

“HEARTBEAT OF CENTRAL FLORIDA”



Mended Hearts™
of Orlando - Central Florida

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



Mended Hearts Chapter 296 Board Contacts

President
Larry Sartori
407-909-1269

Secretary
Linda Burns
407-277-0918

Treasurer
Claire Jones
407-380-6042

Visiting Chair
Mike Weber
407-814-8890

Hospitality
Membership
Newsletter Editor
Joan Sartori
407-909-1269

Social Functions
Corine Weber
407-814-8890

Programs
Joanna Gerry
407-841-5164

A Message from our President, Larry Sartori

Welcome everyone to your Mended Hearts #296 March Newsletter. I hope you all are feeling well and you and your families are safe

Joan and I now are complete with our Covid-19 vaccines. Hope all the people that get their shots are doing well and we can, as a society, get back to some kind of normalcy.

We all enjoyed Ed Wainwright’s presentation regarding nutrition labels regarding food that we purchase everyday. Thanks again Ed!

Spring is here in Central Florida and a lot of us are cleaning out our gardens, planting new flowers and tending to our lawns. Just remember, stay hydrated and drink lots of water and enjoy the outdoors.

Our monthly meeting is scheduled for March 23. PLEASE NOTE DATE CHANGE. I’m trying to see if Jessica Daly would be able to be our guest speaker. Jessica is Consumer Health Librarian for Orlando Health. If she is able to do it we will send out a flyer to all members with the full details.

Well, like I said March is here and looking forward to a St. Patrick’s Day celebration and to all the Spring activities we can enjoy.

Hope to see you at our next virtual meeting. Till then, stay, safe, happy and content.



Peace to all,

COVID-19 VACCINE

THANKS TO Bill Cekala for the information below:

Even though I'm not 65 yet I was able to get an appointment for the vaccine.

My Primary Care Physician sent a note to Advent Health based on my comorbidity of not having a spleen which has compromised my immune system.

It took 2 days from the time I spoke to my PCP until I received an email from Advent Health telling me I qualified and they included a "by invitation only" link to make my appointment.

I don't know if having heart surgery is considered a comorbidity, but it would be worth asking.

I would urge others who are still waiting to discuss it with their PCP.

NATIONAL NEWS

Save the Date!
MHI International Conference June 2023

We are excited to announce that MHI will be hosting an International Conference open to members, family & friends and medical professionals from June 23rd through the 28th, 2023 in Albany, GA.

Plans are top secret (for now) but guaranteed to be informative, exciting and fun! This conference is being designed for MH and MLH alike. Hear the latest about CHD and CVD across the life span. You'll have the chance to see friends you may not have connected with in years, and have the opportunity to meet new ones. It will be an opportunity to learn and share for everyone.



March Fun Facts

1. Black Eyed peas are not peas. What are they?
A: Beans
2. What European nation consumes more spicy Mexican food than any other?
A: Norway
3. Under what name did Domino's Pizza chain get its start?
A: DomNick's
4. What are the two top selling spices in the world?
A: Pepper is first and mustard is second
5. What was margarine called when it was first marketed in England?
A. Butterine



HEALTH NOTES

Some heart devices may fail near iPhone 12

The new iPhone 12 has many good features, but one could be dangerous for people with pacemakers or defibrillators.

Apple recently updated its support documents to say that its magnetic charging system can cause electromagnetic interference, according to Komando.com.

Its magnetic charging system is called Mag-Safe and it uses a ring of magnets on the phone's back to snap onto a wireless charger. The magnets keep the charger in the right position.

However, the magnets can interfere with medical devices if they come into close contact.

Heart Rhythm Journal reported that doctors in Michigan held an iPhone 12 near an implanted cardioverter defibrillator. The defibrillator entered a suspended state, a sign of interference that could mean the medical device was no longer pumping blood through the body.

Both doctors and Apple advise keeping the iPhone and MagSafe accessories at least six inches, and preferably 12 inches away from your device.

MAYO CLINIC - DRINKING WATER

(Thanks to Gary Price for sharing this article)

This is good information. A cardiologist determined that heart attacks can be triggered by dehydration.

From A Cardiac Specialist: Drinking water at a certain time maximizes its effectiveness on the body: 2 glasses of water after waking up helps activate internal organs - 1 glass of water 30 minutes before a meal helps digestion - 1 glass of water before taking a bath helps lower blood pressure – and 1 glass of water before going to bed avoids stroke or heart attack. I can also add to this... Water at bedtime will also help prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up with a charlie horse.



Across

- 1. Feds' document producer
- 4. Glasses
- 9. PC linkup
- 10. Athletic shoe feature
- 11. Hall-of-Famer Mel
- 12. Come from behind
- 13. Female fowl
- 15. Northeastern most st.
- 16. Song of praise
- 18. Tagged player
- 20. Beats it
- 23. Poet's "below"
- 25. Lithium-___ battery
- 26. Home on the range
- 27. Santa ___ winds
- 28. Forebodings
- 29. Lab or golden

Answers on page 5

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		

Down

- 1. Hardly haute cuisine
- 2. Toast topping
- 3. Available
- 4. Braking sounds
- 5. Flat
- 6. Moray, e.g.
- 7. Storm preceder
- 8. Eye sore
- 14. Move quickly
- 17. Water nymph
- 18. Keen on
- 19. Abound
- 21. Like old recordings
- 22. Unforeseen difficulty
- 24. Gorilla



Sheet Pan Roasted Vegetables

Ingredients

- 3 tablespoons olive oil
- 2 tablespoons whole-grain mustard
- 1 tablespoon chopped fresh thyme
- 1 tablespoon apple cider vinegar, divided
- 3/4 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1 pound peeled cubed butternut squash (about 3 cups)
- 1 pound parsnips, peeled and cut into 1-in. pieces (about 2 1/4 cups)
- 1 pound Brussels sprouts, trimmed and halved
- 8 ounces small Yukon Gold potatoes, halved
- Cooking spray

Preheat oven to 450°F.

1. Combine oil, mustard, thyme, 2 teaspoons vinegar, salt, and pepper in a bowl, stirring with a whisk. Combine butternut squash, parsnips, Brussels sprouts, and potatoes in a large bowl. Add mustard mixture to squash mixture; toss to coat.
2. Spread vegetable mixture in a single layer on a foil-lined baking sheet coated with cooking spray. Bake at 450°F for 35 minutes or until browned and tender, stirring gently with a spatula after 25 minutes. Remove pan from oven. Drizzle with remaining 1 teaspoon vinegar; toss.

Variation: Lemon-Herb Sheet Pan Roasted Vegetables

1. Combine 3 tablespoons olive oil, 1 teaspoon kosher salt, and 1/2 teaspoon black pepper in a bowl, stirring with a whisk. Combine butternut squash, parsnips, Brussels sprouts, and potatoes from above recipe in a large bowl. Add oil mixture, 10 peeled garlic cloves, and 1/2 thinly sliced lemon to vegetables; toss to coat.
2. Bake as directed in step 2 of above recipe.
3. Remove pan from oven; sprinkle vegetables with 1 cup fresh flat-leaf parsley leaves, 1/3 cup chopped fresh chives, 1/4 cup chopped fresh dill, 1/2 teaspoon lemon zest strips, and 1 tablespoon fresh lemon juice; toss.

SERVES 10 (serving size: about 2/3 cup)

CALORIES 133; FAT 4.6g (sat 0.7g, mono 3.1g, poly 0.7g)

PROTEIN 3g; CARB 23g; FIBER 6g; SODIUM 214mg

Recipe taken from <https://www.cookinglight.com/recipes/sheet-pan>

March Birthdays

Larry Sartori 16

Bruce
21

Walker

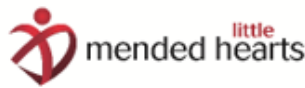


ANSWERS TO CROSSWORD PUZZLE

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

MARCH HOLIDAYS AND NATIONAL DAYS TO CELEBRATE

- 4th Sons Day
- 6th Dress Day
- 8th International Women's Day
- 9th Meatball Day
- 13th Good Samaritan Day
- 14th Daylight Savings Time Begins
- 17th St. Patrick's Day
- 20th First Day of Spring
- 23rd Chip & Dip Day
- 30th Take a Walk in the Park Day
- 31st Crayon Day



The Mended Hearts, Inc.
 International Headquarters and Resource Center
 1500 Dawson Road
 Albany, GA 31707
 Phone: 1-888-HEART99 Email: info@mendedhearts.org

MEMBERSHIP FORM

NEW MENDED HEARTS NEW MENDED *LITTLE* HEARTS RENEWAL DATE _____

Name (Mr. /Mrs./Ms.) _____ Chapter/Group _____ Member-at-large _____

Address _____ Phone _____

City / ST / Zip _____ I want to be a MH support volunteer: Yes No

Email address _____ I am interested in CHD Parent Matching: Yes No

(Please check all that apply) I am a Heart Patient Caregiver CHD Parent Physician RN Healthcare Employee

OPTIONAL INFORMATION: Race: Caucasian; Black; Asian; Am. Indian; Other _____ Gender: Male Female

Membership Levels: All membership levels are for ONE YEAR, renewed annually, except for Heart of Gold Lifetime Sponsorship. Please choose your membership level and complete any appropriate payment information below.

INDIVIDUAL MEMBERSHIP

Associate Member --- FREE

- * Can attend any chapter meeting for MH or MLH
- * Can join online communities
- * Can access Member Portal
- * Receives the National e-newsletter

Individual Member --- \$20 annual donation per person

- * All of the benefits of an Associate Member, PLUS
- * Membership Card
- * Car Decal – Select ___ MH or ___ MLH
- * One-time 5% off coupon for purchase from the MH store
- * One year annual subscription to Heartbeat magazine (\$30 value)

Bronze Member --- \$45 annual donation per person

- * All the benefits of a Full Individual Member, PLUS
- * Membership Pin
- * Choice of ___MLH Drawstring Backpack or ___MH/MLH Notecards (10 pk)
- * 5% off registration of any National (not regional) MH/MLH Conference or Symposia

Silver Member --- \$100 annual donation per person

- * All the benefits of a Bronze Member, PLUS
- * A Stainless Steel Mended Hearts Travel Mug

Gold Member --- \$250 annual donation per person

- * All the benefits of a Silver Member, PLUS
- * A Red Fleece Blanket
- * 10% off registration of any National Conference or CHD Symposium

**Heart of Gold Lifetime Sponsor --- \$1500 donation
A one-time donation per individual**

- * All the benefits of a Gold member FOR LIFE, PLUS
- * 15% off registration fees at National MH/MLH Conferences / Symposia
- * Recognition in the next *Heartbeat* magazine after enrolling in the Heart of Gold Lifetime Sponsorship, in all special *Heartbeat* issues, and on our website's list of Heart of Gold Lifetime Sponsors

FAMILY MEMBERSHIP

For members of one household with one mailing address only

Family Membership --- \$40 annual donation

- * All of the benefits of an Associate Membership, PLUS
- * One year annual subscription to Heartbeat magazine (\$30 value)
- * Membership Cards for all members of the family
- * 2 Car Decals – Select ___ MH or ___ MLH
- * Each family member receives a one-time 5% off coupon for purchase from the MH store. Use only one coupon per order.

Bronze Family Membership --- \$75 annual donation

- * All the benefits of a Family Membership, PLUS
- * One Membership Pin per member
- * Choice of ___MLH Drawstring Backpack or ___MH/MLH Notecards (10 pk)
- * 5% off registration of any National (not regional) MH/MLH Conference or Symposia

Family Members:

Spouse ___ Child ___ Heart Patient ___

Spouse ___ Child ___ Heart Patient ___

Spouse ___ Child ___ Heart Patient ___

Spouse ___ Child ___ Heart Patient ___

ALL Donations are tax deductible

PAYMENT INFORMATION:

ADDITIONAL CHAPTER/GROUP DONATION:

Membership Level _____ \$ _____

Chapter/Group Name: _____

Additional tax-deductible Donation to
 Mended Hearts Mended *Little* Hearts \$ _____

Amount: \$ _____

TOTAL TO NATIONAL \$ _____

TOTAL TO CHAPTER \$ _____

****Please note: To be a member of a Mended Hearts Chapter or Mended *Little* Hearts Group, you must be a member of The Mended Hearts, Inc.**