



# Mended Hearts<sup>®</sup> of Whittier, CA NEWSLETTER



**2024 Edition**

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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)  
[MHI - MENDEDHEARTS.ORG](http://MHI-MENDEDHEARTS.ORG)



Mended Hearts of Whittier Chapter 351

### Welcome to Mended Hearts!

We currently have 159 members in our Chapter.351, who enjoy emotional support, friendship building, and fun filled events!

Welcome

Nancy O'Conner  
Richard O'Conner  
Graciela Garcia  
Sydney Selby



### Mended Hearts Education & Support Meeting

Wednesday, **April 17**, 2024

5 :30 pm Social & Snacks  
6:00 pm Presentation

In Person at PIH Health Hospital  
Whittier Auditorium  
12401 Washington Blvd in Whittier, CA.

**Dr. Tanya Diaz, PsyD**  
will present

**"Befriending Our Anxiety"**

For information call 562-463-6960 Ext. 12368

April is Stress Awareness & Mental Health Month so we're focusing on Anxiety & stress, what puts us over the edge, why do we start to have increased symptoms with age, how to cope with the physical symptoms it causes. Are there any new methods or treatments?

Everyone is welcome.

### Mended Hearts Support Group Wednesday, **May 15**, 2024

In Person at PIH Health Hospital - Whittier Auditorium

May is Blood Pressure & Stroke Month.

5:30 Social & Snacks  
6:00 pm Support Group



Join our Conversation on blood pressure, when, where and how to do it! Plus we will have more discussion on living with less stress so we can prevent a stroke!

For information call 562-463-6960 Ext. 12368

Everyone is welcome.



**Herbed Asiago Polenta**

Number of servings : 12  
Low-fat – Meatless - Gluten-free

**Ingredients**

- 8 cups water
- 2 cups stone-ground corn grits
- 2 tablespoons chopped fresh rosemary
- 2 tablespoons chopped fresh thyme
- 2 teaspoons salt
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 4 ounces shredded Asiago cheese

**Dietitian's tip:** This recipe can be prepared a day or two in advance and be rewarmed in the oven. Store in the refrigerator

from Mayo Clinic Dieticians



**Directions**

1. Heat the oven to 375 F.
2. In a large saucepan, bring water to a boil. Slowly pour in the grits, whisking briskly. Once the grits become thick and creamy, add the rosemary, thyme, salt, onion powder and garlic powder.
3. Remove from heat; whisk in the cheese until melted and well-incorporated
4. Coat a 9-by-13-inch baking pan with cooking spray and add the polenta mixture. Allow mixture to set up at room temperature for 15 to 20 minutes. Cut into 12 squares and bake for 10 minutes.

**Nutritional analysis per serving** - 1/2 cup or 1 square

Calories 122 - Total fat 3 g - Saturated fat 2 g - Trans fat 0 g - Monounsaturated fat 1 g – Cholesterol 8 mg  
Sodium 407 mg - Total carbohydrate 19 g - Dietary fiber 1 g - Total sugars 0 g – Protein 4 g

**White Sea Bass with Dill Relish**

from Mayo Clinic Diet

Number of servings 4

***DASH diet - Low-sodium - Heart-healthy - Weight management - Low-fiber - Low-fat - Diabetes meal plan - Gluten-free***

**Ingredients**

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>• 1 1/2 tablespoons chopped white onion</li> <li>• 1 teaspoon pickled baby capers, drained</li> <li>• 1 1/2 teaspoons chopped fresh dill</li> <li>• 1 teaspoon Dijon mustard</li> <li>• 1 teaspoon lemon juice</li> <li>• 4 white sea bass fillets, each 4 ounces</li> <li>• 1 lemon, cut in quarters</li> </ul> | <p>Dietitian's tip: Besides being low in fat and calories, sea bass is also a very good source of protein, vitamin B-6, selenium and phosphorus.</p> |
|---|--|



**Directions**

1. Heat the oven to 375 F. In a small bowl, add the onion, capers, dill, mustard and lemon juice. Stir to mix well.
2. Place each fillet on a square of aluminum foil. Squeeze 1 lemon wedge over each fillet and spread 1/4 of the dill relish over each piece.
3. Wrap the aluminum foil around the fish and bake until the fish is opaque throughout when tested with a tip of a knife, 10 to 12 minutes. Serve immediately.

**Nutritional analysis per serving** - 1 fillet

Calories 115 - Total fat 2 g - Saturated fat < 0.5 g - Trans fat 0 g  
Monounsaturated fat< 0.5 g – Cholesterol 46 mg – Sodium 127 mg - Total carbohydrate 1 g - Dietary fiber Trace - Total sugars Trace - Added sugars 0 g – Protein 21 g

## How stress affects your health from the AMERICAN PSYCHOLOGICAL ASSOCIATION

Updated 10/2022

***Stress can be brief, situational, and a positive force motivating performance, but if experienced over an extended period of time it can become chronic stress, which negatively impacts health and well-being.***

**Stress:** We've all felt it. Sometimes stress can be a [positive](#) force, motivating you to perform well at your piano recital or job interview. But often—like when you're stuck in traffic—it's a [negative](#) force. If you experience stress over a prolonged period of time, it could become chronic—unless you take action.

**A natural reaction** - Have you ever found yourself with sweaty hands on a first date or felt your heart pound during a scary movie? Then you know you can feel stress in both your mind and body.

This automatic response developed in our ancient ancestors as a way to protect them from predators and other threats. Faced with danger, the body kicks into gear, flooding the body with stress hormones such as adrenaline and cortisol that elevate your heart rate, increase your blood pressure, boost your energy, and prepare you to deal with the problem.

*These days, you're not likely to face the threat of being eaten.* But you probably do confront multiple challenges every day, such as meeting deadlines, paying bills, and juggling childcare that make your body react the same way. As a result, your body's natural alarm system—the "fight or flight" response—[may be stuck in the on position](#). And that can have serious consequences for your health.

**Pressure points** - Even short-lived, minor stress can have an impact. You might get a stomachache before you have to give a presentation, for example. More major acute stress, whether caused by a fight with your spouse or an event like an earthquake or terrorist attack, can have an even bigger impact.

[Repeated acute stress may also contribute to inflammation in the circulatory system](#), particularly in the coronary arteries, and this is one pathway that is thought to tie stress to a **heart attack**. It also appears that how a person responds to stress can affect cholesterol levels. When stress starts interfering with your ability to live a normal life for an extended period, it becomes even more dangerous. The longer the stress lasts, the worse it is for both your mind and body. You might feel fatigued, unable to concentrate, or irritable for no good reason, for example. But chronic stress causes wear and tear on your body, too.

[The long-term activation of the stress response system and the overexposure to cortisol and other stress hormones that come with it can disrupt almost all of your body's processes](#). This can put you at increased risk for a variety of physical and mental health problems, including anxiety, depression, digestive issues, headaches, muscle tension and pain, heart disease, heart attack, high blood pressure, stroke, sleep problems, weight gain, and memory and concentration impairment.

[Chronic stress may also cause disease](#), either because of changes in your body or the overeating, smoking, and other bad habits people use to cope with stress. Job strain—high demands coupled with low decision-making latitude—is associated with increased risk of coronary disease, for example. Other forms of chronic stress, such as depression and low levels of social support, have also been implicated in increased cardiovascular risk.

[Chronic stress also suppresses the body's immune system](#), making it harder to recover from illnesses.

What you can do - Reducing your stress levels can not only make you feel better right now, but may also protect your health long-term. Several research studies have demonstrated, for example, that interventions to improve psychological health can have a beneficial impact on cardiovascular health. As a result, researchers recommend boosting your positive affect—feelings like happiness, joy, contentment, and enthusiasm—by making time for enjoyable activities every day.

**Other strategies for reducing stress include:**



[Identify what's causing stress.](#) Monitor your state of mind throughout the day. If you feel stressed, write down the cause, your thoughts, and your mood. Once you know what's bothering you, develop a plan for addressing it. That might mean setting more reasonable expectations for yourself and others or asking for help with household responsibilities, job assignments, or other tasks. List all your commitments, assess your priorities, and then eliminate any tasks that are not absolutely essential.

[Continued on Page 4](#)



### Chapter #351 Board Members

#### President & Asst Regional Director

Constance Evans

[Constance.mh351@yahoo.com](mailto:Constance.mh351@yahoo.com)

Phone -951-316-1951

#### Vice President – Hugo Cambron

Email - [hugocambron@yahoo.com](mailto:hugocambron@yahoo.com)

#### Secretary – Open position

#### Treasurer – Open position

#### Visiting Chairman – Yolie Zaragoza

#### Membership Chair - Marcela Cueto-Sanchez

[cmmjsanchez@verizon.net](mailto:cmmjsanchez@verizon.net)

#### Newsletter Editor – Constance Evans

#### Communications – Eddie Rodriguez

#### Public Relations - Johnny Lemucchi

Email - [jclemucchi@aol.com](mailto:jclemucchi@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](mailto:Teri.Beyer@pihhealth.org)

Lupe Morales-

[Lupe.Morales@pihhealth.org](mailto:Lupe.Morales@pihhealth.org)

#### PIH Downey Liaison - Mayra Linares -

[mayra.linares@pihhealth.org](mailto:mayra.linares@pihhealth.org)

#### PIH Good Samaritan Liaison-

Deanna.Shea-Vega@

[pihhealth.org2pihhealth.org](http://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**



#### .How stress affects your health...continued.

**Build strong relationships.** Relationships can be a source of stress. Research has found that negative, hostile reactions with your spouse cause immediate changes in stress-sensitive hormones, for example. But relationships can also serve as stress buffers. Reach out to family members or close friends and let them know you're having a tough time. They may be able to offer practical assistance and support, useful ideas, or just a fresh perspective as you begin to tackle whatever's causing your stress.



**Walk away when you're angry.** Before you react, take time to regroup by counting to 10. Then reconsider. Walking or other physical activities can also help you work off steam. Plus, exercise increases the production of endorphins, your body's natural mood booster. Commit to a daily walk or other form of exercise—a small step that can make a big difference in reducing stress levels.

**Rest your mind.** To help ensure you get the recommended seven or eight hours of shut-eye, cut back on caffeine, remove distractions such as television or computers from your bedroom, and go to bed at the same time each night. Research shows that activities like yoga and relaxation exercises not only help reduce stress, but also boost immune functioning.

**Get help.** If you continue to feel overwhelmed, consult with a psychologist or other licensed mental health professional who can help you learn how to manage stress effectively. They can help you identify situations or behaviors that contribute to your chronic stress and then develop an action plan for changing them.

#### **Can 3D printing make the affordable housing dream come true?**

Rising housing prices have been a major source of inflation. Some worry that those who don't already own homes may end up priced out of the market for life.



But technological breakthroughs, including 3D printing, may make affordable housing easier to build and obtain.

**Bankrate** reports that labor can make up 50 percent of a construction project's total costs. Wages tend to trend up, particularly during periods of elevated inflation, which can increase labor costs. This can increase home prices not just when construction companies hire workers to build the home -- it can also raise the cost of construction materials. Rising prices for new homes, meanwhile, can make older homes more expensive.

3D printing, however, may greatly reduce these labor costs. Some 3D printers are already building homes using concrete, according to Smithsonian Magazine. Giant printers can slowly pour layer after layer of concrete to construct interior and exterior walls. In fact, 3D printers can currently build a 1,300 square foot home in about 40 hours.

Historically, concrete hasn't been a popular material for interior walls and the like. However, concrete, which is easy for 3D printers to work with, has excellent insulation properties and is also very durable. This could increase longevity and reduce heating and cooling costs. Right now, affordable housing is a pipe dream for many, but technological advancements could make more dreams come true

**Raisins are healthy sweets that keep energy high**

They're one of the oldest foods in human history, but raisins are attracting new attention as an optimal source for steady energy. Raisins are a top energy source that sustain blood sugar levels longer than other high-energy foods, but don't come with a crash after the energy runs out. If you munch on a donut, you'll be hungry again in a little while. If you munch on a little box of raisins, you won't.

The California Raisin Marketing Board says the list of health benefits associated with raisins keeps growing. In a study done on the effect of raisins on cholesterol, subjects with elevated cholesterol ate a diet high in fiber and low in fats. The diet included raisins, which are shown to contain 4 grams of fiber per one and one-half ounce serving. Those who followed the diet lowered their cholesterol levels and reduced their risk of heart disease.

Other studies show that raisins are rich in antioxidants, which help to prevent heart disease and cancer.

Research sponsored by the World Health Organization shows that raisins are one of the top sources of boron in our diets. Boron has beneficial effects on the bones and the brain and helps to metabolize nutrients like calcium, copper, and nitrogen.

*If you want to control your blood pressure, raisins are one of the best snacks for you. They're a good source of potassium, a mineral that has been shown to lower high blood pressure. They also don't spoil. Put a box or two in your lunch box or drawer.*



**Cut out your Ruby's Mini Flier and join us for good times  
in a fun atmosphere for a great cause!**

**RUBY'S**



**RUBY'S DINER**  
10109 Whittwood Lane  
(in the Whittwood Mall)  
(562) 947-RUBY (7829)

Come dine at Ruby's and 20% of all food and non-alcoholic beverage sales

Goes to **Mended Hearts Chapter 351**  
Located at PIH Health Hospital-Whittier

**Wednesday, April 27, 2024**  
**All Day! Includes to go Orders!**

Not valid with any other offer or discount

**COME JOIN THE FUN!!!!**  
(Don't forget to bring this flyer with you!)

Remember: Flyers must be passed out prior to your fundraiser and may not be passed out at the restaurant during the event.

*Real Food. Real Good. Real Friendly.*

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**President's Report** - This month is the start of the new bi-monthly newsletter. Our board decided in January to have bi-monthly education meetings, and bi-monthly support groups. April is a speaker meeting and May is a support group. June is our Picnic in Michigan Park.

We need to build attendance for our speakers because their time is valuable and we can use your help by inviting others that can benefit from our program. Family, friends & neighbors...

We are also recruiting new volunteers to help us visit patients and provide support, just like we all needed to move on after surgery! If you can help, please contact our office.

Have you visited the [www.mendedhearts.com](http://www.mendedhearts.com) web site? You will see all the new things they have added to their site. The Heart Guide, a library of webinar's on many topics including ATTR-CM, information for support groups on Heart Failure, Caregiver, and the new Athlete group.

MHI has decided not to provide the Heart Guides for patients due to greatly increased printing & shipping costs. Chapters however, can raise funds to buy them independently. Your Chapter 351 board wants to continue if we can and will start raising funds for this project. Thank you all for your continued support of our mission to educate & support all our heart patients. Blessings, Constance

**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.

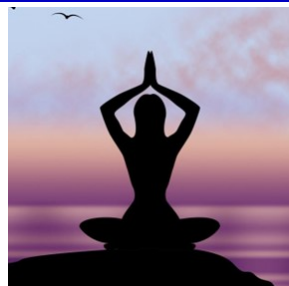
If you would like a list of these meeting times and chapters, please go to [www.mendedhearts.org](http://www.mendedhearts.org) and click on the link or email Mandy at [Mandy.Sandkuhler@mendedhearts.org](mailto:Mandy.Sandkuhler@mendedhearts.org)

**Mended Hearts Membership is free!** You can upgrade if you choose and receive benefits. . **The web site is a great source for current information & webinar's!** Your heart will thank you.

## GARDENING DAY

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

- |            |           |
|------------|-----------|
| ARBORETUM  | ORANGERY  |
| BOTANICAL  | ROCK      |
| BUTTERFLY  | ROOF      |
| CACTUS     | ROSE      |
| COMMUNITY  | SCULPTURE |
| COTTAGE    | SENSORY   |
| ENGLISH    | SHADE     |
| FLOWER BOX | TERRACE   |
| HANGING    | TROPICAL  |
| HERB       | VERTICAL  |
| JAPANESE   | VICTORY   |
| KITCHEN    | WATER     |
| MAZE       | WINTER    |
| MEMORIAL   | ZEN       |
| MOSS       |           |



### Relax ... MIND, BODY, SPIRIT WORKSHOP

*In-Person Meeting*

*Reduce worry, anxiety, and find meaning in challenging times*

*Four-week workshop.*

**Dates: 5/1, 5/8, 5/15, 5/22 from 4:30 pm to 6 pm at PIH Health Whittier Hospital, Lower Level, Conference Room A.**

**To register go to [PIHHealth.org/Yoga](http://PIHHealth.org/Yoga)**



2024 APRIL						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
					Board Meeting 10 am	
14	15	16	17	18	19	20
			Education Meeting 6 pm			
21	22	23	24	25	26	27
28	29	30				

2024 MAY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
					Board Meeting 10 am	
12	13	14	15	16	17	18
			Education Meeting 6 pm			
19	20	21	22	23	24	25
26	27	28	29	30	31	



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.