



Mended Hearts™
of Orlando - Central Florida



Mended Hearts
Chapter 296
Board Contacts

President
Larry Sartori
407-909-1269

Vice President
Corrie Crum
407-730-2577

Secretary
Linda Burns
407-277-0918

Treasurer
Claire Jones
407-380-6042

Visiting Chair
Mike Weber
407-814-8890

Hospitality
Membership
Joan Sartori
407-909-1269

Programs
Sharry Tamayo
407-421-0136

Joanna Gerry
407-841-5164

Betsy Mckeeby
407-637-1013

Social
Functions Chair
Corine Weber
407-814-8890

Newsletter
Gary Szasz
407-342-1400

the President's Message

Welcome to your July 2018 Mended Heart Chapter 296 Newsletter....



Happy 4th of July to all our members. I hope you all enjoy the day with family and friends. We in America are so blessed with a wonderful vibrant land where opportunities abound and our health care is one of the best in the world.

On July 15-18 Mended Hearts National will be conducting an Education and Training conference in San Antonio, Texas. Some of our members will be attending. Wishing a safe and productive conference to all those attending.

Don't forget our Chapter Anniversary dinner on Sunday, July 29th at 4:30 at the Deer Run Country Club. I hope you all can attend this celebration with us. Cost of attending is \$20 per person. Please contact Corine Weber if you wish to attend.

Enjoy your summer. Stay safe, happy and healthy. See you all in September!

Peace & Love,

Larry



June Meeting



We LOVE Claire Brown. Not only does she feed us delicious heart and diabetic healthy food, she makes enough for seconds and thirds. As she's preparing our Savory Oats and Bulgar and Orange Salad, she teaches us about "Food for Life" and how we can make our meals very tasty and satisfying while avoiding sugar, salt and fats.

Editor's Note:

The recipe of the week on Page 4 is not the exact same one Claire made at the meeting. It does have a little olive oil and a little salt but I personally made this and am enjoying it very much. I top it off with a little homemade Tahini.

Not to be missed...
Mended Hearts Orlando #296
17th Anniversary Dinner
Sunday, July 29, 2018

The Deer Run Country Club
 300 Daneswood Way
 Casselberry, FL 32707
 407-699-7993
 4:30 Social Hour
 5:30 Dinner

Cash Bar Available
 Gift Card Raffle Prizes
 \$20 per person

RSVP: Corine Weber @ 407-814-8890 or email mikejweber@att.net by July 21, 2018

All you can eat..... Dinner Buffet Includes: Entertainment:

Garden Salad
 Chicken Marsala
 Vegetable Medley
 Vegetable Lasagna
 Beef Burgundy and
 Noodles

Dinner Rolls
 Oven Roasted
 Potatoes
 Tea, Coffee, Soda
 Anniversary Cake

Rick Langolf

Send payments to: Mike Weber, 2414 Fairbluff Rd., Zellwood, FL 32798-9763
 Mail early to reach Mike's home by July 21.
 Make checks payable to "Mended Hearts #296"

Directions to Deer Run Country Club: From I-4 to Route 436, take exit and go east on 436 for 4.5 miles. Turn left onto Red Bug Lake Rd. (Use the new overpass). Turn left on Eagle Circle. Turn right to stay on Eagle Circle (at the 7-11 store). Turn left onto Daneswood Way.

Recipe of the Month

Orange Bulgur Wheat Salad

A new twist on the traditional Mediterranean Tabbouleh, this Orange Bulgur Wheat Salad with Mint and Toasted Almonds will knock your socks off.

This salad is another one I love to have in the summertime as it pairs well with grilled meats or can stand alone as a filling and healthy meal by itself.



Adapted from *The All Natural Diabetes Cookbook* by Jackie Newgent, RDN, CDN This is fantastic made the day ahead to absorb all the flavors even more. Prep time does not include 30 minutes to chill salad.

Servings: 6

Calories: 177 kcal

Author: Kevin | Keviniscooking.com

Ingredients

1 1/4 cups orange juice 1 cup bulgur wheat

1 tbsp olive oil

1 large onion diced

3 cloves garlic minced

1/2 tsp kosher salt

pinch red pepper flakes optional

1 large red bell pepper diced

(See Note 1) 2/3 cup flat leaf parsley chopped

1/3 cup fresh mint chopped

1/3 cup slivered almonds toasted

Instructions

1. In a small saucepan bring the orange juice to a simmer. Place the bulgur wheat in a medium bowl and pour orange juice over bulgur wheat. Set aside. (See Note 2)
2. In a skillet add the oil and sauté the onion for 6-8 minutes. Add the minced garlic, red pepper flakes (optional) and cook for another minute. Season with salt.
3. Stir the onion and garlic into the bulgur wheat, cover and refrigerate for 30 minutes.
4. In the same skillet toast the slivered almonds until golden. Dice the red bell pepper, chop the parsley and mint. Add the almonds, peppers and herbs to the bulgur wheat and stir to combine. Serve with divided toasted almonds on top chilled or at room temperature.

Recipe Notes

1. Feel free to substitute red bell pepper with 2 large Roma tomatoes, seeded and diced.

2. Bulgur wheat is a whole grain that has been par-boiled, dried and then cracked. All you need to do is soak it, no cooking involved.

Click on the link or go to the webpage for more information

https://keviniscooking.com/wprm_print/27471

Nutrition Facts	
Orange Bulgur Wheat Salad	
Amount Per Serving (1 g)	
Calories 177	Calories from Fat 49
% Daily Value*	
Total Fat 5.4g	8%
Saturated Fat 0.6g	3%
Sodium 206mg	9%
Total Carbohydrates 29.5g	10%
Dietary Fiber 5.3g	21%
Sugars 6.9g	
Protein 5.3g	11%
* Percent Daily Values are based on a 2000 calorie diet.	

Your still can register for the National Meeting:



National Education and Training Conference 2018

2018 National Education and Training Conference and CHD Symposium

Join us in San Antonio: along the Riverwalk!

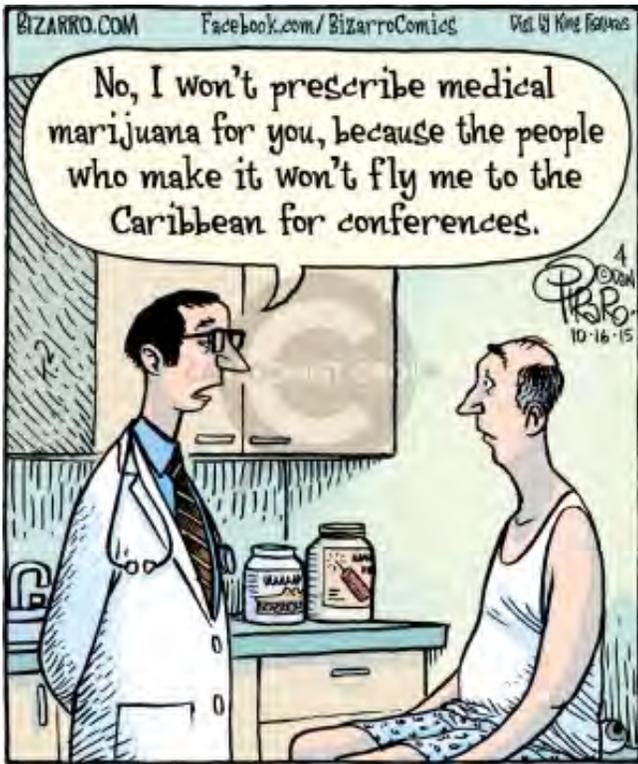
July 14 – 18, 2018

Hyatt Regency San Antonio Riverwalk

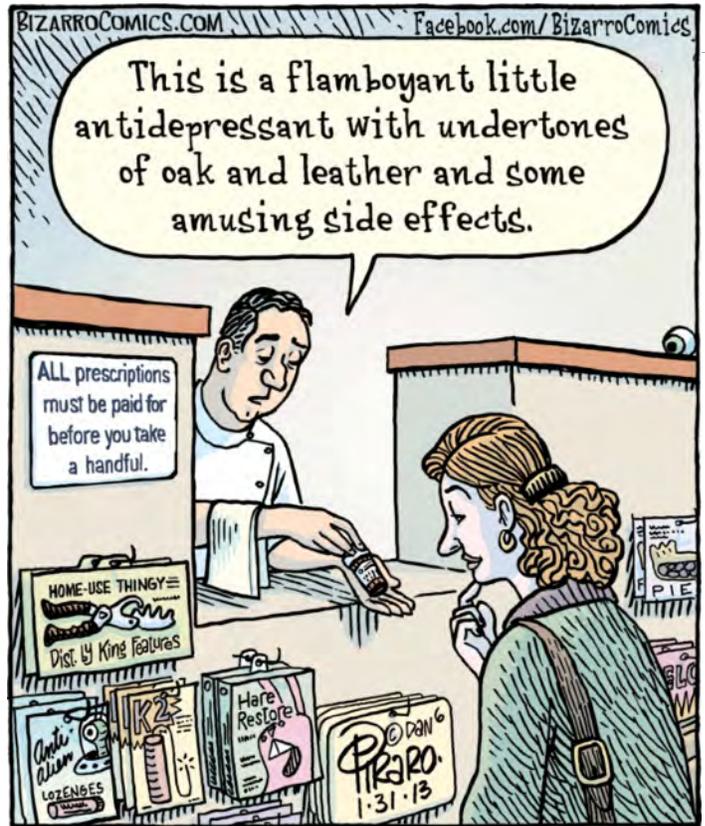
<https://mendedhearts.org/national-education-training-conference-2018/>

Let's Celebrate!

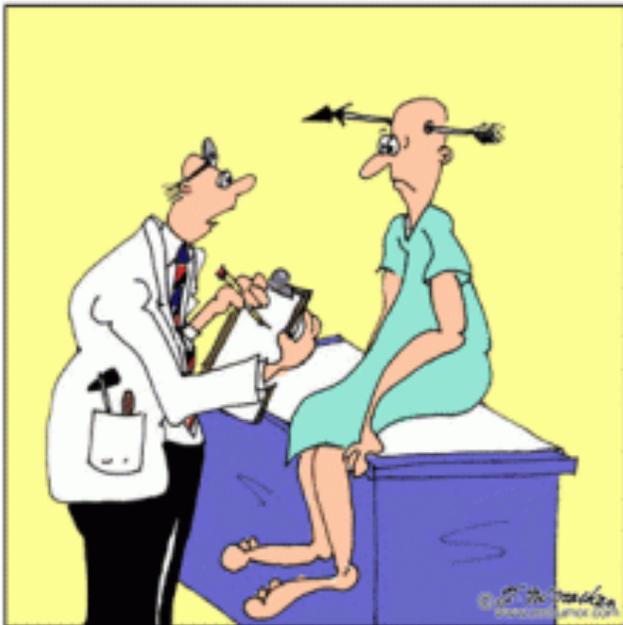
Birthday	Doris Baker	15th
Birthday	Lynn Brubach	16th
Birthday	Claire Jones	25th
Cardiac Event	Brett Lemaster	2017/10
Cardiac Event	Fred Gamble	2017/19
Cardiac Event	Bruce Walker	2006/27
Cardiac Event	Gary Szasz	2016/9



©Dan Piraro.



MCHUMOR by T. McCracken



"Off hand, I'd say you're suffering from an arrow through your head, but just to play it safe, I'm ordering a bunch of tests."



Walking: Trim your waistline, improve your health

Ready to reap the benefits of walking? Here's how to get started — and stay motivated.

By [Mayo Clinic Staff](#)

Can you really walk your way to fitness? You bet! Get started today.

Know the benefits

Physical activity doesn't need to be complicated. Something as simple as a daily brisk walk can help you live a healthier life.

For example, regular brisk walking can help you:

- Maintain a healthy weight
- Prevent or manage various conditions, including heart disease, high blood pressure and type 2 diabetes
- Strengthen your bones and muscles
- Improve your mood
- Improve your balance and coordination

The faster, farther and more frequently you walk, the greater the benefits.

Consider your technique

Multimedia

- ***If online, you can click the link below***
- [Proper walking technique](#)

Turning your normal walk into a fitness stride requires good posture and purposeful movements. Ideally, here's how you'll look when you're walking:

- Your head is up. You're looking forward, not at the ground.
- Your neck, shoulders and back are relaxed, not stiffly upright.
- You're swinging your arms freely with a slight bend in your elbows. A little pumping with your arms is OK.
- Your stomach muscles are slightly tightened and your back is straight, not arched forward or backward.
- You're walking smoothly, rolling your foot from heel to toe.

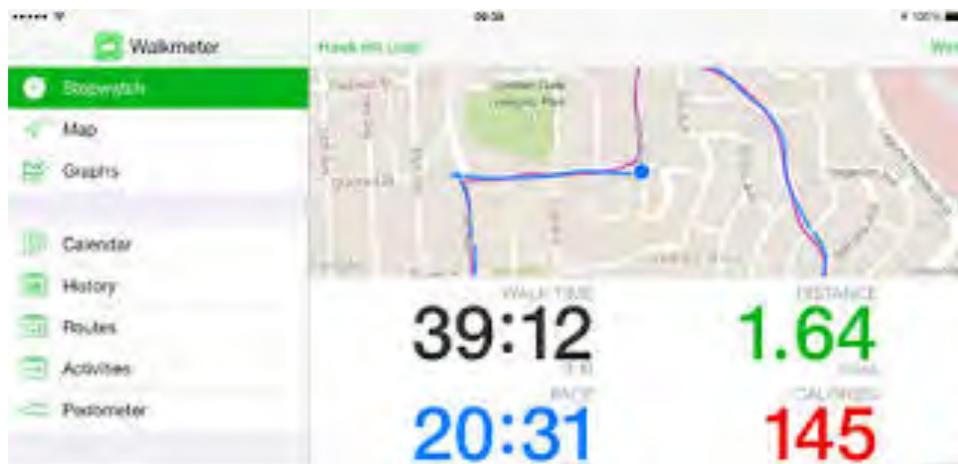
Keeping a record of how many steps you take, the distance you walk and how long it takes can help you see where you started from and serve as a source of inspiration. Just think how good you'll feel when you see how many miles you've walked each week, month or year.

Record these numbers in a walking journal or log them in a spreadsheet or a physical activity app. Another option is to use an electronic device such as a pedometer to calculate steps and distance.

Note:

Click this link on your smartphone to view the smartphone app I use every day. Screenshots follow on page 8. Or you can search for "Walkmeter" directly on your smartphone.

<https://abvio.com/walkmeter/>



Stay motivated

Starting a walking program takes initiative. Sticking with it takes commitment. To stay motivated:

- **Set yourself up for success.** Start with a simple goal, such as, "I'll take a 10-minute walk during my lunch break." When your 10-minute walk becomes a habit, set a new goal, such as, "I'll walk for 20 minutes after work." Find specific times for walks. Soon you could be reaching for goals that once seemed impossible.
- **Make walking enjoyable.** If you don't enjoy solitary walks, ask a friend or neighbor to join you. If you're invigorated by groups, join a health club. You might like listening to music while you walk.
- **Vary your routine.** If you walk outdoors, plan several different routes for variety. If you're walking alone, be sure to tell someone which route you're taking. Walk in safe, well-lit locations.
- **Take missed days in stride.** If you find yourself skipping your daily walks, don't give up. Remind yourself how good you feel when you include physical activity in your daily routine, and then get back on track.

Once you take that first step, you're on the way to an important destination — better health.

Puzzle for July

Sudoku #397 (Medium)

1					5		9
9			8	6	7		
	6						3
		5		8	4	9	
	2	3					
						6	
				3		4	
	7				8		
4			2				5

One final laugh for the month.

One afternoon, a man went to his doctor and told him that he hasn't been feeling well lately. The doctor examined the man, left the room, and came back with three different bottles of pills. The doctor said, "Take the green pill with a big glass of water when you wake up. Take the blue pill with a big glass of water after you eat lunch. Then just before going to bed, take the red pill with another big glass of water." Startled to be put on so much medicine, the man stammered, "Doc, exactly what is my problem?" The doctor replied, "You're not drinking enough water."

Note: There will be no newsletter or Chapter meeting during August 2018.

Have a GREAT summer!!!

See you at the anniversary dinner.

Solution

Sudoku #397 (Medium)								
1	8	2	3	4	5	7	9	6
9	3	4	8	6	7	5	1	2
5	6	7	9	1	2	8	3	4
6	1	5	7	8	4	9	2	3
8	2	3	5	9	6	1	4	7
7	4	9	1	2	3	6	8	5
2	5	8	6	3	9	4	7	1
3	7	1	4	5	8	2	6	9
4	9	6	2	7	1	3	5	8