



**Mended Hearts**<sup>™</sup>  
of Orlando - Central Florida



*President's Message*

Mended Hearts  
Chapter 296  
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Linda Burns  
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Treasurer  
Claire Jones  
407-380-6042

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407-814-8890

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Corine Weber  
407-814-8890

Newsletter  
Gary Szasz  
407-342-1400

Welcome everyone to your March 2019 Mended Hearts Newsletter.

March is a glorious month. It gives me visions of spring flowers, warm days and cool nights. It is the time of year that we Floridians really enjoy. It is also the month I was born so naturally it is special to me 😊!

But, seriously, spring flowers, orange blossoms aroma are in the air and it is great to be alive and help others.

Some news starting this month. Coffee will be available for us to enjoy at our monthly meetings. Your board voted to purchase a coffee dispenser and I will brew the coffee at home and bring to every meeting. Details: holds up to 18 cups; only decaffeinated coffee; condiments will be provided.



National elections are concluded. Our chapter voted for Ron Manriquez for President; Patrick Farrant for Executive Vice President; Marvin Keyser for Vice President and Al Voss for Treasurer.

We would like to extend a warm welcome to our newest Chapter members: Lance McKenzie, Scott McClendon and Carolyn McClendon.

Hope to see you all on March 19<sup>th</sup>. Until then stay safe, healthy and happy!

Peace,  
Larry

**Upcoming Events**

- March 19 - Monthly Meeting at Advent Health (last page)

# Cluster Meeting in Kissimmee

by Gary Szasz

This was my first Cluster Meeting and I could not be more impressed with the speakers which included heart specialists, care givers and our own President Larry Sartori.

We learned so much about both heart disease and coronary artery disease and some of the amazing new technologies that make it possible for us all to minimize risk and lead healthy lives.

Everyone wants to know about supplements and Tamarind, CoQ-10 and dark chocolate and the benefits of each were thoroughly covered. [See all the pictures](#)



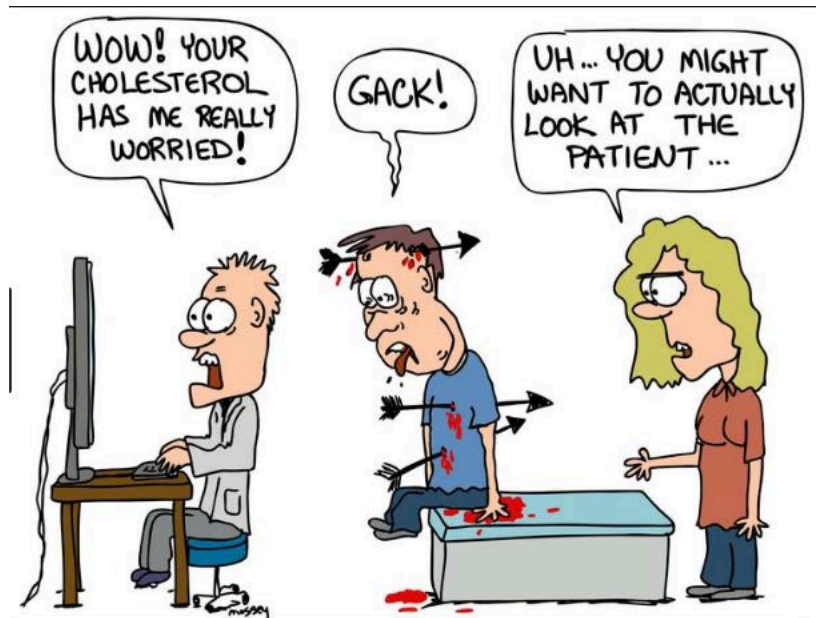
Sudoku Puzzle for March

1 2 3	1 2 3	<b>1</b>	1 2 3	1 2 3	<b>8</b>	<b>3</b>	1 2 3	<b>4</b>
4 5 6	4 5 6		4 5 6	4 5 6			4 5 6	
7 8 9	7 8 9		7 8 9	7 8 9			7 8 9	
1 2 3	1 2 3	1 2 3	1 2 3	<b>5</b>	<b>6</b>	1 2 3	1 2 3	1 2 3
4 5 6	4 5 6	4 5 6	4 5 6			4 5 6	4 5 6	4 5 6
7 8 9	7 8 9	7 8 9	7 8 9			7 8 9	7 8 9	7 8 9
1 2 3	1 2 3	<b>6</b>	<b>9</b>	1 2 3	<b>4</b>	<b>5</b>	1 2 3	1 2 3
4 5 6	4 5 6			4 5 6			4 5 6	4 5 6
7 8 9	7 8 9			7 8 9			7 8 9	7 8 9
1 2 3	1 2 3	<b>9</b>	1 2 3	<b>3</b>	<b>2</b>	<b>4</b>	1 2 3	1 2 3
4 5 6	4 5 6		4 5 6				4 5 6	4 5 6
7 8 9	7 8 9		7 8 9				7 8 9	7 8 9
<b>6</b>	<b>2</b>	1 2 3	1 2 3	1 2 3	<b>9</b>	1 2 3	1 2 3	1 2 3
		4 5 6	4 5 6	4 5 6		4 5 6	4 5 6	4 5 6
		7 8 9	7 8 9	7 8 9		7 8 9	7 8 9	7 8 9
1 2 3	1 2 3	<b>5</b>	1 2 3	1 2 3	1 2 3	<b>7</b>	1 2 3	1 2 3
4 5 6	4 5 6		4 5 6	4 5 6	4 5 6		4 5 6	4 5 6
7 8 9	7 8 9		7 8 9	7 8 9	7 8 9		7 8 9	7 8 9
<b>5</b>	1 2 3	1 2 3	1 2 3	1 2 3	1 2 3	<b>9</b>	1 2 3	1 2 3
	4 5 6	4 5 6	4 5 6	4 5 6	4 5 6		4 5 6	4 5 6
	7 8 9	7 8 9	7 8 9	7 8 9	7 8 9		7 8 9	7 8 9
1 2 3	1 2 3	1 2 3	1 2 3	<b>4</b>	1 2 3	1 2 3	1 2 3	<b>2</b>
4 5 6	4 5 6	4 5 6	4 5 6		4 5 6	4 5 6	4 5 6	
7 8 9	7 8 9	7 8 9	7 8 9		7 8 9	7 8 9	7 8 9	
1 2 3	1 2 3	1 2 3	1 2 3	1 2 3	1 2 3	1 2 3	<b>7</b>	1 2 3
4 5 6	4 5 6	4 5 6	4 5 6	4 5 6	4 5 6	4 5 6		4 5 6
7 8 9	7 8 9	7 8 9	7 8 9	7 8 9	7 8 9	7 8 9		7 8 9

Puzzle Solution



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





Let's celebrate!

Birthday	JoAnn Maressa	9
Birthday	Larry Sartori	16
Birthday	Bruce Walker	21
Cardiac Event	Hans Frankfort	2012

## Last meeting



We want to thank Dr. Adam Waldman for a thoroughly entertaining, informative and completely interactive learning experience. He provided thoughtful responses to some excellent questions posed by our members and guests and made certain we all came away from this meeting armed with the facts we needed to know concerning our own individual issues.



Annual Visiting Report – 2018

Mike Weber – Visiting Chairman

Number of Hospital Patients Visited – 2267

Number of Hospital Patient Visits – 2677

Number of Hospital Family Visits – 470

Total Number of Hospital Visits - 3147

Number of Telephone Visits – 497

Number of TAVR Phone Visits - 13

Number of Internet Visits – 2

I want to recognize all of our Certified Hospital Visitors for another great year.

ORMC

Claire Jones

Gary Price

Linda Burns

Inger Lemmens

Gary Szasz

Izzy Sanabria

Joanna Gerry

Florida Hospital

Carl Pain

Bill Cekala

Charlie Gile

Ken Pedlow

Larry Sartori

Mike Weber



**Recipe of the month!****Squash Stuffed Chicken Breasts** ([Click here to view online](#))

*Recipe By:* Le Ann Braswell

"Chicken stuffed with celery, squash, onion, green pepper and cheddar cheese."

**Ingredients**

- 1 tablespoon butter
- 1/2 cup finely diced acorn squash
- 1 green bell pepper, diced
- 1 small onion, finely diced
- 1 stalk celery, chopped
- salt and pepper to taste
- 4 skinless, boneless chicken breasts
- 2 ounces shredded Cheddar cheese
- 2 cups all-purpose flour for coating

**Directions**

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.
- In a medium skillet, melt butter or margarine. Add the squash, green bell pepper, onion and celery. Saute until slightly tender. Season to taste with salt and pepper. Remove from heat, add cheese and mix together.
- Slice chicken breasts on the side about 3/4 of the way through. Stuff mixture evenly into each slit chicken breast until full. Dredge each breast in flour to coat completely, and brown coated chicken in skillet.
- Place browned chicken breasts in the prepared baking dish, cover and bake in the preheated oven for about 30 minutes or until chicken is cooked through and juices run clear.

**THE MENDED HEARTS, INC.  
Cardiac Support Group  
Chapter 296**

Be part of this self-help organization for those who with any heart problems.

Join us as **Sherri Flynt, Registered Dietician** from the **Center of Nutritional Excellence**, presents  
“Don’t Miss a Beet: Foods for a Recovery Heart”

**AdventHealth Orlando Campus  
601 East Rollins Street  
Orlando, FL 32804**

**Location:** Barker Conference Center (Basement level, under the Welch Cafeteria)  
**Date:** Tuesday, March 19, 2019  
**Time:** 7:00-8:30 pm

**Directions:** Take **Orange Avenue** North and turn on to **King Street**. Turn into the **King St parking garage** on the right. Park on any floor with available spots and take elevator/stairs to third floor. Use the crosswalk located on **3<sup>rd</sup> 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**. There will be signs directing you to the conference room once in the basement level. Parking vouchers for the parking garages are available at the meeting.

Due to possible changes for future meetings **call** the contact person or check our local web site listed below to confirm that no change has occurred before coming to any meeting. Call the National Office to locate a chapter near you if you do not 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](http://www.mendedheartsorlando.org)

2019 March meeting  
2019 April meeting

Contact: Sharry Tamayo (407) 421-0136  
Contact: Joanna Gerry (321) 843-1093