients and for pregnant women having morning sickness because it will not harm the fetus. **Ginger's reputation** as a remedy for motion sickness and seasickness is well documented by a famous Danish study. **Ginger extract** is available in health-food stores.

Next time you're feeling a little queasy, brew a cup of ginger tea. Slice some ginger root. Put it in a tea ball and place in a teapot. Pour boiling water over the tea ball and let it sit for 10 minutes. Sweeten with honey.

Christmas Gingerbread

In a pan, melt 1/2 cup butter, 2/3 cup brown sugar, and 1/3 cup molasses. Cool slightly, then beat in 1 egg.

In a bowl, sift together almost one cup of white and almost one cup of whole wheat flour, 1 teaspoon ground ginger, and 2 teaspoons ground cinnamon. Stir into the melted mix.

Mix 2/3 cup warm milk with 1 teaspoon baking soda and add to the mix. Stir in 1/2 cup dried fruit.

Bake in a pan lined with wax paper for 1 hour at 300 degrees. Cool, remove from the pan, and discard the wax paper. For best flavor, store in an airtight tin a week before serving.

Chapter #351 Board Members

President & Asst Regional Director

Constance Evans

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Phone -951-316-1951

Vice President – Hugo Cambron

Email - hugocambron@yahoo.com

Secretary – Open position

Treasurer – Marilyn Schirmer

Visiting Chairman – Yolie Zaragoza

Membership Chair - Marcela Cueto-Sanchez

cmmjsanchez@verizon.net

Newsletter Editor – Constance Evans

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PIH Downey Liaison - Mayra Linares -

mayra.linares@pihhealth.org

PIH Good Samaritan Liaison-

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for the winter
season



Pets top Santa's 'nice' list

People love spoiling their pets for the holidays. And dressing them.

According to a survey by Chewy, a whopping 94 percent of pet owners include their pets in the holidays and 58 percent plan to buy their pet two or three gifts.

Another survey revealed that 78 percent like to dress up their dogs, which may be less fun for the dog who can get skin irritation and stress from the costume.

Cat owners know that cats love Christmas, or at least the Christmas tree. What's not to like? A tree inside. Dangling ornaments. Shiny stuff. Cat heaven. By the way, it's heaven to pet birds, too. Be careful with both.

Dogs, meanwhile, are notorious for unwrapping presents, and not just their presents. Christmas can pose a hazard to dogs if they tend to bite wires. We know for sure rabbits do!



Presidents Corner...

This year has flown by because we have been busy!

Our chapter has had 10 speaker/education/support meetings, a well-attended picnic in the park to socialize, raised funds to give heart pillows and other meaningful gifts to our patients and we have successfully started and grown our Mended Hearts Ambassador program with th help of Marianne Cota, Director of Volunteer Services.

The Ambassador program was started because we desperately need heart patients to help us visit our heart patients at PIH Health in Whittier, Downey, and Good Samaritan. We ask that you consider the opportunity to share your story and give back to help support heart patients and their families get thru their heart healing. If you received our visits then you understand how important this program is! You can visit in Cardiac Rehab! Our chapter had four restaurant fundraisers and we are considering some morning coffee support group meetings, if you are interested. We invite you to join our board meeting in January to discuss our Focus Plan for 2024-2025. We meet at the PIH Health Foundation in their board room the 2nd Friday of every month. Call for information.

We are dark after the party until our February Meeting. I'm sharing some pictures from Roadhouse Grill and if you haven't seen our window in the PIH lobby at Whittier, here is the fall & getting ready

DECEMBER 2023



	TUE	WED	THU	FRI	SAT	
	28	29	30	1	2	
3	4	5	6	7	8 Grinchmas Party	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25 Christmas Day	26	27	28	29	30
31	Next MH Chapter Meeting will be in February 21, 2024 for Heart Month. More news in your January 2024 Newsletter					

Jingle Bell Drawing Prizes and Gift Cards are BIG this year! Gift Cards include; See's Candy, Cheesecake Factory, Bonefish Grill, Cassa del Cocinero, Polly' Pies, Home Depot, See's Candy and more! Prizes so far include: Rams Football -Two tickets in VIP Seats for December 17th game; a Kindle; a Keurig coffee maker, 4 pairs of Brighton Collectible wine glasses valued \$150.00 per set. Wine Basket; Bath & Shower basket; Skin Care basket;; Trader Joe's Gift basket; Christmas Wreath; Lotions & Dispensers, Dodger Mugs, an amazing Disney necklace, Dr. Tovar's favorite Book, autographed; a beautiful Heart necklace, Home Depo grill & more ... **What will you win ? Over 40 prizes to give away**
Get your tickets now! Fill out the form below & mail in, purchase at the door. Or call to arrange pickup.

..... Return this Portion with your Payment

If you would like to attend the "Grinchmas" celebration, please call Constance Evans. Seating is limited and fills up quickly. You may reserve 2 seats at no charge. Call to check availability.

Here is my check to purchase Jingle Bell Drawing tickets. \$10.00 ea. 3 for \$20.00 or 8 for \$50.00

There are over 40 prizes this year! # of tickets _____ \$ _____

Name _____ Guest _____

I am unable to attend but want to donate to Mended Hearts. Enclosed check for \$ _____

Make checks payable to Mended Hearts Chapter 351 and mail to P.O. Box 68, Whittier, CA 90608

Tickets are available from board members. Call 698-0811 Ext. 12368 to make arrangements and for info.