

**“HEARTBEAT OF CENTRAL FLORIDA”**



MAY 2022

Chapter 296

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

**It's great to be alive—and to help others!”**



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296  
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**A Message from our President, Larry Sartori**

Welcome everyone to your May newsletter. I hope all of you are doing well.

May is the turning point to Summer for us. Soon those long hazy, lazy days of summer will be here. Till then, go out and enjoy Mother Nature at her finest. Lots to do in Central Florida, with beaches, parks, gardens and numerous theme parks all within an easy driving distance.

On April 19th we had a wonderful Zoom meeting. 20 people attended. We learned of a new device to help people with CHF which is called CCM (Cardiac Contractility Modulation). Another tool in a doctor's bag to help heart patients. In fact, I used this new found information to help a friend's brother-in-law who is suffering from CHF. His doctor was amazed he knew about this new procedure. Made me feel good to help a heart patient all the way up in New York.

On April 26th your Chapter Board took Claire Jones out to celebrate her 15 years as our Chapter Treasurer and hospital visitor and presented her with a silver heart with her name on the front and a “thank you” from the Chapter on the back. We will miss her presence on the Board. Thanks again for your friendship and dedication to all of us.

Mark your calendar for our Chapter's 21st Anniversary dinner scheduled for July 17th. Information to follow. Also, mark your calendars for our next Zoom meeting May 17th at 7pm. Flyer will be sent out next week.

In closing, I would like to wish all the Moms reading this newsletter for all your love and time you have given to your children, a Happy Mother's Day!

Peace & Love,  
Larry

## The Birth of Mother's Day

The origin of Mother's Day as we know it took place in the early 1900s. A woman named Anna Jarvis started a campaign for an official holiday honoring mothers in 1905, the year her own mother died. The first larger-scale celebration of the holiday was in 1908, when Jarvis held a public memorial for her mother in her hometown of Grafton, West Virginia.

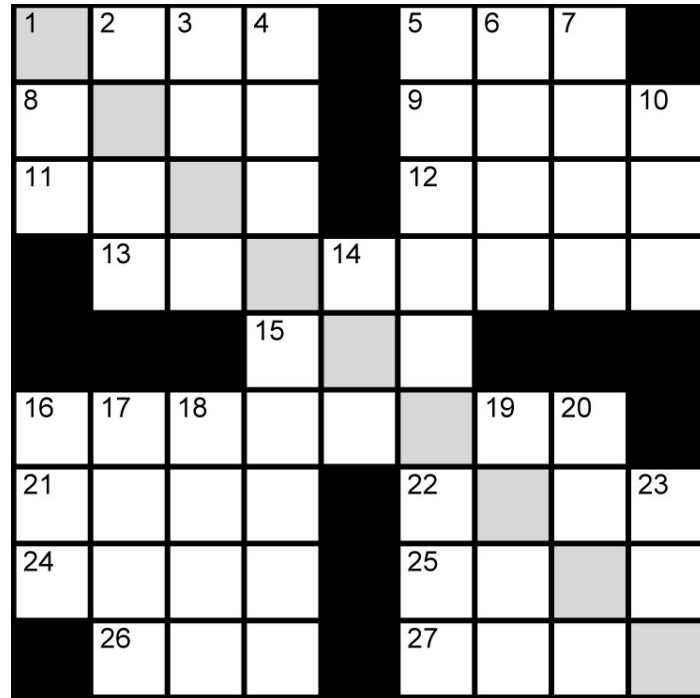
Over the next few years, Jarvis pushed to have the holiday officially recognized, and it was celebrated increasingly in more and more states around the U.S. Finally, in 1914, President Woodrow Wilson signed a proclamation making Mother's Day an official holiday, to take place the second Sunday of May.

Anna Jarvis put Mother's Day on the calendar as a day dedicated to expressing love and gratitude to mothers, acknowledging the sacrifices women make for their children. That's why she was determined to keep

"Mother's" a singular possessive, as marked by the apostrophe before "s." Each family should celebrate its own mother, so that individual women across the country could feel the love, even in the midst of a broad celebration of motherhood.



## Spring Rain Channel

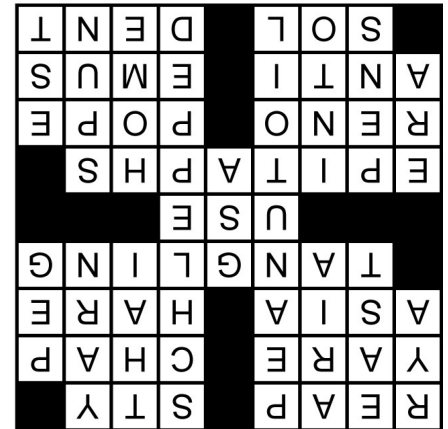


### Across

- Harvest
- Pigpen
- Agile
- Bloke
- Where China is
- Fabled racer
- Twisting together
- Function
- Tombstone inscriptions
- Attorney General Janet
- Vatican VIP
- Against
- Outback birds
- Note after fa
- Job for a body shop

### Down

- Shaggy Scandinavian rug
- White House's \_\_\_\_ Room
- La Scala highlight
- Used in a deep fryer
- Lugged
- Spicy cuisine
- Knitting stuff
- Hard throw, in baseball
- Fed. construction grp
- Stat for Clemens
- Parker and Waterman
- "What's gotten \_\_\_\_ you?"
- Residence
- Whirled
- Superlative suffix



The headline is a clue to the answer in the diagonal



## What does it mean when your blood pressure fluctuates?

Most people shouldn't be alarmed to find they have minor fluctuations in their blood pressure, especially if the fluctuations are in normal range. But if blood pressure regularly spikes higher than normal, something might not be right.

According to the Cleveland Clinic, labile hypertension, or blood pressure that regularly spikes past normal levels, could be an indication of cardiovascular or kidney disease, sleep apnea or a problem with the adrenal glands.

Sometimes a medication can be a factor and making changes can resolve the labile hypertension.

A host of factors may contribute to labile hypertension, including: non-steroidal anti-inflammatory drugs like ibuprofen, naprosyn or celecoxib; high estrogen oral contraceptives, oral steroids; or stimulants used to treat attention deficit/hyperactivity disorder.

Those who develop hypertension in their 40s are more likely to have basic hypertension, rather than labile hypertension. Factors include weight and excessive use of salt or alcohol.

High blood pressure can double (or even quadruple) the risk of stroke for men and women, according to Harvard Health.

The ideal blood pressure is about 120/80.

If you are being treated for hypertension, monitor your blood pressure. If you consistently see spikes above normal, tell your doctor.

MEMORIAL DAY 2022



### Memorial Day: We remember

The tradition of honoring our country's fallen defenders began as a springtime custom following the Civil War. Originally called Decoration Day, it was a time to remember those fallen heroes.

To the list of those who died at Gettysburg and Bull Run, we have added names from San Juan Hill, Verdun, Corregidor, Inchon, Khe Sanh, Jalibah, the deserts and mountains of the Middle East and a thousand other places touched by war.

For most of the year, these souls lie in quiet repose, but on Memorial Day, we visit them again with our thanks for their great sacrifice. It is not really a time for sadness. Rather, it should be an affirmation that they did not die in vain. This special day is a time to pay tribute to those who helped in the pursuit of justice and democracy. We rejoice in their memory and democracy they defended.



## Famous mental health quotes

1. "Anything that's human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary." – Fred Rogers
2. "You don't have to control your thoughts. You just have to stop letting them control you." – Dan Millman
3. "Happiness can be found even in the darkest of times, if one only remembers to turn on the light." – J.K. Rowling
4. "The advice I'd give to somebody that's silently struggling is: You don't have to live that way. You don't have to struggle in silence. You can be un-silent. You can live well with a mental health condition, as long as you open up to somebody about it, because it's really important you share your experience with people so that you can get the help that you need." – Demi Lovato
5. "There is a crack in everything, that's how the light gets in." – Leonard Cohen
6. "Mental health problems don't define who you are. They are something you experience. You walk in the rain and you feel the rain, but you are not the rain." – Matt Haig
7. "If you're going through hell, keep going." – Winston Churchill
8. "It is during our darkest moments that we must focus to see the light." – Aristotle
9. "Mental health needs a great deal of attention. It's the final taboo and it needs to be faced and dealt with." – Adam Ant
10. "Women in particular need to keep an eye on their physical and mental health, because if we're scurrying to and from appointments and errands, we don't have a lot of time to take care of ourselves. We need to do a better job of putting ourselves higher on our own 'to do' list." – Michelle Obama

## Cinnamon Sweet Tortilla Chips with

Calories 66 Per Serving  
Protein 1g Per Serving  
Fiber 2g Per Serving  
Servings 8  
Serving Size, 6 tortilla chips and ¼ cup salsa



Cooking spray  
2 teaspoons olive oil  
12 drops cinnamon-flavored liquid stevia sweetener  
½ packet stevia sweetener or ¼ teaspoon stevia sweetener  
½ teaspoon ground cinnamon  
1/8 teaspoon salt  
8 6-inch corn tortillas, each cut into 6 wedges  
1 medium orange, peeled and diced  
½ cup diced mango (from ½ of a medium mango)  
1 medium kiwifruit, peeled and diced  
¼ cup pineapple tidbits, canned in their own juice, drained  
¼ cup diced strawberries (about 2 large)  
1 tablespoon chopped cilantro  
1 teaspoon grated lime zest

### Directions

1. Preheat the oven to 400°F. Lightly spray a large baking sheet with cooking spray.
2. In a small bowl, stir together the oil, liquid stevia sweetener, stevia sweetener, cinnamon, and salt.
3. Place half of the tortilla wedges in a medium bowl. Drizzle half of the oil mixture over the wedges. Repeat with the remaining tortilla wedges and oil mixture. Using a spoon or clean hands, toss the wedges with the oil mixture.
4. Arrange the wedges in a single layer on the baking sheet. Bake for 5 to 7 minutes.
5. Remove the baking sheet from the oven. Turn over the wedges. Bake for 5 to 7 minutes, or until the wedges are golden brown and crisp. Let cool for 10 minutes.
6. Meanwhile, in a small bowl, stir together the orange, mango, kiwifruit, pineapple, strawberries, cilantro, lime zest, and stevia water enhancer. Serve with the tortilla chips.

Recipe taken from: <https://recipes.heart.org/en/recipes/cinnamon-sweet-tortilla-chips-with-fruit-salsa>



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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.

<p><b>INDIVIDUAL MEMBERSHIP</b></p> <p>____ 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</p> <p>____ Individual Member --- \$20 annual donation per person * All of 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)</p> <p>____ 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</p> <p>____ Silver Member --- \$100 annual donation per person * All the benefits of a Bronze Member, PLUS * A Stainless-Steel Mended Hearts Travel Mug</p> <p>____ 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</p> <p>____ 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 <i>Heartbeat</i> magazine after enrolling in the Heart of Gold Lifetime Sponsorship, in all special <i>Heartbeat</i> issues, and on our website's list of Heart of Gold Lifetime Sponsors</p>	<p><b>FAMILY MEMBERSHIP</b></p> <p>For members of one household with one mailing address only</p> <p>____ 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 ___ MLH ___ YMH * Each family member receives a one-time 5% off coupon for purchase from the MH store. Use only one coupon per order.</p> <p>____ 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</p> <p>Family Members:</p> <p>Spouse ___ Child ___ Heart Patient _____</p> <p>Spouse ___ Child ___ Heart Patient _____</p> <p>Spouse ___ Child ___ Heart Patient _____</p> <p>Spouse ___ Child ___ Heart Patient _____</p>
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**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.**