



Mended Hearts[®] of Whittier, CA NEWSLETTER



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Mended Hearts of Whittier Chapter 351

Welcome Our New Members

We currently have 149 members in our chapter. WE offer emotional support, education, advocacy and friendship building for healing. **You should join us!**



Happy New Year!

What to look forward to in 2024

The year 2024 is a leap year, so there will be 29 days in February. The calendar can't be used again until the year 2052.

2024 is the 24th year of the third decade in the 21st century. It is the fifth year of the 2020s.

Who knows what surprises await us in 2024. But we do already know some things:

- In early April, Nintendo will shut down the Wii U and 3DS servers.
- April 8, 2024: A total solar eclipse will be visible in Mexico, the United States, and Canada. The next total solar eclipse that can be seen from the contiguous United States will be on Aug. 23, 2044, according to NASA.
- July 26, to August 11, 2024: Summer Olympics in Paris, France.
- November 5, 2024: United States presidential election. The incumbent President Joe Biden is eligible for re-election.
- Artificial muscles used in robots will lift more weight and generate more mechanical power than human muscles.
- December 2024: Notre-Dame de Paris is scheduled to reopen after sustaining severe damage in a fire five years ago.
- January 1, 2024: all books published in 1928 will enter the public domain, including the earliest Mickey Mouse cartoons.
- New prosthetic models will convey sensations of feeling.
- First manned mission to Mars.
- Global reserves of indium are fully mined and depleted. Indium is a metal widely used in 5G and OLED technologies.
- World population forecasted to reach 8,067,008,000.
- World sales of electric vehicles reaches 9,206,667.

Our next MH Chapter Meeting and Support Group will be on Wednesday, February 21, 2024 to celebrate Heart Month.

More news coming in your February Newsletter.

This meeting will be supportive and educational.





Vegetable Lasagna Roll Up's from Mayo Clinic Dieticians

Number of servings: 6

Ingredients

Pesto mayonnaise:

- 1 cup fresh basil leaves
- 1/4 cup pumpkin seeds
- 1/4 cup fresh Parmesan cheese
- 3 cloves garlic, minced
- 1/2 teaspoon kosher salt
- 1 cup reduced-fat mayonnaise

Lasagna roll-ups:

- 6 whole-wheat lasagna noodles
- 1 teaspoon olive oil
- 3/4 cup chopped mushrooms
- 3/4 cup chopped onions
- 1 tablespoon chopped fresh garlic
- 1/4 cup Burgundy wine
- 1 cup chopped zucchini
- 3/4 cup chopped beefsteak tomatoes
- 1/2 cup part-skim ricotta cheese
- 3/4 cup shredded part-skim mozzarella cheese
- 1/4 cup basil pesto mayo
- 1/4 cup chopped red bell pepper

Directions

1. To make the pesto spread, place basil leaves, pumpkin seeds, Parmesan, garlic and salt in a food processor. Process ingredients until they are well-blended and fairly smooth. Add mayonnaise and pulse until just blended. Set aside.
2. Heat oven to 350 F. Coat a baking dish with cooking spray.
3. Bring water to a boil in a large pot. Add lasagna noodles and cook until done, about 12 minutes. Drain and set aside.
4. Heat the olive oil in a large nonstick sauté pan. Add the mushrooms, onions and garlic, and sauté for about 3 minutes. Add the wine and cook until almost all of the wine has reduced down. Add the zucchini and tomatoes, and sauté for an additional 3 to 5 minutes, until tender. Remove from heat and set aside. Add the ricotta and 1/4 cup of the mozzarella.
5. Lay the cooked lasagna noodles in the baking dish and lightly coat them with cooking spray. Place 1/2 cup of the vegetable mixture at the end of each noodle, then roll up. Drizzle the pesto mayonnaise over the noodles. Cover with kitchen parchment paper and foil, and bake for about 25 minutes. Uncover and sprinkle with remaining mozzarella and chopped peppers. Bake until cheese is melted, about 3 minutes.

Nutritional analysis per serving size: 1 roll-up Calories 227 - Total fat 9 g - Saturated fat 3 g - Trans-fat 0g
Monounsaturated fat 3 g – Cholesterol 19 mg – Sodium 291 mg - Total carbohydrate 24 g - Dietary fiber 5 g -
Total sugars 4 g - Protein 12 g



Weight Management
Meatless
Healthy Carbs
Diabetes Meal Plan
High Fiber

Our next Chapter Board Meeting will be held at the PIH Health Foundation on Friday, January 12, 2024 at 10 am. The board will be reviewing our Focus Plan for year 2024 - 2025. We invite anyone interested in helping. We will discuss potential changes to our meeting dates & times, support group & speaker changes, event planning, and our update on board officers. Election of Officers is in May 2025 with induction in June. Training for potential board members begins this year. Please notify us if you have interest in joining the board. Terms are 2 years. Call 909-698-0811 Ext 12368

Chapter #351 Board Members

President & Asst Regional Director

Constance Evans

Constance.mh351@yahoo.com

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

Communications – Eddie Rodriguez

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Social Secretary - Vivian Rice

Support Group - Nancy White, LCSW

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*Teri Beyer - Teri.Beyer@pihhealth.org

*Lupe Morales-

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PIH Downey Liaison - Mayra Linares -

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The flexibility of volunteering allows seniors to contribute at their own pace, ensuring a balance between their personal lives and their dedication to animal welfare.

New Year's Day: The world's oldest celebration



The new year has begun. It's our chance to start again, to do it right this time and have another shot at success. The idea has prevailed since the dawn of history.

New year celebrations date back more than 4,000 years, to the ancient Egyptians and Babylonians. Their celebration of the new year occurred around March 23 each year -- logical for them, since spring represented the birth of new life.

The Babylonians made New Year's resolutions, too -- their most popular goal of self improvement was "to return borrowed farm equipment."

Romans observed the new year on March 25, but their calendar had fallen out of sync with the sun. In 46 B.C., Julius Caesar established what is known as the Julian calendar, with January 1 as the first day of the year.

In order to do it, Caesar had to let the previous year run for 445 days!

The tradition of using a baby to signify the new year began in Greece around 600 B.C. Greeks honored the god of wine, Dionysus, with a baby in a basket, representing the annual rebirth of that god as the spirit of fertility. Egyptians also used a baby as the symbol of rebirth.

Although Christians denounced the practice as pagan, the popularity of the baby as a symbol of rebirth forced the church to reevaluate its position. Its members were finally allowed to celebrate the new year with a baby, which was said to symbolize the birth of the baby Jesus.

Seniors can make a difference helping animals

Loving animals can be a lifelong passion, but not always a lifelong possibility. There comes a time when caring for an animal full-time just doesn't make sense. But you still miss things like the warmth of a cat curled up on your lap or the dog coming for a head pat.

The good news is you can still have them. Animal shelters usually need volunteers, and seniors are answering the call.

From adoption counseling to simply playing with the kittens, there are various ways seniors can assist at shelters.

Adoption counseling involves guiding potential pet owners through the process, ensuring that the right match is made between the animal and their new family

For those who prefer a more hands-on approach, spending time with the shelter's residents is a rewarding experience. Playing with kittens, walking dogs, and providing much-needed companionship are just a few simple ways seniors can brighten the lives of these animals. Their presence brings comfort and joy to the shelter's inhabitants, making their stay a little less lonely.

While prior knowledge of animal care is helpful, it is not a requirement. Shelters often provide training programs for volunteers.

The time commitment required varies depending on each individual's availability, but some shelters require a time commitment of around eight hours a week.

2024 JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12 MH Board Meeting 10 am	13
14	15	16	17 No Meeting	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



Centerpieces by Denise Cambron



Our DJ Joey Moore did an outstanding job and we had music and the Grinch Movie!



Grinchmas 2024 was a huge success! There were over 70 people filling the auditorium at PIH Health. Our keynote speaker, Amy Fitzgerald, the Vice President of PIH Health Foundation spoke highly of us and our contributions to PIH Health. showed the video of our Visiting Cahir of Yolie, who was presented at their annual GALA 2023. What an honor! plus, family, friends, and lots of colorful Heart Patients, many in costume!

The event included a delicious dinner buffet with Roasted Chicken Breast, Boar Ham Sliders, salad with lots of additions, vegies, Grinch Punch and lots of goodies. We had games with prizes and over 50 Jingle Bell Drawing gifts to give away. The evening was full of fun.



Mended Hearts®
of Whittier, CA



Amy Fitzgerald, VP PIH
Health Foundation

Marianne Cota, Dir. Of
Volunteer Services
& her family

Tiffany Wong, MH Ambassador
Lead at PIH Good Samaritan

