



Mended Hearts™
of Orlando - Central Florida



President's Message



Welcome everyone to your July 2019 Mended Hearts Newsletter.

Hopefully you had a grand old-time celebrating the birth of our Nation on July 4th. It's time for barbecues, watermelon and corn on the cob.

Don't forget we are also celebrating the anniversary of our Orlando Mended Hearts Chapter 296 on July 21st at 3:30 pm. It is our 18th year. Please see flyer in this newsletter for further information.

I have some exciting news! If you haven't heard by now, our own Mike Weber was inducted as the Southern Regional Director for Mended Hearts. This is truly a great accomplishment and Mike certainly deserves it. He is one of the hardest working members of our organization. I wish him all the luck in the world!



I would like to welcome Bruce Paton to our family of certified hospital visitors. Congratulations Bruce for your commitment.

In closing, I hope you can all make our Anniversary dinner this month. It is a great way to get out and socialize, enjoy a nice dinner, dance to our live entertainment, and share some laughs together.

Till next time... Peace & Love,

Upcoming Events

- July 21st - Anniversary Dinner at Carieras' Not to be missed See page 6
- Sept 17 - Next meeting at Advent Health - Speaker TBA

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Protect your heart in the heat

Stay hydrated and as cool as possible during these dog days of summer.

For every degree your body's temperature rises, your heart beats 10 BPM faster, according to Harvard Health. While a study published in 2014 said most cases of atrial fibrillation tend to occur in the winter, those with irregular heartbeats should take special precautions in the summer as well -- higher temperatures can trigger AFib as your heart works harder.

Some precautions:

Stay hydrated. Dehydration is one trigger for atrial fibrillation, not to mention stroke.

Avoid going outside between noon and 3 p.m.

Get in air conditioning. A fan is of little use if it circulates 95-degree air.

Reduce caffeine and alcohol, as these can cause dehydration.

Avoid exercising in the heat.

Take a cool shower and put an ice pack under your arm or near the groin.

Wear well-ventilated shoes.

Take breaks. Schedule in more breaks to prevent overheating.

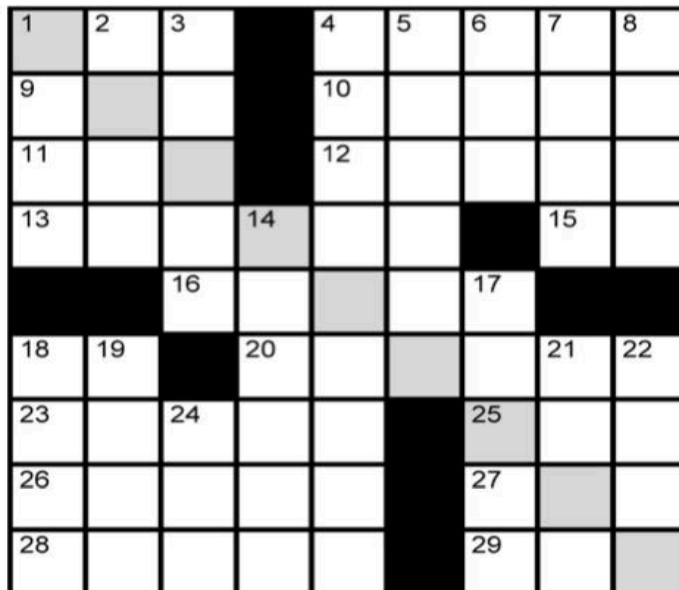
Crackle and Pop

Across

- 1. TV watchdog org.
- 4. Piano key material
- 9. ___ Bravo
- 10. Nearby
- 11. Crew need
- 12. Solder with an alloy
- 13. Continued ahead
- 15. "___ a little teapot"
- 16. Single
- 18. '___ Thee I Sing'
- 20. Excite
- 23. "Remember the ___!"
- 25. Piano piece
- 26. Forbidden
- 27. Hit the slopes
- 28. Buzzing cloud
- 29. Poetic contraction

Down

- 1. Kermit, for one
- 2. Italian farewell
- 3. Object shaped like a horn
- 4. Space to maneuver
- 5. Brunei's island
- 6. Mozart's "L'___ del Cairo"
- 7. W.W. II foe
- 8. Primordial substance
- 14. Captivate



- 17. Showed courage, old-style
- 18. Horse feed
- 19. Blemish
- 21. Pseudonym of H. H. Munro
- 22. Auspices
- 24. Attorneys' org.



The headline is a clue to the answer in the diagonal.

Why Fast Walkers May Live 15–20 Years Longer Than the Rest of Us

Researchers say a quick walking pace is a good cardiovascular workout, but it may also be an indicator of a person's overall health.

Taking a brisk walk could increase your odds of living longer, and it doesn't matter how much you weigh when you slip on your walking shoes, a new study suggests.

People who have a quicker walking pace lived longer than those who walked more slowly, according to researchers who monitored the walking habits and deaths of nearly 475,000 people, most of whom were in their 50s at the start of the study. "Brisk walking" was defined by researchers as walking at least 3 miles per hour, or 100 steps a minute.

However, walking pace was self-reported by participants, who were asked to indicate whether they walked at a "slow pace," "steady/ average pace," or "brisk pace."

Participants with brisk walking paces had longer life expectancies across all categories of BMI, according to the study published in Mayo Clinic Proceedings.

"The survival is the same for fast walkers for a wide range of body mass index, from 20 to 40," Dr. Francesco Zaccardi, a clinical epidemiologist at the University of Leicester in the United Kingdom and the study's lead researcher, told Healthline.

"This result indicates that physical function is a stronger determinant of longevity than body mass index, and also people with high body mass index but with a good fitness may survive longer," he said. Conversely, participants with slower walking paces had shorter life expectancies across all categories of BMI.

Researchers reported that women who walked more quickly had a life span of about 87 years compared to 72 years for women who walked slowly.

Men who walked quickly had a life span of about 86 years compared to 65 years for men who walked more slowly. That's a 15-year average difference for women and a 20-year average difference for men.

"What this tells me is if you're walking faster you're doing a very low-intensity form of cardio, and if done on a regular basis, it will strengthen and condition your heart. So, whether you're overweight or in shape, fast walking does have positive physical effects on your body and life expectancy," Jamie Hickey, a certified personal trainer and nutritionist at Truism Fitness, told Healthline.

Fast walking can prevent obesity. The findings add to evidence suggesting that cardiovascular fitness can provide some protection against the health risks posed by having excess weight or obesity.

"These findings are... consistent with other studies showing that brisk walking can cut the risk of cardiovascular events," Dr. Nieca Goldberg, a cardiologist and medical director of the Joan H. Tisch Center for Women's Health at NYU Langone Health, told Healthline.

Goldberg notes that while many people work toward the goal of getting 10,000 steps per day, that metric says nothing about speed.

People who are fit enough to walk that many steps at a moderate pace should try to pick up the pace, she says.

But those who are sedentary are better off doing any type of walking, even at a slow pace, stresses Goldberg. How much time you spend walking also shouldn't be disregarded, she adds.

"It's not just the intensity but the duration that counts," Goldberg said. Article found at [CLICK HERE](#)



These mini turkey burgers just melt in your mouth thanks to gooey cheese, warm mushrooms, and creamy avocado.

Nutrition Facts

Calories 470 Per Serving Protein 45g Per Serving Fiber 8g Per Serving

Ingredients

- 8 whole-grain **slider buns** (lowest sodium available)
- 1 1/4 lbs ground, skinless **turkey breast**
- 1/4 tsp **salt**
- 1 cup sliced brown (crimini) mushrooms
- 8 slices low-fat **Swiss cheese**
- 8 small **avocados** (mashed with a fork)
- 1 medium tomato, cut into 8 slices (about 1/4-inch thick)

Directions

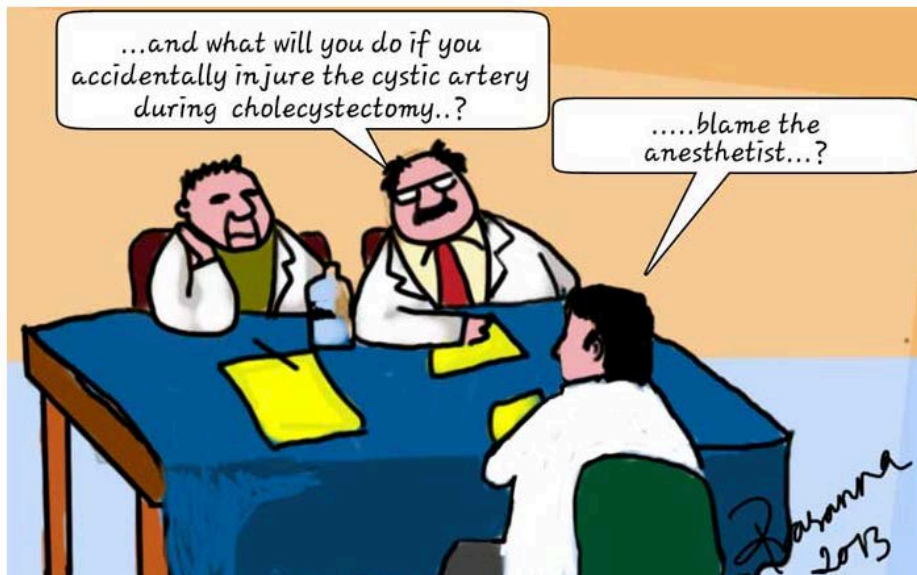
- Preheat the oven to 450°F.
- Spread the avocado over the Swiss cheese. Top with the tomato slices. Put the tops of the buns on the sliders.
- Using four short skewers, pierce two sliders with each skewer. Serve immediately.
- Arrange the buns with the cut side up in a single layer on a baking sheet. Set aside.
- Using your hands or a spoon, shape the turkey into 8 patties, each about 3 inches in diameter. (The uncooked patties will be larger than the bun and will shrink as they cook.) Sprinkle the salt over each patty.
- Heat a large nonstick skillet or griddle pan over medium-high heat.
- Cook the patties for 2 to 3 minutes. Turn over the patties. Cook for 2 to 3 minutes, or until the patties are no longer pink in the center and register 165°F on an instant-read thermometer.
- Transfer the patties to the bottoms of the buns.
- In the same skillet, cook the mushrooms over medium heat for about 3 minutes, or until soft, stirring frequently.
- Spoon the mushrooms onto each patty. Top with the Swiss cheese.
- Place the baking sheet on the middle rack of the oven. Bake the sliders for 1 to 2 minutes, or until the Swiss cheese is melted and the buns are heated through. Remove from the oven.

Celebrating Our Survivors

Birthday	Doris Baker	15
Birthday	Claire Jones	25
Cardiac Event	Jason Burke	2017/2
Cardiac Event	Gary Szasz	2016/19
Cardiac Event	Michael Lawshe	2017/28



Thank you to Kathy Fraher who provided so much valuable information on the relationship between heart disease and kidney disease. and congratulations to Bruce Patton, our newest volunteer.



Note. No Newsletter in August. Have a GREAT SUMMER!!!!!!!



When we think of Little Italy in NYC we think of great Italian food, even if we've never been there and especially if we have.

For this year's Mended Hearts Anniversary Dinner, we selected an award winning family owned Italian Restaurant to provide a special and authentic experience:

Please don't miss this great event and truly special experience.

Carieras Fresh Italian



July 21, 2019

Located in: [Tri-City Shopping Center](#)

[Address: 1041 S Dillard St, Winter Garden, FL 34787](#)

3:30 pm Social Hour 4:30 pm Dinner Served

Entertainment: Rick Langolf

And the very best tastes of Little Italy featuring.....

Family Style Dinner: Chicken, beef, shrimp, pasta

Cash Bar: Beer & Wine only

Gift Card Raffle

\$20 per person

RSVP: Corine Weber @ 407-814-8890 or email corineweber@att.net by July 18, 2019

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

Checks must be received by July 18, 2019.

Make checks payable to "Mended Hearts Chapter #296"

