

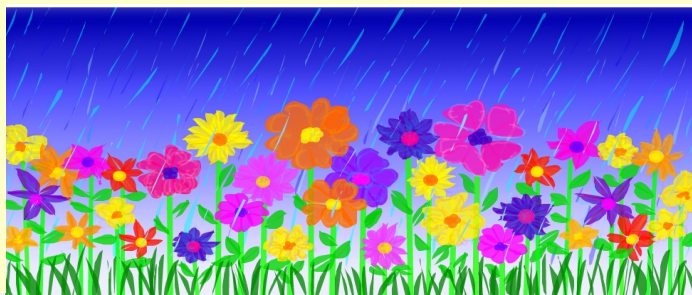
**“HEARTBEAT OF CENTRAL FLORIDA”**



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

**Chapter 296 Newsletter  
April 2021**

**‘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**

**Message from our President, Larry Sartori**

Hello everyone and welcome to your April 2021 Newsletter. I want to wish you all a Happy Spring, and Happy Holiday for those who celebrate Easter and Passover.

We are a little late this month with our Newsletter since Joan and I unexpectedly had to be out of town.

As you may know, Advent Health and Orlando Health are not providing speakers or support for our meetings, so we are trying our best. Not an easy feat. If anyone has any suggestions on someone who can speak at our meetings, please let me know.

Thanks to Gary Prices’ tip, this month we were able to have Donna Bradford, SHINE Liaison Senior Resource Alliance (SRA) to speak at our April 20<sup>th</sup> meeting. She will point out all the Florida Services senior citizens have available to them, to remain healthy and independent. Included in the presentation will be unbiased Medicare counseling. Zoom information will be sent out soon.

Hope to see you all at our Zoom meeting, April 20<sup>th</sup> at 7pm.

Till then... Peace,

Larry

## Do statins deserve their bad reputation?

People report that statins cause muscle aches and other side effects, but a 2020 study suggests that may be true for only a small percentage of patients.

Stains are cholesterol-lowering drugs, usually prescribed for those at risk for cardiovascular disease.

Reported in The New England Journal of Medicine, British researchers enrolled 60 people in a study of statin side effects. Every participant previously took statins, but stopped because of side effects.

They were given 12 prescription drug bottles. Four of the bottles had a month's supply of atorvastatin. Four bottles had a placebo pill that looked like the statin pill. Four bottles were completely empty. During the next year, participants used each bottle for one month, following a random pattern. Every day participants recorded their symptoms by smart phone, ranking their symptoms from 0 (none) to 100 (worst possible symptoms.)

What researchers found was that average symptom scores during the empty bottle month was 8.0. That was twice as high as when participants took the statin pill. However, there was no significant difference in average scores when people took the fake pills. The average symptom score for the statin was 16.3

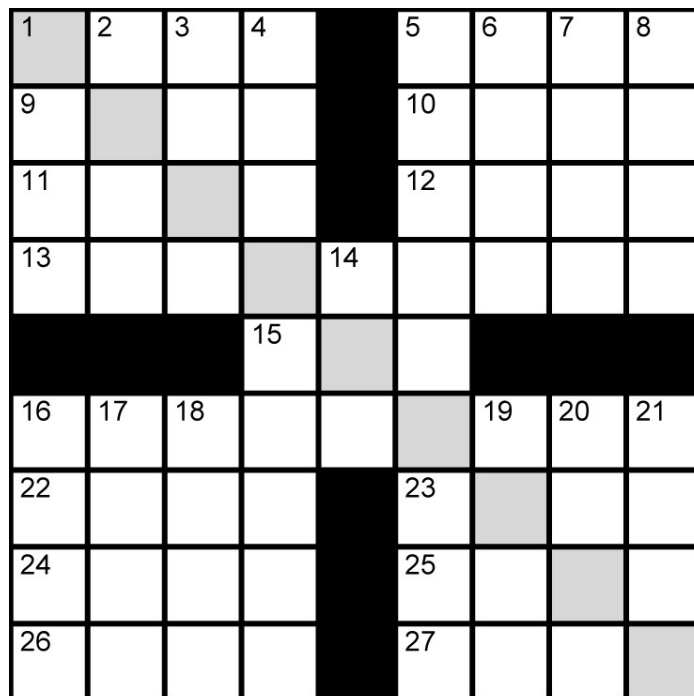
### Across

1. Pesky insect
5. Artist's inspiration
9. Lion's den
10. Snack often twisted apart
11. Site of the Taj Mahal
12. Campus V.I.P.
13. Flights of fancy
15. Always, in verse
16. Coke or Pepsi
22. Lotus position discipline
23. Last name in fashion
24. Wax-coated cheese
25. Sixth Jewish month
26. Bone-dry
27. Cravings

### Down

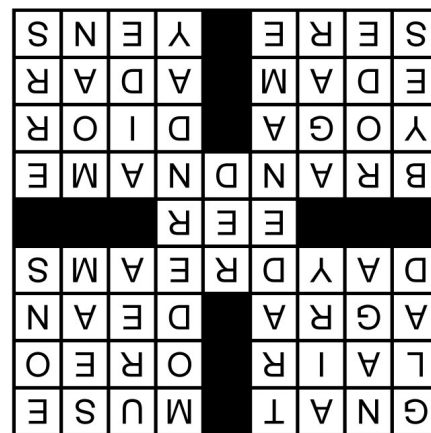
1. Happy
2. Serpent of Hindu myth
3. Breezy
4. Product identifier
5. Characteristic of the present
6. Fertilizer chemical
7. Tailor's line
8. A long, long time
14. Danger color
16. Tournament passes
17. Went on horseback
18. Biology lab supply
19. Assistant
20. Complain

## Glamorous kin of coffee family



21. Commits a faux pas

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



and the average score for the fake pills was 15.4. Some participants reported worse symptoms from fake pills.

Still, researchers do think statins may cause symptoms in five to 10 percent of users. Here's how you can analyze symptoms while taking statins:

- \* If the ache or weakness is recent and started within a month of starting the statin.
- \* If the pains are symmetrical. For example, leg pain would affect both legs. Body pain would be on both sides.
- \* If the pain is unexplained and not caused by new activity or an injury.



"And I'll huff and I'll puff until you give me your Netflix password!"

## Recipe for a healthy, happy life

There are no magic pills or secret elixirs to create a healthy, happy life. There are mainly just small decisions we make every day.

Maintain a schedule. For most, work frames our schedules. Within that frame, however, it's important to have routines. Have a time to relax, exercise, to touch base with other people. Go to bed at the same time and get 7 to 8 hours of sleep, according to the Harvard Health letter.

Get out and about. Even if you have a desk job, take frequent opportunities to get up and walk, even just to get a drink of water. Movement maintains flexibility, balance, and strength. Even a little movement in spurts of 15 minutes or so is better than none. Take the stairs. Park away from the store entrance.

Eat well. Many doctors recommend a plant-based diet of vegetables, nuts, seeds, and fruits added in healthy proportions to animal based foods. Eat in moderation.

Silence, meditation, prayer. Take a moment every day to clear your mind and rest in silence. According to Harvard Health, a research review published in JAMA Internal Medicine in January 2014 found meditation helpful for relieving anxiety, pain and depression. For depression, meditation was about as effective as an antidepressant.

Forge community and family. Friendships and community can be found in social, religious, or other groups with shared interests. Friendships can grow from activities. Family usually forges the most long-lasting relationships. But whatever path is open to you, remember that strong social connections increase your chance of longevity, and may even help you recover faster from illness.



## What does efficacy mean with vaccines?

You may have seen the numbers: The COVID-19 vaccines have a 95 percent efficacy rate.

But what you may not know is that 95 percent efficacy does not mean that five percent of vaccinated people will still get COVID. According to Live Science, the actual percentage of vaccinated people who still got COVID-19 was a hundred times less than five percent: Just .04 percent. (Pfizer and Moderna trials). This means that the vaccines are highly effective in preventing the worst outcomes of COVID-19.

The 95 percent efficacy rate means that vaccinated people had a 95 percent lower risk of getting COVID-19 symptoms compared with individuals in the control group, who didn't get vaccinated at all.

As a matter of fact, the vaccines were all 100 percent effective in preventing severe disease (hospitalization and death) within six weeks after the first dose (Moderna) or seven weeks (Pfizer and Johnson & Johnson). Zero vaccinated people in any trial were hospitalized or died of COVID-19 after the vaccines had fully taken effect.

Every vaccine trial looked at protection from experiencing symptoms, not protection getting infected at all. Although it is possible that the vaccines also reduce the number of viral particles in the body -- which would cut transmission -- scientists are not yet sure if vaccinated people can still transmit the virus. That's why people should still wear masks.

## Four seconds for the perfect figure?

No judgment: Who among us hasn't wondered what the minimum amount of exercise is that we can get away with and still stay healthy?

You might like the newest answer: four seconds.

There's a catch, of course. It's not four seconds total. It's four-second intervals. Still, that sounds doable, right?

A study from the University of Texas at Austin, published in December 2020 in Medicine & Science in Sports & Exercise reported that four-second spurts of exertion, totaling one minute, can have benefits for those middle aged and older.

The study, performed on men and women ages 50-68, included brief workouts of four-second sprints on specialized bikes, followed by 56 seconds of rest. The sequence was repeated 15 times.



Over two months' time, the riders rest intervals decreased to 26 seconds and the total number of sprints increased to 30. At the end of eight weeks, said the New York Times, the riders had on average increased their fitness by about 10 percent, gained considerable muscle mass and strength in their legs, and reduced the stiffness of their arteries. They also saw improvement in basic activities of daily living.

## I&U Switcheroo Game

Using the definitions, identify the pairs of words with identical spellings except for the letter I. In the first word replace the I with a U to make the second word.  
For example: Make a selection/Ice hockey equipment = PICK/PUCK

1. Remote control sound/Chicken sound
2. Man's title/Assemble the troops
3. Advertising song/Tropical forest
4. Having a sharp taste/Dairy stick
5. Flexible, like a gymnast/Wooden planks
6. Drainage channel/From the Netherlands
7. Bookkeeping entry/First time on stage
8. Fast-growing grain/Popular 1990s haircut
9. Contaminate/Provoke with insults
10. Dimwitted cartoon cat/Short and squat

Answers on the next page

## 70th Anniversary Merchandise Available for a Limited Time



In celebration of our 70th Anniversary, MHI is selling limited edition 70th Anniversary merchandise. Celebrate this special year by purchasing a beautiful mug, glass, coasters or commemorative plate. Be sure to get yours soon, because they are available for a limited time only. To shop for these special items and other MHI merchandise, visit [www.Mendedhearts.org/marketplace/](http://www.Mendedhearts.org/marketplace/)

## Healthy Turmeric Chicken Stew

Serves 6

- 2 tablespoons olive oil
- 2 skinless, boneless chicken breasts, cubed
- 2 sweet potatoes, cubed
- ½ red onion, chopped
- 1 small eggplant, cubed
- 2 cloves garlic, minced
- 1 tablespoon minced fresh ginger root
- 2 teaspoons ground turmeric
- ½ cup low-sodium chicken broth

Heat olive oil in a large skillet over medium-high heat. Add chicken; cook until browned and no longer pink in the center, about 5 minutes.

Add sweet potatoes and onion; cook and stir until onion is translucent, 2 to 3 minutes. Add eggplant, garlic, ginger, and turmeric; cook until fragrant, about 1 minute more.



### Answers for Switcheroo

- |                  |                   |
|------------------|-------------------|
| 1. CLICK/CLUCK   | 7. DEBIT/DEBUT    |
| 2. MISTER/MUSTER | 8. MILLET/MULLETT |
| 3. JINGLE/JUNGLE | 9. TAIN/TAINT     |
| 4. BITTER/BUTTER | 10. STIMPY/STUMPY |
| 5. LIMBER/LUMBER |                   |
| 6. DITCH/DUTCH   |                   |

## MH & MLH YouTube Channels Education Available Anytime

If you are a patient or caregiver looking for information on a particular topic, or a chapter officers looking for a video to play at a member meeting, you should stop by our Mended Hearts YouTube channel. We have a number of informative webinars that have been recorded and can be viewed for free. Go to [www.Youtube.com](http://www.Youtube.com) and enter Mended Hearts, or use the link below. You do not have to sign in or be a member of YouTube to view the videos.

<https://www.youtube.com/channel/UC4IrrPqkTRqjxgibhn5C-A/videos>

## MHI COVID Policy Hospital Visiting & Meeting In-Person

As more of our members become vaccinated, and hospitals open up to our visitors supporting patients and families in-person again, we would like you to be aware of our MHI COVID-19 policy and statement.

Please take a moment to read through our hospital visiting policy, as well as information we recently sent out regarding meeting in-person. You can access both of those on our website at <https://mendedhearts.org/coronavirus-covid-19/>





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

Membership Level \_\_\_\_\_ \$ \_\_\_\_\_

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

TOTAL TO NATIONAL \$ \_\_\_\_\_

#### ADDITIONAL CHAPTER/GROUP DONATION:

Chapter/Group Name: \_\_\_\_\_

Amount: \$ \_\_\_\_\_

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.**