



Mended Hearts™
of Orlando - Central Florida



Dear Members and friends of Mended Hearts 296, Orlando,

Welcome to your June Newsletter. If you ever want to read any prior messages or review a prior newsletter, click or copy the link below.

<http://www.mendedheartsorlando.org/>

Due to recent surge of coronavirus cases, a group of us reviewed the current surge in positive tests and hospitalizations and we've decided to postpone our Anniversary Party from July 26 to October 4. We all have too much concern for everyone's health and well-being and feel this is the right thing to do

I look forward to the day when we can have our monthly meetings in person again, when there is no more fear of catching the coronavirus.

Remember to wear a mask when leaving your home, wash your hands often and stay at least 6 feet away from other people.

Continue to eat healthy, get some exercise when you can and drink plenty of water when walking outside.

Till next month stay strong and we will all get through this.

Peace,

Larry

Upcoming Events

- **19th Anniversary Dinner Postponed**

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Best Practices from the World Health Organization

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

Wash your hands

Wash your hands with soap and running water when hands are visibly dirty



If your hands are not visibly dirty, frequently clean them by using alcohol-based hand rub or soap and water




Protect yourself and others from getting sick

Wash your hands

- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste




Protect others from getting sick

When coughing and sneezing cover mouth and nose with flexed elbow or tissue



Throw tissue into closed bin immediately after use



Clean hands with alcohol-based hand rub or soap and water after coughing or sneezing and when caring for the sick




How can I grocery shop safely in the time of COVID-19?

When grocery shopping, keep at least 1-metre distance from others and avoid touching your eyes, mouth and nose. If possible, sanitize the handles of shopping trolleys or baskets before shopping. Once home, wash your hands thoroughly and also after handling and storing your purchased products.

There is currently no confirmed case of COVID-19 transmitted through food or food packaging.



#Coronavirus #COVID19



There will be no meeting this month. Check your email for information pertaining to our August meeting information TBA.



Last month's meeting

Our very first Zoom meeting was perhaps one of our best ever. Dr. Mark Steiner with Orlando Health, who happens to be my own cardiologist for the past 4 years taught us the history of what we now refer to as “catheterizations” going back literally to the dark ages. In fact, it’s been documented that catheters were used around 3,000 BC. Of course, back in those days, they didn’t have the technology to be able to manufacture catheters in flexible, sterile materials, so they had to use what was available to them. Ancient Syrians used hollow vegetation such as reeds to relieve built-up urine in the bladder.

His presentation also covered the more modern history of these procedures leading right up to the many advances in practice today and what we may expect in the near future. This was very encouraging for me since I have 9 stents of my own, the last two inserted by Dr. Steiner. All of us lucky to attend from home learned so much we didn’t know. Be sure to attend our next Zoom meeting in August from the safety and comfort of your own homes. Topic and speaker TBD.

Gary Szasz

Celebrating Our Survivors

Birthday	Doris Baker	15
Birthday	Claire Jones	25
Cardiac Event	Gary Szasz	2016/9
Cardiac Event	Brett Lemaster	2017/10
Cardiac Event	Lance McKenzie	2017/14
Cardiac Event	Fred Gamble	2017/19
Cardiac Event	Bruce Walker	2006/27

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>

Recipe of the Month

[Click here for this and more stay-at-home recipes](#)

Contest-Winning Broccoli Chicken Casserole

Ingredients

- 1 package (6 ounces) chicken stuffing mix
- 2 cups cubed cooked chicken
- 1 cup frozen broccoli florets, thawed
- 1 can (10-3/4 ounces) condensed broccoli cheese soup, undiluted
- 1 cup shredded cheddar cheddar cheese

Directions

- Preheat oven to 350°. Prepare stuffing mix according to package directions, using only 1-1/2 cups water.
In large bowl, combine chicken, broccoli and soup; transfer to a greased 11x7-in. baking dish. Top with stuffing; sprinkle with cheese. Bake, covered, 20 minutes. Uncover; bake until heated through, 10-15 minutes longer.
- **Freeze option:** Transfer individual portions of cooled casserole to freezer containers; freeze. To use, partially thaw in refrigerator overnight. Transfer to a microwave-safe dish and microwave, covered, on high until a thermometer inserted in center reads 165°, stirring occasionally and adding a little broth if necessary.

Broccoli Chicken Casserole Tips

What spices can I add to make this recipe my own?

Flavor up this [casserole recipe](#) with one or more of these spices and flavorings in any combination: freshly ground black pepper, garlic powder, cayenne powder (a pinch or two), smoked paprika, dried mustard powder and/or dried herbs such as thyme, sage and chives. Here are other [food and spice pairings](#) you should know.

Can you substitute chicken for another meat?

Yes, you can substitute chicken for another meat! Try substituting cubed, cooked turkey or ham for the chicken. Avoid any kind of ground meats, because the casserole will not have the desired texture or results.

Can you freeze broccoli chicken casserole?

Yes, you can freeze this casserole recipe! To freeze, follow our freezing directions above. Check out this [casserole freezing guide](#) for more tips.

Nutrition Facts

1-1/3 cups: 315 calories, 13g fat (6g saturated fat), 66mg cholesterol, 1025mg sodium, 25g carbohydrate (4g sugars, 2g fiber), 23g protein.

Join

To join Mended Hearts Chapter 296, please contact Clare Jones at jjonesfl@aol.com or 407-380-6042. Use the membership form below to join our chapter.



Member Enrollment Form

New Membership – First Year Only	
Individual National Chapter (includes Pin)	\$25.00
Family National & Chapter (includes 2 Pins)	\$40.00
Membership Renewal	
Individual Yearly National & Chapter	\$25.00
Family Yearly National & Chapter	\$40.00

Isn't it true that.....

Some relationships are like Tom and Jerry. They tease each other, knock down each other, irritate each other, but can't live without each other ...



Some interesting masks.....We might as well be creative and safe at the same time!

