



Mended Hearts[®] of Whittier, CA NEWSLETTER

2024 Edition



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P.O. BOX 68
WHITTIER, CA 90608

WWW.MENDEdHEARTSWHITTIER.ORG
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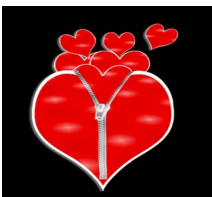
Mended Hearts of Whittier Chapter 351

Welcome to Mended Hearts!

We currently have 156 members in our Chapter.351, who enjoy emotional support, friendship building, and fun filled events!

Welcome

García, Graciela
O'Connor, Nancy
O'Connor, Richard
Quint, Al



MENU

Pizza variety and assorted salad's.

You can bring treats to share with your friends!

RSVP to save your seats!

562-698-0811 Ext 12368
Mended Hearts Office



Fun - Food - Friend's

Our Support Group Gathering

Note Date & Time Change

June 19, 2024 4 - 6 pm

PICNIC in Michigan Park

8228 Michigan Ave
Whittier, CA 90602



The park has picnic tables, benches, running water and you are welcome to bring your own chairs. We provide tablecloths, plates and napkins.

Come share your story .



. Many of us are approaching the time when we will need to plan for care for our loved ones.

I met Dana Porter at an event and asked her if she could share information with us and she will be at our picnic to answer questions and tell us about Happier at Home..

Happier at Home is the perfect solution for seniors that need support to maintain independence in their place of residence, no matter where they call home.



Chicken sausage meatballs

Number of servings: 5
Weight management /Healthy-carb
Diabetes meal plan / Gluten-free

Ingredients

1/4 large onion, chopped
1 3/4 teaspoon minced garlic
1/4 cup grated Parmesan cheese
3/4 teaspoon Italian seasoning
3/4 teaspoon ground fennel
1/4 teaspoon kosher salt
1/8 teaspoon ground black pepper
1 pound ground chicken breast

Directions

1. Heat the oven to 350 F.
2. In a small saucepan, sauté the onions and garlic until tender, about 5 to 7 minutes.
3. Remove from heat and place in a medium bowl. Add the cheese, Italian seasoning, fennel, salt and pepper; mix well.
4. Add the chicken and gently mix with hands until just combined. Form mixture into 1-inch meatballs —about 3/4 ounces each.
5. Place on a greased baking sheet and bake until the internal temperature of the meatballs reach 165 F, about 15 minutes.

Nutritional analysis per serving: size: 3 ounces Calories 177 - Total fat 4 g - Saturated fat 2 g - Trans fat 0 g Monounsaturated fat 1 g – Cholesterol 81 mg – Sodium 326 mg - Total carbohydrate 2 g - Dietary fiber 1 g

Recipe from the dieticians at Mayo Clinic / Healthy Lifestyle

Chef's note:
These meatballs can be made ahead of time. Chill in the refrigerator overnight to use the next day or freeze for up to 3 months.



MENS HEALTH MONTH



June is National Men's Health Month, a time to remind men to get their heart health checked, especially if a family member has heart problems or it runs in the family. Men are less likely than women to see a doctor or report symptoms to their doctor. Only 60 percent of men go to the doctor for a yearly, routine check up, and 40 percent won't go until something is seriously wrong. Being a dad is an important job and you all want to be there for your families., so take heed and take good care of yourself!

June events include our support group meeting on June 19th. We all love these picnics and we're planning another one. You'll hear about it soon.

At our picnic, we are having a guest, Dana Porter to share information and answer questions about our futures and what at home care has to offer us. Dana is from Happier at Home.

Jersey Mike's Fundraiser is on June 27th and its our first time being asked to display our information and talk to customers who have questions. That's a nice change of pace. Their team is putting up balloons to make it festive. Watch for the upcoming Red Robin and more!

Recently, you received a survey in the mail and we asked for your ideas about our meetings, including the days and times, the speakers, and more. We want our meetings to be convenient, and interesting so you are getting the information you want and sharing with a larger group. You will have another opportunity because we will have them at the picnic.

We look forward to seeing you all at the picnic and around our community. Blessings. Constance





Father's Day is more meaningful than ever

In the year 2024, Father's Day is more meaningful than it ever was before. Today's American fathers are far more involved with their kids than their dads were in 1910, when the day was first celebrated, or in any decade since. Modern fathers expect and intend to play a vital and influential role in their children's lives.

Social media has given us an intimate glimpse into the role of dads in their children's lives, with reels of young fathers having funny conversations with the little ones, or dads saving the day. They also give us a chance to see

how much children adore their fathers.

In one way, these fathers are similar to Sonora Smart Dodd's dad. After Dodd's mother died, her father raised the family. To recognize his sacrifices, Dodd and her church celebrated the first Father's Day in 1910.

The Father's Day movement was supported by President Calvin Coolidge in 1924. But it wasn't until 1966 that President Lyndon Johnson officially set the third Sunday of June as Father's Day.

Roses are the traditional Father's Day flowers: Red to be worn for a living father and white if the father has died.

Competition: Sports drives innovation

Given that most sports rely heavily on physical capabilities, you might not assume that sports could also drive innovation. In practice, however, athletes who are scientists and inventors off the field have made numerous important contributions to sports and society as a whole.

Engineers and sports enthusiasts aren't the only ones who have cooking up new technologies, either. A farmer in southern Illinois, Arthur Ehrat, invented the breakaway basketball rim to stop players from destroying backboards when they dunked the ball. The original rim relied on springs from a John Deere tractor.

After a female jogger reached out to express her frustrations about women's athletic wear, designers Hinda Miller and Polly Palmer Smith purchased some jock straps, cut them up, and re-pieced them together to create the first sports bras. The sports bra has allowed more women to participate in sports and to perform at a high level.

Another legendary performance booster: Gatorade. Physician Robert Cade noticed that players on the University of Florida Gators football team consistently performed worse in the second half of each game. Dr. Cade theorized -- and later proved -- that dehydration was the problem and not just fatigue. Gatorade, named for the legendary team, was invented to replenish salt and sugar levels and quickly rehydrate the thirsty players. Sports has had a big impact on safety as well. Today's helmets, whether for football or riding a motorcycle, are vastly superior to options of the past, thanks at least partly to investments in protective gear for athletes. Shawn Springs, CEO of Windpact and a former NFL player himself, recognized that many retired NFL players experienced significant neurological problems. His company now produces helmets that efficiently absorb and disperse energy to protect players and their most valuable assets.-- their brains!



Curiosity earns cat a trip to California

Since at least the late 1500s, authors from Shakespeare to Stephen King have mentioned what happens to curious cats -- and it's never good. But for one cat in Utah, her curiosity earned her a trip to California -- the hard way, but she got there. This April, Galena, a curious six-year-old calico house cat, chose to hide in a nice cardboard box -- the very box that her owner Carrie Clark was packing up to return some steel-toed boots to an Amazon warehouse. Galena didn't make a peep when Clark closed the flaps. And so she was shipped.

Her beloved cat suddenly missing, Clark was frantic, searching and posting flyers. Six days later she got a text message from an Amazon worker. Galena survived her trip without food or water and was being cared for by an Amazon worker, Brandy Hunter, who had her chip scanned. The Clark couple flew to California the next day to fetch Galena, and everyone lived happily





Chapter #351 Board Members

President & Asst Regional Director

Constance Evans
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Vice President – Hugo Cambron
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Secretary – Open position

Treasurer – Open position

Visiting Chairman – Yolie Zaragoza

Membership Chair - Marcela Cueto-Sanchez
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Newsletter Editor – Constance Evans

Communications – Eddie Rodriguez

Public Relations - Johnny Lemucchi
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Social Secretary - Vivian Rice
Member at Large - Marilyn Schirmer
Member at Large - Tiffany Wong
Support Group - Nancy White, LCSW

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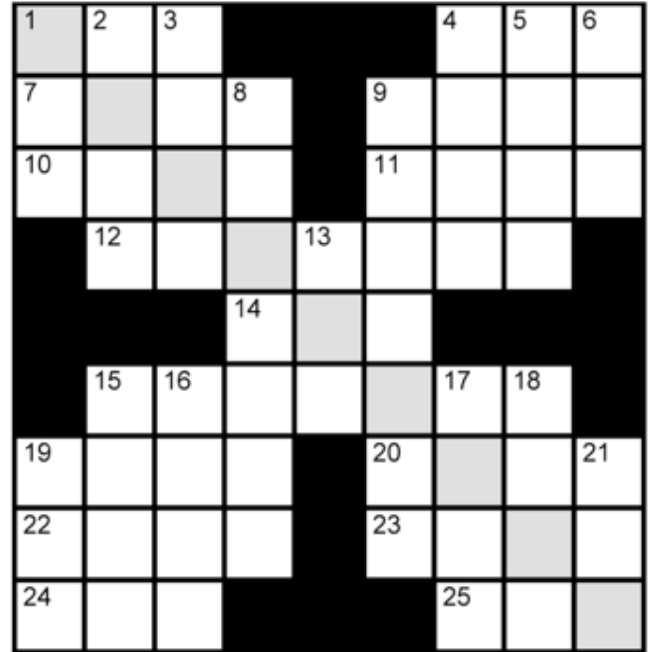
Tiny Purple Fruit

Across

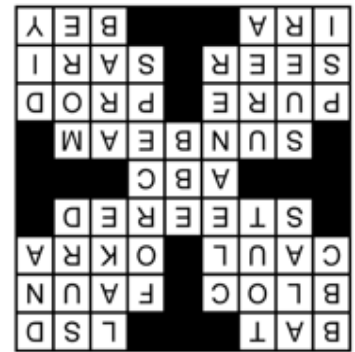
1. Louisville Slugger
4. Hallucinogen
7. Coalition
9. Woodland deity
10. Women's hat lining
11. Gumbo ingredient
12. Guided
14. Agatha Christie's "The ___ Murders"
15. Solar beam
19. Unadulterated
20. Egg on
22. Oracle
23. Indian wear
24. 401(k) alternative
25. Ottoman governor

Down

1. No Clue
2. "C'est la vie"
3. Praise highly
4. Vacation destination
5. Irrational, in math
6. Some forensic evidence
8. Crime fighter



9. Delivery aid
13. "Chicago" lyricist
15. Litigant
16. Fertilizer chemical
17. Riyadh resident
18. Oliver's request
19. Tire meas.
21. Home improvement letters



The headline is a clue to the answer in the diagonal.

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



Join Us Today

Mended Hearts Membership is free! You can upgrade if you choose and receive benefits for only \$20.00 a year. **The web site is a great source for current information , joining in on webinar's, zoom meetings from around the country ad chat groups. Your heart will thank you.**

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



What your bones would tell you

If your bones could talk, they would first explain that they are living things and become stronger with the right nutrients and exercise.

Until age 20 -- and sometimes all the way to 30 -- bone mass accumulates and grows, peaking in the third decade of life. After that, your bones would say it's up to you to keep them strong. If you don't, bone mass will decrease, year by year, for the rest of your life.

No matter your age, regular weight-bearing exercise can prevent bone loss and make your bones stronger.

They include walking and exercising with hand weights.

Calcium and vitamin D are also important factors in bone strength. Adults generally should aim for at least 1,000 milligrams of calcium a day. Add 1,000 International Units of vitamin D from food or supplements. **Calcium isn't absorbed without vitamin D.** Your spine would also have a lot to say, especially when it's hurting. It would tell you that its natural curve is a figure 8. As far as the upper back is concerned, your posture is important. If you stand round-shouldered and let your stomach sag, the upper back pays a price.

When the lower back feels tight and painful, other parts of the body might be responsible. The American Physical Therapy Association says almost all thigh muscles are attached to the pelvis, which interlocks with the spine. If thigh muscles don't keep the pelvis stabilized, the spine is prone to shifting. Lower back muscles are forced to compensate, and the overwork can cause pain.



Croquet: the equal opportunity sport

Some say croquet combines the skills of golf, billiards, and chess. Competitors have a passion for a game that looks genteel, but can be fiercely competitive.

The great thing about the croquet is that anyone can play. Young and old, men and women -- everyone competes on equal footing. There are no women's tees or handicaps. Former professional player Jim Welch called it a "thinking man's game," both challenging and exciting.

The idea of croquet is that team players use a mallet to hit a ball through wickets, six or nine, depending on your preference. The first team to hit through all the wickets wins. These days croquet can be played on grass or carpet. Carpet croquet games have wickets that stand on the carpet with weights. What's great about croquet is that it is not strenuous -- you can take a seat while the other guy is hitting -- but when it is your turn, you still get a few steps in before you knock the ball. It gives muscles a mild workout. It's also social, played with two to four other people.

Plus, it's fun. Trash talk is allowed -- "Knock him to the hills!" they say. Players often do a running commentary on the game.

The sport has stood the test of time, originating with 14th century French peasants, surviving and growing in popularity over the centuries. Croquet equipment was advertised in the New York Clipper in 1862. One New York paper editorialized, "never in the history of outdoor sports in this country has any game achieved so sudden a popularity." The U.S. Croquet Association carries rules for backyard nine-wicket, American six-wicket, international six-wicket, and nine-wicket golf croquet.

Whichever you choose, you'll have a great time playing -- that is, unless you are the victim of being 'knocked into the far hills.' It's just FUN for the whole family, especially on holidays when you're all together!



The Mended Hearts, Inc.

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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.

JERSEY MIKE'S

FUNDRAISER

Thursday, June 27 • 3pm - 9pm



**DOWNLOAD
OUR APP**
↓ SCAN WITH CODE



Mended Hearts



Good goes beyond the sub! Visit our store or order on our app using promo code **MENDEdHEARTS** on June 27th from 3pm tp 9pm—and we'll happily **donate 20% of your sale** in support of Mended Hearts. Enjoy some great subs and help Jersey Mike's support this worthy cause.

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