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## “HEARTBEAT OF CENTRAL FLORIDA”



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

## 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 and welcome to your Chapter 296 Newsletter. This year is moving faster than usual. I hope all of you are doing well and your families are having a good year so far.

I do have news about our team of chapter officers. First, Claire Jones has decided to retire from our Board. She was our Treasurer for many years and has always done an excellent job. I thank her very much for her loyal service. Secondly, I would like to announce Claire’s replacement. Scott McClendon is our new Treasurer officer. Thank you Scott and I am certain everyone wishes you success.

This month I do need to ask you all a favor. We are thinking of going back to in-person meetings at Advent Health. But there are strict requirements that the hospital requires us to follow. Everyone must wear a mask at all times. We will not be allowed to have food or drinks at the meetings. So, the question for all of you is, would you want to continue with the Zoom meetings until the hospital’s restrictions are lifted or meet at the hospital? Please let me know your preference. Thanks so much. I’ve attached a survey link here.

Please go to the survey and mark your choice. <https://www.surveymonkey.com/r/62F6DR2>

I would like welcome our newest member to our chapter, James Barry. We are glad to have you join us.

To all you Irish fans, Happy St. Patrick’s Day. Yes, I do have a small amount of Irish ancestry. They say, **everyone is Irish on St. Patrick’s Day!**

Well Spring is here. Go out and smell the roses. If you do not have any, plant some. Also, flowers are easy to plant. No yard? No problem! Plants do well by a sunny window in flowerpots. So, enjoy the nice weather. Perfect for a walk or bike ride.

In closing, please let me know about the in-person meetings, <https://www.surveymonkey.com/r/62F6DR2>

Have a safe and Blessed March!  
Peace & Love,  
Larry

## How a Decade of Inflation Has Hit Everyday Expenses

by Donna Fuscaldo, AARP February 22, 2022

Inflation has been high these past 12 months, but it's been making life more expensive for years

Gross domestic product, a measure of the nation's economic output, rose at a feverish 6.9 percent in the last three months of 2021, compared to the same period in 2020, and the unemployment rate sank to 4 percent in December 2021, down from 6.4 percent the previous year. The recent burst of inflation is grabbing headlines, but the effect of inflation is cumulative, and the increase in prices over the past decade is even more eye-opening. Back in 2012, older adults were paying a lot less for key goods and services.

### Medical expenses

The cost of [medical goods and services](#) has risen rapidly over the past decade, with consumers paying more for doctor visits, hospital stays, surgeries and supplies. Medical care is an important component of the Consumer Price Index (CPI), an economic data point that measures the price of a basket of goods and services on a monthly and yearly basis. It includes the prices associated with doctor visits, hospital stays, medicine, equipment and insurance. Compared to 2012, medical costs are up nearly 27%, according to the Bureau of Labor Statistics.

That's clearly not the case today. Gross domestic product, a measure of the nation's economic output, rose at a feverish 6.9 percent in the last three months of 2021, compared to the same period in 2020, and the unemployment rate sank to 4 percent in December 2021, down from 6.4 percent the previous year. The recent burst of inflation is grabbing headlines, but the effect of inflation is cumulative, and the increase in prices over the past decade is even more eye-opening. Back in 2012, older adults were paying a lot less for key goods and services.

	2012	Today
Doctor visit	\$69–\$102	\$143
Hospital stay	\$10,200–\$13,000	\$30,000
Insulin	\$2,864 per year	\$6,000 per year (2018)
Health insurance	\$5,615 per year for single coverage; \$15,745 for family	\$7,739 per year for single coverage; \$22,221 for family

## Gasoline at the pump

Anyone who has filled up their tank recently knows just how much gas has climbed over the past few months. The energy component of January's CPI rose 27% year over year. Surprisingly, gasoline prices are about the same as they were a decade ago. Prices at the pump could rise as the Ukrainian crisis unfolds. Regardless, retail gasoline prices tend to increase during the spring and summer travel season as gas stations switch to the summer blend of gasoline, which tends to be pricier.

## Housing

Ask any city dweller or empty nester looking to move in the past year just how high home prices have surged. With the pandemic driving people out of cities in search of larger spaces, home prices have been climbing at a rapid rate. Add a surge in the cost of building supplies and a shortage of construction workers, and countless people have been paying a lot to purchase a home. Even worse, many would-be buyers have been shut out of the market altogether.

But it's not just the past 12 months that have seen housing prices rise. They have steadily increased over the previous decade. Consider this: In February 2012, the median price (meaning half were more, half were less) for a home was \$239,900, and the average price was \$274,000. As of the end of 2021, the median price had jumped to \$377,700, and the average price has increased to \$457,300.

Rent, too, has gone up over the past decade. In 2012, fair market rent for a two-bedroom apartment was \$1,059 in California, \$905 in New York, \$630 in Georgia and \$1,506 in Washington, D.C. Fast-forward to 2022, and those figures are \$1,533 in California, \$1,138 in New York, \$853 in Georgia and \$1,785 in Washington, D.C.

## Entertainment

Whether you're dining out, seeing a live show or going to the movies, chances are you're paying more for fun than a year ago, let alone 10 years ago. The cost of entertainment has been rising, particularly in the past 12 months, thanks to pent-up demand brought on by the pandemic. But the increases extend beyond the most recent price hikes. Consider the following changes since 2012.

	2012	Today
Movie tickets	Average price \$7.96 per ticket	Average price \$9.16 per ticket (2019)
Valentine's Day gifts & experiences	\$126.03	\$175.41
Netflix subscription	\$7.99 per month	\$15.49 per month
Super Bowl ticket	Average price \$1,200	Average price over \$8,000

Inflation is a constant worry, especially for anyone living on a fixed income. Over the past 50 years, the Consumer Price Index has averaged a 3.9 percent 12-month increase. In other words, to equal the buying power of \$100 in 1972, you'd need \$684 today. To equal the buying power of \$100 in 2012, you'd need \$124 today.



## St. Patrick's Day Interesting Facts

1. St. Patrick's Day is an Irish national holiday with banks, stores, and businesses closing for the day.
2. The first St. Patrick's Day celebration in the United States was held in Boston (1737).
3. Shamrocks are the national flower/emblem of Ireland.
4. The color of St. Patrick's Day was originally blue.

Wearing green has become a staple of St. Patrick's Day, but the holiday was originally associated with the color blue. It's thought that the shift to green happened because of Ireland's nickname "The Emerald Isle," the green in the Irish flag and the shamrock, or clover. Green ribbons and shamrocks were worn as early as the 17th century.

5. Beer is one of the most widely consumed beverages on St. Patrick's Day.
6. Legend says that each leaf of the clover has a meaning: Hope, Faith, Love and Luck.
7. 1962 marked the first time Chicago dyed their river green for St. Patrick's Day.
8. Guinness is one of the most popular drinks on St. Patrick's Day.
9. Shamrock shakes are also very popular (and tasty!):
10. There are 34.7 million U.S. residents with Irish ancestry. This number is more than seven times the population of Ireland itself.
11. The real St. Patrick wasn't Irish. He was born in Britain around A.D. 390 to an aristocratic Christian family.
12. Your odds of finding a four-leaf clover are about 1 in 10,000.
13. The world's shortest St. Patrick's Day parade is held in an Irish village. It lasts only 100 yards, between the village's two pubs.
14. To celebrate St. Patrick's Day, Chicago dyes the river green for a few hours.
15. St. Patrick never got canonized by a pope, making his saintly status somewhat questionable.

## High Five\$ for Heroes

Each year about 40,000 babies (1 in 110) in the U.S. are born with a heart condition and many of those children will go on to spend time in the hospital for surgeries and procedures.

During this stressful and unsure time, Mended *Little* Hearts® is there to provide support for families through our Bravery Bag Program. These bags are full of comfort items for families in the hospital.

MHI provides all of our groups with free bags, pens, and wristbands, as well as the educational items needed to fill them. If you would like to support this important program, please consider making a donation to our High Five\$ for Heroes Fundraiser.

Participating is easy - simply high five your favorite hero, donate \$5 online at <https://mendedhearts.org/#donate> or call 888-432-7899, and then share the campaign with five friends!





## Your rights under the No Surprises Act

It's a familiar story -- a necessary trip to the emergency room that yields an astronomical bill because the on-call physician or the facility aren't part of your health insurance network. Or maybe you have a scheduled procedure with an in-network surgeon, but an out-of-network surgical assistant leaves you on the hook for thousands.

The No Surprises Act, which went into full effect at the beginning of this year, establishes new federal protections against these kinds of surprise charges, also called "balance bills," according to Healthline. The new rules require private insurers and providers to negotiate balance bills directly, and if a fair reimbursement rate can't be negotiated, an independent arbiter is called in to settle the dispute. Importantly, the patient is no longer part of the equation.

According to the Centers for Medicare and Medicaid Services, the No Surprises Act bans surprise bills for most emergency services, out-of-network cost sharing charges for most emergency and some non-emergency services, and balance billing and out-of-network charges for additional services (such as anesthesiology and radiology at an in-network facility). The law also requires providers and facilities to provide good-faith treatment cost estimates for patients who are uninsured or self-pay. A bill that exceeds \$400 above the good-faith estimate can be disputed within 120 days.

While the bill eliminates balance billing for air ambulance services, patients are still liable for balance bills for ground ambulance services, according to the Kaiser Family Foundation. The law mandates the creation of a federal advisory committee to study the issue and make recommendations, but meanwhile, about half of emergency ground ambulance rides result in out-of-network charges for privately insured patients.

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### MHI Rings Closing Bell at Nasdaq

The Mended Hearts, Inc. was invited to ring the Nasdaq Closing Bell on February 11, 2022

In addition to virtually ringing the bell, we were also given the opportunity to advertise on the Nasdaq marquee placed in the middle of Times Square in New York City. This was one of the many exciting opportunities that the organization had during February to share what we do to support, educate and advocate for heart patients and families.

Thank you to all of our chapters, groups, and members who took the time to share their stories with their communities and the media during CHD Week and Heart Month.



### Chapter 296 Visiting Report for year 2021 (represents both AdventHealth and Orlando Health Hospitals)

I am happy to supply the following Mended Hearts Chapter 296 Visiting Report for year 2021.

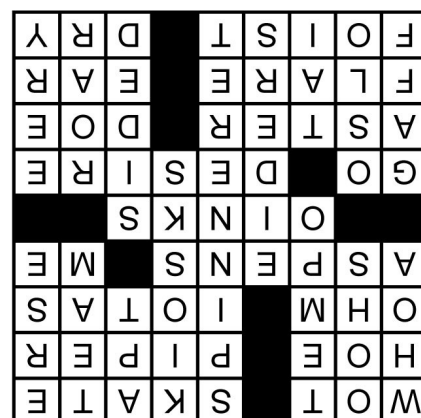
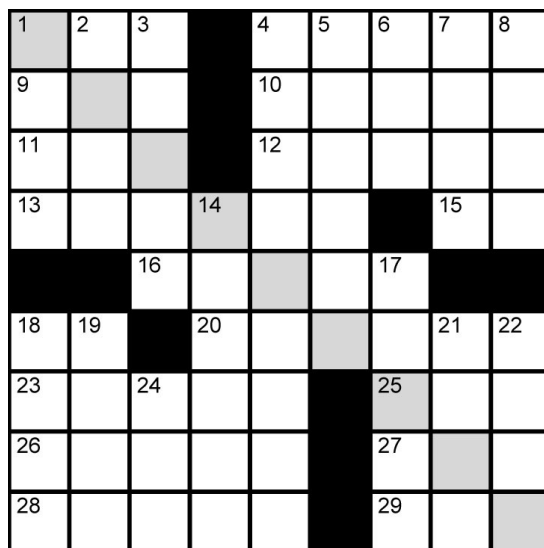
876 Patients visited in the hospital  
938 Hospital visits  
7 Family hospital visits  
59 Telephone follow-up visits to hospital patients  
86 Telephone visits to TAVR patients  
15 Telephone visits to heart transplant patients

If you have any desire to help with our visiting program, please contact Mike Weber at [mikejweber@att.net](mailto:mikejweber@att.net) or 407-701-9469.

## March 8 Special Day

### Across

1. Knows, in poesy
4. Flat fish
9. Garden tool
10. Hamelin musician
11. Resistance unit
12. Bits
13. Poplars
15. Northeastern most st.
16. Pig sounds
18. 'Monopoly' square
20. Covet
23. Fall flower
25. Buck's partner
26. Emergency signal
27. Mr. Potato Head piece
28. Palm off (on)
29. Like some wines



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

### Down

1. "Hold your horses!"
2. \_\_\_ and aahs
3. Pace
4. Web-making part of a spider
5. Newsstands
6. Fitting
7. Mets, Jets or Nets
8. Gaelic tongue
14. Large sea ducks
17. Allied (with)
18. Big fishhook
19. Nobel Peace Prize city
21. Surf's sound
22. Otherworldly
24. Skater Babilonia

## Oatmeal Raisin Walnut Cookies

### Ingredients

1/2 cup raisins  
1 cup trans-fat-free tub margarine  
1/4 cup stevia sugar blend  
1 large egg  
1/2 cup unsweetened applesauce  
2 cups all-purpose flour  
1 teaspoon ground cinnamon  
1 teaspoon vanilla extract  
3/4 teaspoon salt  
3/4 teaspoon baking powder  
1/2 cup uncooked rolled oats  
1/2 cup chopped walnuts

Servings: 24  
Serving Size: 1 cookie

Calories 124 Per Serving  
Protein 2g Per Serving  
Fiber 1g Per Serving

### Directions

- 1) Preheat the oven to 350°F.
- 2) Put the raisins in a small microwaveable bowl. Cover them with water. Microwave on 100 percent (high) for 2 to 3 minutes. Let the raisins soak for 10 to 15 minutes. Drain well in a colander. Set aside.
- 3) In a large bowl, using an electric mixer on medium high, beat the margarine and stevia sugar blend until just blended. Beat in the egg and applesauce.
- 4) In a medium bowl, stir together the flour, cinnamon, vanilla, salt, and baking powder. Gradually beat the flour mixture into the stevia sugar blend mixture just until moistened but no flour is visible.
- 5) Gently fold in the oats, walnuts, and raisins.
- 6) Using 2 tablespoons, drop the dough about 2 inches apart on a large baking sheet or two small baking sheets to make 24 cookies. With the palm of your hand or a fork, lightly flatten each cookie.



The Mended Hearts, Inc.

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## MEMBERSHIP FORM

DATE \_\_\_\_\_

☐ NEW MENDED HEARTS ☐ NEW MENDED *LITTLE* HEARTS ☐ NEW YOUNG MENDED HEARTS ☐ RENEWAL

Name (Mr./Mrs./Ms.) \_\_\_\_\_ Chapter/Group \_\_\_\_\_ National Member \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

City / ST / Zip \_\_\_\_\_ I want to be a 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: \_\_\_\_\_ Gender: \_\_\_\_\_

**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/group meeting for MH, MLH or YMH
- \* Can join online communities
- \* Can access Member Portal
- \* Receives the National e-newsletter

#### Individual Member --- \$20 annual donation per person

- \* All the benefits of an Associate Member, PLUS
- \* Membership Card
- \* Car Decal - Select \_\_\_ MH \_\_\_ MLH \_\_\_ YMH
- \* 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/YMH 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/YMH 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 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 \_\_\_ MLH \_\_\_ YMH
- \* 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/YMH 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:

#### ADDITIONAL CHAPTER/GROUP DONATION:

Membership Level \_\_\_\_\_ \$ \_\_\_\_\_

Chapter/Group Name: \_\_\_\_\_

Additional tax-deductible Donation to:

Amount: \$ \_\_\_\_\_

☐ Mended Hearts ☐ Mended *Little* Hearts

☐ Young Mended Hearts

\$ \_\_\_\_\_

TOTAL TO NATIONAL \$ \_\_\_\_\_

TOTAL TO CHAPTER \$ \_\_\_\_\_

**\*\*Please note:** To be a member of a Mended Hearts Chapter, Mended *Little* Hearts or Young Mended Hearts Group, you must be a member of The Mended Hearts, Inc.