



Mended Hearts™
of Orlando - Central Florida



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

President's Message



The Central Beat

Mended Hearts Inc., Chapter 296
Volume Seventeen Number Three

April, 2017

Welcome everyone to your April Newsletter.

Spring is here and just as the Romans named it Aprilis, meaning to open... flowers are beginning to bloom, buds on the trees are opening up to leaves. We too should celebrate the rebirth of all our flowers, shrubs and green leaves that are in bloom.

Also, it is blueberry month. In fact, I just returned from picking blueberries at a farm down the street from where I live.

Go out for long walks; pick some blueberries from local farms. Enjoy all the majesty of our springtime.

Continue to eat healthy and I will see you all on April 18 at the Orlando Health Heart Institute. I will be bringing in a heart friendly treat for you to try. Please try to make our meeting.

Till next time,

Larry Sartori

Best of Health to Each of You





Food of the Month

Brussels Sprouts



Directions:

- 1 Tbsp olive oil
- 1-2 Tsp. minced shallot or sweet onion
- 3/4 –1 pound Brussels sprouts, trimmed, thinly sliced
- 1/4 shelled pistachios or pine nuts (optional)
- 1 Tbsp lemon juice
- 1 Tsp minced garlic (optional)

1. Preheat oven to 400°F or heat up frying pan for stove top cooking
2. Baking method, combine Brussels sprouts and all other ingredients in a large mixing bowl, and toss until everything is evenly coated.
3. Turn the Brussels sprouts out onto a baking sheet. Sprinkle with a few pinches of salt and pepper.
4. Bake for 10-15 minutes, or until the Brussels sprouts are lightly charred and crisp on the outside and toasted. (Be sure to keep an eye on your sprouts while baking, though, since different ovens and different sized sprouts may affect baking time.)
5. Frying Pan method: Prepare in a non stick frying pan, medium heat until tender and slightly charred. Put the shallots in pan first for 30 seconds, then add everything else except lemon juice. Cook 3-5 min . Add lemon juice last. Serve immediately.

Brussels sprout is a member of the Gemmifera Group of cabbages grown for it edible buds. 1 Cup is only 38 calories, but so filling. A high source of Vit. A and D and a good source for foliate and fiber.

If you think you do not like Brussels sprouts, try this method of preparation and you will be delighted with a new favorite dish.

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Newsletter
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Mended Hearts Orlando - April Cardiac Event

Last Name	First Name	Date
	None	

Mended Hearts Orlando - April Birthdays

Last Name	First Name	Date
Lemmens	Inger	April 13
Wainwright	Ed	April 17
Weber	Corine	April 27

2016 Chapter Visiting Program

I want to thank all our chapter hospital visitors as well as those doing follow-up calls on patients we visited at Florida Hospital Orlando and Orlando Regional Medical Center. Here are the statistics for the year 2016.

2,165 patients visited
2,498 patient visits
449 family visits
2,947 total hospital visits
436 telephone visits
4 internet visits

Our visitors truly carry out the mission of Mended Hearts. I am proud to be associated with such a fine collect of folks who give of their time.

Mike Weber
Visiting Chairman

Coping with Cardiac Problems

Some Potential Steps to Take:

Educate Yourself about your condition.

Identify things that are within your capacity that are important to you and explore the possibility putting these things in your life.

Communicate with your spouse, significant family members and friends. Avoid isolation. Become involved in a support group or other groups of interest to you.

Think of depression as the enemy and don't permit it to take away any more of your independence.

Spouses and caregivers must have some time off.

Develop some form of relaxation or calming tools.

Sooner or later all of us will be gone from this earth. Let this fact become a powerful motivating force that pushes us to take as much control over our lives as possible, because time should not be wasted.

Bruce F. Hertz Ph.D. Clinical Psychologists



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.



April 18 , 2017
Tuesday, 7-8:30 PM
Orlando Health Heart Institute
1222 S. Orange Ave.
Orlando, Florida 32804

Directions: Orlando Health Heart Institute (OHHI) is located in downtown Orlando on the corner of Orange Ave and Underwood across from the Cancer Center. The physical address is 1222 S. Orange Ave. The building is a five story glass building with a red banner across the top of the building that reads Heart Institute. You may park in the garage next to the Heart Institute and enter the building via the first floor where you may also valet park. Walk from the parking garage to the OHHI building located next to the garage, enter the building. Just follow the Mended Hearts signs in the building. Walk to the left of the Reception Desk and the classroom is on your left.

Topic: Operating Room Experience. Ben Crumley P.A. will be our speaker.

May 16, 2017
Tuesday, 7-8:30 PM
Diabetes Center Conference Room 5th Floor
Florida Hospital Orlando Campus
2415 N. Orange Ave Medical Offices Building
Orlando, Fl. 32803

Parking: Park in the **McRAE** Parking Garage accessed on Rollins Street. Park on 3rd Floor of garage if possible. At the elevators on the 3rd floor of the parking garage – turn left and go into the Medical Office building complex. Follow signs to 5th floor. Parking garage vouchers will be provided at the meeting.

Topic: To be Determined

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 Office to locate a chapter near you if you don't live in the Central Florida area.

1-888-432-7899 or 214-206-9259-<http://www.mendedhearts.org>

Our local web address is www.mendedheartsorlando.org

2017 March meeting
2017 April meeting

Contact Eileen Krause - 407-342-3708
Contact Joanna Gerry - 321- 843-1093

SAVE THE DATE for Mended Hearts Anniversary Dinner
Sunday, July 9, 2017

March 2017 MH Meeting

Larry Sartori, Mended Heart Chapter 296
President giving the March meeting presenters,
Amber Gross and her assistant Ashley Funk a
Certificate of Appreciation .





Chair exercises with Amber Gross at our March Mended Heart Meeting

