



Mended Hearts™
of Orlando - Central Florida



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

The Central Beat

Mended Hearts Inc., Chapter 296
Volume Seventeen Number Five
May, 2017

President's Message



Welcome everyone to your May Newsletter.

May is named after the Greek and Roman Goddess Maia, who among other things was an earth goddess, thus her connection to springtime.

Even though for us Floridians May is the start of early summer we still have plenty of nice weather for walks, gardening and other outside activities.

As your president and writer of healthy cookbooks I will be presenting a discussion and cooking demo on healthy meals. We invite you to attend on May 16th at 7pm for a tasting of small samples of the food I will be cooking. Food will consist of a mixed green organic salad as well as a dish of pasta, escarole, cheese and cannellini beans.

Please let me know (lpsartori66@gmail.com) if you plan to attend so I can prepare and purchase enough food for all to enjoy.

Till next time,

Larry Sartori



Food of the Month - Plant Foods

Plant foods can provide protein and are an excellent source of vitamins and minerals.

Protein is essential for a healthy body and mind, but it doesn't have to come exclusively from meat, poultry or fish.

Your bones and muscles depend on sufficient protein to stay healthy, according to the Iris Canter Women's Health Center newsletter.

Many plant foods are good sources of protein, including beans, grains, nuts and seeds.

To calculate your protein needs, multiply .36 grams by your weight. Very active people may need .45 or .55 grams per pound to support muscle growth.

A good rule is to make sure 10 to 35 percent of daily calories are from protein.

Among the best sources of plant-based proteins are beans. Just a half cup of white, black, kidney or chickpeas give you 8-9 grams of protein. Lentils offer a full 9 grams per half cup.

Seeds and nuts are also very reliable sources of protein. Peanuts, almonds, and pistachios offer 6-7 grams per ounce. Pumpkin seeds give 8 grams per ounce and sunflower seeds give 5 grams per ounce.

Two tablespoons of peanut butter give you 8 grams of protein.

A good idea is to combine plant sources with small doses of poultry, eggs and grains.

The Women's Health Advisor recommends this menu to satisfy protein needs:
2 eggs.

3 ounces of chicken breast.

1/2 cup wild rice.

1 ounces of almonds or peanuts

1 cup of broccoli

Another menu:

6 ounces Greek yogurt.

2 tablespoons peanut butter.

1/2 cup beans

1/2 cup pasta, whole wheat

1/2 cup tofu.

Pages, May 2017

Mended Hearts Inc. Board Contacts

President
Larry Sartori
407-909-1269

Vice President
Corrie Crum
407-730-2577

Secretary
Linda Burns
407-277-0918

Treasurer
Claire Jones,
407-380-6042

Special Projects
Larry Cirillo
407-948-2030

Treasurer
Claire Jones,
407-380-6042

Marketing
Vacant

Visiting Chair
Mike Weber
407-814-8890

Programs:
Eileen Krause,
407-303-1526

Joanna Gerry,
407-841-5164

Betsy McKeeby,
407-303-9300

Hospitality
Vacant

Social Functions Chair
Corine Weber
407-814-8890

Membership
Lee Meneses
407-677-1064
Corine Weber
407-814-8890

Photographer
Vacant

Newsletter
Vacant



Memorial Day, May 29

Mended Hearts Orlando - May Cardiac Event

Last Name	First Name	Date
Ham	Norlin	May 2, 2005

Mended Hearts Orlando - May Birthdays

Last Name	First Name	Date
Ham	Norlin	May 8
Crum	Tim	May 26
Gerry	Joanna	May 31

NSAIDS linked to hearing loss

Using common pain remedies for more than six years has been linked to a higher risk of hearing loss, according to a study published in the American Journal of Epidemiology. Examples of common NSAIDS are, ibuprofen (Advil and Motrin), Naproxen, Relafen and Voltaren.

Acetaminophen and non-steroidal anti-inflammatory drugs were implicated in the study. Aspirin use was not associated with a higher risk of hearing loss. The study followed more than 55,000 women in the Nurses Health Study.

0517-103.txt

Memorial Day, May 29, 2017

A day of remembrance evolves with nation's grief.

Every grieving generation remembers the casualties of war in its own way.

So, Memorial Day, the day when we remember the men and women who died in war, has evolved. The beginning of the holiday is usually set in 1868, when the Grand Army of the Republic, an organization of Union veterans founded in Decatur, Illinois, established a Memorial Day to decorate the graves of the Union war dead.

Throughout the Civil War, families and groups remembered fallen soldiers on many dates and in many places. The North and South generally had different traditions for remembrance. Gradually, the traditions came together and by 1968, Congress designated the date as the last Monday in May.

The Civil War posed new problems for the young republic of America. More than 600,000 soldiers (some say 750,000) died in the conflict, representing 2 percent of the population. (By comparison, U.S. losses in World War II were just over 400,000.) Once national cemeteries were established, the tradition of decorating the graves of fallen soldiers began in earnest.

Today, veteran's groups, individuals and churches decorate graves with flags on Memorial Day, continuing the tradition of honoring the fallen.

Graves and clothing are also frequently decorated with poppies, a symbol of sacrifice that became popular after World War I. It is said that for every drop of blood shed in war a poppy grows in remembrance.

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 problems.



May 16, 2017

Tuesday, 7-8:30 PM

Diabetes Center Conference Room 5th Floor
Florida Hospital Orlando Campus
2415 N. Orange Ave Medical Offices Building
Orlando, FL 32803

Parking: Park in the **McRAE** Parking Garage accessed on Rollins Street. Park on 3rd Floor of garage if possible. At the elevators on the 3rd floor of the parking garage – turn left and go into the Medical Office building complex. Follow signs to 5th floor. Parking garage vouchers will be provided at the meeting.

Topic: Larry Sartori, our Mended Heart Chapter 296 President, will share features of how to plan and demonstrate how to prepare a “Heart Healthy” meal. Enjoy a light supper meal afterwards, the “fruits of his labor” by tasting the foods he makes for you.

June 20 , 2017

Tuesday, 7-8:30 PM

Orlando Health Heart Institute
1222 S. Orange Ave.
Orlando, Florida 32804

Directions: Orlando Health Heart Institute (OHHI) is located in downtown Orlando on the corner of Orange Ave and Underwood across from the Cancer Center. The physical address is 1222 S. Orange Ave. The building is a five story glass building with a red banner across the top of the building that reads Heart Institute. You may park in the garage next to the Heart Institute and enter the building via the first floor where you may also valet park. Walk from the parking garage to the OHHI building located next to the garage, enter the building. Just follow the Mended Hearts signs in the building. Walk to the left of the Reception Desk and the classroom is on your left.

Topic: To Be Determined

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

1-888-432-7899 or 214-206-9259-<http://www.mendedhearts.org>

Our local web address is www.mendedheartsorlando.org

2017 May meeting
2017 June meeting

Contact Eileen Krause - 407-342-3708
Contact Joanna Gerry - 321- 843-1093

SAVE THE DATE for Mended Hearts Anniversary Dinner
Sunday, July 9, 2017

Mended Hearts Orlando #296

16th Anniversary Dinner



Date: Sunday, July 9, 2017

Time: 4:30 – 5:30 PM – Social Dinner Served: 5:30 PM

Hosted by: Mended Hearts #296 Price: \$20.00 per Person

Buffet Dinner

**Garden Salad, Chicken Piccata, Roast Beef, Baked Ziti, Vegetable Medley, Rolls
and Butter, Coffee, Tea, Iced Tea and Anniversary Cake**

CASH Bar Available

**Entertainment by musician and singer Rick Langolf
Gift Card Raffle Prizes**

Place: The Deer Run Country Club

300 Daneswood Way, Casselberry, Florida 32707, 407-699-7993

**Please RSVP to: Larry Sartori, 407-909-1269 or email
lpsartori66@gmail.com by July 5.**

**Please send payments to Larry Sartori, 8912 Sunset Blvd, Orlando 32836
Make all Checks payable to Mended Heart #296 , mailing them soon
enough to reach Larry's home by July 5.**

Directions to Country Club

**From I-4 to Rt 436 Take exit and go East on Rt 436 for 4.5 miles Turn
left onto Red Bug Lake Rd (Use the New Overpass) Turn Left onto
Eagle Circle Then turn Rt to stay on Eagle Circle(At the 7-11 store)
Turn Lt onto Daneswood Way**

May 2017 MH Meeting

Ben Crumby, ARNP, who assists with Heart Surgeries at Orlando Health describes his interesting work with Heart Surgeons and receives a Certificate of Appreciation from Mended Heart President, Larry Sartori



Inger Lemmens wins 50-50 ,
awarded to her by Joan Sartori



Larry Sartori leads out in introducing guests to
Mended Hearts meeting and sharing plans for the
MH Anniversary Dinner on July 9, 2017

