



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 in 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.

Our March meeting will be held at AdventHealth Orlando. Our guest speaker will be Sherri Flynt, Registered Dietician and the topic will be "Don't Miss a Beet: Foods for a Recovery Heart". After all we are what we eat! Should be an interesting night, especially for Foodies like myself.

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