

Mended Hearts
Chapter 296
Board Contacts



President
Larry Sartori
407-909-1269

Vice President
Corrie Crum
407-730-2577

Secretary
Linda Burns
407-277-0918

Treasurer
Claire Jones
407-380-6042

Visiting Chair
Mike Weber
407-814-8890

Hospitality
Membership
Joan Sartori
407-909-1269

Programs
Sharry Tamayo
407-421-0136

Joanna Gerry
407-841-5164

Betsy Mckeeby
407-637-1013

Social
Functions Chair
Corine Weber
407-814-8890

Newsletter
Gary Szasz
407-342-1400

Welcome to your June 2018 Mended Heart Chapter 296 Newsletter....

May was one of the rainiest months we've had in a long time. Great for flowers and lawn... bad for outside activities

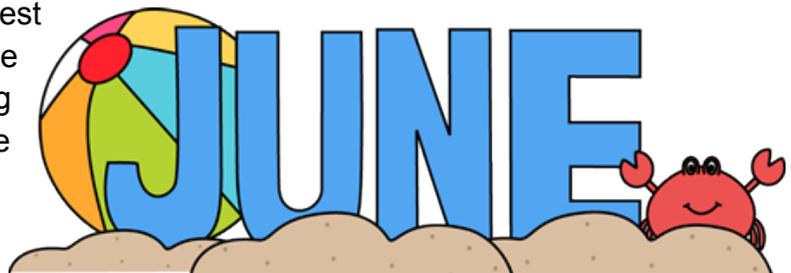
I want to take the time to thank all of you that make our chapter such a success. Our volunteers are the best! I like to think of our chapter as a family. We are always here to help one another as well as all the patients we see at the two hospitals we support. Love and understanding helps in the healing process as well as living a fruitful life.

Our Chapter Anniversary dinner will be held on Sunday, July 29th at 4:30 at the Deer Run Country Club. We really hope everyone from our chapter as well as friends and families can join for a fun evening. If planning to attend, please bring your check to our June 19th meeting.

Speaking of our June 19th meeting, it sounds like a fun evening. Claire Brown will be our guest speaker. She offers lifestyle coaching and cooking classes at West Orange Nephrology and Wellness

Peace & Love,

Larry



For Your Calendar June Meeting

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

Speaker: Claire Brown, Certified Health and Wellness Coach



Claire offers onsite lifestyle coaching, cooking classes and a variety of support activities at West Orange Nephrology and Wellness. She will be sharing with us from her rich experience how we can enjoy a healthier lifestyle!

**Florida Hospital Orlando
Medical Office Building
2415 N. Orange Ave.
Orlando, FL 32803**

Location: Diabetes Center Conference Room, 5th Floor
Date: Tuesday, June 19, 2018
Time: 7:00-8:30 pm

Parking/Directions: Park in the **McRAE** Parking Garage accessed on Rollins Street. Park on 3rd Floor of garage if possible. At the elevators on the 3rd floor of the parking garage – turn left and go into the Medical Office building complex. Follow signs to 5th floor. Parking garage vouchers will be provided at the meeting.

Due to possible changes for future meetings **call** the contact person or check our local web site listed below to confirm that no change has occurred before coming to any meeting. Call the National Office to locate a chapter near you if you do not live in the Central Florida area.

1-888-432-7899 or 214-206-9259 <http://www.mendedhearts.org>

Our **local** web address is www.mendedheartsorlando.org

2018 June meeting
2018 July meeting

Contact: Sharry Tamayo (407) 421-0136
Contact: Joanna Gerry (321) 843-1093

Let's Celebrate

| | | |
|---------------|---------------|---------|
| Birthday | Corrie Crum | 6/16 |
| Cardiac Event | Ron Seibert | 2002/14 |
| Cardiac Event | JoAnn Jagiela | 2012/16 |
| Cardiac Event | Susan Sweat | 2016/17 |



Guest Speaker & Consumer Health Librarian Jessica Daly, MLS gave us all an informative education on the availability of services many of us did not know about. The resources available to all of us are truly remarkable. Thank you Jessica!

Our May Meeting



**Mended Hearts Orlando #296
17th Anniversary Dinner
Sunday, July 29, 2018**

The Deer Run Country Club
300 Daneswood Way
Casselberry, FL 32707
407-699-7993
4:30 Social Hour
5:30 Dinner

Buffet Dinner to include:

| | |
|-----------------------|---------------------------|
| Garden Salad | Chicken Marsala |
| Dinner Rolls | Beef Burgundy and Noodles |
| Vegetable Medley | Vegetable Lasagna |
| Oven Roasted Potatoes | Tea, Coffee, Soda |

Anniversary Cake

Cash Bar Available

Entertainment: Rick Langolf

Gift Card Raffle Prizes

\$20 per person

RSVP: Corine Weber @ 407-814-8890 or email mikejweber@att.net by July 21, 2018

Send payments to: Mike Weber, 2414 Fairbluff Rd., Zellwood, FL 32798-9763

Mail early to reach Mike's home by July 21.

Make checks payable to "Mended Hearts #296"

Directions to Deer Run Country Club: From I-4 to Route 436, take exit and go east on 436 for 4.5 miles. Turn left onto Red Bug Lake Rd. (Use the new overpass). Turn left on Eagle Circle. Turn right to stay on Eagle Circle (at the 7-11 store). Turn left onto Daneswood Way.



Celebrate Life!

National Education & Training Conference

July 14–18, 2018 • San Antonio Riverwalk

National Education and Training Conference 2018

2018 National Education and Training Conference and CHD Symposium

Join us in San Antonio: along the Riverwalk!

July 14 – 18, 2018

Hyatt Regency San Antonio Riverwalk

123 Losoya Street, San Antonio, TX 78205

NY Times Sudoku

| | | | | | | | | |
|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| 6 | | 1 | 5 | 8 | 4 | | | |
| 5 | 3 | 7 | | | 1 | | | 6 |
| | | | | | | 9 | 1 | 5 |
| 4 | | 8 | | 1 | | 5 | | |
| | 1 | | | 5 | 2 | | 7 | 4 |
| 7 | 5 | | 4 | 6 | | | | 1 |
| | 4 | 5 | 1 | | | | | |
| | 6 | 9 | | | | | 3 | 7 |
| 1 | | | 3 | | 6 | | 5 | |

Be SMART by Claire Brown, NBC-HWC**Health and Wellness Coach, West Orange Nephrology LLC**

Experiencing a health crisis can send anyone into a tailspin. In addition to having to deal with doctor's visits, diagnosis, procedures, surgery, and rehabilitation, we also find ourselves navigating household needs, financial issues, and the concerns of friends and family.

This whirlwind of activity can make it difficult to focus on the very habits that help support a positive health outcome. A physician's recommendations for diet, exercise and other lifestyle changes can easily get lost in the shuffle. Once the dust settles, however, it may be the perfect time to harness your motivation to heal and build your vision for a healthier future. The problem is that it's so much easier to keep doing things the usual way, and frustrating when change doesn't come easily. The result is that often we don't follow through.

So it pays to be **SMART** when setting those well-intentioned health and wellness goals. Forging healthier habits requires a well-built strategy which includes organization, creativity and lots and lots of practice. Yes, it's an acronym... and it works!

For example: You want to eat better and get in shape. Great idea, right? Well... what are you actually going to DO about it? Let's use our **SMART** skills to create steps that will really support change:

What **SPECIFIC** steps can you take?

Design personalized actions that work for YOU. *Chop an apple into your morning oatmeal. Cook an extra vegetable with dinner. Keep your workout clothes in your car. Find one new healthy recipe online.* The smaller and more precise the action, the better.

How can you make your goal **MEASURABLE**?

Either you did it, or not. How will you know? *Keep a journal? Tell a friend? Check the scale? Use an app?* You need to track your progress to see what worked... and what didn't.

It should be **ATTAINABLE**.

Stretch your abilities while keeping your goals within reach. Be honest with yourself. *I will run in my neighborhood every day at 6 am*, sounds great... unless you're not a morning person. Set yourself up for success by thinking things through. On the other hand, just because a goal is difficult doesn't make it impossible – but plan on doing some extra trouble shooting.

Let's be **REALISTIC**.

Is this a goal you are *able* and *willing* to work toward? A gym membership may be the perfect fit – *for someone else*. If you don't like crowds, have physical limitations or lack reliable transportation then there may be a better option. Connecting goals to your lifestyle is vital and tapping into the environments and activities you already love is a good place to start.

Make your goals **TIMELY**.

Set deadlines. *I will eat 2 fruits today. I'll take a 20 minute walk every night after dinner. I will pack my lunch 3 days this week.* Reassess on a regular basis so that you can pat yourself on the back for a job well done or regroup and try again.

Let's also add **SUPPORT**.

There will be plenty of obstacles ready to derail your best efforts. Look for a goal-setting partner. Someone who will add accountability and offer encouragement along the way. Family, friends, church groups, colleagues and health professionals are all great resources for building a social network to support change.

It may seem like becoming the best version of yourself is hard work, but don't despair. Think about anything you've ever tried to accomplish – career, sports, hobbies, relationships – you didn't learn how to do those things overnight. You practiced, made mistakes, learned some important lessons and then tried again. Good news... apply that same formula to your lifestyle goals and you'll find yourself building healthy habits in no time!

Recipe of the Month by Claire Brown



"Fruits are the perfect warm-weather snack! Chock full of colorful antioxidants, fiber and water - they'll keep you hydrated all summer long!"

Watermelon Salad

Ingredients

- 3 cups cubed seedless watermelon
- 1/4 cup finely chopped red onion, rinsed
- 2 tablespoons balsamic vinegar
- 1 tablespoon seasoned rice vinegar
- 2 tablespoons finely chopped fresh mint, or 1/2 teaspoon dried mint
- 1/4 teaspoon freshly ground black pepper

Directions

Combine all ingredients in a salad bowl and toss to mix. If possible, chill before serving.

Recipe from PCRM.org

link to recipe: http://support.pcrm.org/site/MessageViewer?em_id=110604.0&dly_id=0

These 20 One-Liners Come Straight from the Doctors' Notes

Blind Grasshopper / Flickr / CC BY-ND

This is a collection of funny one-liners, exactly as typed by medical secretaries:

- Patient has left her white blood cells at another hospital.
- Patient has chest pain if she lies on her left side for over a year.
- On the second day the knee was better and on the third day it disappeared.
- The patient has been depressed since she began seeing me in 1993.
- Discharge status: Alive, but without my permission.
- Patient had waffles for breakfast and anorexia for lunch.
- While in ER, Eva was examined, x-rated and sent home.
- Skin: somewhat pale, but present.
- Patient has two teenage children, but no other abnormalities.



- The patient was in his usual state of good health until his airplane ran out of fuel and crashed.
- Mrs. Evans slipped on the ice and apparently her legs went in separate directions in early December.
- Patient was seen in consultation by Dr. Jones, who felt we should sit on the abdomen and I agree.
- The patient refused autopsy.
- The patient has no previous history of suicides.
- She is numb from her toes down.
- She stated that she had been constipated for most of her life until she got a divorce.
- Both breasts are equal and reactive to light and accommodation.
- Examination of genitalia has revealed that he is circus-sized.
- Patient was found in bed with her power mower.
- She has no rigors or shaking chills, but her husband states she was hot in bed last night.

Puzzle Solution

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 6 | 9 | 1 | 5 | 8 | 4 | 7 | 2 | 3 |
| 5 | 3 | 7 | 9 | 2 | 1 | 8 | 4 | 6 |
| 2 | 8 | 4 | 6 | 3 | 7 | 9 | 1 | 5 |
| 4 | 2 | 8 | 7 | 1 | 3 | 5 | 6 | 9 |
| 9 | 1 | 6 | 8 | 5 | 2 | 3 | 7 | 4 |
| 7 | 5 | 3 | 4 | 6 | 9 | 2 | 8 | 1 |
| 3 | 4 | 5 | 1 | 7 | 8 | 6 | 9 | 2 |
| 8 | 6 | 9 | 2 | 4 | 5 | 1 | 3 | 7 |
| 1 | 7 | 2 | 3 | 9 | 6 | 4 | 5 | 8 |