



Mended Hearts™
of Orlando - Central Florida



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Mended Hearts
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Welcome everyone to your May 2019 Mended Hearts Newsletter.

May is upon us. Named after the Greek God of Maia, goddess of fertility. May birthstone is emerald which is emblematic of success and love. Let's enjoy the last month before the dog days of summer.

Hope you all are taking advantage of the cool mornings to do your exercise and/or yard projects. I personally enjoy planting flowers and growing organic vegetables. I can give you tips on growing your own vegetables if any of you would like.

I want to welcome Hamilton Sirls, our newest member to our Chapter.

Our speaker for the May 21st Chapter meeting is our own Carl Pain. He will be speaking on "Keys to Good Mental Health". It should be an interesting meeting.

We may have a change of venue to our Chapter Anniversary dinner scheduled for July 21st since Deer Run Country Club may be closing. I will keep you updated. **This month's feature article on the top ten heart healthy foods surprised even me.**



I will not be attending May's Chapter meeting since I will be on vacation (there will be no coffee at the meeting). Mike Weber will conduct the meeting in my absence. Thanks Mike.

Lastly, we still are looking for a person who might consider being Vice President for our Chapter. If interested, please let me know.

Thanks, and I will see you in June!

Peace & Love,
Larry

Upcoming Events

- May 21st - Monthly Meeting at Advent Health (last page)

10 Heart Healthy Foods

By Mika, Facy Staff

Updated: Feb 11, 2019

Editors Note: Last issue, we had a feature about perhaps the worst possible sandwich for everyone and especially for those with heart issues. As most readers of this newsletter know, I often scan through dozens of articles before selecting one for your monthly issue. This was my favorite for a long time especially since it included coffee, avocados, salmon and especially chocolate. I'm also including a great new salmon recipe. Enjoy! Gary Szasz

1. Oatmeal

If you like to start your day off with a bowl of hot porridge, you're on the right path to increasing your heart health. Oatmeal does many things for our heart: first of all, it's high in fiber - mostly soluble fiber - therefore reducing cholesterol from the body. Another benefit is that it gives you energy, and you can easily complement it by adding fresh fruits on top, for example, forest fruits. Try to eat whole grain oatmeal, and avoid brands that include lots of sugar or other additives. Oatmeal can be consumed as a healthy breakfast, but it also makes for a great snack food.

2. Soy

Soy is one of the healthiest foods for the heart because it contains low levels of fat and cholesterol. It is also used to make a variety of essential products such as milk, cheese, steaks, and so on. That's why it's easy to substitute many favorite products for soy, which is in most cases healthier and contains fewer calories. Soy is also an excellent source of fiber, as well as different vitamins and minerals. Consuming soy over an extended period of time can help lower blood pressure as well as improve overall health.

3. Dark chocolate

Dark chocolate and its bitter, sumptuous flavor may be healthy for heart health. This is due to chocolate's high content of antioxidants, as well as the copious amounts of healthy components that help to balance things in the body. Studies have also shown that dark chocolate may even reduce the risk of heart attacks, as well as help regulate blood sugar.

Consume chocolate that is ideally 70% cocoa. On the contrary, milk chocolate lacks the flavonoids that help the dark chocolate to achieve all of its miraculous health benefits. Don't go overboard with dark chocolate: a few squares per day is sufficient.



4. Green Tea

Tea lovers will be pleased to know that some varieties of tea are immensely healthy for the heart. Amongst the healthiest teas is green tea, which has for a long time been a staple food in many parts of Asia, such as Japan. Drinking just one cup per day of green tea per day can considerably reduce your risk of heart complications, including stroke and cardiovascular disease. Other studies have also concluded that Green tea can contribute to lower levels of a heart attack. The most beneficial element of green tea is the large number of antioxidants found in its leaves, which help restore the body's health.

5. Coffee

One of the best drinks for boosting heart health is coffee. Widely drank in Western cultures, coffee has many benefits to it, including its high content of antioxidants. Drip coffee, lattes, cappuccinos: they're all good, as long as you drink them every day. Some studies have reported even a 15% lower risk of suffering from heart disease if you drink coffee periodically. Always consult your doctor before consuming more coffee. Coffee may aggravate some health conditions, and it may even increase the risk of certain complications. Always drink coffee with the least amount of sugar and cream mixed into it.

6. Avocado

Avocados are well-known to be amongst the healthiest vegetables, due to their relatively high content of healthy fats, including omega-3 fatty acids. Because of its healthy elements, avocado can also help to reduce the risk of different heart conditions, including heart disease. Consuming avocado can contribute to lower cholesterol and regulate blood pressure. Moreover, avocados are high in antioxidants as well as other nutrients. They also contain fiber, making them a total health bomb. Consume avocado in smoothies, on salads, or just on its own. You can also make delicious guacamole for a healthy dip.

7. Tomatoes

It's a good idea to eat a couple of different vegetables to achieve the maximum amount of health benefits. One of the best vegetables for heart health is tomatoes, which are abundant in many beneficial minerals and nutrients. Potassium, for example, is widely found in tomatoes and contributes to a healthy heart by reducing the risk of heart attacks as well as heart disease. Moreover, tomatoes can help regulate blood pressures as well as cholesterol levels. What's more, tomatoes are low in sugar, making them an ideal option for anyone looking to lose a few pounds.



8. Red wine

It may sound too good to believe, but moderate consumption of red wine may, in fact, keep your heart-healthy. It is generally considered that wine contains a substance known as polyphenol known as resveratrol, which gives it that heart-boosting capability. This substance can also be found in non-alcoholic sources, such as grapes. Red wine is also known for its copious amounts of antioxidants and vitamins. It's important to mention that more than a few drinks are detrimental to good heart health, and you should consult your doctor if you consume too much alcohol.

9. Legumes

Legumes are often considered an ideal source of nutrients due to their low content of saturated fats.

They encompass a broad range of foods, including beans, lentils, as well as peas and are a fantastic source of protein as well, and weekly consumption can help lower the incidence of heart disease as well as blood sugar. Legumes are also rich in fiber, keeping the stomach clear of diseases and promoting optimal digestion of nutrients, which also benefits the heart. Over time, diabetes may also be treated by increasing legume consumption.

**10. Salmon**

You may already know that salmon is one of the healthiest superfoods due to its



omega-3 fatty acid levels. What you may not have known, however, is that salmon can also significantly contribute to heart health as well as good heart function. Omega-3 fatty acids can help normalize the heartbeat, as well as reduce the risk of developing certain heart complications. If you're in a risk group for heart disease, increase salmon consumption to a weekly level, and also aim for other fatty fish. Salmon also helps to ensure that the arteries remain free of plaque.

let's celebrate!

Birthday	Gary Szasz	7
Birthday	Norlin Ham	8
Birthday	Bill Cekala	16
Birthday	Timothy Crum	26
Birthday	Joanna Gerry	31
Cardiac Event	Bruce Paton	2014
Cardiac Event	Ken Pedlow	1998/1
Cardiac Event	Norlin Ham	2005/1
Cardiac Event	Ed Jagiela	2017/1

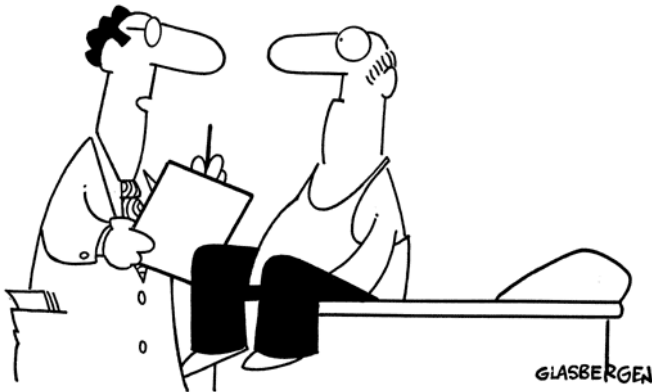
Last Meeting

We could not have asked for a better leader and host for our annual “caring & Sharing” meeting where our individual stories and experiences never fail to instruct and inspire.

We want to thank Carl Pain even though at this point, we may never have the delicious biscuits and gravy he recalled from his past, but we could easily see the glee he felt sharing a favorite memory. Thanks Carl!



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“The good news is, you have a healthy heart.
The bad news is, it’s in someone else’s chest right now.”



Doublets

by Lewis Carroll

Carroll's solitaire game of Doublets is one of the most well known games with words, and without doubt everyone will know it. Lewis Carroll created the Doublets game in 1877 as a Christmas gift for two girls. Since then the game has appeared in many different languages in numerous books, magazines and newspapers all around the World. It has different names - Word- Links, Doublets, Word Golf, Transformations, Word Ladder and many other, but the idea of all these games is the same.

This idea is to take two words of the same length, and then to change one word into the other, changing one letter each time; all unchanged letters of each intermediate word keep their positions. All the words you use as intermediate must be real words common enough to be found in a standard dictionary. You aren't allowed to use proper names for the linking words though.

We've chosen four different Doublets which you may try to solve.

tea
pot

word
golf

cold
warm

ape
man

Solution to this puzzle on the following page

Recipe of the month!

epicurious

Pan Seared Salmon on Baby Arugula

BY SHEILA LUKINS PARADE APRIL 2008

Baby arugula is sold prepackaged in markets. It has a clean, sharp flavor. YIELD: Servings: Makes 2 servings

INGREDIENTS

- 2 center-cut salmon fillets (6 oz. each)
- 1 1/2 Tbsp fresh lemon juice
- 1 1/2 Tbsp olive oil
- Salt and freshly ground black pepper, to taste

For the salad:

- 3 cups baby arugula leaves
- 2/3 cup grape or cherry tomatoes, halved
- 1/4 cup thinly slivered red onion
- Salt and freshly ground black pepper, to taste
- 1 Tbsp extra-virgin olive oil
- 1 Tbsp red-wine vinegar

PREPARATION

1. Place the salmon fillets in a shallow bowl. Toss well with lemon juice, olive oil, salt and pepper. Let rest for 15 minutes.
2. Cook the salmon, skinside down in a nonstick skillet over medium-high heat for 2 to 3 minutes, shaking the pan and carefully lifting the salmon with a spatula to loosen it from the pan.
3. Reduce the heat to medium. Cover the pan and cook until the salmon is cooked through, 3 to 4 minutes more. The skin should be crisp and the flesh medium rare.
4. Meanwhile, combine the arugula, tomatoes and onion in a bowl. Just before serving, season with salt and pepper and drizzle with oil and vinegar. Toss well.



Puzzle Solution

tea	word	cold	ape
pea	wold	cord	apt
pet	wolf	word	opt
pot	golf	worm	oat
		warm	mat
			man

THE MENDED HEARTS, INC.
Cardiac Support Group
Chapter 296

A very special meeting hosted by:

Speaker: Carl Pain, *Mended Hearts* Volunteer

Topic: “Keys to Good Mental Hygiene”

AdventHealth Orlando Campus
601 East Rollins Street
Orlando, FL 32804

Location: Creation Conference Center
Date: Tuesday, May 21, 2019
Time: 7:00-8:30 pm

Creation Health Conference Center, Creation C Classroom: Park in the **Alden St. Parking Garage** accessed near corner of Rollins and Alden Street. Park on 3rd Floor of garage if possible. On the 3rd floor Parking Garage lobby, turn towards “**To Hospital**” sign (this is going towards Main Hospital). Use the crosswalk which leads to the **F Elevator**. Take the elevator to the **Lobby**. As you exit the elevator, turn left into the **Creation Conference Center**. The **Creation C Classroom** will be to the left. Parking garage vouchers will be provided 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

2019 May meeting
2019 June meeting

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