



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



## ***President's Message***

Welcome to your September President's message. I hope you and your families are doing well. Stay strong and we will wait out this dreaded covid 19 disease. Continue to social distance (6 feet) and wash your hands often.

I do have some Mended Hearts National news. They held an August Leadership Training seminar. A total of 8 formal sessions and a number of other meetings and activities. I attended many of the sessions and activities. Some of the topics were organizing a chapter; how to run a chapter smoothly; how to lead a chapter and how to attract new members and how our National Organizations has changed to be more open for new members. Well worth attending. I believe they will make some of the sessions for view on our National website in the new future.

I do have some chapter updates. Our Vice President, Scott McClendon has decided to step down. I want to thank him for serving on the Board. Also, Gary Szasz has decided to step down from Newsletter editor. I also want to thank him for his dedicated service to our chapter. So, we now have 2 open positions to fill on our Board. It is a great opportunity to get involved with the running of our Chapter. If interested in applying for either position, please let me or one of our two other officers, Claire Jones, and Linda Burns your desire.

I would like to offer a warm welcome to the following new chapter members, Jane Sowers, and David Hernandez. I also sent them a welcome email on behalf of the chapter.

As you might remember we have rescheduled our Anniversary Dinner to October 11. Please see attached flyer. What you may not know is that the major cost of the event is being subsidized by the Chapter to thank you for all you do and for enduring this horrible pandemic. It is my hope as well as the board that you are able to attend. All safety protocols will be followed to keep us all safe and sound. This includes wearing masks when not eating or drinking. Tables will be staggered to keep a safe distance and all employees will be wearing masks and gloves. So, you can have peace of mind while enjoying the festivities which include live music entertainment, door prizes and lots of laughs and companionship with your fellow members.

In closing, I want to extend my good wishes that you all stay safe and healthy!

Wishing you all Peace & Love,

Larry

Mended Hearts  
Chapter 296  
Board Contacts

President  
Larry Sartori  
407-909-1269

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 Func-  
tions Chair  
Corine Weber  
407-814-8890

Newsletter  
Gary Szasz  
407-342-1400

### **Upcoming Events**

- 19th Anniversary Dinner New date: Sunday October 11, 2020
- Virtual Chapter Meeting Sept 12 at 7pm. (Last Page)

## How to stay safe as restaurants, salons and shops reopen

By [ANDREW BORYGA](#) SOUTH FLORIDA SUN SENTINEL | MAY 14, 2020 AT 10:34 AM

<https://www.sun-sentinel.com/coronavirus/fl-ne-coronavirus-best-practices-20200513-smvxshhkbnvcgjmjllkbpw2ytnq-story.html>

**(Editor's Note: This article is written for Southern Florida but I felt the content was relevant and worthwhile.)**

Crawling out of quarantine and heading back out into the world will be a new ordeal for all of us. The opening up of South Florida — Palm Beach County started to reopen businesses this week, and Broward and Miami-Dade aren't far behind — raises a lot of questions.

How do I know if I'm dining at a safe establishment? What should I do to stay safe?



The Centers for Disease Control and Prevention and the Florida Department of Health keep recommending that we wear masks in public, monitor our symptoms at home and avoid going out if we aren't feeling well. But there are other ways to minimize your risk of coronavirus infection. Here are some tips and best practices from organizations such as the National Restaurant Association, the National Retail Federation and the Mayo Clinic.

### **Should I go to a restaurant, shop or salon where employees aren't wearing face masks?**

Florida Gov. Ron DeSantis' order allowing some businesses to reopen does not require staff to wear face masks, but the CDC and other organizations recommend that staff at most establishments do so.

A restaurant whose waitstaff isn't wearing masks isn't technically being negligent, but they are going against recommendations of most health and safety experts. Keep that in mind when choosing where you want to eat, get your haircut or shop.

### **Should I avoid turning over my credit card to a server or representative?**

Yes. In fact, restaurants, salons and retail shops are all urged to have touchless payment options, which include devices that you can personally input your credit card into or Apple Pay and other similar tap-to-pay technology.

Ideally, these devices will be brought to your table by a server at a restaurant. At other establishments they will likely require you to interact with a representative at a counter or register. Because these devices are often used by many customers throughout the day, it isn't a bad idea to wash your hands or apply hand sanitizer after using these devices to punch in a pin or electronically sign with your finger.

### **Should I use an online menu instead of the restaurant's?**

Yes. Either way, restaurants are recommended to use disposable menus or digital menus on tablets and other devices that can be cleaned regularly. If the restaurant you've chosen sets down a re-usable menu when you sit, it is perhaps another sign that you should choose somewhere else to eat.

**Should I use the restroom?**

If you must, yes. The CDC recommends that businesses make disinfectant wipes available inside public restrooms.

If there aren't any wipes in the bathroom, be sure to wash your hands for at least 20 seconds or take advantage of any hand sanitizer offered. You could also plan ahead by bringing your own sanitizer or disposable gloves to use while touching surfaces in the restroom. After washing your hands inside the restroom, paper towels can also be used to protect yourself from door handles on the way out if you don't have gloves or sanitizer available.

**Should I sit inside a restaurant?**

Only if you must. Restaurants should be prioritizing socially distanced outdoor seating for guests if possible because research suggests open-air transmission of the coronavirus is very rare. In addition, sunlight may also hinder the chance of the virus spreading to others. If outdoor seating is not an option, make sure the restaurant you've chosen is at least making an effort to circulate clean air by leaving windows or doors open, or by using fans.

**Should I wear my face mask inside a restaurant?**

Depends. If the restaurant you're at seems to be doing a good job of separating tables and taking safety precautions, then you aren't taking a big risk by enjoying a meal sans mask. If you decide to take your mask off, it's a good idea to bring a resealable bag to store your mask safely while it's off. If you don't feel that the restaurant is taking the best precautions, then it probably isn't a bad idea to keep your mask on until you absolutely must take it off when the food arrives.

**Should I use the fitting room?**

Probably not. Because clothes have direct contact with the body and could potentially transmit the virus, retailers are working on safe ways to allow customers to try on items that may have been used by others recently.

Some stores hold items that have been tried on or returned for 24 hours or more; others keep fitting rooms closed. It is recommended that all open fitting rooms be sanitized after customer use.

Customers are also recommended to use hand sanitizer or wipes before and after trying on items, to continue to wear their face masks and to refrain from touching their face. If you are on the fence about using a fitting room, inquire about the store's policies regarding tried-on items to inform your decision.

**Should I keep my face mask on while getting a haircut?**

Yes. Salons and barbershops require intimate contact with an employee for a significant amount of time, making it very easy to transmit the coronavirus. While there may be some moments where you need to remove your mask, you should try to keep it on as long as possible.

**How can I determine whether a business is making the best efforts to remain safe?**

In addition to what has been mentioned above, here are some things to look for.

- Clear signs throughout the establishment encouraging social distancing measures.
- Tables, salon chairs and open cash registers that are spaced at least 6 feet apart from one another.

- Plexiglas sneeze-guards that cover any cash registers or counters that have to be used by customers to interact with staff.
- A clear system in place to keep tabs on capacity, as well as make sure customers waiting outside are socially distanced.

**A final warning**

Businesses have a lot of adapting to do to make sure they are safe for customers post-quarantine. But Dr. Leslie M. Beitsch, the chair of the Department of Behavioral Sciences and Social Medicine at Florida State University, says consumers also must take their own precautions.

In addition to wearing masks when going out, he advises consumers to keep their dining and shopping outings short and avoid anything that feels even a little bit risky.

"If you have questions about whether or not you should be doing something, you probably shouldn't be doing it," he said.

**Celebrating Our Survivors**

Birthday	Myrna Ham	16
Birthday	Brett Lemaster	16
Cardiac Event	Larry Sartori	2006/25
Cardiac Event	Lona Love	2004/1
Cardiac Event	Carl Pain	1999/6

**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>

## Visit Me - Program Updates

If you haven't checked out our new Visit Me Program, stop by [www.myheartvisit.org](http://www.myheartvisit.org) to see how Mended Hearts and Mended Little Hearts are finding new ways to support patients, parents and caregivers in hospitals, clinics and in their own homes during COVID and beyond. We've spent the last few months launching this innovative program; here is the progress we've made:

The Visit Me Call Center is now open and

accredited visitors are supporting patients, parents and caregivers over the phone, video chat and through email.

iPads and covers have been shipped to hospitals and clinics. Emails have been sent to hospital contacts and chapter/group contacts with tracking information.

iPad Hospital Toolkits and Chapter/Group iPad Toolkits have been sent to hospitals and chapter/group leaders.

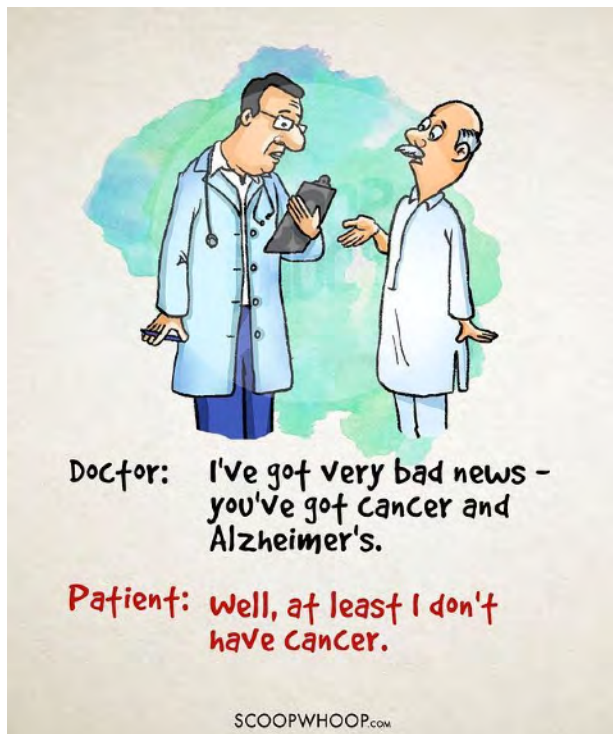
Visit Me Program postcards and Virtual Visiting Postcards can be ordered for free through the International Resource Center. They can be ordered by emailing [info@mendedhearts.org](mailto:info@mendedhearts.org) or calling 888-432-7899.

Help us spread the word on social media with the hashtags #MyHeartVisit and #VisitMe.

Thank you to the following sponsors who have so generously donated to our Visit Me program.

**AstraZeneca**

**Bayer**



A man returned to the U.S. after a trip abroad feeling very ill. He goes to see his doctor and is immediately rushed to the hospital to undergo a barrage of extensive tests. The man wakes up after the tests in a private room at the hospital, and the phone by his bed rings.

"This is your doctor. We've got the results back from your tests, and we've found you have an extremely nasty virus that is extremely contagious!"

"Oh my gosh," cries the man. He's in a panic now. "What are you going to do, Doctor?"

"Well, we're going to put you on a diet of pizzas, pancakes, and pita bread."

"Will that cure me?" asked the man hopefully. The doctor replied, "No... but it's the only food we can get under the door."

## Virtual Regional Conference: Patient and Family Education Day - MH Chapter 206, Palm Beach County

Join us as we empower, educate and inspire heart patients, family members and caregivers in this virtual Regional Conference that you'll be able to participate in from the comfort of your own home! Don't miss out on this special opportunity to connect and learn - and it's all for free! Register today!  
**Saturday, September 12, 2020 from 9:00 AM to 2:00 PM EDT**

**This is an online event.**

Thank you again for registering for our event. This email is confirmation of your successful registration. If any of the information displayed below is incorrect, please contact us as soon as possible.

Please keep an eye on your email a few days before the meeting takes place. We'll be sending out a link to join the virtual meeting at that time

### **Online event access**

Event URL: <https://zoom.us/meeting/register/tJEoc-uorDkiG93QFX5GLcd4y1b4MoF0Hxsj>

Hi there,

You are invited to our Regional Conference Palm Beach County Zoom meeting.

When: Sep 12, 2020 09:00 AM Eastern Time (US and Canada)

Register in advance for this meeting:

<https://zoom.us/meeting/register/tJEoc-uorDkiG93QFX5GLcd4y1b4MoF0Hxsj>

After registering, you will receive a confirmation email containing information about joining the meeting.

### **Personal Information**

First Name:

Mike

Last Name:

Weber

Email Address:

[mikejweber@att.net](mailto:mikejweber@att.net)

Phone:

## Recipe of the Month

<https://www.foodnetwork.com/recipes/ina-garten/perfect-roast-chicken-recipe-1940592>

# Perfect Roast Chicken

Recipe courtesy of Ina Garten

Show: Barefoot Contessa Episode: The Homecoming

Level: Intermediate Total: 2 hr 10 min Prep: 20 min Inactive: 20 min

Cook: 1 hr 30 min

Yield: 8 servings

Ingredients:

1 (5 to 6 pound) roasting chicken  
Kosher salt  
Freshly ground black pepper  
1 large bunch fresh thyme, plus 20 sprigs  
1 lemon, halved  
1 head garlic, cut in half crosswise  
2 tablespoons (1/4 stick) butter, melted  
1 large yellow onion, thickly sliced  
4 carrots cut into 2-inch chunks  
1 bulb of fennel, tops removed, and cut into wedges  
Olive oil



Directions:

Preheat the oven to 425 degrees F. Remove the chicken giblets. Rinse the chicken inside and out. Remove any excess fat and leftover pin feathers and pat the outside dry. Liberally salt and pepper the inside of the chicken. Stuff the cavity with the bunch of thyme, both halves of lemon, and all the garlic. Brush the outside of the chicken with the butter and sprinkle again with salt and pepper. Tie the legs together with kitchen string and tuck the wing tips under the body of the chicken. Place the onions, carrots, and fennel in a roasting pan. Toss with salt, pepper, 20 sprigs of thyme, and olive oil. Spread around the bottom of the roasting pan and place the chicken on top.

Roast the chicken for 1 1/2 hours, or until the juices run clear when you cut between a leg and thigh. Remove the chicken and vegetables to a platter and cover with aluminum foil for about 20 minutes. Slice the chicken onto a platter and serve it with the vegetables.

Reproduced with permission of The Food Network Copyright 1999, The Barefoot Contessa Cookbook, All Rights Reserved

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.



Mended Hearts, Inc. Resource Center  
1500 Dawson Road  
Albany, GA 31707  
Phone: 1-888-HEART99 Email: info@mendedhearts.org

MEMBERSHIP FORM

NEW MENDED HEARTS NEW MENDED *LITTLE* HEARTS RENEWAL DATE \_\_\_\_\_

Name (Mr./Mrs./Ms.) \_\_\_\_\_ Chapter/Group 296 Member-at-large \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

City / ST / Zip \_\_\_\_\_ I want to be a MH support volunteer: Yes No

Email address \_\_\_\_\_ I am interested in CHD Parent Matching: Yes No

(Please check all that apply) I am a Heart Patient Caregiver CHD Parent Physician RN Healthcare Employee

OPTIONAL INFO: Race: Caucasian Black Asian Am. Indian Hispanic Other \_\_\_\_\_ Gender: Male Female

Membership Levels: All membership levels are for ONE YEAR, renewed annually, except for Heart of Gold Lifetime Sponsorship.

Please choose your membership level and complete any appropriate payment information below.

<p><b>INDIVIDUAL MEMBERSHIP</b></p> <p><u>Associate Member --- FREE</u> * Can attend any chapter meeting for MH or MLH * Can join online communities * Can access Member Portal * Receives the National e-newsletter</p> <p><u>Individual Member --- \$20 annual donation per person</u> * All of the benefits of an Associate Member, PLUS * Membership Card * Car Decal – Select ___ MH or ___ MLH * One-time 5% off coupon for purchase from the MH store * One year annual subscription to Heartbeat magazine (\$30 value)</p> <p><u>Bronze Member --- \$45 annual donation per person</u> * All the benefits of a Full Individual Member, PLUS * Membership Pin * Choice of ___ Drawstring Backpack or ___ MH/MLH Notecards (10 pk) * 5% off registration of any National (not regional) MH/MLH Conference or Symposia</p> <p><u>Silver Member --- \$100 annual donation per person</u> * All the benefits of a Bronze Member, PLUS * A Stainless Steel Mended Hearts Travel Mug</p> <p><u>Gold Member --- \$250 annual donation per person</u> * All the benefits of a Silver Member, PLUS * A Red Fleece Blanket * 10% off registration of any National Conference or CHD Symposium</p> <p><u>Heart of Gold Lifetime Sponsor --- \$1500 donation</u> <b>A one-time donation per individual</b> * All the benefits of a Gold member FOR LIFE, PLUS * 15% off registration fees at National MH/MLH Conferences / Symposia * Recognition in the next <i>Heartbeat</i> magazine after enrolling in the Heart of Gold Lifetime Sponsorship, in all special Heartbeat issues, and on our website's list of Heart of Gold Lifetime Sponsors</p>	<p><b>FAMILY MEMBERSHIP</b></p> <p>For members of one household with one mailing address only</p> <p><u>Family Membership --- \$40 annual donation</u> * All of the benefits of an Associate Membership, PLUS * One year annual subscription to Heartbeat magazine (\$30 value) * Membership Cards for all members of the family * 2 Car Decals – Select ___ MH or ___ MLH * Each family member receives a one-time 5% off coupon for purchase from the MH store. Use only one coupon per order.</p> <p><u>Bronze Family Membership --- \$75 annual donation</u> * All the benefits of a Family Membership, PLUS * One Membership Pin per member * Choice of ___ Drawstring Backpack or ___ MH/MLH Notecards (10 pk) * 5% off registration of any National (not regional) MH/MLH Conference or Symposia</p> <p>Family Members:</p> <p>Spouse ___ Child ___ Heart Patient ___</p> <p>Spouse ___ Child ___ Heart Patient ___</p> <p>Spouse ___ Child ___ Heart Patient ___</p> <p>Spouse ___ Child ___ Heart Patient ___</p> <p>Note: National memberships are tax deductible less \$10. Lifetime sponsorships are 100% tax deductible.</p>
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<p><b>PAYMENT INFORMATION:</b></p> <p>Membership Level _____ \$ _____</p> <p>Additional tax-deductible Donation to Mended Hearts Mended <i>Little</i> Hearts \$ _____</p> <p><b>TOTAL \$ _____</b></p> <p>Please make your check payable to <b>Mended Hearts, Chapter 296</b></p> <p>Mail to: Ms. Claire Jones 3109 Bellingham Drive Orlando, FL 32825</p>	<p><b>If chapter dues / donations apply, they are tax deductible. Please check with your chapter to know how to pay chapter dues.</b></p> <p>Family Chapter Dues: \$15 Individual Chapter Dues: \$10</p> <p>Chapter # <u>296</u> Annual Chapter Dues \$ _____</p> <p>Additional Chapter Donation Amount \$ _____</p> <p><b>TOTAL Paid to Chapter \$ _____</b></p>
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*We invite you to attend our rescheduled  
Mended Hearts 19th Anniversary Dinner*

**Where: The Florida Room at Dubsdread**

549 W. Par Street, Orlando, Florida in the College Park area

**When:**

**New date: Sunday October 11, 2020**

**Grand Magnolia Menu**

*All you can eat - Carved*

*Roasted Sirloin, Lemon*

*Dill Salmon, Chicken*

*Marsala*

**Service Buffet** with Garlic Mashed Potatoes, Vegetable Medley, Salad, Rolls,

and Butter. Water, Coffee and Iced Tea \$\$\$ **Cash Bar**

**Entertainment by Rick Langolf**

Social hour from 4-5 pm; Dinner at 5 pm

**Covid - 19 Precautions**

- Our huge dining room supports social distancing
- All buffet items are only handled by masked and gloved servers
- Wearing of masks is strongly recommended
- Everything is being done to support a SAFE evening out!



Cost \$20 per person

RSVP: Corine Weber @  
407-814-8890 or  
email [corinewe-](mailto:corineweber@att.net)

[ber@att.net](mailto:ber@att.net) by Monday October 2, 2020

Send payment to: Corine Weber, 2414 Fairbluff Rd., Zellwood, FL 32798-9763

Checks payable to "*Mended Hearts 296*". Payments must be made in advance, no payments accepted at the door!

Checks must be received by October 2, 2020.

## Next Virtual Chapter Meeting

Ed Wainwright, At the suggestion of his post-transplant Coordinator Joined Mended Hearts - Orlando in August 2009. In 2018 Ed became an ARD (Assistant Regional Director) for the Southern Region. Keeping the chapters informed and assisting them to grow and prosper in 2020 has been a challenge.

ED's presentation will Provide some Ideas on how look your best, involve members who rarely attend due to distance, illness, or time limitations. How Mended Hearts proposes to allow Virtual Visiting to Patients, Caregivers, at home and in the hospitals. The "Visit Me" Program offers our members opportunities to visit from their homes.

Anyone with a computer, tablet, or Smart Phone who would like assistance in advance to make sure they ready to join the Zoom meeting, can call me and I will work with you to get your device set up.

Mended Hearts - Orlando is inviting you to a scheduled Zoom meeting.

Join Zoom Meeting

<https://us02web.zoom.us/j/85920268253?pwd=SU95OEIibVdTMXVwZHI-KZDE5eUNvdz09>

Meeting ID: 859 2026 8253

Passcode: 232477

One tap mobile

+13126266799,,85920268253#,,,,,0#,,232477# US (Chicago)

+19292056099,,85920268253#,,,,,0#,,232477# US (New York)

+1 929 205 6099 US (Florida)

Meeting ID: 859 2026 8253

Passcode: 232477

Find your local number: <https://us02web.zoom.us/j/85920268253?pwd=SU95OEIibVdTMXVwZHI-KZDE5eUNvdz09>

Thank You,  
Ed Wainwright,  
cell/text 407-361-1360