

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

The Central Beat

Mended Hearts Inc., Chapter 296
Volume Fourteen, Number Seven

July, 2014

President's Message

Officer Lina Strube of the Winter Park police department gave us tips on preventing identity theft, fraud avoidance, and overall awareness for ones personal safety. We as seniors are targets for scams via phone and internet connections. Always be aware of your surroundings and be vigilant at all times.

Mike and Corine Weber, Larry Cirillo, and I attended our annual Mended Hearts conference in Indianapolis. Highlights included: Angina, Innovations in valve repair/replacement, Cardiovascular imaging, the Importance of the Caregiver Role, and Michele Packard-Milam our new national director's vision of Mended Hearts future through improved marketing and funding. It was an informative and empowering conference and provided us the impetus to grow our membership and provide leadership for the upcoming years.

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 August

13th Anniversary Dinner

July 15, 2014 at the Deer Run country club, 6:00 – 9:00, PM, 300 Daneswood Way, Casselberry

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.

We want to give a **Warm Welcome** to our 2014 new members.

Betty and Paul Arnold -- Orlando, FL

Olden Purnell -- Orlando, FL

Lance and Janice Manson -- Ocoee, FL

Good health to you,

Lee Meneses for Larry Cirillo



The highest reward
for a man's toil is
not what he gets for it,
but what he becomes by it.

JOHN RUSKIN (1819-1900)
Social Theorist, Critic



How well do you understand freedom?

1. According to one patriot, Americans believe some truths are so obvious there is no need to debate them. In one of the first important American documents, this patriot wrote, 'we hold these truths to be self-evident that . . .'
Who was the patriot and what was the first truth he named?
2. The same patriot went on to write that all men enjoyed certain 'unalienable' rights and he named three in particular beginning with 'life' -- what are the other two?
3. In what document did this patriot write about unalienable rights and self-evident truths?
4. Where, according to the patriots, did all men get their unalienable rights?
5. What precisely happened on July 4, 1776?

Answers

1. *Thomas Jefferson wrote: 'We hold these truths to be self-evident, that all men are created equal . . .'*
2. *Life, liberty, and the pursuit of happiness. 'Unalienable' from Webster's Revised Unabridged Dictionary (referring to 'inalienable'): Incapable of being alienated, surrendered, or transferred to another. Other sources: Incapable of being repudiated and not subject to forfeiture. A right a leader can't take away from you and which you can't give up.*
3. *The Declaration of Independence.*
4. *They said God 'endowed' man with rights that could not be revoked by a king or a politician.*
5. *On July 4, 1776, the Declaration of Independence was adopted officially by the 56 representatives of the United States of America.*

You can find all the answers and more at www.dar.org.

Mended Hearts Inc. Board Contacts

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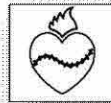
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Vacant,
Newsletter

THE MENDED HEARTS, INC.

Cardiac Support Group

Chapter 296

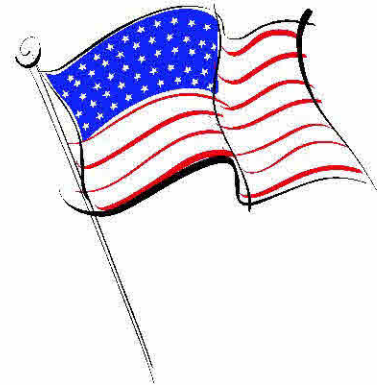


Please join us at our monthly meeting and be part of this self-help organization for those who have had any heart problems

July 15, 2014

Tuesday Evening 6-7 PM Social Hour : 7 PM Dinner Served
The Country Club at Deer Run
300 Daneswood Way
Casselberry, FL 32707

13th Anniversary Dinner for Mended Hearts Chapter #296
See Details on separate flyer or call Sandy at 407-366-2107
Reservations needed : \$20.00/person



August , 2014

Summer Vacation—No August Meeting

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

2014 September meeting - Contact Joanna Gerry - 321-843-1093

2014 October meeting - Contact Eileen Krause – 407-342-3708

Mended Hearts Orlando - July Birthdays

<u>Last Name</u>	<u>First Name</u>	<u>Birthdate</u>
Jones	Claire	07/25

Mended Hearts July Event Dates

<u>Last Name</u>	<u>First Name</u>	<u>Cardiac Date</u>
Roberts	James	7/27
Shebbein	Magdi	7/29/2008
Walker	Bruce	7/27/2006



For a summer cold, try zinc

If you're watching your favorite TV show when you notice your throat is feeling a little tight and sore, these are the first signs. You're getting a cold.

A number of studies show that people who take zinc within the first day of an illness will develop milder symptoms or feel better more quickly.

The official limit for zinc is 40 milligrams a day for adults, but you can safely take a little more than that if you take it for only a few days. Try a zinc lozenge or syrup to get it into contact with the cold virus in your throat, says the National Institutes of Health.

Insomniacs who exercise sleep better

After 16 weeks of walking outside or on a treadmill for 30 minutes, insomniacs slept an extra 75 minutes per night, more than other nondrug therapies. They walked four nights per week, according to a study ported in the journal Sleep Medicine.

The improvement is likely because exercise improves metabolism and decreases inflammation, both of which enhance sleep quality.



MENDED HEARTS ORLANDO #296 13th ANNIVERSARY DINNER

DATE: Tuesday, July 15, 2014

**TIME: 6:00-7:00 PM - Social Time
7:00 PM - Dinner Served**

HOSTED BY: Mended Hearts #296

PRICE: \$20.00 Per Person

Buffet Dinner

Garden Salad, Chicken Piccata, Roast Beef w/Cabernet Sauce, Veggie Lasagna,
Green Beans Almandine & Oven Roasted Potatoes, Rolls & Butter
Coffee, Tea, Iced Tea, and Dessert
CASH Bar Available

******* Please send payment to:*******

"Sandy Wynn" 309 Woodleaf Drive, Winter Springs, FL 32708

407-366-2107- Sandy Or Cindy Ruder 407-324-3650

Email: smwynn@cfl.rr.com

*******Make ALL checks Payable to: Mended Hearts #296*******

Place: The Country Club



300 Daneswood Way
Casselberry, FL 32707
(407) 699-7993



The Country Club 

**300 Daneswood Way
Casselberry, FL 32707
(407) 699-7993**

Directions:

FROM I-4 to Rt 436

Take exit and go **EAST** on Rt 436 (toward Altamonte Mall) 4.5 miles
Turn **LEFT** onto Red Bug Lake Rd (Take the **New** Overpass)
Turn **LEFT** onto Eagle Circle
Then Turn **RIGHT to Stay** on Eagle Circle (At the 7-11 Store)
Turn **LEFT** onto Daneswood Way

From: Rt 417 (toward Sanford) to Red Bug Lake Rd Exit #41

At end of exit bear **LEFT** onto Red Bud Lake Rd and follow Approx. 4+ miles
to Eagle Circle
Make **RIGHT** onto Eagle Circle
Then Turn **RIGHT to Stay** on Eagle Circle (At the 7-11 Store)
Turn **LEFT** onto Daneswood Way

*****CUT OFF BOTTOM PORTION AND RETURN WITH PAYMENT*****

NUMBER OF PERSONS ATTENDING: _____

AMOUNT OF PAYMENT ENCLOSED: _____

NAMES: _____

JUNE MENDED HEARTS MEETING

