



The Mended Hearts, Inc.
Chapter 296 Orlando Florida
www.mendedheartsorlando.org

The Central Beat

Mended Hearts Inc., Chapter 296
Volume Fourteen, Number One

December, 2014

President's Message

Our Christmas Celebration party at DeerRun Country Club was a success due to the efforts of Sandy Wynn, Mary Stender, and Cindy Ruder. The decorations and silent auction was over the top with music provided by Richard Langolf.

Thank you, Carl Pain our visitor extraordinaire, who suggested this venue for our holiday party. It was a festive introduction to the holiday season and our preparation for another joyous and healthful New Year!

As we celebrate the holiday season, we have many reasons to be thankful for our many gifts, support, and lasting personal relationships. Personally, I thank everyone for their support during my recent medical crisis and look forward to another Healthy and Joyous New Year.

The next Meeting on January 21 , 2014 will be at Florida Hospital Orlando. The speaker will be Scott Johnson, ARNP from Pulmonary Care of Central Florida.

Our mission is to provide hope and inspiration to patients on their road to recovery. If you have the compassion and empathy to listen to their concerns and questions and share your own experience WE NEED YOU!!! Contact Mike Weber at 407-682-1172.

If you are not a visitor, you are still very important to our chapter. Every day you are a ROLE MODEL for people who have a cardiac condition by showing that there is LIFE.

Good health to you,
Lee Meneses/Larry Cirillo



What we have done for ourselves
alone dies with us; what we have
done for others and the world
remains and is immortal.

ALBERT PIKE (1809-1891)
Lawyer, Journalist, Soldier

RUM CAKE

Ingredients:

1/2 cup chopped pecans
1 Yellow cake mix
1 package French Vanilla Instant Pudding
Nutmeg - 8 to 10 shakes
Vanilla extract - 2 teaspoons
Butter - 1 stick, melted
1 cup water
1/4 cup Captain Morgan Spiced Rum
4 eggs

Spray bundt pan with Pam. Sprinkle bottom of bundt pan with 1/4 cup chopped pecans. Mix remaining ingredients together and beat for 2 minutes. Pour batter into bundt pan and sprinkle remaining chopped pecans on top. Bake at 350 degrees for 45 - 50 minutes. Let the cake cool about 10 minutes in the pan, then flip the cake on to a plate.



RUM GLAZE

1/2 stick butter
1/4 cup Captain Morgan Spiced Rum
3 to 4 tablespoons brown sugar
5 to 6 shakes nutmeg
Bring ingredients to slow boil, stirring continuously. Let cool for five minutes and serve.

Serving Suggestions

Good: Slice the cake and eat it.

Better: Dribble rum glaze over slice of cake and enjoy...Yum

Best: Top slice of cake with scoop of vanilla ice cream and then dribble rum glaze over cake and ice cream...WOW!

Only if you get a written waiver from the Head Elf at the North Pole Bakery, you may change the flavor of the cake a bit by using a different rum or pudding (maybe regular vanilla or butterscotch). You may also prefer walnuts or almonds. The Rum Glaze may be varied by using a different rum or regular granulated sugar. You may also want to add a dash or two of vanilla extract, almond extract, or maple extract. And if you like cinnamon, try a couple shakes.

No matter which combination of flavors you prefer, if you make this rum cake for the holidays, you will become instantly the favorite house in the neighborhood, and may even impress your mother-in-law.

Carl & Juanita Pain

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Newsletter
Vacancy

THE MENDED HEARTS, INC.

Cardiac Support Group

Chapter 296

Please join us at our monthly meeting and be part of this self-help organization for those who have had any heart problems

January 21, 2014

Tuesday Evening, 7- 8:30 PM

Florida Hospital Orlando

601 E. Rollins Street

Orlando, Florida 32803

Barker Conference Center - Room - B

Directions: Take Orange Avenue North and turn on to King Street. Turn into the main parking garage for the hospital. Park on any floor with available spots and take elevator/stairs to third floor. Use the crosswalk located on 3rd floor to cross the railroad tracks. Take the elevator at the end of the crosswalk down to the basement level for the Barker Conference Center. We will meet in Conference Room B. Parking vouchers for the parking garage is available at the meeting.



Speaker: Scott Johnson ARNP with Pulmonary Care of Central Florida, will be discussing Lung Function and how it impacts our heart health.

February 18, 2014

Tuesday Evening, 7- 8:30 PM

Florida Hospital Orlando

601 E. Rollins Street

Orlando, Florida 32803

Barker Conference Center - Room - B

Directions: Take Orange Avenue North and turn on to King Street. Turn into the main parking garage for the hospital. Park on any floor with available spots and take elevator/stairs to third floor. Use the crosswalk located on 3rd floor to cross the railroad tracks. Take the elevator at the end of the crosswalk down to the basement level for the Barker Conference Center. We will meet in Conference Room B. Parking vouchers for the parking garage is available at the meeting.



Speaker: Dr. Tara Fussell, Podiatrist with Foot & Ankle Associates of Florida, will be discussing the importance of foot care that will enable us to remain active & heart healthy.

Due to possible changes for future meetings **call** the contact person or check our local web site listed below to be assured that no change has occurred before coming to any meeting.

Call the National Organization to locate a chapter near you if you don't live in the Central Florida area.
1-800-AHA-USA1

<http://www.mendedhearts.org>

Our local web address is www.mendedheartsorlando.org

2014 January meeting - Contact Eileen Krause - 407-303-1526

2014 February meeting - Contact Eileen Krause - 407-303-1526

Mended Hearts Orlando - January Birthdays

<u>Last Name</u>	<u>First Name</u>	<u>Birthdate</u>
Philpott	Mike	01/11
Weber	Mike	01/17
Krause	Eileen	01/25
Burns	Linda	01/27

Mended Hearts January Event Dates

<u>Last Name</u>	<u>First Name</u>	<u>Cardiac Date</u>
Gile	Charles	1/4/2001
Jones	Claire	1/22/2004
Peet	Stew	1/20/2011



Food Peer Pressure

Ordering within the same food category as your friends brings greater happiness to restaurant-goers. Researchers found this peer pressure can overwhelm original desires for specific foods. People will try to avoid looking like the lone glutton or nutri-freak just to fit in. It's only true if people order out loud though. Researchers recommend ordering first because "the first person is the only one who truly gets what they want".

Positive Tip: Be a positive peer and order healthy dishes to encourage your friends when eating out.

Sweat Equivalents!

What do calorie counts really mean? Today, a concept gaining popularity is "sweat equivalents". It's very simple: an estimate of the calories burned per minute in a particular activity expressed as time spent in that activity. So, if your calorie consumption were average on Thanksgiving you would need to run for 7.7 hours or cycle for 15 hours or swim for 10.6 hours to burn off those calories. Thought provoking indeed!

Positive Tip: Make your choices of input and output truly balance.

December 2013 Christmas Party

