



# And The Osceola Beat Goes On

Mended Hearts of Osceola # 364 May /June Newsletter Issue 1 - 2013

## May 11, 11:00 – 1:00PM Monthly Support Meeting



Our topic for May will be “Dual Support Sessions.

Felix will be facilitating the patients and Linda will be facilitating the care givers.

Last year we found this is one of the favorite support meetings. Feel free to bring your friends or neighbors who have had a heart event experience.

This format allows for patients to support patients, and care givers support care givers. This is an excellent meeting

## June 15, 11:00 – 1:00PM Monthly Support Meeting

Our topic will be “Cooking for a Healthy Heart”

Larry Sarton will be demonstrating his cooking techniques and the results will be our meal for the day.



I think this will be an excellent opportunity to expand our menu selections and think about how we care for our hearts by nourishing them properly. Hopefully we will get some new recipes to use in our lives.

One of the cook books we often share at the cluster meeting will be made available as well as some web links to heart healthy menu items online.

## 2013 Mended Hearts Annual Convention



The Annual Convention brings members together from across the country for energizing speakers, informative seminars, networking opportunities and social activities.

Participants leave this key training and leadership convention each year with renewed energy to carry out the mission of Mended Hearts. The 61st Annual Convention will be held *June 5-9, 2013* in San Diego, California. Additionally, the Mended *Little* Hearts Leadership Training will be held June 7-9, 2013. Read more and register [here](http://www.mendedhearts.org/convention.htm).

[www.mendedhearts.org/convention.htm](http://www.mendedhearts.org/convention.htm)

## President’s Message

This month we are looking to begin the nomination process for the 2013-2015 BOD.

If you have an interest in volunteering please send an email to [pres@mh-o.org](mailto:pres@mh-o.org)



We have a need for more volunteers for visiting, and to help develop our chapter.

## Log In

The Website for “Mended Hearts of Osceola” is up and running, it includes contact information, a calendar, activities, opportunities, some photos, and will continue to develop and expand.

The URL (address) is: [www.mendedhearts-osceola.org](http://www.mendedhearts-osceola.org) . We had added an alternate URL: [www.mh-o.org](http://www.mh-o.org)

The **Membership Application** is on the back cover and is available from the web site: [www.mendedhearts-osceola.org/App.pdf](http://www.mendedhearts-osceola.org/App.pdf)

If you need me to print it for you, call 407-348-2489 and I will mail you a copy.

## Meet our New Members

Please join us in welcoming and congratulating our new members.

- ✚ *We are looking for some new members, if you know someone who can be assisted by our meetings please invite them to our next meeting and to join, the application is on the internet on our home page.*

## Anniversaries in May/June

- ✚ May 20 – Julia & Robert Clarke
- ✚ June 6 – Terry & Adele Swearingen
- ✚ June 9 – Jim & Nell Robinson

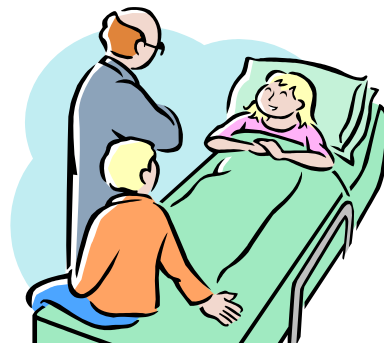
## Birthdays in May/June

- ✚ May 9 – Joseph Connery
- ✚ May 23 – Arnie Shapiro
- ✚ June 8 – Steve Miller
- ✚ June 17 – Tom Sarosy
- ✚ June 27 – Ramona Rothell

## MH-Osceola Visiting Program

Terry Swearingen, our Visiting Program Chair is looking for additional potential visitors.

The process of becoming an accredited visitor includes; Mended Hearts Visitor classroom training, ORMC Volunteer training, TB Test, background check, and Mended Hearts in Hospital Training.



The in hospital training is actual visiting patients with a variety of heart related issues acting as the Instructor’s wing man the first day, sharing the visiting the second day, and when the instructor is comfortable he acts as the wing man on the check out visiting. The Instructor provides feedback each day explain the process and procedures for our ORMC visiting program. For more information please contact Terry Swearingen at 407-922-4155.

## Holidays in May/June

- ✚ May 5<sup>th</sup> – Cinco de Mayo
- ✚ May 12<sup>th</sup> – Mother’s Day
- ✚ May 27<sup>th</sup> – Memorial Day
- ✚ June 16<sup>th</sup> – Father’s Day
- ✚ June 21<sup>st</sup> – First Day of Summer



## Heart Healthy Recipe

### CRUSTLESS VEGGIE MINI QUICHES

Crustless mini quiches filled with broccoli and corn and topped with Cheddar cheese

#### INGREDIENTS

- PAM® Original No-Stick Cooking Spray
- 6 saltine crackers, finely crushed
- 2 tablespoons grated Parmesan cheese
- 2 cups frozen broccoli florets or frozen spinach
- 1/2 cup frozen whole kernel corn
- 3/4 cup shredded reduced fat Cheddar cheese
- 1 carton (16 oz each) Egg Beaters® Original



#### DIRECTIONS

1. Preheat oven to 350° F. Generously spray 12 regular muffin cups with cooking spray; set aside.
2. Mix together cracker crumbs and Parmesan cheese in small bowl; set aside. Place broccoli in medium microwave-safe bowl with 1 tablespoon water; cover. Microwave on HIGH 2 minutes; drain well. Chop into smaller pieces. Spoon broccoli evenly into muffin cups; top evenly with corn, crumb mixture and Cheddar cheese. Pour Egg Beaters evenly over filled cups.
3. Bake 18 to 22 minutes or until puffed and knife inserted in centers comes out clean. Let stand 2 minutes; run table knife around edges to loosen.

#### COOK'S TIP

Use your favorite vegetables in these mini quiches. Firm vegetables such as carrots, broccoli or asparagus will need to be cooked in the microwave a few minutes and then chopped finely so they will be tender at the end of the baking time.



## Officer List

### President

Ed Wainwright  
[comm@mh-o.org](mailto:comm@mh-o.org)  
407-361-1360



### Vice President

Missy White  
[vp@mh-o.org](mailto:vp@mh-o.org)  
407-421-1916



### Secretary

Nancy Wainwright  
[sec@mh-o.org](mailto:sec@mh-o.org)  
407-348-2489



### Treasurer

Charney Linder  
[tres@mh-o.org](mailto:tres@mh-o.org)

407-348-4836



### Communications

Sandra Esparra  
[wse91@yahoo.com](mailto:wse91@yahoo.com)  
407-414-2107



Terry Swearingen

[vchr@mh-o.org](mailto:vchr@mh-o.org)  
407-922-4155



### Information & Comments

[info@mh-o.org](mailto:info@mh-o.org)

## Committees

We have a number of committee opportunities that need to be filled by willing participants. The opportunities include but are not limited to the following:

- If you have a strong people skill and have contacts who could assist in developing corporate sponsorships or if you have other ideas for fund raising, the **Fund Raising Committee** would be a great fit for you.

## Calendar

- **May 11, 2013** - Support meeting 11:00 am. Osceola Regional Medical Center Rooms A & B. *“Dual Support Sessions. Felix will be facilitating the patients and Linda will be facilitating the care givers.*
- **June 5 - 9, 2013 Mended Hearts National Convention, San Diego, CA**  
[Forms and information](#)
- **June 15, 2013** - Support meeting 11:00 am. Osceola Regional Medical Center Rooms A & B. *Larry Sarton – “Cooking for a Healthy Heart” food demonstration.*
- **July 13, 2013** - Support meeting 11:00 am. Osceola Regional Medical Center Rooms A & B.
- **August 10, 2013** - Support meeting 11:00 am. Osceola Regional Medical Center Rooms A & B.







**The Mended Hearts, Inc.**

National Office  
Phone: 888-HEART99 (432-7899)  
[www.mendedhearts.org](http://www.mendedhearts.org)

**MEMBER ENROLLMENT Chap # 364**

For more information: <http://www.mendedhearts-osceola.org>

**Member Information** (please print or type)

Name (Mr/Mrs/Ms) \_\_\_\_\_ Chapter \_\_\_\_\_ OR Member-At-Large \_\_\_\_\_  
 Address (line 1) \_\_\_\_\_ Phone ( \_\_\_\_\_ ) \_\_\_\_\_  
 Address (line 2) \_\_\_\_\_ Alt Phone ( \_\_\_\_\_ ) \_\_\_\_\_  
 City \_\_\_\_\_ Retired:  Yes  No  
 State/Zip \_\_\_\_\_ Occupation \_\_\_\_\_  
 Email address \_\_\_\_\_ Preferred Contact:  Phone  Email  Mail  
 Family member (must reside at same address; please name): (Mr/Mrs/Ms) \_\_\_\_\_  
 Family member Email address \_\_\_\_\_  
 May Mended Hearts staff or volunteers contact you regarding local chapter opportunities?  Yes  No

**Medical Info/Demographics** (Optional for Mended Hearts reporting purposes in aggregate only)

Name of Heart Patient _____	Name of Caregiver _____
Date of Surgery/Procedure _____	Phone _____
Type of Surgery/Procedure _____	Alt Phone _____
<input type="checkbox"/> Angioplasty <input type="checkbox"/> Heart attack <input type="checkbox"/> Cath <input type="checkbox"/> Atrial Septal Defect <input type="checkbox"/> Pacemaker <input type="checkbox"/> Valve-Surgery <input type="checkbox"/> Aneurysm <input type="checkbox"/> Transplant <input type="checkbox"/> Valve Transcath <input type="checkbox"/> CABG (Bypass) <input type="checkbox"/> AFib arrhythmia <input type="checkbox"/> ICD (Defibrillator) <input type="checkbox"/> Stent <input type="checkbox"/> Other arrhythmia <input type="checkbox"/> Other _____	<input type="checkbox"/> Check here if also Heart Patient <input type="checkbox"/> Type of procedure _____
Many chapter newsletters include surgery/procedure anniversaries of members. Please indicate here if you are agreeable to having your name published in this way. <input type="checkbox"/> Yes <input type="checkbox"/> No	
Add my email to monthly national email updates? <input type="checkbox"/> Yes <input type="checkbox"/> No _____ Patient signature	Add my email to monthly national email updates? <input type="checkbox"/> Yes <input type="checkbox"/> No _____ Family member signature
Optional Info: Date of birth _____ Race: <input type="checkbox"/> Caucasian; <input type="checkbox"/> Black; <input type="checkbox"/> Asian; <input type="checkbox"/> Am. Indian; <input type="checkbox"/> Other Gender: <input type="checkbox"/> Male; <input type="checkbox"/> Female	

**National Membership Dues:** Includes subscription to *Heartbeat* magazine and one insignia pin for an individual or two pins for a family membership (must reside in same household). Select type of membership and include chapter dues (unless you wish to become a member-at-large). National dues are tax deductible less \$10.00; Chapter and Lifetime dues are 100% tax deductible.

**Within United States**

Individual	\$17.00	<input type="checkbox"/>
Family	\$24.00	<input type="checkbox"/>
Life – Individual Dues	\$150.00	<input type="checkbox"/>
Life – Family Dues	\$210.00	<input type="checkbox"/>

**Foreign Membership (including Canada) - U.S. Currency**

Individual	\$22.00	<input type="checkbox"/>
Family	\$32.00	<input type="checkbox"/>
Life – Individual Dues	\$222.00	<input type="checkbox"/>
Life – Family Dues	\$301.00	<input type="checkbox"/>

**Dues Summary:** National dues \$ \_\_\_\_\_  
 Chapter dues \$ \_\_\_\_\_  
**TOTAL \$ \_\_\_\_\_**

**I am joining as a non-heart patient:**  Physician  RN  
 Health Admin  Other Interested Party  Other \_\_\_\_\_  
**A tax-deductible contribution \$ \_\_\_\_\_ to**  National OR  Chapter

New chapter members: Please send payment with enrollment form to chapter Treasurer: —————>

Or, if joining as a member-at-large, send to:

The Mended Hearts, Inc.  
National Office  
8150 N. Central Expressway, M2248  
Dallas, TX 75206

Mended Hearts of Osceola  
Treasurer  
PO Box 452141  
Kissimmee, FL 34745

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