



And The Osceola Beat Goes On

Mended Hearts of Osceola # 364 July - August Newsletter Issue 1 - 2012

July 14, 2012 Meeting

Osceola Regional Medical Center.

Classrooms A & B. Our Support meeting will have a Picnic theme and The refreshments will include Hamburgers and Hot Dogs as well as favorite dishes brought in by our members. We will have some games (flamingo ring toss, smiley bean bag toss, miniature bowling, and others). Raffle Drawing tickets will available for successful game players.



We will also have a computer station for folks wanting to join September's heart walk, or contribute to the walkers or the team in general. (Raffle Tickers will be available for that also)

We will also have peer to peer sharing and support. Register on the web site www.mh-o.org.

President's Message

Nancy and I attended the National Convention for Mended Hearts in Dallas. The hotel was very nice and the meetings were very educational.



One meeting was titled Social Networks, and discussed how a Mended Hearts Chapter can make it's self known using facebook, youtube, linkedin, and twitter. Many of our potential members and potential people in need of support use these networks .

Another session was about changes to the educational materials, since only 10 percent of the

materials in the heart pack and cath pack are different the plan is to combine them and create a bound book to be handed out, in both English and Spanish. Currently there are some 40,000 units of the current materials and the new ones are expected to enter the pipeline in the late Fall.

For the time being there are 5 Spanish versions of the current pamphlets. I have ordered copies for our visiting teams to add to the current packs when necessary.

Please provide Sandra any articles you think would be good to include in future newsletters. News items might include heart healthy recipes, heart healthy activities and events.

Mended Hearts Person of the Year 2012

Marvin Keyser, Southern Regional Director, was named Mended Hearts Person of the Year 2012 and received his certificate at the Dallas convention.



Marvin Keyser and Lee Meneses, Southern Assistant Regional Director have been very instrumental in the founding and support of 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 . 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.

- ✚ TBD – Please assist us in finding some new members that we can assist and who might want to become visitors for the visiting program.

Birthdays in July - August

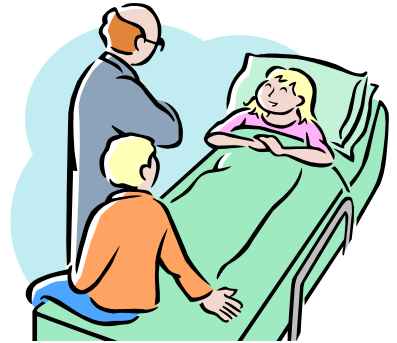


- ✚ Chrystal Thibodau 7/21
- ✚ Terry Swearingen 8/ 24

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 acting as the Instructor’s wing man for 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 July

- ✚ July 14 – 4th of July
- ✚ July 27 – Summer Olympics



No Mended Hearts Meeting Scheduled in August

Heart Healthy Recipe

Ingredients

Cooking spray

Cupcakes

1 18.25-ounce box devil's food cake mix
1 2.5-ounce jar baby food pureed prunes
1 cup strong coffee, or 1 cup water plus 2 teaspoons instant coffee granules
3 large egg whites
2 tablespoons canola or corn oil

Sauce

2 12-ounce packages frozen unsweetened raspberries, thawed
1/2 cup sugar
1 1/2 tablespoons cornstarch
1 teaspoon vanilla extract

Topping

2 teaspoons instant coffee granules
2 teaspoons water
8 ounces frozen fat-free whipped topping, thawed in refrigerator
2/3 cup sliced almonds, dry-roasted

Cooking Instructions

Preheat the oven to 325°F, or as directed on the package. Lightly spray two 12-cup muffin pans with cooking spray.

In a large mixing bowl, combine the cupcake ingredients. Follow the package directions for beating the batter and baking and cooling the cupcakes.

Meanwhile, in a medium saucepan, stir together the raspberries, sugar, and cornstarch until the cornstarch is dissolved. Bring to a boil over medium-high heat. Boil for 1 to 1 1/2 minutes, or until thickened, stirring frequently. Remove from the heat. Let cool completely, about 20 minutes. Stir in the vanilla.

In a medium bowl, stir together the coffee granules and water until the coffee is dissolved. Fold in the whipped topping until well blended. Cover and refrigerate until needed.

For each serving, spread 1 tablespoon plus 2 teaspoons raspberry sauce on a dessert plate, top with a cupcake, spoon 1 tablespoon plus 2 teaspoons whipped topping mixture over

the cupcake, and sprinkle with about 1 1/2 teaspoons almonds.

Cook's Tip

When shopping for cake mix, read the Nutrition Facts labels and choose a product with 0 grams of *trans* fat. You can refrigerate any leftovers from this recipe for up to 48 hours or freeze them for later use. Keep the cupcakes, the sauce, and the whipped topping in separate airtight containers.



Thanks to Sue and Don Rios for designing this image from photos taken at the meetings during 2011.

Officer List

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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 14, 2012** 11:00 am, monthly meeting, Osceola Regional Medical Center Rooms A & B.
- **September 8, 2012** 11:00 am, monthly meeting, Osceola Regional Medical Center Rooms A & B.
- **September 15, 2012 8:00 am**, Heart Walk [AHA Greater Orlando Heart Walk](#).
Loch Haven Park
Festivities Begin 7:00 AM
Walk Start Time at 8:00 AM
Walk Distance: 3 miles
(1 mile Survivor Route available)





The Mended Hearts, Inc.
National Office
Phone: (888) 432-7899

MEMBERSHIP APPLICATION Chapt.#364

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

Member Information (please print or type)

Name (Mr./Mrs./Ms.) _____ Chapter _____ Member-At-Large _____
 Address _____ Phone () _____
 _____ Alt Phone () _____
 City _____ DOB _____ Retired () Yes () No
 State/ZIP _____ Vocation _____
 Email address _____ Preferred Contact: Phone Email Mail
 Family member (i.e. spouse – must reside at same address): (Mr./Mrs./Ms.) _____ DOB _____
 May we contact you regarding local chapter opportunities? Yes No

Medical Information/Demographics (Optional - No application is denied based on medical information, age or race.)

Name of Heart Patient (1) _____
 Date of Surgery/Treatment _____
 Type of Surgery/Treatment _____
 () PTCA () Atrial Septal Defect VALVE:
 () MI () Pacemaker () Aortic
 () Aneurysm () Transplant () Mitral
 () Bypass () Other () Pulmonary
 (how many __) () Tricuspid

Name of Heart Patient (2) _____
 Date of Surgery/Treatment _____
 Type of Surgery/Treatment _____
 () PTCA () Atrial Septal Defect VALVE:
 () MI () Pacemaker () Aortic
 () Aneurysm () Transplant () Mitral
 () Bypass () Other () Pulmonary
 (how many __) () Tricuspid

Many chapter newsletters include surgery/treatment anniversaries of members. Please indicate here if you are agreeable to having your name published in this way.

() Yes () No _____
 Signature

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() Yes () No _____
 Signature

National Membership Dues: Includes subscription to *HEARTBEAT* 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	Nat.	Chap.
Individual – First Year Dues	\$17.00	+5.00 ()
Family – First Year Dues	\$24.00	+10.00 ()
Life – Individual Dues	\$150.00	()
Life – Family Dues	\$210.00	()

Dues Summary: National Dues \$ _____ **I am joining as a non-heart patient:** Physician RN
 Chapter Dues \$ _____ Health Admin Other Health Party Other Interested Party
TOTAL \$ _____ I am not prepared to join. Enclosed is a contribution of \$ _____

(Chapter Treasurer – send both chapter & national dues to National Office.)

Applicant – Send one check with application to local chapter Treasurer

Or for Members-At-Large:
 The Mended Hearts, Inc.
 National Office
 7272 Greenville Ave.
 Dallas, TX 75231

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

Please retain a copy for chapter records Please do not alter this form as approved by the national Board of Directors in 2008 MH2050A/08