

**“HEARTBEAT OF CENTRAL FLORIDA”**



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

September 2021  
Chapter 296 Newsletter

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

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**A Message from our President, Larry Sartori**

Hello everyone and welcome to your September Newsletter. I trust you all had a safe, healthy summer.

As you might remember we celebrated our 20<sup>th</sup> Chapter Anniversary in July. It was a very nice event and was a pleasure seeing many of you in person.

As you are aware Covid 19 Delta variant has been affecting many people in our country and in particular, in Central Florida. We have had and still are having many patients with Covid. So, keep your guard up and be aware of this dreaded disease.

On a happy note, September is our transitional month going from summer to fall. September 22<sup>nd</sup> is the first day of Fall. It’s almost time for pumpkins and our new harvest of apples. Personally, I like this time of year and looking forward to making apple-pie and fall activities.

I would like to welcome 2 new members to our chapter. Joe Blasko and Manuel Ferreira. So glad you have joined our chapter community. Also, congratulations to Angela Stein for completing her requirement on becoming a Mended Hearts visitor to patients at Advent Health Hospital.

We are planning to have another chapter zoom meeting on September 21<sup>st</sup> at 7pm. We are currently looking for a guest speaker for that event. More information will be forthcoming. Just a reminder, our monthly meetings take place the third Tuesday of every month at 7pm.

In closing, I wish everyone a Happy Labor Day. Stay SAFE & PEACE till next time.

Larry

## The woman behind Grandparents Day

The mover behind a National Grandparents Day was Marian McQuade, a housewife in Fayette County, West Virginia.

Her primary motivation was to champion the cause of lonely elderly people in nursing homes. She also hoped to persuade grandchildren to tap the wisdom and heritage their grandparents could provide.

President Jimmy Carter, in 1978, proclaimed that National Grandparents Day would be celebrated every year on the first Sunday after Labor Day. This year that is Sept. 12. He said:

"Grandparents are our continuing tie to the near past, to the events and beliefs that so strongly affect our lives and the world."

Whether they are our own or surrogate grandparents who fill gaps in our mobile society, our senior generation also provides our society a link to our national heritage and traditions.

"We all know grandparents whose values transcend passing fads and pressures, who possess the wisdom of distilled pain and joy. Because they are usually free to love and guide ... they can often reach out past pride and fear of failure and close the space between generations."

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## When Walking Hurts

Maybe you're just starting a walking routine or you're a walking veteran with years of brisk daily walks under your belt. Either way, it's no fun when aches and pains slow you down or even send you back to the couch. But not all pain is created equal, and while some pains are just inconvenient or uncomfortable, you should know when to call your doctor.

Heel pain is often caused by plantar fasciitis, when the band of tissue that runs from your heel to the ball of your foot is strained, according to Prevention. Pain in your heel or arch first thing in the morning is a common sign.

Stretching and supportive shoes are a must, or you can try cold packs or shoe inserts, according to the Harvard Health Letter. Call your doctor if the condition persists.

Calf pain that primarily shows up on one or both sides of the lower calf may be due to spinal stenosis, a condition in which a narrowed spinal canal results in compressed nerves. According to the Harvard Health Letter, symptoms often worsen during the day, so you may choose morning walks instead of evening walks. If you experience pain while walking, take breaks until the pain subsides.

Knee pain that feels like a throbbing in front of the kneecap is often a simple case of runner's knee, according to Prevention. Try another type of exercise, like cycling or swimming, for a few weeks until the pain subsides. You might also consider some exercises to strengthen your quads and help support your knee for future activity.

Pain throughout the leg that occurs every time you start activity and stops when you finish could be a sign of peripheral arterial disease, or PAD. According to Duke Health, PAD occurs when major blood vessels that supply blood to limbs become fully or partially blocked by fatty deposits. If you're obese, a smoker, diabetic or have high blood pressure or high cholesterol, you may be at increased risk for PAD. If you have leg pain that starts and stops with activity, contact your doctor. A variety of treatments are available, and the earlier the condition is treated, the better.

## RED SKELTON'S RECIPE FOR THE PERFECT MARRIAGE

Two times a week we go to a nice restaurant, have a little beverage, good food and companionship. She goes on Tuesdays; I go on Fridays.

- We also sleep in separate beds. Hers is in California and mine is in Texas.
- I take my wife everywhere, but she keeps finding her way back.
- I asked my wife where she wanted to go for our anniversary. "Somewhere I haven't been in a long time!" she said. So I suggested the kitchen.
- We always hold hands. If I let go, she shops.
- She has an electric blender, electric toaster and electric bread maker. She said "There are too many gadgets, and no place to sit down!" So I bought her an electric chair.
- My wife told me the car wasn't running well because there was water in the carburetor. I asked where the car was. She told me, "In the lake."
- She got a mud pack and looked great for two days. Then the mud fell off.
- She ran after the garbage truck, yelling, "Am I too late for the garbage?" The driver said, "No, jump in!"
- Remember: Marriage is the number one cause of divorce.
- I married Miss Right. I just didn't know her first name was 'Always'.
- I haven't spoken to my wife in 18 months. I don't like to interrupt her.
- The last fight was my fault though. My wife asked, "What's on the TV?" I said, "Dust!"

These were the good old days when humor didn't have to start with a four letter word or political.

It was just clean and simple fun. And he always ended his programs with the words:

"And May God Bless" with a big smile on his face...

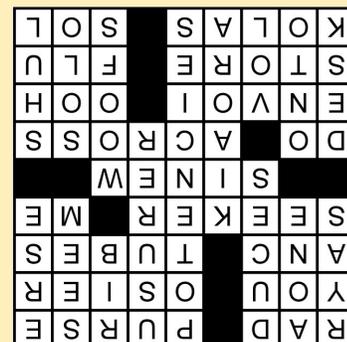
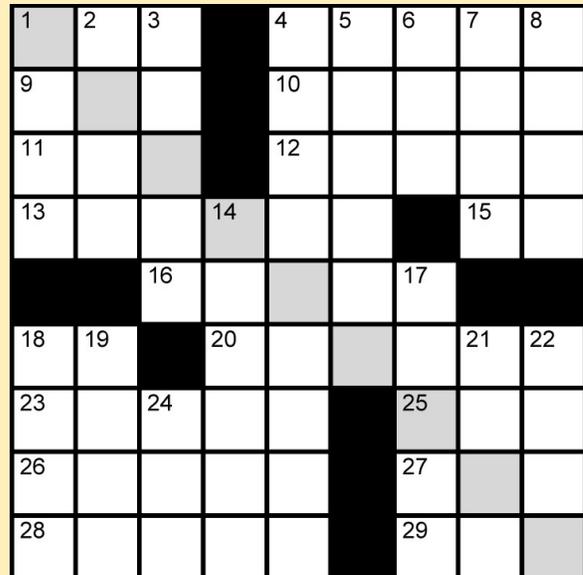
## Elvis' Talent

### Across

- "Far out!"
- Prize money
- Not me
- Willow
- Mandela's org.
- Toothpaste containers
- Explorer
- Yours truly
- Tendon
- Perform
- Down's opposite
- Final stanza poem
- "\_\_\_ Baby Baby"  
(Linda Ronstadt hit)
- Mall component
- Vaccine target
- Caffeine-rich nuts
- Light source

### Down

- Scandinavian rugs
- Top-notch
- Leaders like Mussolini
- Forces
- Loan shark
- Barbecue offering
- Appear to be
- Gaelic language
- New Zealand welcome
- Kennel sounds
- Work station
- Aware of
- Alone
- Synagogue
- TV control: Abbr.





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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.

<p><b>INDIVIDUAL MEMBERSHIP</b></p> <p>____ Associate Member --- FREE</p> <ul style="list-style-type: none"> <li>* Can attend any chapter meeting for MH or <u>MLH</u></li> <li>* Can join online <u>communities</u></li> <li>* Can access Member <u>Portal</u></li> <li>* Receives the National e-newsletter</li> </ul> <p>____ Individual Member --- \$20 annual donation per person</p> <ul style="list-style-type: none"> <li>* All of the benefits of an Associate Member, PLUS</li> <li>* Membership Card</li> <li>* Car Decal – Select ___ MH or ___ <u>MLH</u></li> <li>* One-time 5% off coupon for purchase from the MH store</li> <li>* <u>One year</u> annual subscription to Heartbeat magazine (\$30 value)</li> </ul> <p>____ Bronze Member --- \$45 annual donation per person</p> <ul style="list-style-type: none"> <li>* All the benefits of a Full Individual Member, PLUS</li> <li>* Membership Pin</li> <li>* Choice of ___MLH Drawstring Backpack or ___MH/MLH Notecards (10 pk)</li> <li>* 5% off registration of any National (not regional) MH/MLH Conference or Symposia</li> </ul> <p>____ Silver Member --- \$100 annual donation per person</p> <ul style="list-style-type: none"> <li>* All the benefits of a Bronze Member, PLUS</li> <li>* A <u>Stainless Steel</u> Mended Hearts Travel Mug</li> </ul> <p>____ Gold Member --- \$250 annual donation per person</p> <ul style="list-style-type: none"> <li>* All the benefits of a Silver Member, PLUS</li> <li>* A Red Fleece Blanket</li> <li>* 10% off registration of any National Conference or CHD Symposium</li> </ul> <p>____ Heart of Gold Lifetime Sponsor --- \$1500 donation  <b>A one-time donation per individual</b></p> <ul style="list-style-type: none"> <li>* All the benefits of a Gold member FOR LIFE, PLUS</li> <li>* 15% off registration fees at National MH/MLH Conferences / Symposia</li> <li>* 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</li> </ul>	<p><b>FAMILY MEMBERSHIP</b></p> <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"> <li>* All of the benefits of an Associate Membership, PLUS</li> <li>* <u>One year</u> annual subscription to Heartbeat magazine (\$30 value)</li> <li>* Membership Cards for all members of the family</li> <li>* 2 Car Decals – Select ___ MH or ___ <u>MLH</u></li> <li>* Each family member receives a one-time 5% off coupon for purchase from the MH store. Use only one coupon per order.</li> </ul> <p>____ Bronze Family Membership --- \$75 annual donation</p> <ul style="list-style-type: none"> <li>* All the benefits of a Family Membership, PLUS</li> <li>* One Membership Pin per member</li> <li>* Choice of ___MLH Drawstring Backpack or ___MH/MLH Notecards (10 pk)</li> <li>* 5% off registration of any National (not regional) MH/MLH Conference or Symposia</li> </ul> <p>Family Members:</p> <p>Spouse ___ Child ___ Heart Patient _____</p>
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ALL Donations are tax deductible

<b>PAYMENT INFORMATION:</b>		<b>ADDITIONAL CHAPTER/GROUP DONATION:</b>	
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>	\$ _____		
<b>TOTAL TO NATIONAL</b>	<b>\$ _____</b>	<b>TOTAL TO CHAPTER</b>	<b>\$ _____</b>

**\*\*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.**