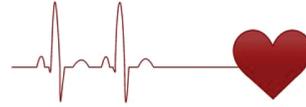




**Mended Hearts™**  
of Orlando - Central Florida



September President’s Message

Welcome all my friends to your September newsletter. I trust you all had a safe, happy and healthy summer. I would love to hear about any exciting vacations you might have experienced.

So, we are back to our monthly meetings. This September 17<sup>th</sup> our speaker will be Jill Kahli, Master of Science in Counselor Education and Researcher in Mental Health. The topic will be “Beyond the Basics of Stress Management”. Hope you can all attend.

I recently attended a video conference with our Mended Hearts National team leaders. The essence of the meeting is that Mended Hearts National needs more funds in order to operate. Thus, as an organization. they are asking each Mended Hearts Chapter to hold some sort of fund raiser with a goal of \$2,500 or more to be raised to keep National solvent. Mike and I decided to hold a mini 3K walkathon at Lake Eola on October 12, 2019 at 8:30 am and are asking you to ask your family and friends to sponsor you. I know this is asking a lot to ask of you and that you already donate you time and energy volunteering as hospital visitors but National really needs our help. I appreciate all you do and hopefully we can try to make this effort a success.

As a reminder, our Holiday Party is scheduled for December 8. Please mark your calendars.

In closing, I look forward to our September meeting. Till then, stay safe, healthy and happy.

Peace to all,

Larry



**Upcoming Events**

- Sept 17 - Next meeting at AdventHealth - Flyer on Last Page
- October 12 3K Walkathon at Lake Eola

Mended Hearts  
Chapter 296  
Board Contacts

President  
Larry Sartori  
407-909-1269

Vice President  
Vacant

Secretary  
Linda Burns  
407-277-0918

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Mike Weber  
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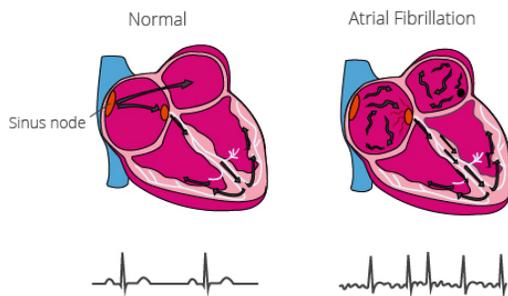
## AFib Awareness - Preventing AFib Strokes

Atrial Fibrillation, or AFib, is a leading risk factor for stroke.

According to the National Stroke Association, the irregular or rapid heartbeat is often caused when the two upper chambers of the heart beat unpredictably and sometimes rapidly; these irregular heartbeats cause blood to collect in the heart and potentially form a clot, which can travel to the brain and cause a stroke.

The bad news: about 15 percent of people who have strokes also have AFib, and folks with AFib have a five times greater chance of stroke. The really good news: up to 80 percent of strokes in people can be prevented.

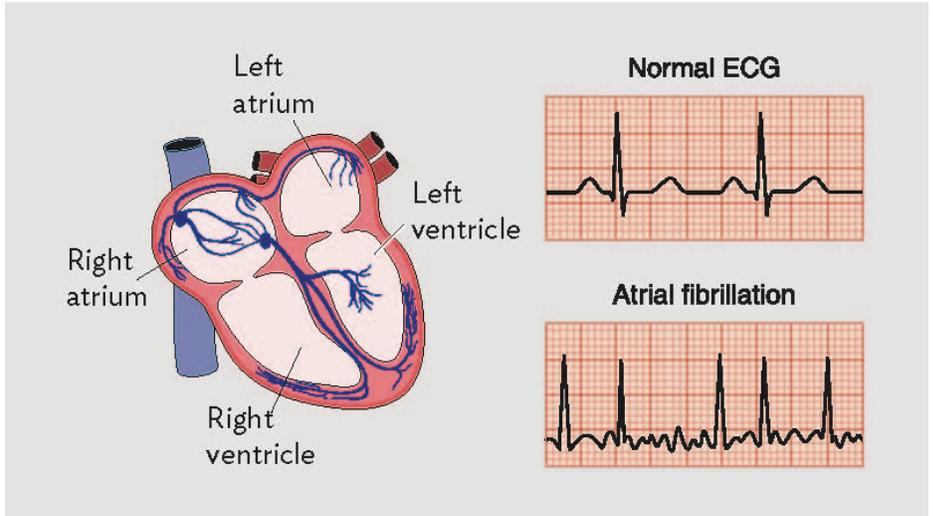
The National Stroke Association offers tips for people to manage their anxiety and tips for stroke prevention. These include:



- \* The use of proper medication to manage AFib. These are used to restore the regular rhythms of the heart.
- \* Treatment aimed at preventing blood clots may also include blood thinners, or anticoagulants. This can be tricky and of course involves discussion with a health care provider.
- \* Schedule relaxation time. Stress and fatigue increase the risk for AFib, and downtime is a good idea for anybody.

### **Antiplatelet drugs used to treat Afib and to prevent blood clots and strokes include:**

- Aspirin (many types available over-the-counter or OTC)
- anagrelide (Agraylin)
- dipyridamole (Persantine)
- vorapaxar (Zontivity)
- apixaban (Eliquis)
- rivaroxaban (Xarelto)
- Injectable dalteparin (Fragmin)
- **[Click here for more information](#)**



# Crossword for September

## Pizza Star

Across

- 1. \_\_\_ Beta Kappa
- 4. Trick-taking game
- 9. Longing
- 10. Unexpected problem
- 11. Tide type
- 12. Matter of debate
- 13. Spews lava
- 15. Yours truly
- 16. Corners
- 18. Alternatively
- 20. Kind of valve
- 23. Love of antiques
- 25. United
- 26. Heretofore
- 27. Stopping point
- 28. Yorkshire city
- 29. Tire meas.

Down

- 1. Combustible heap
- 2. Successor
- 3. Enter
- 4. Sometimes occurs when it snows
- 5. Many a snake or cat
- 6. '\_\_\_ show time!'
- 7. Lowlife
- 8. Biblical pronoun
- 14. Ran on
- 17. South African porch
- 18. Track shape
- 19. Ascend
- 21. Lodges

1	2	3		4	5	6	7	8
9				10				
11				12				
13			14				15	
		16			17			
18	19		20				21	22
23		24				25		
26						27		
28						29		

- 22. Monetary unit of Ghana
- 24. 'The Catcher in the \_\_\_'

I	S	P		S	D	E	E	L
D	N	E		T	E	Y	A	S
E	N	O		U	T	R	V	I
C	T	I		R	O	A		R
		S		E	S	T		
E	M			S	T	P	R	E
E	U	S		S	I		P	R
H	C	H		H	I		N	E
S	I	H		W			H	P

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

*Anniversary Dinner*

For those who missed this Anniversary event, you missed a great time and some of the best food we've ever had. I want to personally thank my friend Tommy Cariera and his entire family for going out of their way to make this evening as special as possible.





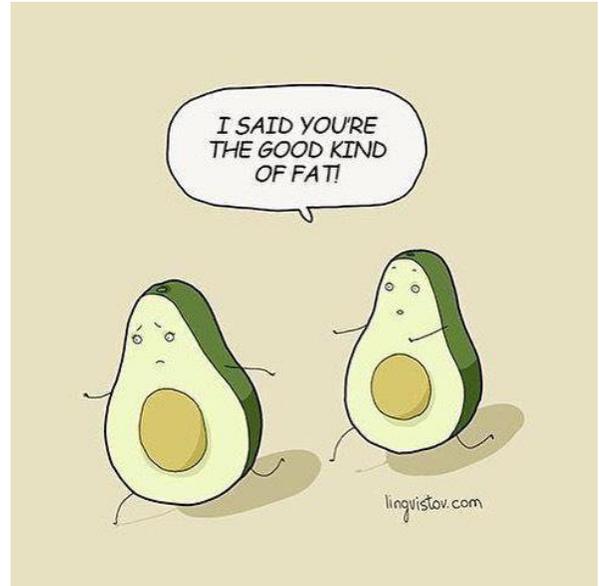
**Celebrating Our Survivors**

Birthday	Ed Gerry	15
Birthday	Myrna Ham	16
Birthday	Brett Lemaster	16
Cardiac Event	Larry Sartori	2006/25
Cardiac Event	Lona Love	2004/1
Cardiac Event	Carl Pain	1999/6
Cardiac Event	Doris Baker	2017/18
Cardiac Event	James Van Middlesworth	2017/9

**Famous Quotes**

Our greatest happiness does not depend on the condition of life in which chance has placed us, but is always the result of a good conscience, good health, occupation, and freedom in all just pursuits.

*Thomas Jefferson*



**HEALTHY RECIPE FOR THE MONTH**

**Best Guacamole (click)**

Recipe By: Bob Cody

"You can make this avocado salad smooth or chunky depending on your tastes."

**Ingredients**

- 3 avocados - peeled, pitted, and mashed
- 1 lime, juiced
- 1 teaspoon salt
- 1/2 cup diced onion
- 3 tablespoons chopped fresh cilantro
- 2 roma (plum) tomatoes, diced
- 1 teaspoon minced garlic
- 1 pinch ground cayenne pepper (optional)

**Directions**

- In a medium bowl, mash together the avocados, lime juice, and salt. Mix in onion, cilantro, tomatoes, and garlic. Stir in cayenne pepper. Refrigerate 1 hour for best flavor, or serve immediately.



**"My doctor told me to avoid any unnecessary stress, so I didn't open his bill."**

**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.

**“Beyond the Basics of Stress Management”**

Jill Kahli, Master of Science in Counselor Education and  
Researcher in Mental Health

**Date:** Tuesday, September 17, 2019  
**Time:** 7:00-8:30 pm  
**Location:** AdventHealth Orlando Campus  
601 East Rollins Street  
Orlando, FL 32804  
**Room:** Creation Health Conference Room C

**Creation Health Conference Room:** Park in garage **P1** (formerly Alden St. Parking Garage) accessed near corner of Rollins and Alden Street. Park on 3<sup>rd</sup> Floor of garage, if possible. On the 3<sup>rd</sup> floor Parking Garage lobby, turn towards **“To Hospital”** sign (this is going towards Main Hospital). Use the crosswalk which leads to the **F Elevator**. Take the elevator to the **Lobby**. As you exit the elevator, turn left into the **Creation Health Conference Center**. The **Creation C Classroom** will be to the left. 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](http://www.mendedheartsorlando.org)

2019 September meeting  
2019 October meeting

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