

“HEARTBEAT OF CENTRAL FLORIDA”



Mended Hearts™
of Orlando - Central Florida

Chapter 296 Newsletter

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



Healthy Heart Month!

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A Message from our President, Larry Sartori

Happy February and welcome to your newsletter for this month. I hope all of you are feeling well and are having a pleasant winter with our cooler temperatures.

Do not forget your loved ones on Valentine’s Day!

In this newsletter I am including one recipe from one of the cookbooks I have written. It is an easy one to follow and is heart healthy, nutritious, and tasty. Please enjoy!

February is heart month. What a suitable month for heart survivors. But where did this celebration get its origins? Well, as you can guess, it dates back to Ancient Rome. It seems there was Christian priest named Valentine (the name Valentine was a common name in those days). St. Valentine was captured by Roman soldiers for practicing banned church services and performing marriages to citizens of Rome and other noble acts. He was martyred on February 14 in AD269.

The Feast of Saint Valentine, also known as Saint Valentine's Day, was set up by Pope Gelasius I AD 496 to be celebrated on February 14 in honor of the Christian martyr. Now, of course, there are other explanations but this one seems the most logical. So, smell the flowers, eat dark chocolate, and enjoy the day!

We are still looking for a guest speaker for our Zoom meeting scheduled for February 15th. We will update you as soon as we get a guest speaker.

Till next time, stay safe!

Peace & Love,
Larry

How music can help heal a broken heart

What song makes your heart pound? Do you get breathless from "Total Eclipse of the Heart?" Does Whitney Houston's cover of "I Will Always Love You" get you going? Or maybe you're old school and nothing makes your pulse race quite like the final movement of Beethoven's Symphony No. 9.

Whatever your preference, humans have always felt an innate connection between music and their hearts. And according to Scientific American, that ancient instinct is helping modern physicians diagnose and treat today's cardiac patients.

Heart rhythm disorders, such as arrhythmia and atrial fibrillation, create complex tones that are audible through the stethoscope. In an article for the *Lancet*, nephrologist Michael Fields describes how he uses musical analogies to teach cardiac auscultation to medical students. According to Fields, describing heart tones in musical terms is a useful tool to help new physicians acquire this notoriously difficult skill.

According to *Frontiers in Physiology*, another group of researchers used a scene from a movie that pairs high tension with a fast-paced musical score to study how strong emotions influence heart cells. Their data may explain how extreme stress can contribute to serious cardiac arrhythmias.

According to *Scientific American*, cardiac patients can also benefit from music-based interventions to help them recover from surgery, lower stress and help reduce blood pressure and heart rate. Some studies have found that patients who listen to relaxing music after heart attacks experienced decreased strain on heart and lungs.

While music therapy for heart patients is still an emerging area of study, the early results are promising, according to St. Luke's Health. And even though more research is needed and music alone cannot treat cardiovascular diseases, there's no real risk attached to spending 30 minutes a day relaxing with your favorite tunes.



FUN FACTS ABOUT FEBRUARY

1. February is National Hot Breakfast Month!
2. Valentine's Day was first celebrated around the year 500.
3. The word February comes from a Latin word meaning "purification."
4. February's birth flower is the violet.
5. The birthstone for this month is the amethyst.
6. February is Return Shopping Carts to the Supermarket Month!
7. In February of 1878, inventor Thomas Edison was granted a patent for the phonograph.
8. The chance of being born on Feb. 29 (this date only occurs on a Leap Year) is 1 in 1,461.
9. According to grammarerrors.com, February "is probably one of the most commonly mispronounced words in the English language."
10. In the 1500s, February was known as "Feverell."



A Healthy Dose of Olive Oil May Keep Death Away

Study finds olive oil can reduce the overall risk of cancer, heart disease

We've all heard that olive oil is good for your heart, but new research out of Harvard University's T.H. Chan School of Public Health proves just how beneficial it can be in preventing death. Researchers found that people who regularly consume olive oil lower their risk of early death from cardiovascular disease, cancer and neurodegenerative disease, compared with those who don't. What's more, people who opt for olive oil over animal fat reduce their overall risk of total and cause-specific deaths.

To determine if there were positive effects from consuming olive oil, the researchers studied health data collected from 1990 through 2018 on 60,852 women and 31,801 men. All of the participants were free of cardiovascular disease or cancer at the start of the study. Participants were required to answer a dietary questionnaire every four years. Questions included how often they use olive oil in salad dressing, in food, and in baking and frying. People who consumed more than seven grams of olive oil per day had a 19 percent lower risk of dying from cardiovascular disease, a 17 percent lower risk of dying from cancer, a 29 percent lower risk of neurodegenerative mortality and an 18 percent lower risk of respiratory death than those who never or rarely consumed olive oil.

Can staying away from margarine, butter improve health?

When compared with the consumption of margarine, butter, dairy fat and mayonnaise, the researchers found that olive oil lowered the risk of total and cause-specific deaths; however, there was no significant difference between using olive oil and vegetable oil. "Clinicians should be counseling patients to replace certain fats, such as margarine and butter, with olive oil to improve their health,"

Marta Guasch-Ferré, a senior research scientist in the department of nutrition at Harvard's T.H. Chan School, said in a statement. "Our study helps make specific recommendations

that will be easy for patients to understand and, hopefully, implement into their diets."

Researchers have been studying the benefits of olive oil for years, but this marks the first long-term study on the impact consuming olive oil has on mortality in the U.S. Previous studies focused on people in Europe and the Mediterranean who consume olive oil at a higher rate. Now, with this study proving just how healthy it is, more Americans may increase their intake of olive oil.

Donna Fulscado, [AARP](#), January 27, 2022

Chickpeas in Sauce

This is a quick, tasty meal to prepare

4 cups prepared chickpeas (2 cans or dry)
¾ cups chopped onions
2 teaspoons minced garlic
1 cup fresh plum tomatoes, skin removed and chopped
6 cups fresh organic salad spinach, chopped
½ teaspoon dry thyme or 1 tablespoon chopped fresh thyme
1 tablespoon extra virgin olive oil
¼ cup dry white wine; or ¼ cup chicken or vegetable broth (nonfat, low sodium)

Preheat a large sauté pan on medium heat. Add onions, tomatoes and a dash of salt. Mix well. When onions are lightly brown (approximately 4 minutes) add wine and cook approximately 4 minutes or until the alcohol smell is gone or, if you prefer, use broth. Add beans and mix well. Add thyme, garlic and bring to a boil. Reduce to a simmer and cook 3-4 minutes. Add spinach and mix well. Add a little water if it appears too dry. Cook an additional 2 minutes. Adjust to your taste with sea salt and pepper.

Pour into a serving dish and drizzle some extra virgin oil on top. Enjoy!

Gourmet Healthy Recipes by Lawrence Sartori

Optical and Otherwise

Across

1. Doctrines
5. Use a keyboard
9. Madison Avenue award
10. In the center of
11. Kind of market
12. Like some drinks
13. Relating to bone marrow
15. Kitchen meas.
16. Of or relating to the law
22. Snack often twisted apart
23. Small horse
24. Withdraw gradually
25. Sea eagle
26. Flees
27. Neptune's realm

Down

1. Missile
2. Swing around
3. Gentle
4. Answers
5. Vents on cars
6. Village People hit
7. Dock
8. Small whirlpool
14. Hallucinogen
16. Bloodhound feature
17. Fertilizer chemical
18. Paper purchase
19. Reactor part
20. Writer Quindlen
21. Cleaning cabinet supplies

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16	17	18				19	20	21
22					23			
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Y	N	O	P		O	R	E	O	O
L	A	L	I		D	I	R	J	J
			P		S	T			
Y	A	R	L		L	U	M	E	D
D	I	C	E		L	L	B	U	L
D	A	M	I		O	C	L	I	O
E	P	T	Y		S	M	S	I	S

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