

Mended Hearts
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Mended Hearts™
of Orlando - Central Florida



2018

President's message



Welcome to your January 2018 Newsletter....

Happy New Year to all who are reading this. I want to wish you and your family good health and happiness in the New Year!

A good time was had at our annual Holiday party in December. I want to thank all who contributed to the success of our party. As always, Carl Pain's delicious rum cakes were fabulous.

Just a reminder... even though it is winter be sure to continue your exercise activities. Just remember our hearts beat a little faster in cold weather. So I would suggest exercising indoors if the temperature is below 50 degrees.

With the New Year just starting, how about making some smart resolutions. Some good resolutions would be to eat more vegetables and fruits; or perhaps, make an effort to lose excess weight; or, exercise on a more regular basis. The sky is the limit.

I am available for any question on diets or cooking advice. So please take advantage of my 35 years as a chef and author of 2 books on recipes on eating healthy.

Our next meeting is scheduled for January 16th at the Orlando Health Heart Institute. Hope to see you all there...

On a sad note, my friend and past president of our chapter, Lee Meneses passed on to heaven on December 11, 2017. My deepest condolences to Zulma and all of Lee's family. I will miss him very much!

Larry Sartori

HAPPY NEW YEAR

Upcoming Meetings

Speaker/Topic: To be determined
Date: Tuesday, January 16, 2018
Time: 7:00-8:30 pm

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

Directions: Orlando Health Heart Institute (OHHI) is 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: Cardiac Medications

Florida Hospital
Orlando Campus
601 East Rollins Street
Orlando, FL 32804

Date: Tuesday, February 20, 2018
Time: 7:00-8:30 pm

Location: Barker Conference Center, Room C
Basement level, under the Welch Cafeteria

Directions: Take Orange Avenue North and turn on to King Street. Turn into the King St parking garage on the right. 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 at the end of the crosswalk down to the basement level for the Barker Conference Center. We will meet in Conference Room C. Parking vouchers for the parking garages are available at the meeting.

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.



Birthday	Mike Weber	1/17
Birthday	Bernice Muroski-Brown	1/20
Birthday	Samantha Darwak	1/21
Birthday	Linda Burns	1/27
Cardiac Event	Ed Gerry	1/1/2000
Cardiac Event	Charles Gile	1/4/2001
Cardiac Event	Bill Esler	1/1/2015
Cardiac Event	Izzy Sanabria	1/19/2017
Cardiac Event	Stew Peet	1/20/2011
Cardiac Event	Claire Jones	1/22/2004
Cardiac Event	Inger Lemmens	1/30/2012



Lee Meneses led a full and spectacular 71 years, 43 of those with his beloved wife Zulma.

Lee served his country as a Lieutenant Colonel in the Air Force reserves after flying military transport aircraft in Vietnam. He also worked for State Farm Insurance for 25 years retiring in 2007 as a claims adjuster supervisor.

He is survived by his wife, three children: Liborio, Samuel and Alexander; daughters-in law Megan and Shelly and granddaughter Emilia.

Lee served as a dedicated volunteer with Mended Hearts for 13 years. If you would like to make a donation in his memory, please send your check to: Claire Jones 3109 Bellingham Dr., Orlando, FL 32825

Payable to Mended Hearts Chapter 296

CHRISTMAS PARTY



Jokes & Puzzles

3 drunk guys entered a taxi. The taxi driver knew that they were drunk so he started the engine & turned it off again. Then said, "We have reached your destination". The 1st guy gave him money & the 2nd guy said "Thank you". The 3rd guy slapped the driver. The driver was shocked thinking the 3rd drunk knew what he did. But then he asked "What was that for?". The 3rd guy replied, "Control your speed next time, you nearly killed us!"

Two campers are walking through the woods when a huge brown bear suddenly appears in the clearing about 50 feet in front of them. The bear sees the campers and begins to head toward them. The first guy drops his backpack, digs out a pair of sneakers, and frantically begins to put them on. The second guy says, 'What are you doing? Sneakers won't help you outrun that bear.' 'I don't need to outrun the bear,' the first guy says. 'I just need to outrun you.'

Hurricanes

Z V A T S U G E K A Z K A
 J E A N N E G L L F G N Y
 T N Y B G F Z L W R I D E
 O E J Q L J I I F R S F L
 H S C O G S A M T F G A R
 D U Y V O N G A W B S X A
 S D G N N E K C C O Y A H
 E D F O D X W S M E M R C
 G I D R I E T S V L A P O
 R A R V A Y Z R I J S E D
 O I A M D N A W E N T X E
 E N T N A H C V K B N X A
 G K A A F G O E A L L E N
 I S A B E L N O S L E I D
 S K J D C I R E D E R F G
 H W E R D N A E S Y R C T

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| AGNES | GUSTAV |
| ALLEN | HARVEY |
| ALLISON | HUGO |
| ANDREW | IKE |
| CAMILLE | IRMA |
| CHARLEY | ISABEL |
| DEAN | IVAN |
| DENNIS | JEANNE |
| DONNA | KATRINA |
| FLOYD | OPAL |
| FRANCES | RITA |
| FREDERIC | SANDY |
| GEORGES | WILMA |
| GILBERT | |

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**“You’ll have to eat that donut outdoors.
 Nobody wants to inhale secondhand carbs!”**



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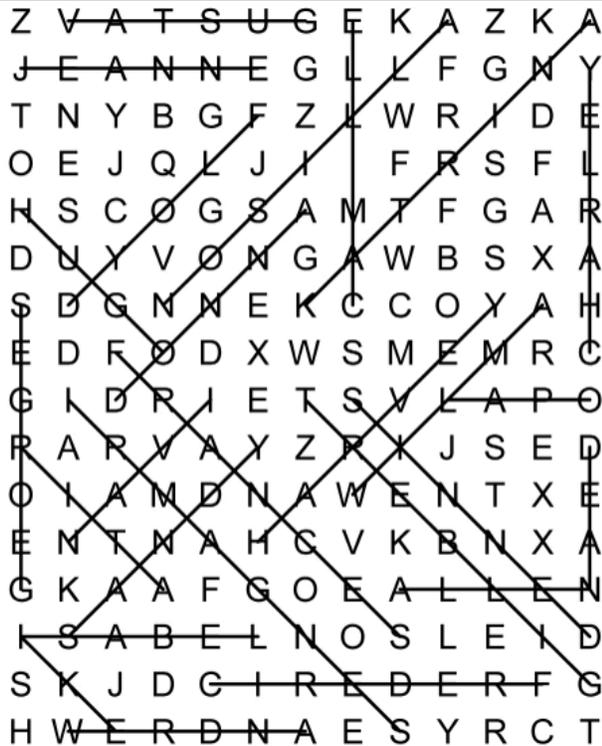
WWW.ANDERSTOONS.COM



"I think we should cut back on my antidepressant. I watched 'Old Yeller' and it was hysterical."



"I'm trying to figure out online shopping. I've found some pants I like, but can't find a fitting room."



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Travel Agency



"It's a special casino for senior citizens. The slot machines pay off in prescription drugs."

Recipe of the Month



Healthy Turmeric Chicken Stew



Prep
15 m

Cook
28 m

Ready In
43 m

Recipe By: Stephanie

"This is one of my favorite 30-minute weeknight recipes. Turmeric (curcuma) is a bright yellow spice primarily found in India and Indonesia, and is one of the main ingredients in curry. It adds an exotic color and flavor to any dish."

Ingredients

2 tablespoons olive oil	2 cloves garlic, minced
2 skinless, boneless chicken breasts, cubed	1 tablespoon minced fresh ginger root
2 sweet potatoes, cubed	2 teaspoons ground turmeric
1/2 red onion, chopped	1/2 cup low-sodium chicken broth
1 small eggplant, cubed	

Directions

- 1 Heat olive oil in a large skillet over medium-high heat. Add chicken; cook until browned and no longer pink in the center, about 5 minutes. Add sweet potatoes and onion; cook and stir until onion is translucent, 2 to 3 minutes. Add eggplant, garlic, ginger, and turmeric; cook until fragrant, about 1 minute more. Pour in broth and simmer stew until thickened, stirring occasionally, about 20 minutes.

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Preclinical Mayo Clinic study to investigate off-site, robotic-assisted coronary procedures

By **Dave Muoio** January 03, 2018

A newly announced collaboration between the **Mayo Clinic** and **Corindus Vascular Robotics** may pave the way for off-site coronary procedures. The partnership, backed by a recent grant awarded to the clinic, will take the form of a multi-phase preclinical investigation of the feasibility of telestenting — robotic percutaneous coronary intervention (PCI) procedures conducted remotely.



PCI is a non-surgical procedure in which physicians enter the bloodstream through the groin or wrist to expand narrowing coronary arteries. The procedure can stave off the need for open-heart surgery, but requires trained specialists to manually insert a balloon catheter and, in many cases, a stent into the blocked coronary artery.

Corindus currently offers the second generation of its CorPath GRX System, which is cleared for robotic-assisted PCI in cardiac catheter labs. Normally, this system has the interventional cardiologist sitting at a nearby radiation-shielded workstation to control catheters, stents, and guidewires throughout the procedure.

The newly announced partnership, however, will be exploring whether these procedures can be conducted safely and effectively off site. Doing so could provide a means to better manage coronary artery disease among rural or other underserved populations worldwide.

"We are delighted to work on critical research for remote robotics with Mayo Clinic," Mark Toland, president and CEO of Corindus, said in a statement. "While PCI is the initial focus for this development program, our long-term goal is to extend this capability to the remote treatment of endovascular disease and stroke. Corindus is committed to developing a high tech cardiovascular model that improves efficiency, integrates the latest technology, and ultimately improves patient care. Telestenting is at the core of this strategy."

The multi-phase, multi-year study will be headed by Dr. Mackram F. Eleid, an interventional cardiologist and associate professor of medicine at the Mayo Clinic. Its first phase is supported by a \$3.3 million grant awarded to the health institute from the Leona M. and Harry B. Helmsley Charitable Trust.

"Mayo Clinic has been a pioneer in leveraging telehealth to diagnose patients in remote locations," Eleid told MobiHealthNews in an email. "We believe remote robotics has the potential to allow us to provide timely care to these patients and to potentially transform interventional cardiology."

www.mobihealthnews.com/content/preclinical-mayo-clinic-study-investigate-site-robotic-assisted-coronary-procedures