



Mended Hearts™
of Orlando - Central Florida



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

President's Message

The Central Beat

Mended Hearts Inc., Chapter 296
Volume Fourteen, Number Eleven
November, 2014

Let me introduce myself. I am William Cierebiej (sir-ray-bee). I have been a member of Chapter 296 for a number of years and have held "Board" positions of Photographer and Secretary. I had a descending aorta replaced and a quadruple bypass in February 2005.

I was born in New London, Conn. And lived in Conn. until 1952 when my father put my mother, sister and I on a train in Stamford for the trip to Miami to live with my grandparents. My father joined us 6 months later. We lived in Miami until 1958, when we moved to Fort Lauderdale. I graduated from Stranahan High School, went to University of Florida, joined the Navy and spent my entire Navy career in San Diego sailing the Pacific on a destroyer (DDG8) including 3 tours to Vietnam.

I returned to Florida in 1970 and went to work for Walt Disney Corp. in Ride & Show Engineering. I worked there for 25 years (got my retirement) and was enticed to head over to Universal Studios, along with all my other ex-Disney friends to do Islands of Adventure. After Universal I worked for an English outfit doing automated baggage handling systems as a Controls Engineer in various airports around the country.

Then came my heart surgery and after much thought and seeing how much I would be getting from Disney and Social Security each month, I retired. I was supposed to head out to Saipan to do their airport. Part of the agreement with Pat, my wife, was, I had to do the cooking of the evening meal, as she still works. I go to the "VA" for my medical needs. I am treated with respect and have no complaints about the care and concern that is given me.

As your new President of the Central Florida, Chapter 296 Mended Hearts, I will strive to do a good job. We have a busy year coming up with the "National Convention" to be held here, out at Walt Disney World. If I make any errors, please let me know about my transgressions and I will try to correct the error of my ways!

Your President,
Bill C.



*A*n effort made for the happiness
of others lifts us above ourselves.

LYDIA M. CHILD (1802-1880)
Writer, Abolitionist

Avoid Delay in Use of Anti-Clotting Drugs After Coronary Stent Implant

“It is very important that patients take the anti-clotting drug *clopidogrel* after having a coronary stent implanted to prevent blood clots forming within the stent,” states Nicholas Cruden, lead author of a recent study and a consultant cardiologist at the Royal Infirmary of Edinburgh. Dr. Cruden observed patients frequently experiencing difficulties with medication compliance after hospital discharge. His research team gathered data for 15,629 patients treated with coronary stents in British Columbia from 2004-2006 with follow-up out to 2 years. Of these patients, 30% failed to fill a prescription within 3 days of discharge. Compared to patients who filled their prescriptions promptly, those who delayed were characterized as:

- ◆ Three times as likely to have a heart attack within a month;
- ◆ Five times as likely to die of any cause within a month; and
- ◆ Twice as likely to have a heart attack or to die of any cause within two years.

They concluded that “a delay of more than three days was predictive of mortality and recurrent myocardial infarction (heart attack) irrespective of stent type...This excess hazard was greatest in the 30-day period immediately after hospital discharge.”

J Am Heart Assoc. 2014; 3: e000669 originally published May 28, 2014, doi: 10.1161/JAHA.113.000669 <http://blog.heartorg/anti-clotting-drugs-may-help-save-stent-patients-lives/>

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Newsletter
Vacant

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, 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: Dr. Adam Levitt from Vascular Specialists of Central Florida. Not just the arteries around your heart become blocked. Have you ever wondered why the physician may ask you if you are experiencing any pain or discomfort in the middle of your back or when you are walking? Dr. Levitt will address these concerns.

December Holiday Party

Save the Date – Details in separate flyer

December 14, 2014

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	November meeting -	Contact Joanna Gerry - 321-843-1093
2014	December meeting -	Contact Sandy Wynn – 407-366-2107
2015	January meeting -	Contact Eileen Krause – 407-342-3708

CHRISTMAS BANQUET

EVENT: **2014 Christmas Banquet**

DATE: **Sunday, December 14, 2014**

TIME: **5:00 - 9:00PM**

HOSTED BY: **Mended Hearts #296**

PRICE: **\$20.00** Per Person

Please bring your checks to the **Nov. Meeting** or **send them to Sandra Wynn 309 Woodleaf Dr. Winter Springs FL 32708**

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

Enclose your check for \$20/person, and fill out the form at the bottom, with the Names of all attending, and we will have name tags ready for everyone at the door.

Buffet Dinner & Gift Exchange

Roast Beef, Chicken Marsala, Baked Ziti, Vegetables, Salad,
Coffee, Tea, Iced Tea, Soda and Dessert,
CASH BAR



Place: **The Country Club**

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



White Elephant Gift Exchange:

****EACH PERSON**** is asked to bring a **WRAPPED NEW GIFT** Valued at **\$5.00** or more which can be for **Either a** man or woman

We hope to see you there:

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

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: _____

Mended Hearts Orlando - November Birthdays

Seibert

Ronald

11/13

Shebbein

Magdi

11/09



MENDED HEARTS OCTOBER 2014 MEETING

