

**“HEARTBEAT OF CENTRAL FLORIDA”**



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

## Chapter 296 Newsletter

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

# HAPPY NEW YEAR 2022



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

Welcome and Happy New Year to all of you. We all made it through another year of living with Covid-19. I hope and pray we finally will see the last of this dreaded disease in 2022.

Our Holiday Party was held on December 12<sup>th</sup> at Dubsdread Country Club, and everyone seemed to have a great time. The food was great as well as the live music provided by Rick The room was a little small, but it was so much fun seeing all of you there.

We were planning to have an in-person meeting on January 18<sup>th</sup> but due to the recent surge of omicron Advent Health cancelled all future meetings for the time being. Hopefully, later in the year we can have in person meetings again. This month’s ZOOM meeting will take place on January 18<sup>th</sup> at 7pm. Flyer will be sent out shortly with all the information.

With the New Year at hand, it might be a good idea to make a resolution or two. I have one to lose 10-12 lbs. Yes, over the holidays I gained 5 lbs so now I’ve resolved to lose that plus some extra. It certainly is a challenge because I love to eat.

Till then stay safe, healthy, and happy!

May you be blessed with all good things in 2022. Till next time!

Peace & Love,

Larry

## How Resolutions Have Changed

In the United States, New Year's resolutions are still a tradition, but the type of resolutions have changed.

As a legacy of our Protestant history, resolutions in the early 1900s were more religious or spiritual in nature, reflecting a desire to develop stronger moral character, a stronger work ethic, and more restraint in the face of earthly pleasures.

Over the years, however, resolutions seem to have migrated from denying physical indulgences to general self improvement, like losing weight. While it may seem superficial, medical sociologist Natalie Boero of San Jose State University suggested that today's resolutions are also a reflection of status, financial wealth, responsibility, and self-discipline—which isn't that different from how the New Year's resolution tradition began.

## SEE THE DIFFERENCE

### RESOLUTIONS FROM 1947—Gallup Poll

1. Improve my disposition, be more understanding, control my temper.
2. Improve my character, live a better life.
3. Stop smoking, smoke less.
4. Save more money.
5. Stop drinking, drink less.
6. Be more religious, go to church more often.
7. Be more efficient, do a better job.
8. Take better care of my health
9. Take greater part in home life.
10. Lose (or gain) weight.

### TODAY'S RESOLUTIONS

1. Lose weight
2. Get organized
3. Spend less, save more
4. Enjoy life to the fullest
5. Stay fit and healthy
6. Learn something exciting
7. Quit smoking
8. Help other fulfill their dreams
9. Fall in love
10. Spend more time with family
11. Improve my character, live a better life.



## **A brief history of hello**

Odds are pretty good that when you answer the phone, "hello" is the first thing out of your mouth. But have you considered taking "ahoy" for a spin instead?

When Alexander Graham Bell received the patent for the telephone in 1876, "hello" hadn't been in our vocabulary for very long. According to National Public Radio, the first published use of "hello" was in 1827 -- just shy of 50 years before Bell's patent. People used it as a way to catch attention or express surprise, not unlike the way we use "hey" today.

So when Bell thought about the appropriate way to answer a telephone call, he landed on "ahoy," a word with a much longer history. The idea gained some traction when the first telephone operators were trained to answer the phone with "Ahoy! Ahoy!"

Bell's arch-rival Thomas Edison, who invented a transmitter to improve Bell's invention, encouraged users to answer the phone with a crisp "hello" instead. When the first telephone directories advised "hello," the issue was largely settled.

## **When should you go to the emergency room?**

It's easy to see that an accident victim needs emergency treatment. Judging whether a medical condition requires a trip to the emergency room (ER) is more difficult.

Get to the ER fast, say doctors at Harvard Medical School, if any of these problems occur:

Severe abdominal pain. Especially if there is vomiting, swelling or tenderness of the abdomen or fever. This may signal appendicitis, bowel obstruction or a perforated organ.

Fractures. Suspected fractures should be evaluated promptly, except in the case of a finger or toe.

Breathing difficulty. Go quickly if you have heart or lung disease, asthma, chest pain, rapid heart beat, swelling, dizziness, pale clammy skin or swollen tongue or throat.

Chest pain. People with coronary artery disease or angina should get help if pain begins during exercise and persists despite 10 minutes of rest or under-the-tongue nitroglycerin.

Headaches. Most can be treated in the doctor's office. Go to the ER if a headache is accompanied by confusion, nausea and vomiting, loss of sensation or muscle strength, fever or sensitivity to light.

Numbness or tingling. Widespread numbness or tingling can be due to a stroke. Get help immediately if one side of the body is affected, vision is blurred or distorted or if speaking is difficult.

Rash. Rash accompanies many illnesses, is a common reaction to certain foods and usually does not require immediate treatment. But purple spots on the skin accompanied by fever are signs of serious illness such as meningitis. Hives that appear after an insect sting are a signal to get immediate treatment.

Vomiting. This is an emergency if it produces blood or material that looks like coffee grounds. These are symptoms of serious problems.

**Across**

1. Relatives
4. Ms. Williams in aquamusicals
9. Plastic \_\_\_\_ Band
10. Silk with a wavy pattern
11. London lav
12. Pig out
13. Respond
15. '\_\_\_\_ Thee I Sing'
16. Calculus pioneer Leonhard
18. @
20. Dozes
23. Rwandan people
25. Morse T
26. Orchestra section
27. Freudian topic
28. Swamp
29. Understand

**Down**

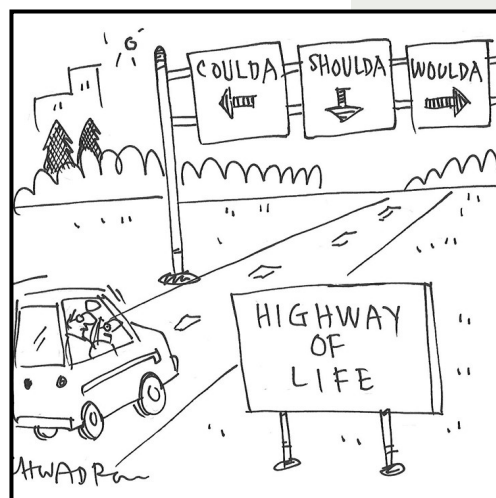
1. Caffeine source
2. Knowing, as a secret
3. Lasso loop
4. Add frills to
5. Evening event
6. Food container
7. Therefore
8. Snorkeling site
14. Wimps
17. Counsels: arch.
18. Proton's place
19. Big brass
21. Book unit
22. Loafer, e.g.
24. Craggy peak

**Brain content**

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		
28						29		

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

E	E	S		H	S	R	V	M
O	G	E		S	S	O	B	O
H	V	D		I	S	T	U	T
S	P	E		L	E	S		A
		R		L	E	U		
O				R	E	W	S	N
E	G	N		B		O	O	L
E	R	E		M		O	N	O
R	E	S		T		N	I	K







**HOLIDAY PARTY**



**FUN WITH FRIENDS**







The Mended Hearts, Inc.  
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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.**