



Mended Hearts® of Whittier, CA NEWSLETTER

2024

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

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

WWW.MENDEDHEARTSWHITTIER.ORG



Mended Hearts of Whittier Chapter 351

Welcome to Mended Hearts!

This is the month you want to strengthen your Heart Connections!

Join **Mended Hearts** and share your story to inspire others!

We currently have 151 members in our Chapter.351, who enjoy emotional support, friendship building, and fun filled events!

Members receive emails for educational webinar's, and educational forum's.



Mended Hearts Education Meeting **Wednesday, February 21, 2024**



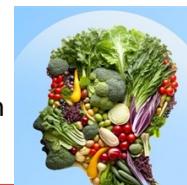
Guest speaker

Dr. Eduardo Tovar, MD
Cardio Thoracic Surgeon

You Are What You Eat: A Twin Experiment

At the heart of the Stanford research and the Netflix series is the question of whether a vegan diet is healthier than one that includes meat and dairy.

Come and learn the facts that were found during the study. From Dr. Tovar.



In Person / Bring your Heart Pillow for autograph
PIH Health Hospital - Whittier Auditorium
12401 Washington Blvd in Whittier, CA.

Public is welcome.
Heart Support group is for all patients and family.



5:30 Social & Snacks

6:00 pm Speaker

7:00 pm Support Group

For information call 562-463-6960 Ext. 12368



Baked blueberry French toast By Mayo Clinic Staff

Number of servings: 5

Ingredients

- 12-inch French or sourdough baguette
- 4 egg whites
- 1 cup fat-free soy milk
- 1/4 teaspoon nutmeg
- 1 teaspoon vanilla
- 4 tablespoons brown sugar, divided
- 3/4 cup blueberries, coarsely chopped
- 1 tablespoon canola oil
- 1/4 cup chopped pecans, toasted (optional; not included in the nutritional analysis)

Directions

1. Spray a 9-inch square baking dish with cooking spray. Cut 10 1-inch-thick slices from baguette. Arrange in baking dish.
2. In a large bowl, whisk egg whites until frothy. Then whisk in milk, nutmeg, vanilla and 2 tablespoons brown sugar. Pour evenly over bread, turning slices to coat evenly. Cover pan. Chill at least 8 hours or overnight, until liquid is absorbed by bread.
3. Heat oven to 400 F. Drop blueberries evenly over bread. In a small bowl, stir together 2 tablespoons brown sugar and oil, and pecans if you wish. Spoon evenly over bread. Bake, uncovered, about 20 minutes, until liquid from blueberries is bubbling.

Nutritional analysis per serving size: 2 slices Calories 171 - Total fat 3 g - Saturated fat 0.5 g - Trans fat 0 g
Monounsaturated fat 2 g – Cholesterol 0 mg – Sodium 249 mg - Total carbohydrate 30 g - Dietary fiber 0.5 g

Valentine's Day Breakfast



Dietitian's tip: Blueberries are packed with antioxidants and add wonderful flavor to this breakfast favorite
Weight management/Low-fat/Plant-based Diabetes meal plan.

February is Chili Month!

Black Bean Chili, a hearty winter dinner!

Dispel the myth. Chili is not a native Mexican dish and bears little resemblance to cuisine from the South American country Chile. Most early references referred to "chili con carne" or meat stew. Some legends trace it to a Spanish nun who came to the New World in the 17th century, while others say that settlers from the Canary Islands brought it to San Antonio, Texas, in 1731.

Chili has evolved in many forms and has spawned cook-offs everywhere from county fairs to national festivals. Except for meatless recipes, all have two things in common: meat and some form of peppers.

Mary "Mom" Unser, matriarch of the famous auto racing family, made hers with shredded pork, vodka, and large cans of jalapenos. Many varieties are topped with items like cheese or poured over spaghetti.

The recipe below uses Louisiana hot sauce in place of the traditional chili powder. Add the hot sauce and pepper to suit your taste.

Quick black bean chili...it sounds spicy & comes from Pages.com.

- 1 pound ground beef chuck, turkey or chicken, 1 medium onion, diced
- 1 14-15 ounce can chili-ready tomatoes, 1 14-15 ounce can beef broth
- 1 14-15 ounce can black beans, 1 teaspoon black pepper
- 3 tablespoons ketchup, 10 dashes Louisiana hot sauce, Tabasco, or small can of peppers and Salt to taste. Not too much!

In a large, deep skillet or wok, brown the meat and onions, then add the salt, pepper and hot sauce.

Add the beans, tomatoes and broth, then simmer on low for about 45 minutes, stirring occasionally.

Serve as a main course with crackers or in a cup as a soup course. The mixture freezes well and still tastes great as a leftover.





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 – Open position

Visiting Chairman – Yolie Zaragoza

Membership Chair - Marcela Cueto-

Sanchez cmmjsanchez@verizon.net

Newsletter Editor – Constance Evans

Communications – Eddie Rodriguez

Public Relations - Johnny Lemucchi

Email - jclmucchi@aol.com

Social Secretary - Vivian Rice

Member at Large - Marilyn Schirmer

Member at Large - Tiffany Wong

Support Group - Nancy White, LCSW

PIH Whittier Hospital Liaisons–

*Teri Beyer - Teri.Beyer@pihhealth.org

*Lupe Morales-

Lupe.Morales@pihhealth.org

PIH Downey Liaison - Mayra Linares -

mayra.linares@pihhealth.org

PIH Good Samaritan Liaison-

Deanna.Shea-Vega@

pihhealth.org2pihhealth.org

**Every day, families are
being told a loved one
has Heart Disease!**

If you have ever thought
of giving back and sharing your
heart story, please join us
and support heart patients and
families in our communities.

They can learn a lot from You!.

Call 562-698-0811 Ext. 12368



Famous skiers

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

COOMBS

FEUZ

GIRADELLI

HINTERSEER

HIRSCHER

JANSRUD

JOHNSON

KILDE

KILLY

KLAMMER

KOSTELIC

LIGETY

MAHRE

MAIER

MAYER

MAZE

MILLER

NEUREUTHER

PARSON

PINTURALT

PLAKE

SHIFFRIN

STENMARK

SVINDAL

THOVEX

TOMBA

VONN

Chapter Meetings Around the Country Are open to Anyone...

Many of our Mended Hearts chapters hold monthly Zoom meetings that are open to anyone who would like to attend.

They have different speakers and topics.

If you would like a list of these meeting times and chapters, please go to www.mendedhearts.org and click on the link or email Mandy at

Mandy.Sandkuhler@mendedhearts.org



Attention - If you or a loved one was born with a congenital heart defect and you would like to help spread awareness of a disease that affects one out of every 110 people, then we encourage you to enter our Rock Your Scar® Photo Contest. **You have from now until January 31** to enter your favorite photo into the nation's only congenital heart disease (CHD) awareness campaign. The photo contest is open to anyone of any age born with a heart defect. You do not need to have a visible scar to enter. We want every child and adult with CHD to feel good about themselves and be proud of who they are – Rock Stars!

Entering is easy and you can win a wonderful prize pack if your photo is chosen. Winning photos will also be featured in Heartbeat Magazine. We also have the People's Choice Award for the photo that receives the most votes, so be sure to check out all our entries and vote for your favorite.

In January, 2022, our very own Ed Romero felt compelled to tell his story and had his daughter, a professional photographer, take this picture to submit. I learned about it when Ed and Joanne sent me this email that says it all;

We titled it - An Unimaginable Gift

The gift of life that God gave us, along with Dr. Tovar and Dr. A. and all the helpers that cared for Ed during this great trial in our lives. They blessed us beyond what words could ever say!!! Mended Hearts sent Ed a gift and he will be featured in the Heartbeat magazine. We hope they get to list those that helped save his life and the hospital that helped - PIH Health!



Valentine's Day in other cultures is just as sweet

Japan's celebration of Valentine's Day has a unique twist. On February 14, only women give gifts of chocolate to men. Some of these gifts, known as Giri "obligation" chocolates, are given to bosses, male coworkers, and male classmates and friends. Women give special chocolate, called honmei chocolate, to their sweethearts.

Men reciprocate on White Day, March 14. On this day, many men give women chocolates in white boxes. If the recipient is a girlfriend, sometimes a gift of flowers or white lingerie is substituted or added.

White Day is said to have originated when a marshmallow company urged the men to repay their Valentine's gifts with white marshmallows. Originally the day was called Marshmallow Day, but was later evolved to White Day. Candy companies sought to cash in with special white chocolates.

In China, the Night of Sevens is sometimes called Chinese Valentine's Day. Celebrated on the seventh day of the seventh lunar month of the Chinese calendar, it's also referred to as the Festival to Plead for Skills. On this day, young women show off their skills in homemaking and make wishes for a good husband.

The Brazilian equivalent of Valentine's Day is the Day of the Lovers (Dia dos Namorados), celebrated on June 12. It immediately precedes the Feast of Saint Anthony -- also known as the marriage saint. Now you know!



Valentine's Day is celebrated around the world and in Italy, with people showing their love in many ways – typically with gifts of candy, flowers, cards, and romantic dinners. Italy has a special connection to the holiday because its origins began during the Roman Empire, and Feb. 14 is the feast day of San Valentino – Saint Valentine. As for candy...

Baci – the Italian word for kisses – are popular Italian chocolates with a hazelnut filling, crowned with a whole hazelnut. The iconic blue foil wrapper also covers a tiny love note with a romantic quote. To celebrate its 100th year, Baci Perugina partnered with Dolce & Gabbana to create a special collection "Love and Passion" Baci. The Valentine's confection is a soft giandua heart topped with a hazelnut and enriched with raspberry flavored crystals. Mmmmm....



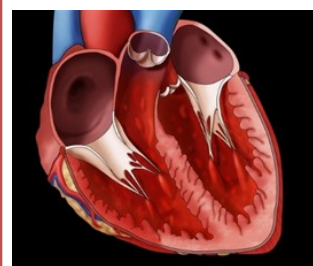
How Aging Affects Your Heart

Written by Rachel Reiff Ellis for WebMD

Medically Reviewed by Carol Der Sarkissian, MD on February 22, 2023

Heart Attack Risk Rises As you age, your chance of heart attack goes up. The average age men have their first heart attack is 65. For women, that age is 72, but menopause -- which women tend to go through around age 50 -- lowers the amount of estrogen in your body. Estrogen helps keep arteries flexible, so your heart attack risk goes up once estrogen starts to drop

Weight Goes Up - By the time you reach 50, your metabolism -- the process your body uses to break down food for energy -- slows down by 30%. A slower metabolism can make it hard to maintain a healthy weight. This boosts your risk of insulin resistance, high cholesterol, high blood pressure, and obesity -- all of which raise your odds of heart disease.



Blood Pressure Rises - Even if you haven't dealt with high blood pressure by your mid-to-late 50s, your risk of getting it is still 90%. High blood pressure hardens and damages the smooth inner lining of your artery walls. It stiffens blood vessels and increases the chance you'll have a blockage.

Heart Rhythm Changes - An irregular heartbeat -- also called atrial fibrillation -- is the leading cause of stroke in older adults. It can cause a blood clot to form in your heart. If that clot breaks away and goes to your brain, you could have a stroke.

Poor Sleep Does Damage - As the part of your brain that controls your sleep cycle ages, you might notice a difference in when you feel tired -- and when you don't. Aging often leads to trouble sleeping, too. Poor sleep can increase the stiffness of your arteries and harden cholesterol plaque, raising your risk of heart disease.

Blood Vessels Narrow - Aging is one of the risk factors for atherosclerosis, or the hardening and narrowing of arteries. It happens when cholesterol, fats, and other fatty substances known as plaque build up on the inner walls of your arteries. This restricts the blood flow to your heart.

More Sensitive to Salt - As you get older, your body doesn't deal as well with salt intake. Too much salt can raise your blood pressure and lead to swelling.

Your doctor is your resource for correct information on your medical condition. It's important to follow his directions to monitor any and all heart conditions you may develop. Be your own advocate and report any changes in your condition and with any medications.

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.



Young Mended Hearts™

Learn more at www.mendedhearts.org



SCAN ME

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.





February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9 MH Board Meeting 10 am	10
11	12	13	14 Valentines Day	15	16	17
18	19	20	21 Educational Meeting 6 pm	22	23	24
25	26	27	28	29		

Mended Hearts

Membership is free!

You can upgrade if you choose and receive benefits, including nationally acclaimed **HeartBeat** magazine for only \$20.00 a year.

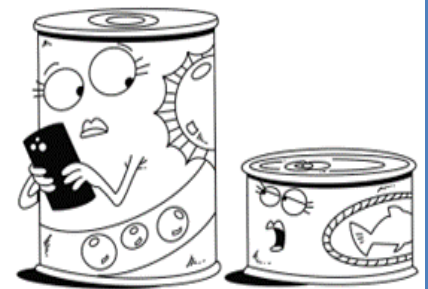
The web site is a great source for current information & webinar's!

Your heart will thank you.

HEALTHY HEART - HEALTHY DIET



February is Heart Month



Enella

"I don't trust those dating sites. A lot of those guys lie about their expiration dates."



The Mended Hearts, Inc.

The Mended Hearts, Inc.
International Headquarters and Resource Center
1579 US Highway 19
Leesburg, GA 31763
Phone: 1-888-HEART99 Email: info@mendedhearts.org

MEMBERSHIP FORM

DATE _____

[] NEW MENDED HEARTS [] NEW MENDED LITTLE HEARTS [] NEW YOUNG MENDED HEARTS [] RENEWAL

Name (Mr. /Mrs./Ms.) _____ [] Chapter/Group 351 [] 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 ___ YMH
* 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 ___ YMH
* 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:

Membership Level _____ \$ _____

Additional tax-deductible Donation to:

[] Mended Hearts [] Mended Little Hearts \$ _____
[] Young Mended Hearts

TOTAL TO NATIONAL \$ _____

ADDITIONAL CHAPTER / GROUP DONATION:

[] Chapter 351 Amount: \$ _____

TOTAL TO CHAPTER \$ _____

**Please note: To be a member of a Mended Hearts Chapter or Mended Little Hearts Group, you must be a member of The Mended Hearts, Inc.