



Mended Hearts™
of Orlando - Central Florida



President's Message

Welcome everyone to your 2020 March Newsletter.

Spring is in the air. It won't be long before every day is filled with sunshine and time for outdoor activities. Take advantage of the beautiful weather and go outside and enjoy the many lakes, parks, seashores and forests that are available to us living in such a warm sunny state.



At our last chapter meeting it was great to see some of our members who have not been able to attend past meetings. Welcome back to Inger, Joanne, Ed, Nancy and Bruce. I would also like to welcome Walter Tyler, the newest member to our chapter.

Please join us on March 17, 2020.... Yes, that's St. Patrick's Day for our next meeting. Learn to set up a home exercise program just for you since we all have different limitations so come out to our meeting and see what is right for you.

Don't forget we now have fresh brewed decaffeinated coffee available at every meeting. Since it is St. Patrick's Day, I will be baking fresh chocolate oatmeal cookies for your enjoyment.

Next month Joan and I are planning a vacation visiting Portugal, Spain and Germany. Our Vice President Scott McClendon will be filling in for the April meeting. Thanks Scott. If the corona virus is widespread, we might have to cancel our trip. Time will tell.

In closing, enjoy the beautiful Spring weather and take an early morning walk. Stay happy and healthy. Look forward to seeing you on March 17.

Peace,

Larry

Mended Hearts
Chapter 296
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Newsletter
Gary Szasz
407-342-1400

Upcoming Events

- Next Monthly Meeting Tuesday, March 17 Last Page

Southern Region Mini Conference



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>

Last Meeting



The last meeting was interesting and unique and forever changed our perception of our Smartphones. Speaker: Michael Massoomi, MD and Cardiologist at Shands highlighted all the advantages the Apple Watch and similar devices provide as far as monitoring heart rate very accurately, alerting wearers as to AFIB and even having the ability to provide a one line electrocardiogram.

For those who wear smartwatches such as myself, Dr. Massoomi demonstrated all the essential setting and apps that are included with the devices that most of us were unaware of including the essential SOS alert. If you missed the meeting or want to learn more, click here. <https://www.apple.com/healthcare/apple-watch/>



Let's acknowledge our members celebrating birthday's and cardiac event anniversaries this month

Birthday	JoAnn Maressa	9
Birthday	Larry Sartori	16
Birthday	Bruce Walker	21
Cardiac Event	Hans Frankfort	2012/29

And thank you to our visitors.....

I want to thank all our chapter patient and family visitors for their time and efforts. The info here is a summary from both of our visiting hospitals, Orlando Health and AdventHealth during the year 2019.

Mike Weber

Number of patients visited – 2,246

Number of patient visits – 2,578

Number of family visits – 397

Total hospital visits – 2,975

Number of telephone visits – 436

Number of TAVR telephone visits – 82

Keto - EASY PAN SEARED LAMB CHOPS WITH RICH MUSTARD CREAM SAUCE - For Easter or Passover

Ingredients

Pan Seared Lamb Chops

- 1 1/2 pounds lamb chops, trimmed of excess fat, 6 chops
- 2 cloves garlic, minced
- 1 tablespoon rosemary, minced
- 2 tablespoons olive oil
- salt and pepper

Mustard Cream Pan Sauce

- 1 tablespoon shallot, minced
- 1/2 cup beef broth, unsalted
- 2 tablespoons Brandy (I like V.S.O.P.)
- 2/3 cup heavy cream
- 1 tablespoon grainy mustard like Maille
- 2 teaspoons lemon juice
- 2 teaspoons Worcestershire sauce
- 1 teaspoon [erythritol](#)
- sprig of rosemary and sprig of thyme
- 2 tablespoons butter
- salt and pepper to taste



Instructions

- **Lamb Chop Prep: The day before** - Place the minced rosemary and garlic in a small bowl with 1 tablespoon of olive oil. Trim off any excess fat (or stray bones) from the lamb chops, leaving a thin layer of fat about 1/8 of an inch. Place the lamb chops in a single layer in a shallow baking dish and season all sides with salt and pepper. Smear the garlic-rosemary-oil on both sides of each lamb chop. Cover with plastic wrap and refrigerate over-night.
- **Prep: The day of** - Bring the lamb to room temperature for 30 minutes. Mince the shallot and juice the lemon. Have the sprigs of rosemary and thyme ready. Put the other ingredients near the stove or have them measured and waiting.
- **Cooking:** Heat a large frying pan (non-stick or stainless) over medium high heat. When hot, add 1 tablespoon of oil, swirling to coat the pan. Add the lamb chops in one layer and turn heat down to medium. Let the lamb chops cook undisturbed for 6-7 minutes. Turn and cook again for another 6-7 minutes depending on how rare you like your lamb chops. Remove the lamb to a plate and cover loosely with foil.

- **Mustard Cream Pan Sauce:** Turn the heat down to medium-low and add the shallots, sauteing until softened. Add the beef broth and brandy and bring the heat back up to medium. Simmer for 1 minute and add the mustard, Worcestershire sauce and erythritol. Stir or whisk to combine.
- Whisk in the cream and add the sprig of rosemary and thyme. Let simmer for 7- 8 minutes or until almost your desired consistency - it will thicken as it cools. Add the lemon juice and butter, stir. Simmer until the sauce is glossy and thick. Check the seasoning.
- Remove the sprigs of rosemary and thyme before saucing the lamb chops and serving.

Notes

Nutrition Facts

Easy Pan Seared Lamb Chops with Mustard Cream Sauce (Ready In 30 Minutes) -

Amount Per Serving

Calories 426

Calories from Fat 270

% Daily Value*

Fat 30g

46%

Carbohydrates 4g

1%

Protein 31g

62%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition

Calories: 426kcal | Carbohydrates: 4g | Protein: 31g | Fat: 30g

[click here for recipe](#)



Chapter 296
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.

**“How to Develop a Home Exercise Program,
Best Suited for You”**

Jacob Otto, Senior Student in the Exercise Science Program at Florida Gulf Coast University

Tuesday, March 17, 2020 at 7:00-8:30 pm

AdventHealth Orlando Campus
601 East Rollins Street
Orlando, FL 32804
Creation Health Conference Room C

Creation Health Conference Room: Park in garage **P1** (formerly 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 Health 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

2020 March meeting
2020 April meeting

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