



Mended Hearts™
of Orlando - Central Florida



President's Message

Mended Hearts
Chapter 296
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Welcome everyone to your June 2019 Mended Hearts Newsletter.

Well, now we are in early summer. Time to take precautions when engaged in outdoor activities. Make sure you drink plenty of water, so you stay hydrated. This time of year, I take my walk early in the morning before the temperature has a chance to rise to uncomfortable levels.

On June 5th, myself, Mike Weber and our spouses were invited to an AstraZeneca seminar called "Survivors Have Heart", a company sponsored program. It is a national movement that uses the power of patient stories to engage heart attack survivors and their caregivers celebrate survivorship and support those who might be at a risk of another heart event. Our own, Gary Szasz was chosen to be part of this group. He was one of only five to be chosen. Congratulations to Gary.



We will have our annual anniversary celebration on July 21st at a new location this year. Please see flyer in the newsletter for details. Hope everyone can make it.

Finely, our June meeting will be held at Orlando Health Institute on June 18th.... And, yes, I will be making and bringing coffee to our meeting. So, come on out and attend our meeting.... If only for the coffee... LOL!

Stay healthy and happy!

Peace & Love,

Larry

Upcoming Events

- June 18th - Mended Hearts meeting at Orlando Health - Last page
- July 21st - Anniversary Dinner at Carieras' Not to be missed See page 6

About Survivors Have Heart

by Gary Szasz

SURVIVORS HAVE HEART

The emotional journey after a heart attack is just as impactful as the physical journey. Sometimes you can feel overwhelmed or afraid, but there is hope and you are not alone. Survivors Have Heart was created to celebrate survivorship and provide support for survivors and their loved ones. Together we can share our hearts and inspire lasting change.

Survivors on Facebook

This recent June 4th and 5th, Astra Zeneca sponsored one of the most inspirational and motivational events I've ever witnessed.

Thanks to Mike Weber, I competed for and was ultimately selected to be one of 5 survivors that participated in a series of media modules including sharing stories with 4 amazing survivors and their caregivers and meeting the warm and dynamic Bob Harper whose own story may have been the most incredible given his commitment to health and overall fitness.

Pictures and videos of this conference will be available in 2-3 months via the link above which I will report at the time. For now, I'm sharing some photos taken at the VIP reception and Town Hall meeting at the close of the conference.

The survivors and their caregivers were the stars of the event.



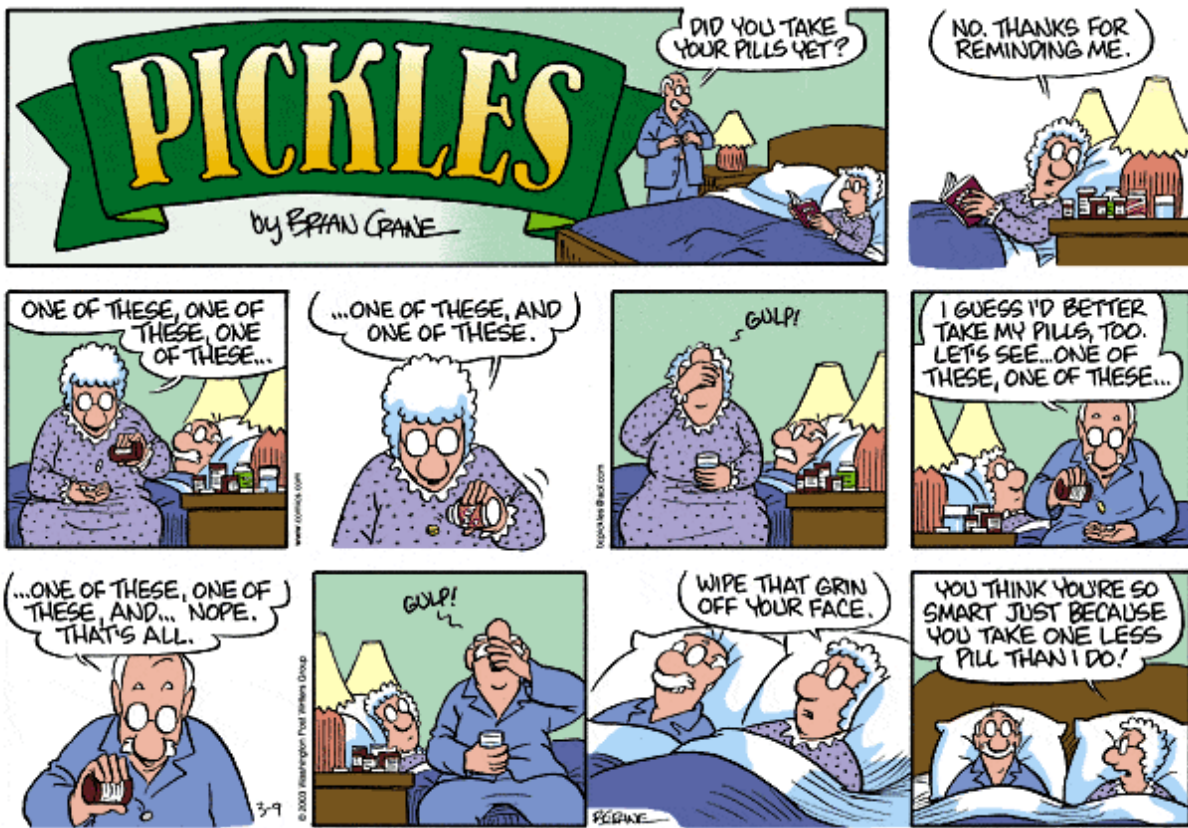
Mike, Larry and other Mended Hearts members were invited to the reception.



Chapter 296



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Recipe of the month!

Bob Harper's Brussels Sprout Chicken Caesar Salad

by The Rachael Ray Staff August 19, 2015

**Ingredients**

- 10 Brussels sprouts, shredded
- 1 cup chopped mixed greens or romaine lettuce
- 4 ounces roasted boneless, skinless chicken breast, shredded
- 1 tablespoon coarsely chopped almonds

For the dressing:

- For the dressing:
- 2 tablespoons plain, nonfat Greek yogurt

For the dressing:

- 1 teaspoon freshly squeezed lemon juice
- 1/4 teaspoon Worcestershire sauce
- 1/2 garlic clove, crushed
- A pinch freshly ground black pepper
- 1 tablespoon grated parmesan cheese
- 1 to 2 teaspoons water, to thin

Preparation

I find Caesar salad dressing kind of offensive. I've got no problem with the garlic or anchovy paste, but the egg yolks and olive oil are the same base as mayonnaise, and the whole concoction coats the lettuce beyond recognition! That's hardly a salad. My dressing gets its creaminess from nonfat Greek yogurt and a nice tang from the lemon juice and Worcestershire sauce. Better tasting and better for you.

In a medium bowl, toss the Brussels sprouts, lettuce, chicken and almonds.

Blend all of the dressing ingredients and lightly toss with the salad.

[Bob Harper talks about his heart attack on Today](#)

Click the link above to view the video



Celebrating Our Survivors

Birthday	Corrie Crum	16
Birthday	Michael Lawshe	26
Birthday	Scott McClendon	30
Cardiac Event	Ron Seibert	2002/14
Cardiac Event	JoAnn Jagiela	2012/6
Cardiac Event	Susan Sweat	2016/7

Our very special May Meeting

Speaker: Carl Pain, Mended Hearts Volunteer

Topic: “Keys to Good Mental Hygiene”

Review by Sharry Tamayo

I would like to personally give a "thank you" to Carl for sharing his tips for Mental Hygiene. He reviewed Maslow's Hierarchy of Needs, discussed "Man's Four Basic Wants" and tips on how to begin our journey to self-actualization. He gave the group many "Words To Live By" (3 pages of quotes), most emphasized with "Never, never, never quit". He had us laughing with many funny anecdotes/jokes, keeping the talk light and fun!



Along with acknowledging his talk, I'd like to acknowledge our first timers: June, Ruth, Don, and David. Thank you for attending!

Mended Hearts Orlando #296
18th Anniversary Dinner
Sunday, July 21, 2019



Cariera's Fresh Italian
1041 South Dillard
Street
Winter Garden, FL
34787
407-554-3622



3:30 pm Social Hour

4:30 pm Dinner Served

Entertainment: Rick Langolf



Family Style Dinner:
Chicken, beef, shrimp, pasta

Cash Bar: Beer & Wine only
Gift Card Raffle
\$20 per person

RSVP: Corine Weber @ 407-814-8890 or
email corineweber@att.net by July 18, 2019

Send payments to: Corine Weber, 2414 Fairbluff Rd., Zellwood, FL 32798-9763
Checks must be received by July 18, 2019.
Make checks payable to "Mended Hearts Chapter #296"

Cariera's Fresh Italian is on Colonial Highway 50,
two miles west of 429 in the Tri-City Shopping Center.

Riddle 1:

A bus driver was heading down a street in Colorado. He went right past a stop sign without stopping, he turned left where there was a "no left turn" sign, and he went the wrong way on a one-way street. Then he went on the left side of the road past a cop car. Still - he didn't break any traffic laws. Why not?

Riddle 2:

A cloud was my mother, the wind is my father, my son is the cool stream, and my daughter is the fruit of the land. A rainbow is my bed, the earth my final resting place, and I'm the torment of man. Who Am I?

Riddle 3:

A murderer is condemned to death. He has to choose between three rooms. The first is full of raging fires, the second is full of assassins with loaded guns, and the third is full of lions that haven't eaten in 3 years. Which room is safest for him?

Answers on page 8

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.

Tuesday, June 18, 2019, 7:00-8:30 pm
Speaker and topic to be announced

Orlando Health Heart Institute
1222 S. Orange Ave.
Orlando, Florida 32804

Directions: Orlando Health Heart Institute (OHHI) is 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.

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 June meeting
2019 July meeting

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

Answer 1: He was walking.

Answer 2: Rain.

Answer 3 : The third. Lions that haven't eaten in three years are dead.