

The Mended Hearts, Inc.
Chapter 296 Orlando Florida
www.mendedheartsorlando.org

The Central Beat

Mended Hearts Inc., Chapter 296
Volume Eleven Number Four

APRIL, 2011

President's Message

Lisa Necrason gave us a very stimulating and refreshing Yoga session. We all performed the different positions while seated in our chairs and practiced the breathing cycles. We all thoroughly enjoyed this session.

We are in need of additional funds to keep our chapter operating, and if anyone has any fund-raising ideas please contact Mike Weber or me.

Since we are a non-profit organization, any donations can be used as an IRS tax write-off.

We also are looking for possible locations to hold our anniversary and holiday parties. Please contact Mary Stender if you know any place that can accommodate 50 people for a reasonable price.

Spring is upon us and time to revisit our keys to recovery.

- DIET – low fat, high fiber foods
- EXERCISE – keep up with daily movement and get involved with cardiac rehab.
- ATTITUDE – stay positive and laugh a lot.

Next Meeting

April 19, 2011 Tuesday 7:00 – 8:30 PM Florida Hospital Orlando, Barker Conference Center, Room B, Dr P. Jamnadas, Cardiologist, Eat Well, Exercise Well and Loving Life More.

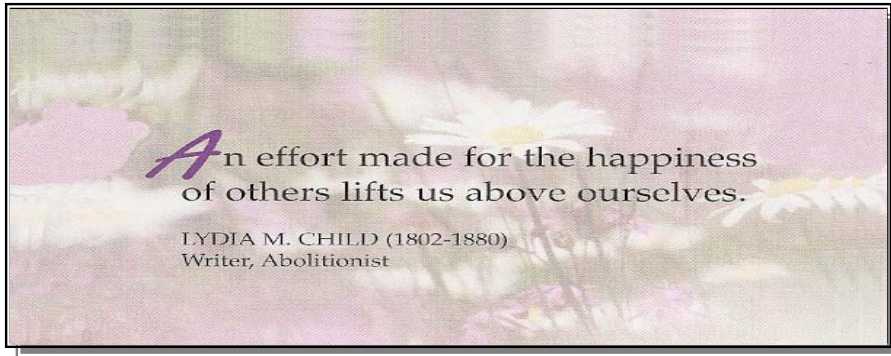
VIPs to be CSIs

Very Inspirational Persons to be Cardiac Survivor Instructors

Our mission is to provide hope and inspiration to patients on their road to recovery. If you have the compassion and empathy to listen to their concerns and questions and share your own experience WE NEED YOU!!! Contact Mike Weber at 407-682-1172.

If you are not a visitor, you are still very important to our chapter. Every day you are a ROLE MODEL for people who have a cardiac condition by showing that there is LIFE.

Good health to you,
Lee Meneses



EARTH'S EASIEST EXERCISE

Walking can add years to your life and life to your years. And it couldn't be easier. You don't need To join a health club, wear special equipment or go into training to reap the rewards:

The Conditioner Walking conditions your heart and lungs and raises your body's ability to use oxygen more efficiently. Fact: In one study, women who walked briskly (3-4 miles per hour) at least three hours a week cut their risk of heart attack and stroke by more than half

The Protector Walking helps beat other health problems, too. It reduces your risk of some forms of cancer and osteoporosis. It fights the battle of the bulge, taking off fat and building muscle. Walking can even help people with diabetes reduce or eliminate their need for medication.

The Joint-Saver Walking can burn about as many calories per mile as jogging does. But it delivers only about a quarter of the jolt, so it's much easier on your joints and muscles.

The De-Stressor Walking's easy on your mind, too, since it lessens stress and lightens depression. Beginning walkers usually report that they feel better, sleep better and that their mental outlook improves.

The Winner Best of all, walking has the lowest dropout rate of any form of exercise. So you're more likely to stick with it and get all these benefits and more, like better digestion, improved regularity and lower blood pressure.

There's Nothing To It

Just put on a sturdy, comfortable pair of shoes and go. Smart moves: Walk to the store for the Sunday paper... park a few blocks from work or get off the bus or train one stop early and walk from there... use stairs instead of elevators or escalators... on bad weather days walk in a mall or on a gym treadmill.

How fast should you go? That's easy, too. Just use the "talk test." Move at a steady clip that makes your heart beat faster and causes you to breathe more deeply — but doesn't leave you too breathless to carry on a conversation. You'll do yourself a world of good.

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Individual Three-Cheese and Vegetable Quiches

Ingredients

- Cooking spray
- 1 teaspoon olive oil
- 1 cup chopped broccoli florets
- 1/2 cup shredded carrot
- 1/2 cup shredded zucchini
- 2 medium green onions, thinly sliced
- 1 and 1/2 cups egg substitute
- 1/2 cup fat-free half-and-half
- 1/4 cup shredded part-skim mozzarella cheese
- 1/4 cup shredded low-fat Cheddar cheese
- 2 tablespoons shredded or grated Parmesan cheese
- 1/2 teaspoon dried oregano, crumbled
- 1/8 teaspoon pepper



Preparation

- Preheat the oven to 350°F. Lightly spray a 6-cup muffin pan with cooking spray.
- Heat a medium skillet over medium-high heat. Pour in the oil, swirling to coat the bottom. Cook the broccoli, carrot, zucchini, and green onions for 2 to 3 minutes, or until tender-crisp, stirring occasionally. Spoon into the muffin cups.
- In a medium bowl, whisk together the remaining ingredients. Ladle into the muffin cups.
- Bake for 25 to 28 minutes, or until a cake tester or wooden toothpick inserted in the center comes out clean.
- Transfer the muffin pan to a cooling rack. Let the quiches cool for 10 minutes.
- Using a thin spatula or flat knife, loosen the sides of the quiches.
- Serve warm. Refrigerate leftovers in an airtight container for up to five days.
- To reheat, put 2 quiches on a microwaveable plate and microwave, uncovered, on 100 percent power (high) for 1 to 1 1/2 minutes, or until warmed

These veggie-studded crustless quiches are easy to make and reheat well. They are equally good for breakfast on the run or a leisurely brunch.

Serves 6; 1 quiche per serving

Nutrition

Calories 91

Total Fat 2.5 g

Saturated Fat 1.0 g

Trans Fat 0.0 g

Polyunsaturated Fat 0.0 g

Monounsaturated Fat 1.0 g

Cholesterol 5 mg

Sodium 245 mg

Carbohydrates 7 g

Fiber 1 g

Sugars 4 g

Protein 11 g

Dietary Exchanges:

1/2 carbohydrate

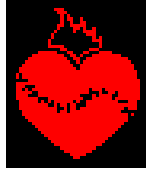
1 1/2 lean meat



THE MENDED HEARTS, INC.

Cardiac Support Group

Chapter 296



Please join us at our monthly meeting and be part of this self-help organization for those who have had any heart problem.

April 19, 2011

Tuesday Evening, 7:00 PM – 8:30 PM

**Florida Hospital Orlando, Barker Conference Center, Room B
601 E Rollins Street, Orlando, Fl. 32803**

Directions: Take Orange Avenue North and turn on to King Street. Turn into the main parking garage for the hospital. Park on any floor with available spots and take elevator/stairs to third floor. Use the crosswalk located on 3rd floor to cross the railroad tracks. Take the elevator (Elevator E) at the end of the crosswalk down to the basement level for the Barker Conference Center. . Parking vouchers for the parking garage are available at the meeting.

Topic: Dr. P. Jamnadas Eat Well, Exercise Well and Loving Life More

May 17, 2011

Tuesday evening 7:00 PM – 8:30 PM

**Orlando Regional Lucerne Hospital, Lucerne Terrace, Classroom #1
Orlando, Florida 32804**

Directions: From Downtown – heading south on Orange Ave., turn right (west) onto Gore St. Continue on Gore for 2 blocks. Turn right onto Lucerne Terrace. Use parking lot on right hand side of Lucerne Terrace. You can park close to the building.

From I-4 heading west: Go to Anderson St. exit, turn right on Anderson, go to Division Street, turn left, go to Gore St., turn left, go to Lucerne Terrace (not at light) turn left onto Lucerne Terrace. Turn right into parking lot.

Enter the building through the doors under the Red-Maroon Canopy. Follow signs to Classroom # 1.

Program: Step for a Healthy Heart – Train for the AHA Heart Walk with one step at a time Patty Harper or Matt Sens from Cardiac Rehab

Due to possible changes for future meetings **call** the contact person or check our local web site listed below to be assured that no change has occurred before coming to any meeting.

Call the National Organization to locate a chapter near you if you don't live in the Central Florida area.

1-800-AHA-USA1

<http://www.mendedhearts.org>

Our local web address is www.mendedheartsorlando.org

May 2011 meeting - Contact Joanna Gerry - 321-843-1093

April 2011 meeting - Contact Eileen Krause - 407-303-1526

Mended Hearts Cardiac Event – April

<u>Last Name</u>	<u>First Name</u>	<u>Cardiac Date</u>
Hamilton	John	4/24/2010
Meneses	Lee	4/16/2004

Mended Hearts Orlando – Birthdays – April

<u>Last Name</u>	<u>First Name</u>	<u>Birthdate</u>
Keilich	Peter	04/15
Price	Gary	04/06
Rose	Harry	04/09
Weber	Corine	04/27



March 2011 Meeting

