



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

The Central Beat

Mended Hearts Inc., Chapter 296
Volume Seven, Number Ten
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A Message from the President

New Season

As we embark on our 8th season for our chapter, we welcome all members for another exciting year at C.S.I.- ORLANDO. For Cardiac Survivor Instructors, helping people both survivors and caregivers on this road to RECOVERY! So fasten your seat belts.

September Meeting

Thanks to Betsy McKeeby, Ashley Matt, and Jennifer Kiesel of the Florida Hospital Cardiac Rehab facility for their enlightening and heart healthy presentation. We all left on a serotonin-high that night. All of us who regularly follow the exercise activity at the Adanson Rd facility appreciate what they do for us on this road to RECOVERY

Christmas Party survey was taken and it was decided to hold it at the Heathrow C.C. on December 9, 2008. Details and reservations provided in the future.

Next Meeting

October 14 at the Lucerne Hospital at 7 – 8:30 PM .Dr George Andreae, Cardiologist, will be discussing Cardiac Risk Factor Reduction.

Heart Walk

Thank you for all the volunteers who helped with the Red Hat tent as well as all the members who participated in the walk. It was a beautiful sunny day for this event.

Kudos to Mike Weber who raised around \$1900 for the American Heart Association.

MENDED HEARTS NATIONAL CONVENTION

June 6 – 10, 2009 at the Doubletree Hotel across from Universal Studios. Our chapter will be helping host this event and we will need volunteers for various duties. Please contact Mike Weber or me to be first on the volunteer list. Thank you in advance for your help.

Secretary Wanted

If you have a talent for taking notes and being a member of vibrant energized group, Please call Lee Meneses at 407-677-1064

Visiting Patients at Florida Hospital and ORMC

Our mission is to provide hope and inspiration to patients on their road to recovery. If you have the compassion and empathy to listen to their concerns and questions and share your own experience WE NEED YOU!!! Contact Mike Weber at 407-682-1172.

If you are not a visitor, you are still very important to our chapter. Every day you are a ROLE MODEL for people who have a cardiac condition by showing that there is LIFE.

Good health to you,

Lee Meneses

A Mended Heart Prayer

We ask for Your blessings, Lord.

We ask for strength that we may pass on to others..

We ask for faith that we may give hope to others...

We ask for health that we may encourage others....



Do You Wave Your Arms?

Aerobic dance instructors tell their students to: **“Wave Your Arms”** Why? Well it turns out that waving your arms will burn more calories without placing additional stress on your cardiovascular system! “We found that you can do more work without the same feelings of fatigue” [Dr. Bernard Gatin, Teachers College, Columbia University.]

The research published in **The Archives of Physical Medicine and Rehabilitation**, involved male volunteers, all non smokers, in a series of sixty minute workouts. The subjects pedaled a bicycle and/or turned a crank at an exact cadence so that the workload could be precisely measured.

The researchers sought to determine any difference in stress on the cardiovascular system under different conditions using legs only, or using both arms and legs — while exerting the same workload. Heart rate and blood pressure were measured to determine cardiovascular stress and oxygen uptake was used as the measure of workload in total calories.

The results confirmed that using both arms and legs together did not add to cardiovascular stress, but their combined use did burn more calories

The research report suggested:

1. That spreading the workload over more large muscles increased the metabolic rate [more calories] without increasing the stress on the cardiovascular system.
2. That spreading the workload over more large muscles opened peripheral blood vessels, thus, lowering the stress on the cardiovascular system.

Good news: We can all benefit from these findings by using our imagination to use as many large muscles as possible during our exercise and during our daily activities. We will burn more calories and simultaneously protect our cardiovascular system from large fluctuations in stress.

W. Hunter



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Our Heart has help!

Our heart has a huge task to perform. It is required to pump gallons of blood through more than sixty thousand miles of vessels so as to supply every muscle and organ with the oxygen and nutrient rich blood needed to keep these organs alive and viable. But, it doesn't do this entirely alone! Our heart has helpers located throughout our body. These helpers are primarily located in our legs — those big muscles do more than move us from place to place!

Our arteries are relatively thick walled so that they can withstand the fluctuations in pressure produced by the strong heart muscle pumping some seventy times each minute. Veins, on the other hand, work under lower pressure conditions. The walls of our veins are thinner and they are equipped with small one-way membranes [valves], which encourage the blood to flow toward the heart.

When large muscles are flexed, veins are compressed and this compression forces blood to move against gravity toward the heart. Thus, our muscles are important 'helper-pumps' to the circulation of blood.

Sitting or standing for long periods without the compression of leg muscles may result in the pooling of blood and the possibility of clot formation. Soldiers standing at attention for long periods are encouraged to at least move their toes so as force blood from their lowest extremities.

Travelers are encouraged to move their legs, stand and walk around if possible.

Our blood is a fluid that needs to move —needs to be re-oxygenated and relieved of the burden of that metabolic waste product: carbon dioxide.

W. Hunter

Use it or Lose it!

I have an old friend living in central Nebraska. We started school together just eighty years ago in September 1928. We continued as friends through high school and were only separated when we both entered the military shortly after HS. My friend was always the best athlete in our school. He could run faster, jump higher, play ping-pong better than any boy in school. [His sister still holds most of the track records for girls at that school.] My friend was the city-wide yo yo champ, and he made all-city as a running back on our football team. [Although offered, he did not attend college or compete competitively after HS graduation.] He owned and operated a dental lab in Central Nebraska. Dental technology demands great hand-eye coordination!

I called my friend last week and asked him about his balance and coordination. He told me that he could remove and put on his socks while standing on either leg. As I read the research literature produced by professionals in physical therapy and exercise physiology, I conclude that this feat is exceptional for an eighty five year old male. He was well coordinated as a youth and remains remarkably well coordinated as a senior.

As I scan the research on coordination and aging, I find that, on-the-average, we humans lose about five per cent of our coordination, or ability to balance, per year after the age of twenty-five. Five percent loss over sixty-five years means that my friend's coordination [however measured] would be about one-fourth of his post-high school days. Somehow, *I think that he has not lost that amount!*

Undoubtedly our athletic ability , coordination, balance does attenuate with age. Indeed, 'falling' is a well-documented cause of senior injury and death. But, barring the onset of some disease process such as Parkinson's, Muscular Dystrophy, Stroke, Nerve Damage Central Nervous System Damage or Inner Ear [Vertigo] Problem; age related loss of coordination may be significantly slowed by the maintenance of an active life style!

You may want to test your own balance, by trying this one leg test:

- One leg stand at least 25 seconds if less than 50 years old.
- One leg stand at least 20 seconds if less than 60 years old.
- One leg stand at least 10 seconds if less than 70 years old.
- One leg stand at least 5 seconds if less than 80 years old.

Most persons over 80 years old cannot stand on one leg.

You can improve your balance by practice. Close your eyes and stand on one leg, bend right then left, bend your knee, fold your arms...practice. Practice assembling small items, walk on an imaginary line. Just be aware of your goal to improve your balance and coordination.

We need to play more active games such as tennis, golf, bowling; we need to walk, jog, dance more; we need to learn new moves; practice balancing on one leg; we need to maintain our strength.

W. Hunter





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.

NOVEMBER 18, 2008

Tuesday Evening 7:00 PM – 8:30 PM
Florida Hospital Altamonte
601 East Altamonte Drive
Altamonte Springs, Florida 32701



Chatlos Conference Room – Located in the new hospital tower. Park at the front of the hospital and as you enter the building the Chatlos Conference Room will be on the left side of the main entrance on the first floor.

Marjorie Hider RN MA LMHC NCC will be our featured speaker/facilitator. Marge is an active Licensed Mental Health Counselor in our community who will be leading out in a sharing experience, looking at stress reduction and building effective communication skills. Marge is an experienced cardiac nurse educator.

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

1-800-AHA-USA1

<http://www.mendedhearts.org>

Our local web address is www.mendedheartsorlando.org

November 2008 meeting – Contact Eileen Krause – 407-303-1526

October 2008 meeting - Contact Joanna Gerry 321-843-1093

SEPTEMBER MENDED HEARTS MEETING

