



Mended Hearts™
of Orlando - Central Florida



President's Message

Happy New Year and welcome to your January 2020 newsletter. Wow, a new year as well as a new decade. I wish all of you a Happy, Healthy 2020.

I hope you all had a wonderful Holiday Season. It always seems to go by so fast.

As we celebrate a new year, perhaps it would be wise to make some New Year resolutions. I made a couple; one was to lose 8 pounds; another one was to eat only healthy food. So, what are your resolutions? The sky is the limit. Good Luck with your resolutions.

On February 8th there is a Mini Southern Region Conference scheduled at Osceola Regional Medical Center. For more information you can contact Ed Wainright at edwainright@hotmail.com.

A good idea now that cooler weather is here is to start a walking regiment. You can walk yourself into good health. Enjoy the outside beauty. I really enjoy my morning walks and usually walk 5 times each week.

In conclusion, I want to again wish you a Happy, Healthy New Year and hope to see you at our next meeting on January 21st.

Till then... Peace to you all,

Peace to all,

Larry

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Upcoming Events

- Next Monthly Meeting Tuesday, January 21, 2020 Last Page
- Mini-Southern Regional Conference February 8

5 New Year's Resolutions to Boost Your Heart Health



Stick to these vows for a healthier year

[click here to view online](#)

Want to make your New Year's resolutions really count this year? Then think about how some of the vows you make — to lose weight, reduce stress, quit smoking, exercise more — really get to the heart of the matter.

If you stick to these goals, you may just sail into next year with a healthier heart.

Cardiologist [Leslie Cho, MD](#), says common resolutions often come down to boosting heart health — even though that's not necessarily the initial intention.

She recommends these five heart-healthy resolutions that will serve you well all year.

1. Resolve to lose weight

“The No. 1 goal for most Americans is to lose weight — and often that resolution is one of the first they break,” Dr. Cho says.

But think of the benefits you'd reap if you could make steady progress in that area of your life.

When you're overweight or obese, you increase your risk of:

- Heart disease.
- Stroke.
- Diabetes.
- Hypertension.
- High cholesterol and triglycerides.
- Blood clots.

To help you keep your resolution, Dr. Cho recommends focusing on lifestyle modification instead of “[dieting](#).” If you set a goal of healthy

eating and regular exercise, losing weight is often a natural byproduct. Or you can use our [activity calculator](#) to determine how much — and what type — of activity you need to reach your goals. There are many apps for your phone or tablet that can help you track your food intake and exercise. And it helps to understand your triggers so you can avoid them, she says. (Do you eat more when you're stressed, bored or in a social setting?)

2. Resolve to get an annual physical

“Getting a checkup is a good thing,” says Dr. Cho, who sees many patients who haven't been to a doctor in years.

Aside from ensuring that you have no major health problems, a [physical](#) allows your doctor to keep tabs on your blood pressure and glucose levels.

He or she will also likely discuss physical activity, and drinking, smoking and eating habits — they all affect your heart health, of course.

A yearly checkup is particularly important for women. They're more likely to experience [less-obvious symptoms](#) of heart disease, Dr. Cho says. Yet many of her female patients only get “bikini medicine,” meaning they pay attention to breast and gynecologic issues but neglect the rest of their bodies.

Both men and women should get annual physicals to better focus on heart-health risk modification, she says.

3. Resolve to reduce stress in your life

“Reducing [stress](#) should be a goal for the whole country,” Dr. Cho says. “Highly anxious people tend to have more heart attacks and strokes.”

Make time in your day to do things that help you relax. Try meditation, talking with friends, getting outside for a walk, reading a book or exercising.

And while the internet can sometimes increase your stress levels, it also has potential to be a tool for good. There are many websites and apps that will help you calm yourself or embrace reflection and relaxation. They can walk you through simple breathing exercises or facilitate meditation.

4. Resolve to get more sleep

Shorting yourself on **sleep** can lead to overeating, heart failure, hypertension and atrial fibrillation, Dr. Cho says.

“Having less sleep consistently can increase blood pressure and cause inflammation,” she adds. “That part of the brain that activates during sleep deprivation is near the part where hunger is, so we know that if you **don’t sleep**, you eat more.”

Tips for success: To get more ZZZs, Dr. Cho recommends that you:

- Put your phone away long before bedtime.
- Cut back on caffeine.
- Sleep in a **cool, dark room**.

5. Resolve to stop smoking and/or reduce alcohol and caffeine intake

Drinking in moderation is OK. But don’t start now if you don’t drink (even though you’ve heard red wine is good for you). If you do drink, Dr. Cho recommends no more than 6 to 8 ounces a day.

Drinking less alcohol and caffeinated beverages will help you sleep better and reduce stress. It may even help you lose weight, by reducing the empty calories you consume, she says.

And smoking cessation is great for your heart — it can significantly lower your blood pressure and heart rate.

If you resolve to make yourself healthier this year, talk to your doctor about ways to trim down, be more active and relax. You know in your heart those are all resolutions you can live (longer) with.

Note about copyrights. Most recipes and newspaper articles can be reproduced without violating Internet copyright restrictions. I am careful to select those without restrictions.

Crossword and Sudoku puzzles do have reproduction restrictions.

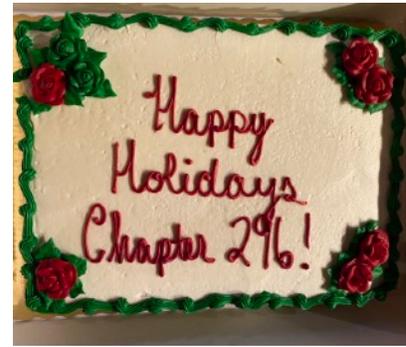
You can visit these online sites on your own however. These are my favorites.

<https://puzzles.usatoday.com>

<https://sudoku.com>

The Holiday Party was a Huge Success

Tommy Cariera and his family and staff once again made the Chapter 296 2019 Holiday Dinner a very special event. Unlimited free salads and a variety of old world Italian specialities delighted our members and guests, some of whom traveled from far away and can't wait to return. And for dessert, we once again enjoyed Carl Pain's Rum Cake and a special holiday cake from Publix.





Birthday	James Van Middlesworth	15
Birthday	Mike Weber	17
Birthday	Bernice Muroski-Brown	20
Birthday	Linda Burns	27
Cardiac Event	Ed Gerry	2000/1
Cardiac Event	Charles Gile	2001/4
Cardiac Event	Izzy Sanabria	2017/19
Cardiac Event	Stew Peet	2011/20
Cardiac Event	Claire Jones	2004/22
Cardiac Event	Maurice Pulliam	2018/26
Cardiac Event	Inger Lemmens	2012/30

Some thoughts about New Year's Resolutions

My friend asked me where I see myself in the new year.
How would I know? I don't have 2020 vision.

My New Year's resolution is to be more optimistic by keeping my cup half-full ...
... with either rum, vodka, or whiskey.

I was going to quit all my bad habits for the new year ...
... but then I remembered that nobody likes a quitter.

Every New Year's Eve, I look forward to a good show at Time's Square
...
... and year after year, they drop the ball.

What is a New Year's resolution?
Something that goes in one year and out the other.

At the beginning of this year I made a New Year's resolution to lose 10 pounds ...
... Only 15 more to go!

LIGHTER EGGPLANT PARMESAN

255.5 Calories

PREP TIME: 20 mins

COOK TIME: 1 hr 10 mins

TOTAL TIME: 1 hr 30 mins

YIELD: 8 SERVINGS

COURSE: Dinner

CUISINE: Italian

This Lighter Eggplant Parmesan cuts time on carbs and fat. No breading, just eggplant, cheese and marinara.

[Click Here to View Recipe Online](#)

INGREDIENTS

- 2 pounds eggplant, 1 large or 2 medium
- olive oil spray
- 1 teaspoon kosher salt
- 12 ounces part-skim ricotta, Polly-o is the only brand I use
- 1/4 cup + 2 tbsp Pecorino Romano
- 1/4 cup fresh parsley, chopped
- 1 large egg
- 2-1/2 cups part-skim mozzarella, I used Sargento
- 4 cups homemade [tomato sauce](#) or jarred marinara

INSTRUCTIONS

- Start by making the sauce if you don't have any already made.
- Preheat oven to 450°F. Spray 2 sheet pans with oil.
- While the sauce simmers, slice the eggplant into 1/4 inch thick slices. Transfer to the prepared pans, it's ok if they overlap slightly. Season with salt. Bake for 20 minutes, turning halfway through until eggplant is golden.
- Meanwhile, in a medium bowl combine ricotta, egg, parsley and 1/4 cup of grated cheese.
- Put 1/2 cup sauce on the bottom of a 9x12 baking dish, add 1/3 of eggplant to cover the bottom of the dish. Top with 1/3 of the ricotta cheese mixture, 3/4 cup of the mozzarella cheese and 3/4 cup of the sauce. Add another layer of eggplant and repeat the ricotta cheese, mozzarella cheese and sauce two more times, reserving the third layer of mozzarella for topping. Finish with 1 1/2 cups of sauce, remaining mozzarella, and the remaining 2 tablespoons of grated cheese.
- Heat the oven to 400F.
- Cover with foil and bake until cheese is melted and everything is bubbling, about 40 minutes.
- Remove foil and bake an additional 10 minutes.
- Take it out of the oven and let it sit about 10 minutes before cutting.



**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.

Speakers:

Michael Potts, M.D., F.A.C.C.

A member of Central Florida Cardiology

Topic: to be determined

Oviedo Medical Research

**Topic: Vascular Health study using FDA approved medication
in adults who are overweight
AdventHealth Orlando Campus
601 East Rollins Street
Orlando, FL 32804**

Location: Barker Conference Center (Basement level, under the Welch Cafeteria)
Date: Tuesday, January 21, 2020
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 3rd 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**

2020 January meeting Contact: Sharry Tamayo (407) 421-0136
2020 February meeting Contact: Joanna Gerry (321) 843-1093