



Mended Hearts™
of Orlando - Central Florida

“HEARTBEAT OF

**October 2021
Chapter 296 Newsletter**

‘It’s great to be alive—and to help



**HAPPY
HALLOWEEN!**

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A Message from our President, Larry Sartori

Happy Fall to you all and welcome to your October Newsletter. I hope everyone is feeling well. Looks like we are at the start of our “almost perfect weather season.

October is the gateway to the holiday season. Might not seem like that since we are currently having warmer than usual weather. I know cool days are just ahead of us. With that being said, our Social Director, Corine Weber is working on our annual Holiday Party. Tentative dates are December 5th and 12th. Details are pending, we will keep you posted.

Our Chapter Zoom meeting will take place on October 19th at 7:00pm. Our guest speaker is Aida Salhab, a Heart Failure Nurse Navigator from Orlando Health. Please see flyer in the newsletter for further information. Hoping you can all make it.

I would like to welcome our newest member, Lynda Potter to our Chapter. Happy to have you join us.

It looks like cases of the Covid Delta Virus are declining. I hope that in the near future we can start having our meetings in person. If you are interested the booster vaccine shot is available for those who qualify. Joan and I got our booster shot yesterday.... OUCH!

In closing, looking forward to seeing you at our Zoom meeting and if anyone knows of any speakers we could invite to future meetings, please let me know.

Also, Happy Halloween. Don’t eat too much candy!

Till next time, Stay SAFE!

Peace to all,

Larry

This cure for boredom also perks up the brain

You've got 900 channels and nothing to watch. Tired of watching YouTube videos?

What do you do with those precious leisure hours? You could visit ancient China, discover secrets of the Czars, delve into a secret romance. All of that is at the tip of your fingers in a book, and what you get in return is more than a good story.

According to the Pew Research Center, about a quarter of Americans didn't read a single book in 2018. Not a print copy, e-book or audiobook.

Scientists say that they missed out -- according to Healthline, reading is a great way to give your brain a workout. It stimulates a complex series of circuits and signals in your brain, and the more you engage with a text, the busier your brain gets. Fiction lovers are often better at understanding others, which can help build and maintain strong relationships and lead to better emotional health. Reading is also a great way to preserve brain health as you age -- according to the National Institute on Aging, it's one of several activities that can help preserve cognitive function. And it's a great stress reliever, too. Thirty minutes of reading has been found to lower blood pressure, heart rate and negative feelings, according to Healthline.

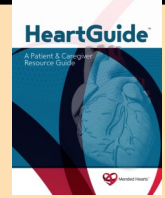
One easy way to fit in a few extra pages is to read in the morning instead of at night. Instead of hitting the snooze button, grab your book, dive in for a few extra minutes and then roll out of bed to start the day. If you want to add in some extra time at night, that's fine, but morning reading means you won't fall asleep before you even crack your book.

Smartphones and e-readers also make it easier to read whenever, wherever. You can slip your e-reader into your pocket or download an e-reader app on your phone. That way, you can take in a couple of pages while in line at the coffee shop or during your lunch break.

And lastly, if you don't like a particular book, stop reading it and pick up something else. If you read what you enjoy, you might find that it isn't very hard to get those pages in after all.



Introducing the New Mended HeartGuide™



The new Mended HeartGuide™ has arrived and is now available for FREE online! This fantastic patient resource for both patients and caregivers includes current and updated education on all types of heart disease, as well as new sections on things you may be feeling, the empowered patient, being a caregiver, and more!

To view the new HeartGuide online go to www.Mendedhearts.org. It will be available for chapters to order once the current supply of HeartGuides has been depleted.



Creating a World of Support Third Annual Fundraiser

Our chapter has donated \$180 for this fundraiser.

Mended Hearts National has presented us with a plaque in recognition of our 20th Anniversary. You should all be proud of this milestone.



October Birthdays

Bruce Paton 10/18
Ed Jagiela 10/29



Protect your heart health with a dog

If you'd like to live longer, consider getting a dog. According to CNN, a meta-analysis of more than four million people in the U.S., Canada, Scandinavia, New Zealand, Australia and the U.K. found that dog owners were about 24 percent less likely to die from any cause than people who didn't own dogs. And according to the journal Circulation, dog owners reap the health benefits of increased physical activity, better social support and valuable companionship.

But if pet ownership is off the table, you can still enjoy at least some of the benefits. A 2015 study from Indiana University found that just watching cat videos is a great mood booster.



Across

1. Acknowledges applause
5. Silent
9. Region
10. Song for Carmen
11. Bridle part
12. Congers
13. Devise
15. Biblical beast
16. Trunk item
22. It's hailed by city dwellers
23. Aggravate
24. "A Prayer for ___ Meany"
25. Possesses
26. ___-ran
27. Earned

Down

1. John Candy role
2. Snack often twisted apart
3. Small dam
4. Tiny republic of Europe
5. Vortex
6. Fertilizer chemical
7. Slant
8. Comfort
14. "What's the ___?"
16. Greek portico
17. Ratchet bar
18. Hatchets
19. Corn Belt state
20. Peel
21. Alternatively

Devil's fire add on

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			

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

E	D	V	M		O	S	L	V
S	N	W	O		N	E	W	O
L	I	O	R		I	X	V	T
E	R	I	T		E	R	A	S
			S		S	A		
E	V	L	U		M	R	O	F
S	L	E	E		N	E	I	R
A	R	I	A			A	R	E
E	T	M	U		S	W	O	B

Mended Hearts Zoom Meeting
(See zoom info below)
October 19, 2021
7:00pm

Speaker: Aida Salhab, BSN, RN, CVN
Heart Failure Nurse Navigator
Orlando Health Heart & Vascular Institute

Aida Salhab is a Heart Failure Nurse Navigator for the Orlando Health Heart & Vascular Institute in Orlando, Florida. She has been caring for Acute Heart Failure patients admitted to the ORMC Downtown campus for 2 years. Prior to that, she was the Heart Failure Clinical Coordinator for the Orlando Health DPH Campus. Aida has worked for Orlando Health for over 14 years in various roles within the organization. She truly enjoys working for an organization that supports nursing excellence and strives for quality patient outcomes.

Aida is passionate about providing her patients with the tools they need to successfully manage their health condition. Aida enjoys providing Heart Failure education to both her patients and their family members. Uncovering barriers to her patients' success and filling those needs is an aspect of her role that Aida feels is truly fulfilling.

Aida is a proud Florida State Alumni, receiving her Bachelors in Nursing in 2007. She has been a resident of Central Florida and proudly volunteers for various organizations throughout Orlando.

Join Zoom Meeting
[https://us06web.zoom.us/j/3237225619?](https://us06web.zoom.us/j/3237225619?pwd=Q24yY1FKbHBLMTNrRkxuNWdJbVNCQT09)
[pwd=Q24yY1FKbHBLMTNrRkxuNWdJbVNCQT09](https://us06web.zoom.us/j/3237225619?pwd=Q24yY1FKbHBLMTNrRkxuNWdJbVNCQT09)

Meeting ID: 323 722 5619

Passcode: B1narF

One tap mobile

+16465588656,,3237225619#,,,,*654251# US (New York)
+13017158592,,3237225619#,,,,*654251# US (Washington DC)

Dial by your location

+1 646 558 8656 US (New York)
+1 301 715 8592 US (Washington DC)
+1 312 626 6799 US (Chicago)
+1 720 707 2699 US (Denver)
+1 253 215 8782 US (Tacoma)
+1 346 248 7799 US (Houston)

Halloween Trick or Treat Jokes

- What do birds say on Halloween? "Trick or tweet!"
- Why don't skeletons ever go trick or treating? Because they have no-body to go with.
- Where do ghosts buy their Halloween candy? At the ghost-ery store!
- What do owls say when they go trick or treating? "Happy Owl-ween!"
- What do ghosts give out to trick or treaters? Booberries!
- Who did Frankenstein go trick or treating with? His ghoulish friend.
- What Halloween candy is never on time for the party? Choco-LATE!
- What do witches put on to go trick or treating? Mas-scare-a.
- What does Bigfoot say when he asks for candy? "Trick-or-feet!"
- Which type of pants do ghosts wear to trick or treat? Boo jeans.
- What makes trick or treating with twin witches so challenging? You never know which witch is which!
- What happens when a vampire goes in the snow? Frost bite!
- What do you call two witches living together? Broommates
- What position does a ghost play in hockey?



Ghoulie.

October 28: Statue of Liberty Anniversary

The culmination of 20 years of planning, engineering and sculpting, the gift that celebrates freedom and French and American friendship was unveiled in New York Harbor on Oct. 28, 1886.

The colossal statue itself was designed and its sections built in France. The pedestal and base were built in America. The base on which Liberty stands was the largest cement mass ever poured until that time. Half of the cost was contributed by wealthy patrons.

Joseph Pulitzer, publisher of the New York World, organized a campaign to raise the balance. American school children donated their pocket money. Ordinary working people contributed the rest.

Pulitzer commissioned poet Emma Lazarus to write a poem for the new statue. She composed the sonnet "The New Colossus," which was inscribed on a plaque mounted inside the statue in 1903. Many Americans are familiar with the iconic second stanza, which reads:

"Keep, ancient lands, your storied pomp!" cries she
With silent lips. "Give me your poor,
Your huddled masses yearning to breathe free,
The wretched refuse of your teeming shore.
Send these, the homeless, tempest tossed to me.
I lift my lamp beside the golden door!"

Sculptor Auguste Bartholdi designed the solid copper torch, which was gilded to shine in the sunlight. Upon its arrival, however, the Army Corps of Engineers modified the torch so it would be lit at night.



Chapter & Group Zoom Calls Around the Country Open to ALL members

A number of our chapters and groups are holding monthly Zoom meetings for their local members, as well as anyone else who would like to join. If you are interested in connecting with others AND learning something new from a variety of speakers, please see below to find a meeting day and time that works for you. Please reach out to the contact listed for specific Zoom and meeting information.

Chapter 382	Bellingham, WA	1 st Saturday	10 AM PT	Dave Huber dpamhuber@comcast.net
Chapter 94	Northern Virginia	1 st Saturday	11 AM ET	Michael Kolansky mskolan@hotmail.com
Chapter 91	Greater Wenatchee, WA	1 st Monday (no meetings in Sept or July)	11:15 AM MT	Chuck Phelps 91president2022@nwi.net
Chapter 50	Rochester, NY Zoom & In-person	3 rd Monday	4 PM ET	Gene Binder eb518@aol.com
Chapter 389	Salem, OR	3 rd Monday	4 PM ET	Beth Augée ruready@reagan.com
Chapter 424	Evanston, IL	2 nd Tuesday	6:30 PM CT	John Frank johnnfrank@gmail.com
Chapter 362	Sugarland, TX	3 rd Tuesday (no meeting in Dec)	5 PM CT	Lea Parker ldragoparker@gmail.com
Chapter 206	Palm Beach County, FL	Last Tuesday	6 PM ET	Denise Duch Widzowski ddwidz.mendedhearts@gmail.com
Chapter 380	Boise, ID	3 rd Wednesday	3 PM MT	Becky Newberry semgoddessid@gmail.com
Chapter 351	Whittier, CA	3 rd Wednesday	6 PM PT speaker 7 PM PT support group	Constance Evans Constance.mh351@yahoo.org
Chapter 9	Hartford, CT	3 rd Wednesday	7 PM ET (no meetings July, Aug, Dec)	Bob Hoffman rhoffman1941@gmail.com
Chapter 412	Greenville, SC Zoom & in-person	4 th Wednesday	11 AM ET	Mike Buffington cruzinmike2010@gmail.com
Chapter 393	Spokane, WA	2 nd Thursday	6 PM PT	Kathleen Sullivan ksullivan@mendedheartsofspokane.org
Chapter 260	Huntsville, AL	3 rd Thursday	6:30 PM CT	Lindell Smith lfsbsmith@comcast.net
Chapter 115	Lexington, KY	3 rd Thursday	6:30 PM ET	Linda Martin lifegoodlm@yahoo.com



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 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	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>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 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>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 	<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>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>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>

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.**