

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

The Central Beat

Mended Hearts Inc., Chapter 296
Volume Eleven Number Three

MARCH, 2011

President's Message

Dr. Carol Ma, cardiologist with the Florida Heart group gave us a very comprehensive presentation regarding managing our risk factors for heart disease.

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.

Next Meeting

March 15, 2011 Tuesday 7:00 P.M – 8:30 PM at Orlando Regional Lucerne Hospital, Lucerne Terrace, Classroom #1 “Yoga and You. De-stressing for your Heart” with Lisa Necrason.

VIPs to be CSIs

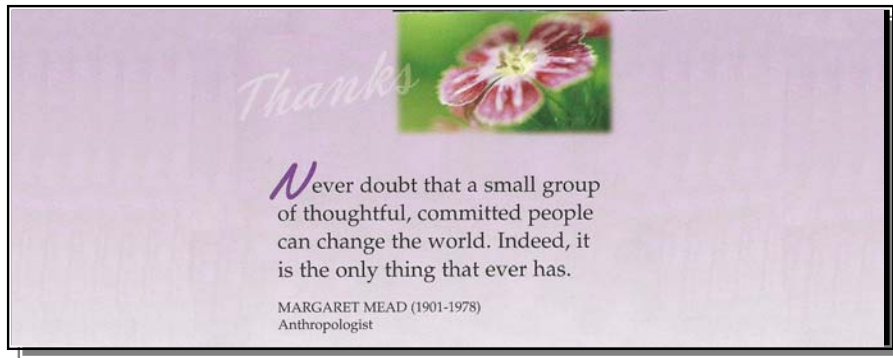
Very Inspirational Persons to be Cardiac Survivor Instructors

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



Simple Tips to Slimmer Waists

Everyone knows that eating right and exercising are the keys to weight control. But not everyone knows these tips to make your efforts pay off fast....

Eat breakfast. It's true—regular meals and occasional low-cal snacks help prevent the “famine-then-feast” syndrome. Great start: Fill up first thing with high-fiber cereal, whole-grain bread and fresh fruit.

Bite into a Small pickle or lemon. Advantages: Neither has any calories to speak of, and the sour taste will curb your appetite. Don't have either? Try brushing your teeth.

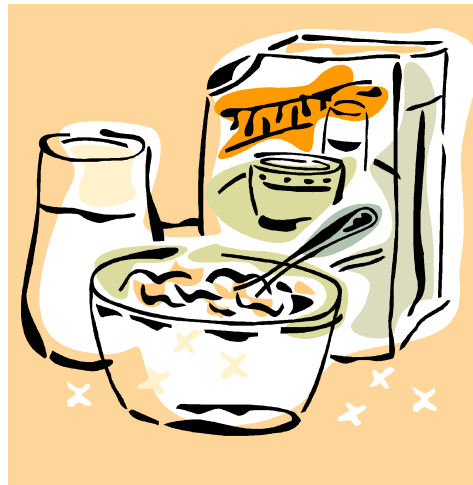
Post a list of small projects on the refrigerator. Then, whenever you're bored and tempted to snack, tackle an item from your list. Result: It will help you ride out crave attacks.

Serve yourself half the amount you usually eat if you tend to eat whatever is in front of you. And make less food look like more by using smaller plates.

Exercise in the morning. Why: After fasting overnight, two-thirds of the calories burned come from stored fat, which contains more calories than carbohydrates—the main energy source in afternoon workouts.

Keep calories burning with aerobic exercise, like biking, swimming or rowing. Advantage: A single session burns calories during the workout and for several hours afterward.

Take your time. It takes about 20 minutes for your brain to receive the signal that you're full. So gulping food quickly may lead to overeating. Strategies: Set your silverware down between bites... chew slowly... savor each flavor and texture. And play soft, soothing background music, which tends to slow the meal.



Mended Hearts Inc. Board Contacts

Lee Meneses,
President
407-677-1064

Larry Cirillo
Vice President
407-948-2030

Bill Cierebiej,
Secretary &
Photo/Media
407-889-2598

Claire Jones,
Treasurer
407-380-6042

Mike & Toni Philpott,
Marketing
407-333-4334

Magdi Shebbein
Newsletter
407-443-3136

Mike Weber,
Ambassador
407-682-1172

Programs:
Eileen Krause,
407-303-1526
Joanna Gerry,
407-841-5164
Betsy McKeeby,
407-303-1526

Mary Stender,
Hospitality
321-696-6183

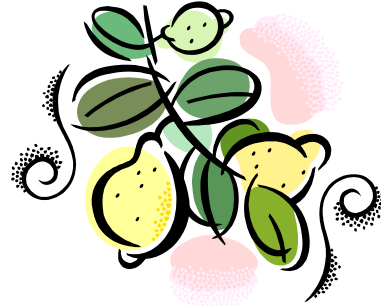
Justin (JP) Fiorenza
Webmaster
407-376-5053

Gennie Goins Seltzer
Membership
407-616-2476



Black Bean Dip with Fresh Lime

- 1/2 15-ounce can no-salt-added black beans, rinsed and drained
- 1/4 cup snipped fresh cilantro
- 2 tablespoons chopped red onion
- 2 tablespoons fresh lime juice
- 1 tablespoon water
- 1 tablespoon fat-free or light mayonnaise
- 1 1/2 teaspoons olive oil
- 1/4 teaspoon ground cumin
- 1/4 teaspoon salt
- 1/4 teaspoon red hot-pepper sauce, or to taste
- 1 tablespoon water (optional)



In a food processor or blender, process all the ingredients except the optional 1 tablespoon water until smooth. For a thinner consistency, gradually add the remaining water until the dip is the desired consistency.
Serves 6; 2 tablespoons dip per serving

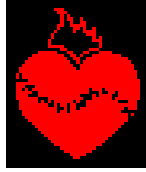
Nutrition Analysis (per serving): Calories 45, Total Fat 1.0 g,
Saturated 0.0 g, Polyunsaturated 0.0g,
Monounsaturated 1.0 g, Cholesterol 0 mg, Sodium 119 mg,
Carbohydrates 7 g, Fiber 2 g, Sugar 2 g,
Protein 2 g



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.

March 15, 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: Yoga and You: De-stressing for your Heart” with Lisa Necrason

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

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

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

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

Mended Hearts Cardiac Event – March

<u>Last Name</u>	<u>First Name</u>	<u>Cardiac Date</u>
Churchville	Wendy	3/2/2009
Dixon	Vern	3/22/2001

Mended Hearts Orlando – Birthdays – March

<u>Last Name</u>	<u>First Name</u>	<u>Birthdate</u>
Burlew	Raymond	03/09
D'Elia	Dolly	03/22
Desmond	John	03/17
Haire	Samuel	03/01
Kauffman	Charles	03/23
Love	Lona	03/02
Mirman	Diane	03/12
Plummer	James	03/17
Rutherford	Ed	03/20
Sartori	Lawrence	03/16
Walker	Bruce	03/21
Wood	Bruce	03/10