

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

The Central Beat

Mended Hearts Inc., Chapter 296
Volume Fourteen, Number Three
March, 2014

President's Message

Our speakers at our February meeting were Thomas Fann, DPM and his wife Julie. It was a very informative discussion of various foot and ankle conditions as well as treatments for them. Their presentation included information on medications that are available as well as recommended types of footwear for adults and children. There were many items on display as well. Those in attendance asked many questions that prompted additional discussion.

The results of our hospital visiting program for 2013 are in. At the two hospitals we visit patients, Florida Hospital Orlando and Orlando Regional Health System, we did 1,980 visits to 1,651 patients as well as 134 family visits for a total of 2,114 visits for the year. I want to thank our hospital visitors for a job well done. They are:

Clare Jones

Gary Price

Carl Pain

Charlie Gile

Ken Pedlow

Lee Meneses

Norlin Ham

Mike Weber

I also want to thank our hospital liaisons, Joanna Gerry and Eileen Krause, for their guidance and assistance.

I would like to invite all chapter members to attend a Regional Connection meeting on Saturday May 17th at the Citrus County / Inverness Chapter of Mended Hearts. All chapters in Florida are invited to attend. It will be a very interesting and informative day of presentations and breakout sessions. Chapter issues and concerns are discussed and we learn from each other. Attendance is free. Additional information to follow. If you are interested in attending, please see either Lee or myself.

We are always looking for more hospital visitors. If you are interested, you can tag along with one of the current visitors to see what it is like. It is a very rewarding experience. I will be happy to answer any questions you may have.

Mike Weber for Larry Cirillo

When you cease to
make a contribution
you begin to die.

ELEANOR ROOSEVELT (1884-1962)
Humanitarian, First Lady

For a 'strong' diet, don't forget magnesium

We try to stay informed about the vitamins and minerals that are beneficial to our health. But many nutrients are underestimated or even forgotten. Magnesium is one of them.

In his book, *Magnificent Magnesium: Your Essential Key to a Healthy Heart*, Dennis Goodman, MD, says studies show that people with low levels of this nutrient are more like to die from heart disease. The heart requires it to generate the energy to function normally. It stabilizes the rhythm of the heart and can prevent abnormal blood clotting.

It can lower the chance of heart attacks and strokes and even aid in recovery from them.

Magnesium aids absorption of calcium and plays a key role in the strength and formation of bones and teeth. Those at risk for osteoporosis can benefit from taking magnesium supplements.

It also works to keep muscles properly relaxed. Because of its benefit in relieving stiff muscles, magnesium can be beneficial to fibromyalgia patients.

Its muscle relaxing feature is also an aid in fighting high blood

pressure and headaches.

Most adults don't get enough magnesium and their doctors may prescribe a supplement. The daily value requirement is 420 mg per day for men and 320 for women. For those who want to boost their magnesium naturally, here's helpful list of high-content foods provided by the USDA database.

* For 100 to 150 mg of magnesium: 1 cup of canned spinach, or white beans

* Halibut provides just under 100 mg for 3 ounces.

* Nuts such as almonds, Brazil, cashew or pine nuts, provide up to 156 mg in just 2 ounces.

* Canned pumpkin is a magnesium champ. It contains about 245 mg in 1 cup. Pass the pumpkin pie!



Mended Hearts Inc. Board Contacts

Larry Cirillo
President
407-948-2030

Lee Meneses,
Vice President
407-677-1064

Bill Cierebiej,
Secretary & Photographer
407-889-2598

Sandy Wynn
Special Projects
407-366-2107

Claire Jones,
Treasurer
407-380-6042

Mike & Toni Philpott,
Marketing
407-333-4334

Mike Weber,
Visiting Program
407-682-1172

Programs:
Eileen Krause,
407-303-1526

Joanna Gerry,
407-841-5164

Betsy McKeeby,
407-303-1526

Vacant,
Hospitality

Mary Stender
Membership
321-696-6183

Justin (JP) Fiorenza
Webmaster
407-376-5053

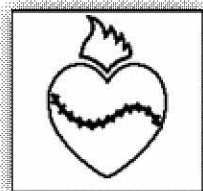
Vacant,
Newsletter

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



March 18, 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.

Topic: Kelly Kulick, Will be leading us in Chair Yoga. (Again J) Come ready to bend and stretch and limber up.

April 15, 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-USA1

<http://www.mendedhearts.org>

Our local web address is www.mendedheartsorlando.org

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

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

Mended Hearts Orlando - March Birthdays

<u>Last Name</u>	<u>First Name</u>	<u>Birthdate</u>
Desmond	John	03/17
Haire	Samuel	03/01
Love	Lona	03/02
Mirman	Diane	03/12
Rutherford	Ed	03/20
Sartori	Lawrence	03/16
Walker	Bruce	03/21

Mended Hearts March Event Dates

<u>Last Name</u>	<u>First Name</u>	<u>Cardiac Date</u>
	None Reported	



Colorectal cancer and colonoscopy screening

Hearing about someone you know who has colon cancer makes you wonder how you can avoid it.

There are two common ways to protect yourself.

First, watch your diet. Just as eating a lot of high-fat foods increases your risk of heart disease, it's a habit that will increase your risk of colon cancer. Increase the vegetables and fruits in your diet along with other high fiber foods like whole wheat breads and beans.

The **second** thing you can do is to **get screened**, especially in middle age and beyond. In its early stages colon cancer is highly treatable. A colonoscopy will show whether you have polyps in your colon. Not all polyps are cancerous, but over time, they can get that way. Removing them during the colonoscopy is pain free. You won't even know it happened.

Colorectal cancer refers to cancer of the colon and/or rectum. The rectum is the last few inches of the colon, and is a possible site for polyps.

Of all cancers that affect both men and women, colorectal cancer is the second leading cause of cancer-related deaths in the United States with 27,073 deaths in men and 24,971 in women during 2008. In 2010, 131,607 people were diagnosed and many were cured.

While screening rates continue to rise in the United States, the Centers for Disease Control and Prevention say 22 million people age 50 and older are not up-to-date with colorectal cancer screening. Screening in the 40s is a good idea as well, especially if you have risk factors.

February 2014 Mended Hearts



How to strengthen your feet

According to the University of California, Berkeley:

1. Move one bare foot at a time in circles, first one way and then the other.
2. Then move it side to side moving only your foot and ankle.
3. With your foot flat on the floor, do toe curls. Lift your big toe without the other toes. Then try lifting the other toes.
4. Try to pick up a pencil or marble with your toes.
5. Roll a rubber ball or golf ball under the sole of your foot to massage it.

