

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

Mended Hearts Chapter 296 Board Contacts

President Larry Sartori 407-909-1269

Vice President Scott McClendon 407-399-1229

Secretary Linda Burns 407-277-0918

Treasurer Claire Jones 407-380-6042

Visiting Chair Mike Weber 407-814-8890

Hospitality Membership Joan Sartori 407-909-1269

Programs Sharry Tamayo 407-421-0136

Joanna Gerry 407-841-5164

Social Functions Chair Corine Weber 407-814-8890

Newsletter Gary Szasz 407-342-1400

Chapter 296

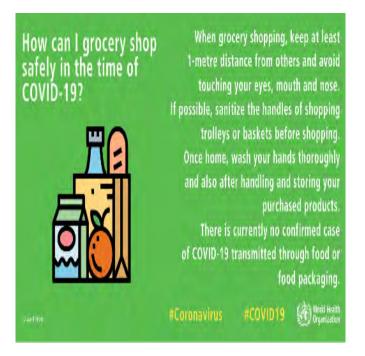
Best Practices from the World Health Organization

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











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 "catherizations" 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

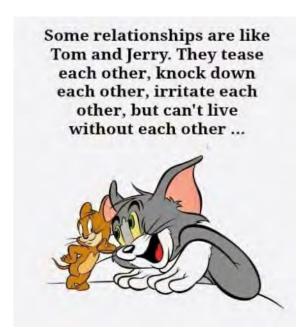
To join Mended Hearts Chapter 296, please contact Clare Jones at jjonesfl@aol.com or 407-380-6042. Use the membership form below to join our chapter.



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 | | |

Chapter 296 5 Isn't it true that.....





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











