

The Mended Hearts, Inc.  
Chapter 296 Orlando Florida  
[www.mendedheartsorlando.org](http://www.mendedheartsorlando.org)

# The Central Beat

Mended Hearts Inc., Chapter 296  
Volume Fourteen, Number Two  
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## President's Message

ARPN Scott Johnson with Pulmonary Care of Central Florida gave a presentation regarding lung function and its impact on heart health. If you snore at night and feel tired during the day you may be suffering from sleep apnea. A sleep disorder study may be on the horizon for you. If you have sleep apnea it requires the use of a C-Pap machine. If this condition is not addressed, it may lead to a heart condition. Thanks for an insightful presentation. If you want to contact Scott for further details about C-Pap equipment he can be reached at 407-539-2766.

We now have a new and revised website allowing anyone to visit us and obtain information about upcoming meetings. Our ambassadors visiting patients at our two hospitals will be giving survey cards, so that the patient can respond to an on-line survey regarding their visit. They are eligible to win a \$50 Visa gift card from Mended Hearts National. The goal is obtaining 500 responses countrywide for use by National. Thank you to all ambassadors for their time and effort in providing inspiration and motivation to survivors and their families.

### Next Meeting

February 18, 2014 Tuesday Evening 7 – 8:30 PM, Florida Hospital Orlando  
601 E. Rollins Street, Barker Conference Center – Room B

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/Larry Cirillo*

*A*ct as if what you do makes  
a difference. It does.

WILLIAM JAMES (1842-1910)  
Psychologist, Philosopher

**Mended Little Hearts** is a part of Mended Hearts that supports children with heart challenges (defects) and their families. Sandy Wynn, our Special Projects coordinator is a regular attendee of the Mended Little Heart's local chapter and provides regular support to these families. She brought to us needs of the children and their families..



- ◆ Hospital Care Bag Items
- ◆ Funds to buy transport wagons equipped with IV poles

If you would like to be a part of these efforts on behalf of children, please contact Sandy for details, 407-366-2107. Learn more about Mended Little Hearts at their website [www.orlando.mendedlittlehearts.net](http://www.orlando.mendedlittlehearts.net).

### Hospital Care Bag Items

- ◆ Children's books ( age 0-18)
- ◆ Coloring books/activity books
- ◆ Children's craft items
- ◆ Crayons/markers/paper/stickers
- ◆ Small flashlight / AA batteries
- ◆ Blankets/hats
- ◆ Snacks ( granola bars, nuts, etc.)
- ◆ Gum, Mints, Oatmeal packets
- ◆ Mug with Cup O' Soup mixes
- ◆ Blankets, Tissues, Playing Cards
- ◆ Pens, Journals, Crossword puzzles
- ◆ Earplugs, Tums, Ibuprophen
- ◆ Gas Card for travel between hospitals
- ◆ Publix gift card

### Mended Hearts Inc. Board Contacts

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Programs:  
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Mary Stender,  
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Gennie Goins Seltzer  
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Newsletter  
Vacancy

# 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*



**February 18, 2014**

**Tuesday Evening, 7- 8:30 PM**

**Florida Hospital Orlando  
601 E. Rollins Street  
Orlando, Florida 32803**

**Barker Conference Center - Room - B**

**Directions:** Take Orange Avenue North and turn on to King Street. Turn into the King Street parking garage for the hospital. Park on any floor with available spots and take elevator/stairs to third floor. Use the crosswalk located on 3<sup>rd</sup> floor to cross the railroad tracks. Take the elevator at the end of the crosswalk down to the basement level for the Barker Conference Center. We will meet in Conference Room B. A parking voucher for the parking garage is available at the meeting.

**Speaker: Dr. Thomas R. Fann DPM, Foot and Ankle Surgeon , will be speaking to us about the importance of foot care and being able to maintain a healthy heart.**

**March 18, 2014**

**Tuesday Evening, 7- 8:30 PM**

**Orlando Health  
Orlando, Florida**

**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](http://www.mendedheartsorlando.org)

2014 February meeting - Contact Eileen Krause – 407-303-1526  
2014 March meeting - Contact Joanna Gerry - 321-843-1093



## Mended Hearts Orlando - February Birthdays

<u>Last Name</u>	<u>First Name</u>	<u>Birthdate</u>
Cierebiej	William	02/12
Gile	Charles	02/08
Hunter	Walter	02/19
Philpott	Toni	02/05
Seibert	Carole	02/22
Stender	Mary	02/12

## Mended Hearts February Event Dates

<u>Last Name</u>	<u>First Name</u>	<u>Cardiac Date</u>
Gile	Charles	1/04/2001
Jones	Claire	1/22/2004
Peet	Stew	1/20/2011
Adams	Ralph	2/21/2000
Cierebiej	William	2/14/2005
Cirillo	Larry	2/17/2001

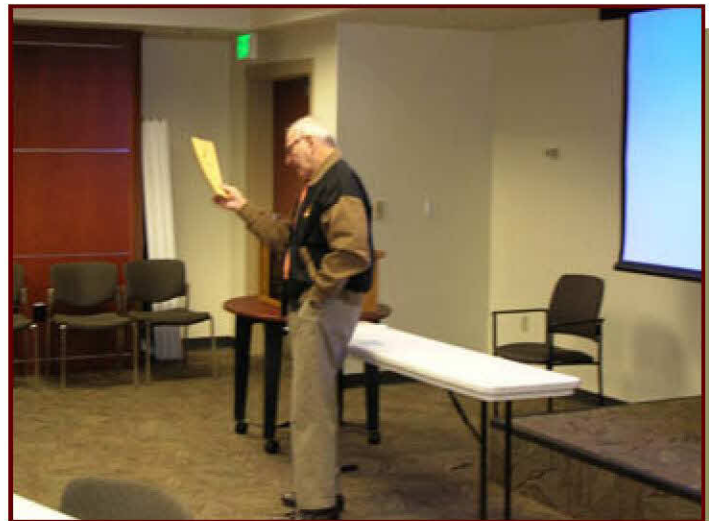


### **Claire Jones— Our Mended Heart Chapter Treasurer, shares her “heart” experience.**

When my doctor ordered a heart Catherization in January of 2004, I thought they would find no problem or maybe put in a stent. In my wildest imagination I did not expect bypass surgery. It should not have been a big surprise because my father, mother and two brothers had all died with heart disease. I thought I had taken much better care of myself but it was not to be. After five days in ORMC, I left with determination to take my medicine, exercise, watch what I ate and a prayer to God. that He would let me live many more years. I have now celebrated my 10<sup>th</sup> anniversary from surgery and am doing well and enjoying life.

When I learned of Mended Hearts I was immediately interested because there were no women in my circle of friends who had had heart surgery. I knew women must deal with it differently than men. The first meeting I attended, as God would have it, the speaker was a woman who spoke about Angina. That had been my first symptom. Soon after I learned about the visitation program with Mended Hearts and knew that was something I wanted to do. It has been a blessing to my life. I am thankful for all my friends in Mended Hearts and look forward to more years to enjoy fellowship and learn more about taking care of ourselves.

# January 2014 Mended Hearts



## Caffeine Use Disorder - It's For Real

People often joke about their daily dependence on coffee, but new research is finding caffeine dependence is no laughing matter. A recent literature review cites population-based studies in which over 50% of regular caffeine users have serious trouble reducing or quitting their consumption, even if they have conditions negatively impacted by caffeine (pregnancy, heart condition, bleeding disorders). Consistent withdrawal symptoms and difficulty functioning also point to problematic use.

Positive Tip: Regular exercise, a wholesome diet and adequate sleep will help you stay alert without caffeine.

## 5 Ways to Strengthen Your Immunity Against Colds & Flu

- ◆ **Eat healthy food.** Load up on the fresh fruits and veggies like leafy greens. Avoid sugar.
- ◆ **Supercharge your body.** Your body can naturally kill a virus. So spring into action during the first 24 hours to combat illness. Start drinking water, and eat soups loaded with lots of garlic, onions and spices. Take supplements like Echinacea, vitamin C and elderberry. Get extra rest and sleep.
- ◆ **Breath clean air.** Avoid smoking and air pollutants.
- ◆ **Avoid sick people.** Wash your hands frequently and disinfect as needed.
- ◆ **Get a flu shot.**