

“HEARTBEAT OF CENTRAL FLORIDA”



Mended Hearts™
of Orlando - Central Florida

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



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A Message from our President, Larry Sartori

Welcome everyone to your Mended Hearts Chapter #296 April Newsletter. I hope you are doing well and start enjoying your normal activities again.

Things in America are starting to get back to a sense of normalcy. With more and more people getting vaccinated, we as a nation can get back to doing things we enjoy. Of course, common sense precautions should be followed.

Our hospital visitation program is getting up to almost normal levels. Advent Health started up on April 12. Orlando Health is not ready for us yet.

Well, May 9th is Mother’s Day. I want to wish all Mom’s Happy Mother’s Day. Also, this month we celebrate Memorial Day on May 31st. A time to pause and reflect on all the soldiers who gave up their lives in order for all of us to be free!

Last year we did not have our annual Anniversary Party in July but this year we are going ahead with plans to have one. We will let you know all the details as soon as things are finalized.

I hope all of you can join us for our May Zoom meeting on May 18 at 7pm. Our speaker will be Lance Jarvis. More information regarding this meeting will go out this week.

Peace to all,

Larry

The power of a mother's love

For thousands of years, humanity has celebrated their mothers, from the ancient Greeks and Romans and before, all the way to today, when we set aside a special day to honor moms -- Mother's Day, observed this year on May 9, 2021.

Our modern Mother's Day celebration has deep roots and it is actually the love of a mother that for centuries has inspired celebration.

A mother's love has been thought powerful enough to stop wars.

At least that is what Julia Ward Howell thought. She was a pacifist and writer in Boston who first suggested a Mother's Day in 1872, as a day dedicated to peace. She appealed to mothers: "Why do not the mothers of mankind interfere in these matters to prevent the waste of that human life of which they alone bear and know the cost?"

The love of a mother has been thought strong enough reunite warring parties.

During the Civil War, Ann Marie Reeves Jarvis (sometimes called Mother Jarvis) called women together to nurse soldiers on both sides of the conflict. After the war, she called together her mothering clubs to reconnect families and friends that were on different sides of the war between the states.

A mother's love was thought to be essential for humanity.

Mother Jarvis' daughter, Ana Jarvis, successfully campaigned for a national Mother's Day and Ana credited the idea to her mother, who said mothers should be honored for "the matchless service she renders to humanity in every field of life. She is entitled to it."

Ana Jarvis, who died in 1948 at the age of 84, successfully campaigned for a national Mother's Day and by 1911, nearly every state celebrated it. In 1914, the holiday was officially set at the second Sunday of May in the U.S.



Cybercrime victims in their 50s had highest average loss last year

Common Elder Scams to Beware Of

The FBI says bad actors target older Americans because it's believed these prospective victims have significant financial resources. If the crooks are successful after they initially contact victims, "they will often continue to victimize these individuals," the bureau says. It warns people age 60 and over in particular to avoid these 10 common scams.

1. Advance fee schemes
2. Investment fraud
3. Romance scams
4. Tech-support scams
5. Grandparent scams
6. Government impersonation scams
7. Sweepstakes/lottery scams/charity scams
8. Home repair scams
9. TV/radio scams
10. Family/caregiver scams

Source: FBI



Memorial Day: Remembering the fallen

On Memorial Day, we take time to honor the ultimate sacrifice made by those who fought for our country.

We know them personally: Our sons, daughters, spouses, siblings. We remember their names.

Those who can't be named are honored in a special way at the Tomb of the Unknowns.

Guarded by sentinels night and day, they have a creed:

My dedication to this sacred duty is total and wholehearted. In the responsibility bestowed on me, never will I falter. And with dignity and perseverance my standard will remain perfection.

Through the years of diligence and praise and the discomfort of the elements, I will walk my tour in humble reverence to the best of my ability.

It is he who commands the respect I protect, his bravery that made us so proud.

Surrounded by well-meaning crowds by day, alone in the thoughtful peace of night, this soldier will in honored Glory rest under my eternal vigilance.

Sentinel's Creed of the Guard of the Tomb of the Unknown Soldier.

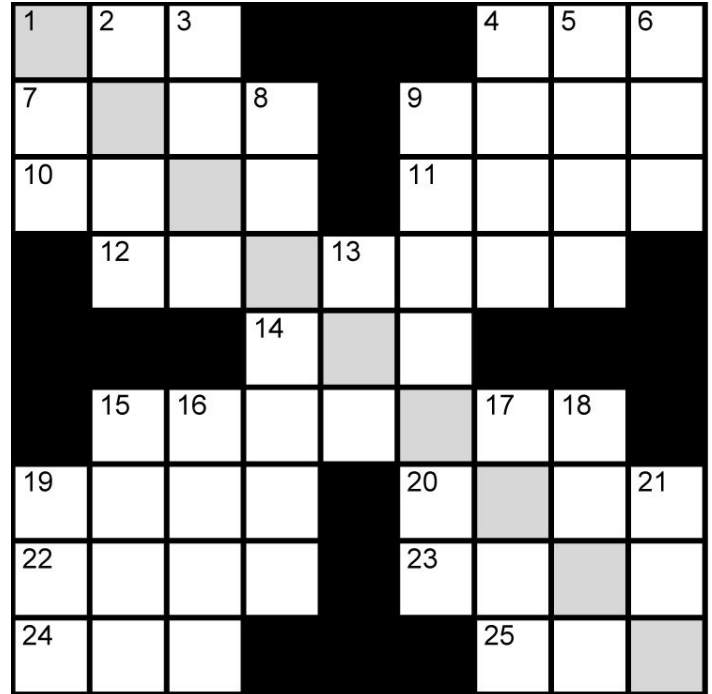
Bear's Eye or Black Caps

Across

1. Pi follower
4. Lock opener
7. Actor's goal
9. Wait
10. Soybean paste
11. Farm females
12. Entices
14. ___-Wan Kenobi
15. Ray of natural light
19. Very small
20. Film crew member
22. Thin
23. Viscount's superior
24. Chicken ___
25. Chesapeake, e.g.

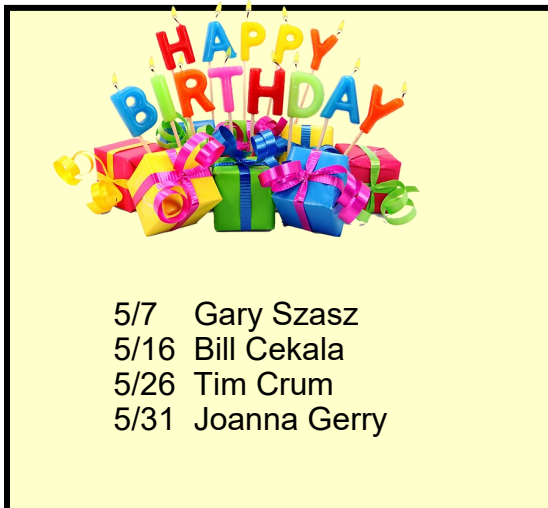
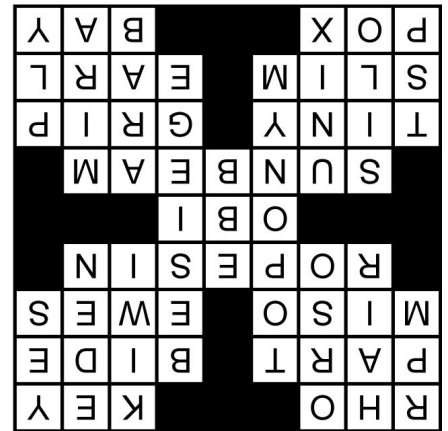
Down

1. Engine speed, for short
2. "Aquarius" musical
3. Approximately
4. Tropical fruit
5. Genesis locale
6. Thumbs-up
8. Sandwich, Edam or Champagne
9. Surround, as a castle
13. Wane
15. Fodder holder
16. Popular computer operating system
17. Spirited horse
18. Oscar winner Sorvino



19. Recipe amt.
21. Layer

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



- 5/7 Gary Szasz
- 5/16 Bill Cekala
- 5/26 Tim Crum
- 5/31 Joanna Gerry

May Dates

- 4th Teacher Appreciation Day
- 9th Mother's Day
- 12th International Nurses Day
- 15th Chocolate Chip Day
- 21st Pizza Party Day
- 25th Wine Day
- 31st Memorial Day

Nuts appear good for heart

A new analysis of dietary questionnaires found that women who ate about a quarter cup of nuts at least twice a week had a 27 percent lower risk of death from cardiovascular disease, compared with women who didn't eat nuts.

The study published in the Journal of Clinical Lipidology, analyzed two sets of questionnaires filled out by 39,000 women. The original dietary questionnaire was followed up 10 years later by a second questionnaire.

Women who ate nuts had improved cholesterol and lower blood sugar levels.

MHI and the World Heart Federation



The Mended Hearts, Inc. is now a member of the prestigious World Heart Federation.

The World Heart Federation is the principal representative body for the global cardiovascular community, representing more than 200 heart foundations, scientific societies, civil society and patient organizations from over 100 countries. The WHF and its members work to end preventable deaths and build global commitment for improved cardiovascular health at the global, regional, national and community levels.

Raw zucchini salad: Fresh and easy for warm spring days

Zucchini is a low-calorie vegetable that packs a huge nutritional punch with vitamins, minerals and antioxidants, and its mild flavor makes it a versatile ingredient for a wide variety of dishes. This raw zucchini salad is quick to assemble and packs a ton of flavor -- a perfect side dish for your Memorial Day cookout. Bulk it up with toasted pine nuts or cashews, or personalize it with your favorite fresh herbs. Make sure to use smaller zucchini -- larger squash tend to have a looser texture and more seeds. You can also experiment with dressings -- add some extra Dijon mustard to your vinaigrette, or try different types of vinegar instead of lemon juice, like champagne vinegar or mirin. Top with basil, parsley, cilantro -- whatever you like!

Lemon vinaigrette:

1/4 cup fresh lemon juice
1 grated garlic clove
1 teaspoon Dijon mustard
1/4 teaspoon sea salt or more to taste
Fresh black pepper to taste
1/2 teaspoon honey or maple syrup (optional/to taste)
1/4 to 1/3 cup extra-virgin olive oil
1/2 teaspoon fresh or dried thyme (optional)

For the salad:

3 small zucchini
1 tablespoon chopped chives
Handful of basil
Grated parmesan or crumbled feta cheese (optional)
Sea salt and black pepper to taste

To make the vinaigrette, whisk together the lemon juice, garlic, Dijon mustard, salt, pepper and honey or maple syrup. Slowly drizzle in the oil while whisking quickly to emulsify the mixture. Add thyme if desired.

To prep the salad, use a vegetable peeler, sharp knife or mandoline slicer to slice zucchini in long, thin strips (or whatever shape you desire) and arrange on a plate. Drizzle with dressing, then top with chives, basil, other fresh herbs as desired, cheese as desired and salt and pepper to taste. Serve immediately.





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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	FAMILY MEMBERSHIP
<p>Associate Member --- FREE</p> <ul style="list-style-type: none"> * Can attend any chapter meeting for MH or <u>MLH</u> * Can join online <u>communities</u> * Can access Member <u>Portal</u> * Receives the National e-newsletter 	<p>For members of one household with one mailing address only</p> <p>Family Membership --- \$40 annual donation</p> <ul style="list-style-type: none"> * All of the benefits of an Associate Membership, PLUS * <u>One year</u> annual subscription to Heartbeat magazine (\$30 value) * Membership Cards for all members of the family * 2 Car Decals – Select ___ MH or ___ <u>MLH</u> * Each family member receives a one-time 5% off coupon for purchase from the MH store. Use only one coupon per order.
<p>Individual Member --- \$20 annual donation per person</p> <ul style="list-style-type: none"> * All of the benefits of an Associate Member, PLUS * Membership Card * Car Decal – Select ___ MH or ___ <u>MLH</u> * One-time 5% off coupon for purchase from the MH store * <u>One year</u> annual subscription to Heartbeat magazine (\$30 value) 	<p>Bronze Family Membership --- \$75 annual donation</p> <ul style="list-style-type: none"> * 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
<p>Bronze Member --- \$45 annual donation per person</p> <ul style="list-style-type: none"> * 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 	<p>Family Members:</p> <p>Spouse ___ Child ___ Heart Patient _____</p> <p>Spouse ___ Child ___ Heart Patient _____</p> <p>Spouse ___ Child ___ Heart Patient _____</p> <p>Spouse ___ Child ___ Heart Patient _____</p>
<p>Silver Member --- \$100 annual donation per person</p> <ul style="list-style-type: none"> * All the benefits of a Bronze Member, PLUS * A <u>Stainless Steel</u> Mended Hearts Travel Mug 	
<p>Gold Member --- \$250 annual donation per person</p> <ul style="list-style-type: none"> * All the benefits of a Silver Member, PLUS * A Red Fleece Blanket * 10% off registration of any National Conference or CHD Symposium 	
<p>Heart of Gold Lifetime Sponsor --- \$1500 donation</p> <p>A one-time donation per individual</p> <ul style="list-style-type: none"> * All the benefits of a Gold member FOR LIFE, PLUS * 15% off registration fees at National MH/MLH Conferences / Symposia * Recognition in the next <i>Heartbeat</i> 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 	

ALL Donations are tax deductible

PAYMENT INFORMATION:		ADDITIONAL CHAPTER/GROUP DONATION:	
Membership Level _____	\$ _____	Chapter/Group <u>Name:</u> _____	
Additional tax-deductible Donation to		Amount: \$ _____	
<input type="checkbox"/> Mended Hearts <input type="checkbox"/> Mended <i>Little Hearts</i>	\$ _____		
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.**