

“HEARTBEAT OF CENTRAL FLORIDA”



Mended Hearts™
of Orlando - Central Florida

**JUNE 2021 Chapter 296
Newsletter**

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

**Happy
Father's
Day**



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A Message from our President, Larry Sartori

Welcome everyone to your Mended Hearts Chapter #296 June Newsletter. WOW! We are 6 months into the new year! Time has a sneaky way of going by so fast. I trust and hope all of you are doing well and we pray that the Covid-19 disease is under control.

This year Mended Hearts National is celebrating 70 years as an organization dedicated to serving others. Chapter 296 is donating a full-page ad to congratulate National on a job well done.

Things certainly have been extremely challenging this year. We are meeting via Zoom which sometimes has technical difficulties, and we are without hospital support from both Advent Health and Orlando Regional Hospitals. They no longer are providing any support. I have been trying for weeks to recruit Advent Health Cardiology to provide a speaker for us, but no one seems to be available. I am currently trying to get a dietician to speak to us. I will keep you posted when I get a guest speaker for our June 15th meeting.

I personally had some good health news. As you may know, I had a heart attack at age 34 and recently my EF slid down to 46. But with more exercise, good diet along with medication my EF went up to 53 only 2 points away from normal. We were happy with that news.

On July 25th we are celebrating our 20th Anniversary as a chapter. Please see the flyer that is attached for details. We should have some much-needed fun. Hope you can join us.

I want to wish all the dad’s out there a Happy Father’s Day!
In closing, stay safe, happy, and healthy.

Peace to all,
Larry

A big payoff in taking the optimistic view

If you're an optimist, you believe that any defeat is a temporary setback or a challenge. It doesn't knock you down.

Using this theme in your life helps you move forward in your work. A positive view helps to prevent illness, improves relationships and increases self esteem. According to Mayo Clinic Proceedings, one study showed that optimists live longer, are healthier, and are more peaceful and calm.

When you find yourself stuck in pessimism, psychiatrists at Columbia University say there are things you can do to revive your optimistic ways. Developing certain skills can change your view of the world.

* Practice seeing the progress you have made in life. That could be in your relationships, work or personality.

* Know that everything is not your fault. Pessimists think they cause adverse events that will undermine everything, says Dr. Martin Seligman in his book *Learned Optimism, How to Change Your Mind* (Free Press).

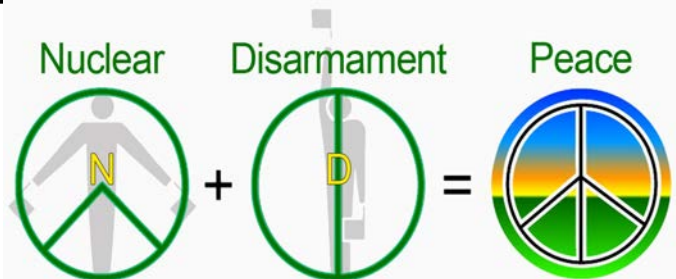
* When things go wrong, realize that the situation will only affect you for a limited time. If you failed, acknowledge your own responsibility in the failure, but also recognize if some things were out of your control.

* Decide to be positive even if you don't feel like it. If you smile, your brain assumes you feel good. Act happy and you will begin to feel better.

* Be positive with others and they will reinforce your optimistic attitude. Be upbeat and show interest in them. Laugh at other people's jokes.

* Carry cards with positive statements about your life and your future.

If you feel depressed for an extended period of time and have negative feelings you can't overcome, see your doctor. There are many good treatments for depression.



The iconic symbol that defined a generation of people and causes

We saw it everywhere in 1967 during the Summer of Love. Painted on VW buses, along with lots of round flowers, and it became a symbol of a generation.

But the peace sign wasn't cooked up by a hippie in San Francisco and it didn't originally mean peace. In fact, the sign was created in 1958 to convey a specific message: nuclear disarmament.

Most recognized symbol

Arguably, the peace sign is one of the most recognizable symbols in the world, and it was created by designer and pacifist Gerald Holtom for one particular protest march. That was the 1958 Campaign for Nuclear Disarmament in London. The group wanted some symbol to make the message stronger.

The symbol wasn't just Holtom's random doodle. In fact, it is a combination of two flag signals in the semaphore alphabet, used by sailors to communicate at a distance. The first signal is N, where the flags are held in an upside down V. The next signal is D, where the flagman stands straight and holds one flag up, forming a straight line. Put together, they form the iconic symbol.

Transcended meaning

The symbol was so powerful that it transcended its initial meaning. It filled a niche. Anyone could draw it and before long, millions of people did. Over time, it evolved into a symbol used by countercultures of all kinds. Hippies adopted it to signify peace. It has also been used as a sign of justice.

Ken Kolsbun, a peace symbol historian, says the symbol is sometimes unwittingly drawn without the bottom center line -- which is actually the Mercedes logo. The Mercedes logo was adopted in 1909, long before the peace symbol.

The V hand sign

British Prime Minister Winston Churchill was photographed in the 1940s flashing the V hand sign but he wasn't talking about peace. He was talking of victory.

JUNE

There's a good reason June is so popular for weddings. In addition to nearly perfect weather, the month of June is considered auspicious for weddings because it's named after Juno, the Roman goddess of marriage, home, and family.

HOLIDAYS

Flag Day

Fathers Day

Paul Bunyan Day

National Rose Month

National Dairy Month

National Ice Tea Month

National Candy Month

Dad's favorite cooking

Across

1. Salon supply
5. Amazes
9. Face-to-face exam
10. "Forget it!"
11. Three oceans touch it
12. Orchard unit
13. Renounced
15. Ancient
16. Did a hair salon job
22. Prepare to fly
23. Porous rock
24. Religious image: Var.
25. Piedmont wine center
26. Used a doorbell
27. Not as much

Down

1. Egg on
2. Gaelic language
3. Secular
4. Racing on skis
5. Counteracting the effects of a poison
6. Fishhook attachment
7. Duel tool
8. Plant starter
14. Matterhorn, e.g.
16. Cookbook direction

1	2	3	4		5	6	7	8
9					10			
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			15					
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22					23			
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D	E	O	O	P	M	A	H	S
			D		O	L		
D	E	M	I	V	A	L	C	E
E	E	R	E	T	A	S	I	A
E	P	E	N	O	P	A	R	A
S	E	S	A	V	E	L	S	G

JUNE BIRTHDAYS

- 6/16 Corrie Crum
- 6/26 Michael Lawshe
- 6/30 Scott McClendon



If you would like your name added to the Birthday List, please send an email to joansartori48@gmail.com with your birthdate.

FATHER'S DATE FACTS

- Father's Day was founded on June 19, 1910, in Spokane, Washington at the YMCA by Sonora Smart Dodd to honor her father, Civil War veteran William Jackson Smart, for all his efforts as a single parent raising his six children.
- It wasn't until 1972 when President Richard Nixon signed into law a permanent recognition of Father's Day.
- According to Hallmark, Father's Day is the fourth-largest card-sending occasion with 72 million cards given every year.
- Consumer spending on Father's Day is expected to rise to an all-time record of close to \$17 billion in 2020.
- Census data shows there are more than 70.1 million dads in the U.S.
- Two million fathers are single.
- More than 214,000 men are stay-at-home dads. In the 1970s, only 6 men identified as stay-at-home fathers.

Turkey and Bean Tostadas with Avocado-Tomato Salsa

Salsa Ingredients

2 cups chopped tomatoes (about 2 medium tomatoes)
1 medium avocado (halved, pitted, diced)
1 large ear of corn, husks and silk discarded, and kernels removed from the cob

OR

1 cup frozen whole kernel corn (thawed, drained)
1-2 medium fresh jalapeño peppers (seeds and ribs discarded, finely chopped)
2 tablespoons finely chopped red onion
2 tablespoons fresh lime juice

Tostada Ingredients

Cooking spray
5 6-inch corn tortillas
8 ounces ground, skinless turkey breast
1 can no-salt-added black beans (rinsed, drained)
2 tablespoons water

Calories, 260 Per Serving
Protein, 19g Per Serving
Fiber, 8g Per Serving



- In a small bowl, stir together all the salsa ingredients. Set aside.
- Preheat the oven to 400°F. Line a baking sheet with aluminum foil. Lightly spray the foil with cooking spray.
- Place the tortillas on the baking sheet. Lightly spray the tortillas with cooking spray. Using a fork, pierce the tortillas a few times to prevent them from filling with air. Bake for 5 to 6 minutes on each side, or until golden brown.
- Meanwhile, in a medium nonstick saucepan, cook the turkey, chili powder, cumin, and coriander over medium-high heat for 5 to 6 minutes, or until the turkey is no longer pink, stirring occasionally to turn and break up the turkey.
- Add the beans and water to the turkey. Cook for 5 minutes, or until the beans are heated through.

Using a potato masher, coarsely mash the beans and turkey together. Remove from the heat.

- To assemble the tostadas, spread the bean and turkey mixture over each tortilla. Spoon the salsa over all.

Recipe found at <https://recipes.heart.org/en/collections/courses/main-dishes?page=5>



Mended Hearts™
of Orlando - Central Florida

SAVE THE DATE
MENDED HEARTS CHAPTER 296
20TH ANNIVERSARY DINNER

SUNDAY, JULY 25, 2021

4pm - 5pm - Social Hour

5pm - Dinner

Carrabba's Italian Grill
5820 Red Bug Lake Rd
Winter Springs, FL 32708

Choice of Salmon Saporito, Chicken Marsala or Tuscan Grilled Sirloin

(All entrees served with choice of a Caesar salad or a cup of soup; fresh bread; an alcohol-free beverage and mini cannoli)

Dinner for Mended Hearts Chapter 296 paid members will be FREE

Dinner for all other Chapter 296 non-paid members and guests will be \$20 per person

Space is limited. So, if you sign up to attend and need to cancel, please let us know by July 5th so that others would be able to attend

All responses to be sent to: Corine Weber at: corineweber@att.net Checks made payable to Mended Hearts Chapter 296 must be received by July 11th and mailed to Corine Weber, 2414 Fairbluff Rd., Zellwood, FL 32798



The Mended Hearts, Inc.
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MEMBERSHIP FORM

NEW MENDED HEARTS NEW MENDED *LITTLE HEARTS* RENEWAL DATE _____

Name (Mr./Mrs./Ms.) _____ Chapter/Group _____ 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 INFORMATION: Race: Caucasian; Black; Asian; Am. Indian; 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.

INDIVIDUAL MEMBERSHIP	FAMILY MEMBERSHIP
<p>Associate Member --- FREE</p> <ul style="list-style-type: none"> * Can attend any chapter meeting for MH or <u>MLH</u> * Can join online <u>communities</u> * Can access Member <u>Portal</u> * Receives the National e-newsletter 	<p>For members of one household with one mailing address only</p> <p>Family Membership --- \$40 annual donation</p> <ul style="list-style-type: none"> * All of the benefits of an Associate Membership, PLUS * <u>One year</u> annual subscription to Heartbeat magazine (\$30 value) * Membership Cards for all members of the family * 2 Car Decals – Select ___ MH or ___ <u>MLH</u> * Each family member receives a one-time 5% off coupon for purchase from the MH store. Use only one coupon per order.
<p>Individual Member --- \$20 annual donation per person</p> <ul style="list-style-type: none"> * All of the benefits of an Associate Member, PLUS * Membership Card * Car Decal – Select ___ MH or ___ <u>MLH</u> * One-time 5% off coupon for purchase from the MH store * <u>One year</u> annual subscription to Heartbeat magazine (\$30 value) 	<p>Bronze Family Membership --- \$75 annual donation</p> <ul style="list-style-type: none"> * All the benefits of a Family Membership, PLUS * One Membership Pin per member * Choice of ___ MLH Drawstring Backpack or ___ MH/MLH Notecards (10 pk) * 5% off registration of any National (not regional) MH/MLH Conference or Symposia
<p>Bronze Member --- \$45 annual donation per person</p> <ul style="list-style-type: none"> * All the benefits of a Full Individual Member, PLUS * Membership Pin * Choice of ___ MLH Drawstring Backpack or ___ MH/MLH Notecards (10 pk) * 5% off registration of any National (not regional) MH/MLH Conference or Symposia 	<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>Silver Member --- \$100 annual donation per person</p> <ul style="list-style-type: none"> * All the benefits of a Bronze Member, PLUS * A <u>Stainless Steel</u> Mended Hearts Travel Mug 	
<p>Gold Member --- \$250 annual donation per person</p> <ul style="list-style-type: none"> * All the benefits of a Silver Member, PLUS * A Red Fleece Blanket * 10% off registration of any National Conference or CHD Symposium 	
<p>Heart of Gold Lifetime Sponsor --- \$1500 donation</p> <p>A one-time donation per individual</p> <ul style="list-style-type: none"> * 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 	

ALL Donations are tax deductible

PAYMENT INFORMATION:		ADDITIONAL CHAPTER/GROUP DONATION:	
Membership Level _____	\$ _____	Chapter/Group <u>Name:</u> _____	
Additional tax-deductible Donation to		Amount: \$ _____	
<input type="checkbox"/> Mended Hearts <input type="checkbox"/> Mended <i>Little Hearts</i>	\$ _____		
TOTAL TO NATIONAL	\$ _____	TOTAL TO CHAPTER	\$ _____

****Please note: To be a member of a Mended Hearts Chapter or Mended *Little Hearts* Group, you must be a member of The Mended Hearts, Inc.**