

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

The Central Beat

Mended Hearts Inc., Chapter 296
Volume Fourteen, Number Eight
August, 2014

President's Message

We had our 13th Anniversary Dinner at the Deer Run Country Club in Casselberry. As always it featured good food, fun, and an opportunity to visit with members and new friends. Thank you to Sandy Wynn and Cindy Ruder for a job well done.

There will be no meeting in August, but our next one will be in September 16, 2014 with the topic to be announced later. We will be having a board meeting August 20, 2014 to discuss topics affecting our chapter for the upcoming year to include our budget, membership recruitment and retention, fundraising, ideas to attract new board members, and increasing the number of visitors. If anyone has any ideas and would be willing to invest their time and energy, please share these ideas and interest with me or Mike Weber. We appreciate your involvement.

We need your help in recruiting new members and providing an enhanced energy level for our chapter. You all have certain talents and gifts that we need. We are all beacons of Hope and Inspiration and need to showcase our secret organization. Please help us and we will be in a better position for our chapter's survival.

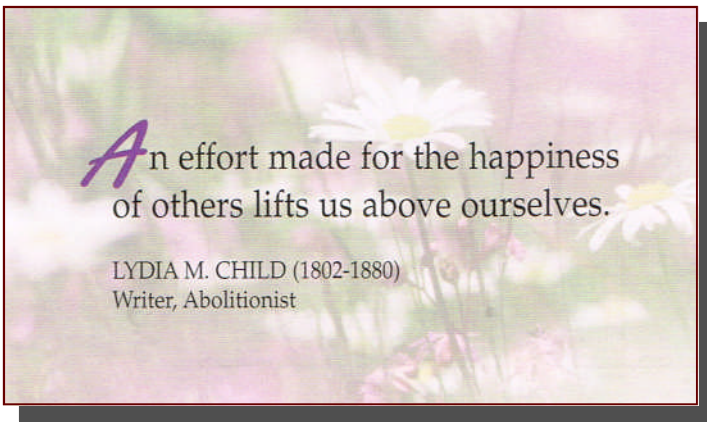
Next Meeting
TBA in September

Have a good and safe summer and we'll see you in September!

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 for Larry Cirillo



Mended Heart Annual Conference Highlights

Our Chapter 296 of Mended Hearts was represented in Indianapolis by Larry Cirillo, Lee & Zee Meneses and Mike & Corine Weber. It was another great experience. We always learn so much while we enjoy the company of others from around the country. For many of us it is like an annual reunion. The lineup of speakers included many medical professionals as well as heart survivors and caregivers. Presentations included:

Fine Tuning Your Membership Tool Kit

Innovations in Cardiology

Gearing Up Your Visiting Program

Inspiring Hope Via The Internet

Maximizing Survivorship

De-stressing



Larry, Lee and Mike will be sharing what we have learned with our chapter board of directors. Our goal is to implement items that we feel will strengthen and improve our chapter. I would encourage anyone that has an opportunity to attend an annual conference to do just that. You too will also come back re-energized.

Mended Hearts Inc. Board Contacts

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Justin (JP) Fiorenza
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Vacant,
Newsletter

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

August, 2014

Summer Break – No Mended Heart Meeting

September 16, 2014

Tuesday Evening, 7- 8:30 PM

**Orlando Regional Lucerne Hospital, Lucerne Terrace, Classroom #1
Orlando, Florida 32804**

Directions: From Downtown – heading south on Orange Ave., turn right (west) onto Gore St. Continue on Gore for 2 blocks. Turn right onto Lucerne Terrace. Use parking lot on right hand side of Lucerne Terrace. You can park close to the building.

From I-4 heading west: Go to Anderson St. exit, turn right on Anderson, go to Division Street, turn left, go to Gore St., turn left, go to Lucerne Terrace (not at light) turn left onto Lucerne Terrace. Turn right into parking lot.

Enter the building through the doors under the Red-Maroon Canopy. Follow signs to Classroom # 1.

Speaker: To be Determined

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-USA 1 <http://www.mendedhearts.org>

Our local web address is www.mendedheartsorlando.org

2014	September meeting -	Contact Joanna Gerry - 321-843-1093
2014	October meeting -	Contact Eileen Krause – 407-342-3708

Mended Hearts Orlando - August Birthdays

<u>Last Name</u>	<u>First Name</u>	<u>Birthdate</u>
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Mended Hearts August Event Dates

<u>Last Name</u>	<u>First Name</u>	<u>Cardiac Date</u>
Philpott	Mike	8/21/2001
Stender	Mary	8/29/2007
Testut	Richard	8/13/2009
James	Roberts	8/22/2012

Physical therapy better than surgery for knee arthritis

Earlier this year, researchers evaluated 48 studies in which physical therapy (PT) was compared with all non-exercise treatments for osteoarthritis of the knee.

They found that the greatest reduction in pain was experienced with quadriceps-specific exercise.

The most effective results were experienced from supervised, thrice weekly PT regimens lasting at least four weeks. The conclusions were reported by Duke Medicine and published in the March 2014 issue of Arthritis Rheumatology.

The evaluation also showed that physical therapy produced better results than arthroscopy, minimally invasive surgery for meniscal knee tears in patients with OA. The arthroscopy did not benefit most patients.

In many cases, it was physical therapy alone that alleviated pain.

To live longer: eat a handful of nuts every day

There's no need to check a list of health problems to see if nuts would be good for you. That's because eating a handful of nuts every day makes you less likely to die from any cause.

This simple and amazing conclusion is from a study made by Tufts University's Antioxidant Research Laboratory.

Nuts are good for you because they are rich in healthy unsaturated fats, protein, fiber and vitamin E. Plus, the total antioxidant capacity of that handful is comparable to a serving of broccoli or tomatoes.

Study leader Jeffrey Blumberg, PhD, says previous studies have linked nut consumption to improvements in cholesterol, blood pressure and blood sugar control, among other benefits.

Although nuts are also high in calories, the new research found that more-frequent nut eaters tended to be leaner.

JULY MENDED HEARTS MEETING



2014 Greater Orlando Heart Walk

Saturday, September 6, 2014

University of Central Florida, Memory Mall

400 Central Florida Boulevard, Orlando

Festivities Begin at 7 AM

Non-Competitive Walk/Run for 3 miles

1 Mile Red Cap route available

<http://GreaterOrlandoHeartWalk.org>

Florida Hospital Orlando

Join their Team - FHOrl:On the Mend

Or ORMC—Join their Team

