



**Mended Hearts™**  
of Orlando - Central Florida



*President's Message*

Hi everyone and welcome to your February Newsletter. Seems to me we just started a New Year and now

we are already in our second month. Remember this year is a leap year so we add an extra day to February.

February is Heart Month which is also linked together with love and romance. Hopefully some day we might as an organization celebrate Heart month with a heart walk or other activities to remind us to take care of our hearts and to share love with the people around us.

On the schedule this month we have Dr. Massoomi speaking on how to improve heart health with smart devices.

Hope to see you on February 18<sup>th</sup> at 7pm at the Orlando Health Heart Institute.

We all send our best wishes to Inger Lemmens and Scott McClendon for speedy recoveries. Hope to see you both at our next meeting.

On February 8<sup>th</sup> we have a Southern Regional mini conference being held in Kissimmee. For more information, check the Mended Hearts Chapter 364 website.

Till next time, stay happy and healthy and enjoy Valentine's Day.

Peace,

*Larry*

**Mended Hearts  
Chapter 296  
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**Upcoming Events**

- Next Monthly Meeting Tuesday, February 18, 2020 Last Page
- Mini-Southern Regional Conference February 8 This Saturday Page 2

## Southern Region Mini Conference Feb 8, 2020

Empower, Educate, Inspire

2019

Regional Meetings

Mended Hearts  
Southern Regional  
Meeting

Save the Date

When: Saturday, February 8, 2020

Where: Osceola Regional Medical Center,  
Osceola, FL

The February 8, 2020 - A Free, Southern Region - Mended Hearts Mini Conference, will be held at Osceola Regional Medical Center, Classrooms, 700 W Oak St, Kissimmee, FL.

We will begin at 8:00 am with a light Breakfast and a networking, followed by sessions at 9:00 am, ending at 4:00 pm, We will also be serving Lunch delivered by Olive Garden.

We hope the Florida Chapters will be able to send members and officers. for an opportunity to visit with Members and officers from other chapters. We all can use an exchange of ideas and perspectives.

Presentations will include:  
Heart Disease and Diabetes interactions.  
Valve Disease  
Chronic Heart Failure  
Survivor proofing your Home  
Mended Hearts Chapter Meetings

The attendance will be limited to 80 attendees. The Cost is free, and the opportunities to share, learn, make friends and contacts with other Florida Chapters is priceless.

Registration is now open. If you plan on coming, please register early, you can register up to 5 Guests on one registration form, each registration form must have a unique email. If you do not have internet access you can call/text Ed Wainwright (407-361-1360) to register.

<https://conta.cc/35nLnNv>

**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>

**Celebrating Our Survivors**

Birthday	Karen Szasz	21
Birthday	Carole Seibert	22
Birthday	Keith Holland	26
Birthday	JoAnn Jagiela	27
Cardiac Event	Larry Cirillo	2001/1
Cardiac Event	JoAnn Maressa	2005
Cardiac Event	Gary Price	2001/12
Cardiac Event	Mike Weber	2001/9

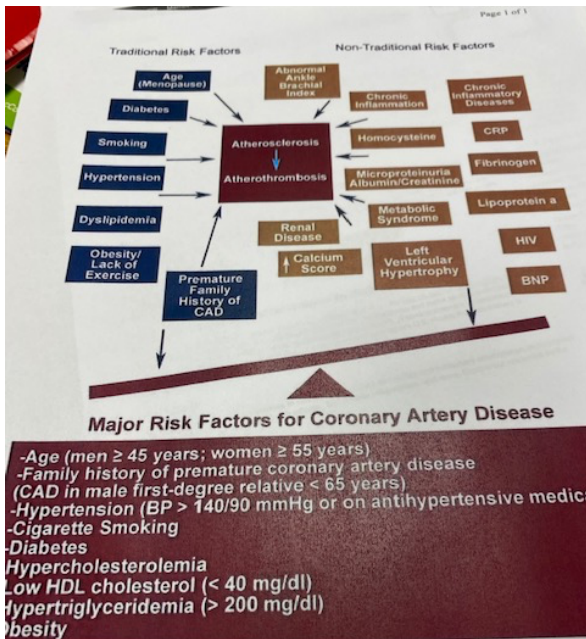
THE BACK PEW - JEFF LARSON



A way to a woman's heart.. FLOWERS!  
.. psst.. real ones



Last Meeting



We want to sincerely thank Dr. Michael Potts for a powerful and information discussion of the benefits and some of the risks associated with FDA proved medication in adults who are overweight.



## HEALTHY ASIAN LETTUCE WRAPS RECIPE

Have a few for a light lunch, or half the recipe for a filling and healthy dinner, these Healthy Asian Lettuce Wraps are full of tender chicken, a crazy flavorful sauce, and loads of texture! [https://showmetheyummy.com/wprm\\_print/19684](https://showmetheyummy.com/wprm_print/19684)

Prep Time 10 mins

Cook Time 10 mins

Total Time 20 mins

291kcal Author: Jennifer Debth

### Ingredients

#### Sauce

- 2 tablespoons soy sauce use tamari if gluten free
- 2 tablespoons hoisin sauce
- 2 tablespoons lime juice
- 1 tablespoon peanut butter
- 1/4 teaspoon ground ginger
- 1/2 tablespoon Sriracha less if you don't like spice

#### Filling

- 1 teaspoon sesame oil
- 1/2 yellow onion diced
- 1 pound chicken breasts cubed
- 1/2 cup shredded carrot
- 2 cloves garlic minced

#### For serving

- 1 head butter lettuce
- Salted Peanuts chopped
- Green onions thinly sliced
- Cilantro chopped
- Cauliflower Fried Rice

### Instructions

- Whisk together the sauce ingredients and set aside.
- In a large skillet, heat sesame oil over medium heat.
- Once hot, add in onion.
- Cook for 5 minutes, or until the onion is tender.
- Add in chicken, carrots, and garlic.
- Cook until chicken is no longer pink.
- Once cooked, stir in the sauce and serve in a lettuce cup with cauliflower rice, peanuts, green onions, and cilantro!

### Notes

Nutritional information only includes the sauce and filling ingredients (not the "for serving" ingredients).

### Nutrition



Calories: 291kcal | Carbohydrates: 9.8g | Protein: 35g | Fat: 11.9g.

## 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, February 18, 2020 at 7:00-8:30 pm**

**Speaker: Michael Massoomi, MD**

**Topic: Smart devices (watch and phone) to monitor and improve cardiovascular health**

**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](http://www.mendedheartsorlando.org)

2020 February meeting  
2020 March meeting

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