

“HEARTBEAT OF CENTRAL FLORIDA”



‘It’s great to be alive—
and to help others!’

HEART MONTH: TAKE CARE OF YOUR TICKER

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A Message from our President, Larry Sartori

Welcome everyone to your February Newsletter. I hope you all are doing well and you are staying safe during this horrible pandemic.

Joan and I received our first Covid-19 vaccine last week. It made me feel a little run down for two days, but Joan had no issues at all. We are scheduled for our second vaccine on February 17. If anyone wants to share their experience with the vaccine we would love to hear about it.

Mended Heart National is celebrating 70 years of service to patients. So along with Heart Month they have many contests and activities to participate in. If interested, go to their website at Mendedhearts.org

We had a real nice virtual meeting last month. Dr. Stacy Mandras spoke to us about heart failure and controlling diabetes. A very good presentation. If you would like to view her presentation it is posted on our website (www.mendedheartSORlando.org) Many thanks to Sharry for arranging for Dr. Stacy to speak at our meeting.

Our next Virtual Meeting is scheduled for February 16. As soon as we have a speaker confirmed, we will send out a notice.

In closing, I want to wish you all a safe, happy February and Happy Valentine’s day to everyone as well!

Peace to all,

Larry



Alternative uses for hand sanitizer

Got buckets of hand sanitizer around? You're not alone. And most of us (thankfully) don't need our 2020 supply levels.

But what can we do with it aside from sanitizing our hands?

Here are some ideas:

- Clean your glasses.
- Remove stains. The alcohol works well at removing blood, ink, or drink stains. Remember to dab, not rub.
- You can also pre-treat stains with a bit of sanitizer.
- Clean your table or desk. Use a clean cloth and wipe down the surface. Do the same for your filthy keyboard.
- Remove stickers. Price tags are notorious for leaving a sticky substance behind. Hand sanitizer to the rescue
- Ease the itch of mosquito bites.
- Clean your phone screen.
- Polish silver. Now that company's coming, squirt some hand sanitizer on a soft cloth and polish the silver.
- Try it in place of deodorant.
- Clean your iron or the hairspray on your mirror.
- Remove permanent marker from a whiteboard.
- Remove nail polish.

February Fun Facts

1. February is National Hot Breakfast Month!
2. Valentine's Day was first celebrated around the year 500.
3. The word February comes from a Latin word meaning "purification."
4. February's birth flower is the violet.
5. February is Return Shopping Carts to the Supermarket Month!
6. Mardi Gras is also known as Pancake Day.
7. The chance of being born on Feb. 29 (this date only occurs on a Leap Year) is 1 in 1,461.

NATIONAL UPDATES

MHI 70th Anniversary Membership Drive

We are excited to announce that in honor of our 70th Anniversary, we are launching a seven-month membership drive with some big financial prizes.

Beginning on Monday, Feb 1st (the month MHI first came into existence) and continuing through August 31st, chapters and groups who sign up 21 new members will be put into a drawing to win cash prizes of up to \$1500. Any chapter or group that signs up 21 or more new members at any membership level in that seven month period (doesn't include renewing members), will be entered into a drawing for three cash prizes: \$500, \$1000, and \$1500!

In addition, the more members you sign up, the more chances you have to win.

21 to 29 new memberships = 1 coupon (opportunity) in the prize drawing

30 to 39 new memberships = 2 coupons (opportunities) in the prize drawing

40 to 49 new memberships = 3 coupons (opportunities) in the prize drawing

50 to 59 new memberships = 4 coupons (opportunities) in the prize drawing

Continuing on for every ten additional memberships.

For more information, please email info@mendedhearts.org



Arthritis? Muscle aches? Try this new pain reliever.

The FDA has approved a new over-the-counter topical gel for pain in muscles from arthritis or muscle aches and sprains.

Sold as Voltaren Arthritis Pain, the gel is a topical nonsteroidal anti-inflammatory drug (NSAID) called diclofenac.

The American College of Physicians and the American Academy of Family Physicians recommend this topical NSAID as an early pain treatment.

The advantage of a topical gel is that lower levels of the drug enter the bloodstream. This might well be a safer way to relieve pain. NSAIDs, such as ibuprofen and naproxen, reduce inflammation and relieve pain for conditions such as arthritis, but they are thought to increase the risk of heart attack, heart failure and stroke. In fact, in case you haven't noticed, there is a warning on the labels of these drugs that says exactly that.

Cardiologists recommend taking the smallest possible dose of an NSAID for the shortest possible time, according to The Harvard Heart Letter.

Most NSAIDS can cause the kidneys to hold salt and water, raising blood pressure, so consistent, long-term use is discouraged. They are also implicated in changes in the lining of blood vessels, suggesting they might increase the chance of stroke.

Only the NSAID aspirin is recommended for longer term use in certain cases. In low doses, aspirin is helpful for those who have had a stroke or heart attack related to blood clot. For them, the low-dose aspirin helps to discourage the formation of clots.

If a doctor has not recommended low-dose aspirin, avoid taking it routinely. Aspirin can cause bleeding, particularly in the gastrointestinal tract.

Across

- 1. Droop
- 4. Wrinkly citrus fruits
- 9. Lennon's Yoko
- 10. One of the Judds
- 11. Barnyard sound
- 12. Wood nymph
- 13. Response
- 15. Northeastern most
- 16. Lets up
- 18. Alright, for short
- 20. Publisher's list
- 23. Crew member
- 25. Not at home
- 26. Job
- 27. Miner's find
- 28. Adhesive resin
- 29. Half a cheerleader's prop?

Down

- 1. "Brave New World" drug
- 2. In the near future
- 3. Barnyard honker
- 4. Not wanted
- 5. Attic
- 6. Myrna of "The Thin Man"
- 7. Muslim leader
- 8. Entree go-with
- 14. Diluted, as a drink
- 17. Single-masted vessel
- 18. Sea World attraction
- 19. Oriental mascara
- 21. 100 cents
- 22. Plant part
- 24. Stir-fry pan

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		

Answers on last page

BRAIN TEASERS
Answers on last page

1. What milk product did the U.S. Agriculture Department propose as a substitute for meat in school lunches in 1996
2. What breakfast cereal was Sonny the Cuckoo Bird "cuckoo for"?
3. Why was the Animal Crackers box designed with a string handle?
4. On what vegetable did an ancient Egyptian place his right hand when taking an oath?
5. How many flowers are in the design stamped on each side of an Oreo cookie?

SHARE YOUR HEART PHOTO COMPETITION

This year, The Mended Hearts, Inc., is celebrating its 70th year of providing hope and support to heart patients and families across the nation and beyond.

We'll be recognizing this amazing anniversary in many ways, beginning with the launch of our Share Your Heart Photo Competition.

In this contest, heart patients, caregivers, family members and health care professionals are invited to show how they share their hearts through pictures and video. This campaign is all about showing how you and those around you give support and love on your heart journey, whatever that may look like. Here are the details:

- Anyone who is affected by heart disease is eligible to participate – patients, caregivers, family members and health care professionals.
- The photo competition opens on February 1st and runs through February 28th at 11:59 PM ET.
- Anyone can vote for their favorite photo. Videos are also welcome, but only photo votes count for the competition.
- The top three photos with the most votes will take home a wonderful array of prizes and will appear in Heartbeat Magazine.

To enter a picture or vote on a favorite, please visit www.Mendedhearts.org and click on the Share Your Heart logo.



Share Your HeART

Art Competition

Most people don't know how many children are impacted by heart disease, whether they were born with a heart condition themselves or have a sibling, parent, grandparent or other loved one with heart disease.

Share Your HeART, our newest fundraiser, will bring awareness to the impact of heart disease on children and also will help us provide Bravery Bags for children in the hospital after heart surgery and for their families.

We are asking children of all ages to express through art how they share their hearts with others. The contest runs February 1-28, and entries will appear online for voting —each vote is \$1.

The entry that gets the most votes in every category will be the winner. The winning artwork will be on the cover of special edition Bravery Bags that will be distributed to hospitals across the country and in Heartbeat magazine. Prizes will be awarded as well.

If you have a child or grandchild who has been affected in some way by heart disease, and they would like to participate, please go to www.Mendedhearts.org and click on the Share Your HeART Art Competition logo (seen above).

Tuscan Bean Soup

Ingredients—6 servings

- 1 tsp. olive oil (extra virgin preferred)
- 1/2 small red onion (chopped)
- 1 medium celery (chopped)
- 1 medium garlic clove (minced)
- 2 cups fat-free, low-sodium chicken broth
- 15.5 oz. canned, no-salt-added Great Northern beans (rinsed, drained)
- 14.5 oz. canned, no-salt-added, diced tomatoes (undrained)
- 1 tsp. dried oregano (crumbled)
- 1/2 tsp. dried thyme (crumbled)
- 1/4 tsp. crushed red pepper flakes
- 2 cups spinach
- 1/3 cup grated Parmesan cheese

Directions

1. In a large saucepan or Dutch oven, heat the oil over medium heat, swirling to coat the bottom. Cook the onion, celery, and garlic for 4 to 5 minutes, or until the onion and celery are soft.
 2. Stir in the broth, beans, tomatoes with liquid, oregano, thyme, and red pepper flakes. Increase the heat to medium high and bring to a simmer, stirring occasionally. Reduce the heat and simmer, covered, for 20 minutes so the flavors blend.
 3. Stir in the spinach. Simmer, covered, for 2 to 3 minutes, or until the spinach is wilted.
- Just before serving, sprinkle the soup with the Parmesan.

Nutrition Facts

Calories	100
Total Fat	2.0 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	1.0 g
Cholesterol	3 mg
Sodium	207 mg
Total Carbohydrate	14 g
Dietary Fiber	4 g
Sugars	5 g
Protein	7 g

Dietary Exchanges
1/2 lean meat, 1 vegetable, 1/2 starch

Recipe courtesy of the American Heart Association

February Birthday

27 Joann Jagiela



BRAIN TEASER ANSWERS

1. Yogurt
2. Cocoa Puffs
3. The animal shaped cookie treats were introduced in 1902 as a Christmas novelty and packaged so that they would be hung from Christmas trees.
4. The onion. Its round shape symbolized eternity.
5. Twelve. Each has four petals.

CROSSWORD ANSWERS

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