

**“HEARTBEAT OF CENTRAL FLORIDA”**

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

November 2021  
Chapter 296 Newsletter

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



**Mended Hearts  
Chapter 296  
Board Contacts**

**President  
Larry Sartori  
407-909-1269**

**Secretary  
Linda Burns  
407-277-0918**

**Treasurer  
Claire Jones  
407-380-6042**

**Visiting Chair  
Mike Weber  
407-814-8890**

**Hospitality  
Membership  
Newsletter Editor  
Joan Sartori  
407-909-1269**

**Social Functions  
Corine Weber  
407-814-8890**

**Social Media  
Mark Weber  
321-279-7735**

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

Welcome everyone to your November newsletter. By the way, our editor of the newsletter is doing a great job.

So here we are in November, the last month of fall. November was named by the ancient Romans and was the 9th month of the year and has been called November for thousands of years. Of course, now it is the 11th month. It was changed in 45 BC by who else... the Romans.

In the latest issue of Heartbeat National is celebrating 70 years of service to patients. Our Chapter had a beautiful full page design congratulating them. See copy of the design in this newsletter. Thank you Joan for designing this!

We had a very informative speaker for our October Zoom meeting. Aida Salhab from Orlando Health offered some interesting information.

This month we are trying very hard to get a guest speaker. Our meeting is scheduled for November 16th at 7pm. As soon as we get a speaker we will send out the information.

Our holiday party is scheduled for December 12th. For complete information, please read the flyer in this newsletter. Hope to see you at this event.

I want to wish all of you a Happy Thanksgiving. Enjoy your feast with family and friends.

Till next time, Stay SAFE!

Peace & Love,

Larry

## November is National Family Caregivers Month

### *Ten Tips for Family Caregivers*

1. *Seek support from other caregivers.*
2. *Take care of your own health so you can take care of your loved one.*
3. *Accept offers of help and suggest specific things people can do to help you.*
4. *Learn how to communicate effectively with doctors.*
5. *Be open to new technologies that can help you care for your loved one.*
6. *Watch out for signs of depression and seek help if you need it .*
7. *Caregiving is hard work so take breaks when you need it.*
8. *Organize medical information so it's up-to-date and easy to find.*
9. *Make sure legal documents are organized.*
10. *Give yourself credit for doing the best you can!*

<https://www.caregiveraction.org/resources/10-tips-family-caregivers>

## Sunday, November 7, 2021

Daylight Saving Time ends at 2 a.m. Set clocks back one hour.

### Facts

**Sunday, November 7, 2021** - Daylight Saving Time ends at 2 a.m. Set clocks back one hour.

**1914-1918** - Britain goes on DLS during [World War I](#).

**March 19, 1918** - The Standard Time Act establishes time zones and daylight saving. Daylight saving is repealed in 1919, but continues to be recognized in certain areas of the United States.

**1945-1966** - There is no federal law regarding Daylight Saving Time.

**1966** - The Uniform Time Act of 1966 establishes the system of uniform Daylight Saving Time throughout the United States. The dates are the last Sunday in April to the last Sunday in October. States can exempt themselves from participation.

**1974-1975** - Congress extends DLS in order to save energy during the energy crisis.

**1986-2006** - Daylight Saving Time begins on the first Sunday in April and ends on the last Sunday in October.

**August 8, 2005** - [US President George W. Bush](#) signs the Energy Policy Act of 2005 into law. Part of the act will extend Daylight Saving Time starting in 2007, from the second Sunday in March to the first Sunday in November.

**2007** - Under new laws, all of Indiana now observes Daylight Saving Time, where only certain areas of the state did before.

## Veterans Day: The 11th hour of the 11th day of the 11th month

Nov. 11, 1918 is recognized as the end of the world's first global conflict, World War I. In 1938, November 11 was named Armistice Day in recognition of those who served.

Then came World War II and the greatest mobilization of armed forces in history. After that, American forces fought in Korea. So in 1954, the 83rd Congress changed Armistice Day to Veterans Day to honor all who served.

Veterans Day National Committee services are held at Arlington Memorial Amphitheater. It is built around the Tomb of the Unknown Soldier at Arlington National Cemetery, property that once belonged to General Robert E. Lee.

At 11 a.m., a color guard representing all branches of the military honors the Unknown Soldier with "Present Arms," the laying of a Presidential wreath and the playing of Taps.

Though these services are held at Arlington, the primary focus of Veterans Day is on veterans who are alive and with us today. They are honored with parades and speeches.

To all veterans working among us, and especially those who have recently served in Afghanistan, we offer our sincere thanks. We will not forget.

## November Birthdays

Nancy Walker 11/1  
Izzy Sanabria 11/3  
Joan Sartori 11/17

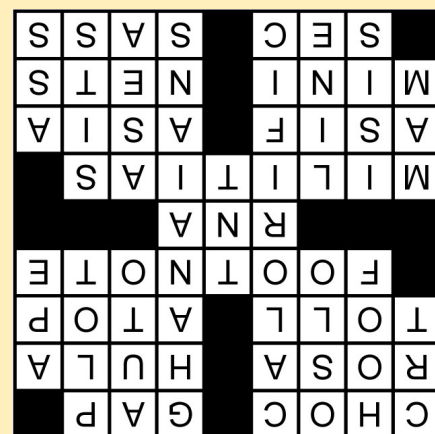
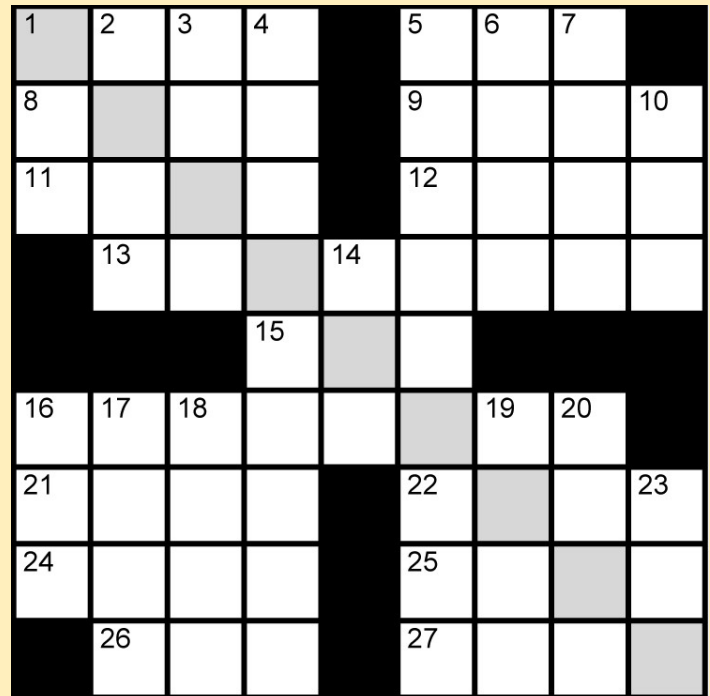


### Across

1. Van. alternative
5. Mountain pass
8. Santa \_\_\_\_, Calif.
9. Maui dance
11. Turnpike fee
12. At the peak of
13. Annotation
15. Genetic material
16. Groups of minutemen
21. "Dream on!"
22. Atlas section
24. Short skirt
25. Fishing gear
26. "Hold on a \_\_\_\_!"
27. Back talk

### Down

1. Computer monitor, for short
2. Horseshoe site
3. Nobel Peace Prize city
4. Relating to heat
5. Inhabitants of the Gold Coast
6. Vehicle
7. Scheme
10. "Tarzan" extra
14. Atlanta-based station
16. Mayan Indian
17. Egyptian fertility goddess
18. Queue
19. Fishing, perhaps
20. Takes a seat
23. Blockhead



## THANKSGIVING DAY JOKES

- "Why did they let the turkey join the band?" "Because he had his own drumsticks."
- "What happened to the turkey that got in a fight?" "He got the stuffing knocked out of him!"
- "Why shouldn't you sit next to a turkey at dinner?" "Because he will gobble it up."
- "If you call a big turkey a gobbler, what do you call a small one?" "A goblet."
- "Why was the turkey put in jail?" "The police suspected fowl play."
- "How come the turkey didn't eat dinner?" "He was already stuffed."



## Mended Hearts Chapter 296 Holiday Party

Sunday, December 12, 2021 - 4:00pm Social Hour; 5:00pm Buffet Dinner

Dubsdread Country Club, Clubhouse Building,  
549 West Par St., Orlando, FL

Salad Bar  
Beef tips over yellow rice  
Carved Turkey  
Lemon Dill Salmon  
Garlic mashed potatoes  
Broccoli With cheese on the side  
Complimentary self-serve beverage station: Water, coffee, Iced tea  
Dessert: Carl Pain Rum cake and Decorated cake  
Cash Bar

(If you have special dietary needs, please email Corine at [corineweber@att.net](mailto:corineweber@att.net))

Paid Chapter Members free  
Associate Members \$20.00  
Non-Members \$20.00

Entertainment: Rick Langoff

Gift Exchange: \$15-\$20  
50/50 Raffle  
Raffle Prizes

Please RSVP (Space is Limited) By December 6, 2021, to Corine Weber at:  
[corineweber@att.net](mailto:corineweber@att.net)

Payment must be received by December 9, 2021

Make checks payable to: Mended Hearts 296  
Send check to:  
Corine Weber  
2414 Fairbluff Rd.  
Zellwood, FL 32798



## **For fruits and veggies, five servings is best**

More is better when it comes to how many servings of fruits and vegetables to eat each day, according to Harvard Medical School. Researchers analyzed self-reported health and diet information from dozens of studies that included millions of subjects, comparing participants who reporting eating five servings of fruits and vegetables each day with participants who ate only two.

The results are eye-opening -- people who ate five servings faced decreased risk of death from heart disease or stroke, cancer or respiratory disease, and a decreased overall risk of death from any cause.

## **10 Thanksgiving Fun Facts**

- The first Thanksgiving took place in 1621.
- Every Thanksgiving, the current U.S. president pardons a turkey.
- Macy's has put on a parade every Thanksgiving since 1924.
- Thanksgiving is the biggest travel day of the year.
- The foods eaten for Thanksgiving dinner haven't changed much since 1621.
- Americans eat over 280 million turkeys every Thanksgiving.
- Cranberries are native to North America.
- There is an official Thanksgiving postage stamp.
- The wishbone tradition is much older than Thanksgiving.
- Watching football is an integral part of most Thanksgiving celebrations.

Reference: [holidaypy.com/holidays/10-Fun-Facts-About-Thanksgiving](http://holidaypy.com/holidays/10-Fun-Facts-About-Thanksgiving)



## **Natural defense: Goats come to the aid of firefighters**

Last year's wildfires burned up over 4.2 million acres in California, racing through weedy forests and plains and on to houses and entire neighborhoods.

What can be done against raging fires?

Goats. They are at least one tool for private landowners. Goats can create firebreaks as they munch up dry vegetation. Meanwhile, they are natural recyclers as their droppings fortify the soil, making it richer and capable of holding more water.

Goats care little for terrain and frequently browse on steep hillsides or reach six feet up trees to chow down on vines and leaves -- the stuff that creates what firefighters call 'ladders' for fire.

Cities and counties in the Western states have often used goats to trim weedy areas along highways. But this effort to put goats into fire-fighting is relatively new.

A whole new industry has evolved to pair goats and fire-susceptible property.

Founded in 2020, the non-profit Goatapelli Foundation can put about a thousand goats on a ranch where the rancher needs them, using dogs to move the hungry herd from place to place and electric fences to focus the browsing. It isn't cheap. Six-days of goat browsing can cost more than \$9,000, according to the New York Times. But it's cheaper than a wildfire.



Ad our Chapter posted in Mended Hearts Heartbeat 70th  
Anniversary Issue

*Congratulations Mended Hearts  
National on 70 years of sharing your  
gift of hope to heart disease patients,  
their families, and caregivers.*

*From*

*MENDED HEARTS – CHAPTER 296*

*Orlando – City Beautiful*







The Mended Hearts, Inc.  
International Headquarters and Resource Center  
1500 Dawson Road  
Albany, GA 31707  
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.**