

“HEARTBEAT OF CENTRAL FLORIDA”



Mended Hearts™
of Orlando - Central Florida

‘It’s great to be alive—
and to help others!’

Happy New Year!

2021



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A Message from our President, Larry Sartori

Welcome to you all and Happy New Year. I hope you are all doing well and that you had a festive Holiday Season.

What a year 2020 was. With a worldwide pandemic, riots in some major cities and all of us trying to get by one day at a time. But the good news is that a vaccine against this dreaded COVID-19 is becoming more readily available. In fact, Joan and I are scheduled this month for our shots. Consider getting them yourselves. I pray the vaccine can turn the tide and will keep everyone safe.

We will be having a Chapter meeting via Zoom on January 19 at 7pm. For more information see the last page of this Newsletter.

Some Chapter news... As you can see we are starting 2021 with a new look to our Newsletter. Joan has stepped up and agreed to be editor for our Chapter’s newsletter. Thank so much for the work you perform for our chapter. If you have any items you would like to see in the Newsletter please contact Joan.

National is becoming much more active for the New Year. They have a number of campaigns and contests for you all to enjoy. See more information in this Newsletter.

May you all have a Happy & Healthy New Year!

Peace,

Larry

Know the Difference

Both colds and the flu come from respiratory tract infections in your nose, sinuses and throat.

Cold Symptoms

- Symptoms that build over 48 hours
- Runny nose, watery eyes
- Stuffy nose and congestion
- Sneezing and coughing
- Symptoms may last 3-10 days

Flu Symptoms

- Fever or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)



Simple Resolutions for a Healthier Mind and Body

1. Eat more fruit and vegetables
2. Drink more water
3. Take breaks from sitting
4. Cut back on sodium
5. Make time to listen to music and laugh
6. Floss your teeth every day.
7. Grow a garden
8. Tell someone you love them
9. Schedule your annual checkup

New Year Chuckles

My resolution was to read more ...
... so I put the subtitles on my TV.

I was going to quit all my bad habits for the new year ...
... but then I remembered that nobody likes a quitter.

What did the little champagne bottle call his father?
...Pop!

January Birthdays

15 James Van Middlesworth
 17 Mike Weber
 20 Bernice Muroski-Brown
 27 Linda Burns



NATIONAL UPDATES

- ◆ Starting January 1, 2021, the Resource Center will process all new memberships (all levels) and all membership renewals. The Board also appreciates that chapters and groups have been processing their own memberships and renewals. We know that many chapters and groups didn't like doing this but did so to help the Organization. The chapters and groups will no longer have to process membership applications
- ◆ Rock your scar 2010 opens 1/1/21. Contest for various age groups from young to old.
- ◆ National Elections are being held January 1-February 28, 2021
- ◆ Another campaign being held in the new year, Share Your Heart. This is a campaign to acknowledge someone in your chapter for all the hard work that was done by the nominated person.

See the National Website
<https://mendedhearts.org> for more details

Pasta of Naples

Ingredients

8 oz. dry imported ziti or bowtie pasta
 2 cups cherry tomatoes
 1/4 cup chopped fresh basil,
 1 cup chopped onions
 1/2 cup part skim mozzarella cheese, cubed
 1 tablespoon minced garlic
 1 1/2 tablespoons extra virgin olive oil
 2 teaspoons red balsamic vinegar

Cook pasta and place in a bowl. Drizzle with olive oil and toss. Reserve pasta water.

In a medium saucepan set on medium heat add half of the olive oil add onions. Cook until translucent. Add garlic and vinegar. Cook 3-4 minutes. If it seems too dry add some pasta water to keep the onions moist.

Add tomatoes and mix well. Cook for 1 minute. Remove and add to the pasta bowl. Add basil and cheese. Toss and add remaining olive oil. Add salt and pepper to taste.

If too dry add a little more pasta water. Add parsley to the top and serve. ENJOY!

Source: Gourmet Healthy Recipes by Lawrence Sartori; website: lawrencesartori.com

Chapter Zoom Meeting

Let's start 2021 with as much Chapter participation at this and all future meetings!

Our speaker will be Dr. Stacy Mandras. She will discuss heart failure and diabetes. Dr. Mandras is Board Certified in cardiovascular disease, advanced heart failure

Because of the time restraints Zoom has on each call you will have to connect twice. The first meeting will be Dr. Stacy Mandras doing a presentation and the second one will be Chapter news updates. Dial in ID and Passcode are the same for both meetings.

Topic: Mended Hearts Meeting #1 - Speaker, Dr. Mandras
Time: Jan 19, 2021 07:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/3237225619?pwd=Q24yY1FKbHBLMTNrRkxuNWdJbVNCQT09>

Meeting ID: 323 722 5619
Passcode: B1narF

Larry Sartori is inviting you to a scheduled Zoom meeting.

Topic: Mended Heart Meeting #2
Time: Jan 19, 2021 08:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/3237225619?pwd=Q24yY1FKbHBLMTNrRkxuNWdJbVNCQT09>

Meeting ID: 323 722 5619
Passcode: B1narF