



And The Osceola Beat Goes On

Mended Hearts of Osceola # 364 July/August Newsletter Issue 1 - 2013

July 13, 11:00 – 1:00PM Monthly Support Meeting



Our Topic will be “Yoga for the chair bound heart patient”
Amanda McCune is currently a fitness instructor specializing in Yoga, Pilates, and Aqua-Fitness. Her professional experience includes offering private and group instruction at

corporations, resorts, communities, gyms, and studios in the Central Florida area.

She has designed classes to meet a variety of needs including Yoga in suits for staff meetings, Pilates to address specific work conditions, such as those of a team of housekeepers, and aqua-fitness focused on weight loss.

Her passion is to make fitness classes available to everyone, which has prompted her to create and implement an “adaptive fitness project”, a voluntary service, which she hopes will overcome barriers of all types and provide fun and healthy activities to those who may not have otherwise had access to them..

She is group exercise certified through AFAA since 2009 and registered with the nationally recognized Yoga Alliance as a 500- hour certified Yoga teacher.

August 10, 11:00 – 1:00PM Monthly Support Meeting TBD



Ed and I have been very fortunate to once again attend the Mended Hearts National Convention and represent Chapter #364. This year we traveled to San Diego and I have to admit it took a few days to get use to the time change, both while there and after we returned home. Thank goodness, next year the convention will be held in Indianapolis, Indiana.

But, back to this year's convention...Each session was lead by a very professional and qualified speaker that provided us with much needed information on a variety of subjects. As a caregiver, I was very impressed that an entire session was donated to this subject. In fact, for all of you fellow caregivers, you must touch base at the Caregiver Action Network (caregiveraction.org). It will provide you and others, invaluable resources for caregiving within a broad spectrum of illnesses, all free of charge! John Schall, CEO of the organization spoke from the heart as he "lived" the need for knowledge and resources.

During the breakouts for the Regional Meetings, Ed Wainwright and Terry Swearinger were recognized for their contribution to not only the local chapter but to the Mended Hearts Inc. program. Ed received the distinguished honor of Southern Region Mended Hearts of the Year while Terry, was recognized for his dedicated work receiving the Southern Region Visiting Chairman of the Year. Kudos to you both for your well-deserved honor.

An acknowledgement was given to Ed for his enthusiasm and willingness to act as the unofficial photographer at the convention. He used a green screen and superimposed individuals in front of a San Diego historic lighthouse and a sunny sea shore. Individuals received printed copies and were sent copies via email so that they would be able to use them in their chapter's newsletters. Ed thrives on this "assignment" and does it all out of his own pocket. A photo souvenir attendees look forward to each year. You can see the photos on the Mended Hearts Osceola Facebook Page.

To the National Staff and to Marvin Keyser, 2013 Convention Chair, kudos for providing such qualified speakers and a well planned program. And thanks also to the individuals representing a large number of chapters throughout the United States, thank you for making this a successful convention.

I could go into a number of personal stories, such as the representative from Hawaii...Myrtle attended and is one of three members in her chapter. Yes, there are 3 members! Helen, a first time attendee traveling from Alabama met a "veteran" attendee on the shuttle from the airport and they became very close. Arlene, another first timer attended the sessions faithfully in spite of recovering from a stroke. And what a charming couple she and her husband of 62 years made.



Already, we are looking forward to Indianapolis in 2014.

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 . We had added an alternate URL: 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

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 July/August

- ✚ Joy & Earnest Ensminger – 8/7/63
- ✚ Sandra & Wil Esparra – 8/10/91
- ✚ Carolyn DuBois-Weakley – 8/2
- ✚ Ed & Nancy Wainwright – 8/23

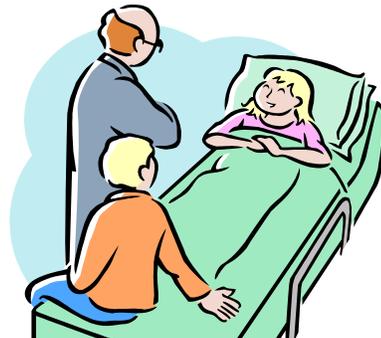
Birthdays in July/August

- ✚ Joy Ensminger – 7/13
- ✚ Dorys Hilbert – 7/19
- ✚ Crystal Thibodeau – 7/21
- ✚ Charney Linder – 7/22
- ✚ Ralph Barlanti – 8/8
- ✚ Yoshua Esparra – 8/9
- ✚ Terry Swearingen – 8/24
- ✚ Marie Moore – 8/26

MH-Osceola Visiting Program

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

For more information please contact Terry Swearingen at 407-922-4155.



Holidays in July/August

- ✚ July 4th – Independence Day



Monthly Healthy Recipe

Pasta Primavera

Ingredients

- 2 cups broccoli florets
- 1 cup sliced mushrooms
- 1 cup sliced zucchini or yellow squash
- 2 cups sliced red or green peppers
- 1 tablespoon extra-virgin olive oil
- 1/2 cup chopped onion
- 2 garlic cloves, minced
- 1 teaspoon butter
- 1 cup evaporated fat-free milk
- 3/4 cup freshly grated Parmesan cheese
- 12 ounces whole-wheat pasta (angel hair or spaghetti)
- 1/3 cup finely chopped fresh parsley

Directions

In a large pot fitted with a steamer basket, bring about 1 inch of water to boil. Add the broccoli, mushrooms, zucchini and peppers. Cover and steam until tender-crisp, about 10 minutes. Remove from the pot. In large saucepan, heat the olive oil and saute the onion and garlic over medium heat. Add the steamed vegetables and stir or shake to coat the vegetables with the onion and garlic mixture. Remove from heat but keep warm. In another large saucepan, heat the butter, evaporated milk and Parmesan cheese. Stir over moderate heat until somewhat thickened and heated through. Stir continuously and don't scald. Remove from heat but keep warm. In the meantime, fill a large pot 3/4 full with water and bring to a boil. Add the pasta and cook until al dente (tender), about 10 to 12 minutes, or according to package directions. Drain the pasta thoroughly.

Divide the pasta evenly among individual plates. Top with vegetables and pour the sauce over the vegetables and pasta. Garnish with fresh parsley and serve immediately.



Officer List

President

Ed Wainwright
comm@mh-o.org
407-361-1360



Vice President

Missy White
vp@mh-o.org
407-421-1916



Secretary

Nancy Wainwright
sec@mh-o.org
407-348-2489



Treasurer

Charney Linder
tres@mh-o.org

407-348-4836



Communications

Sandra Esparra
wse91@yahoo.com
407-414-2107



Terry Swearingen

vchr@mh-o.org
407-922-4155



Information & Comments

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

- **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.
- **September 14, 2013** - Support meeting
11:00 am. Osceola Regional Medical Center Rooms A & B.
- **October 12, 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

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)

<p>Name of Heart Patient _____ Date of Surgery/Procedure _____ Type of Surgery/Procedure _____ <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 _____</p> <p>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</p> <p>Add my email to monthly national email updates? <input type="checkbox"/> Yes <input type="checkbox"/> No _____ Patient signature</p> <p>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</p>	<p>Name of Caregiver _____ Phone _____ Alt Phone _____ <input type="checkbox"/> Check here if also Heart Patient <input type="checkbox"/> Type of procedure _____</p> <p>Add my email to monthly national email updates? <input type="checkbox"/> Yes <input type="checkbox"/> No _____ Family member signature</p>
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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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