

“HEARTBEAT OF CENTRAL FLORIDA”



Mended Hearts™
of Orlando - Central Florida

Chapter 296
Newsletter

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

June



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296
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A Message from our President, Larry Sartori

Welcome to all of you. I hope everyone is doing well.

Cannot believe it is already June and half of our year had gone by. Time certainly seems to go by so fast.

June 21st is the first day of summer. All our flowers and trees are in full bloom and the leaves and grass are bright green...

I do want to thank all of you that make our Chapter such a success. Our volunteers are the best! We are always here to help one and other as well as the patients we visit in the two hospitals that we support. Love and understanding help in the healing process in order to live a healthy, fruitful life.

Flag Day is June 14th so if you have a flag, fly it proudly. And, of course, Father's Day is June 19th.

Our Zoom meeting this month is on June 21st at 7pm. We have scheduled a pharmacist from Advent Health to speak to us. More information to follow. I hope you can make it.

I am looking forward to seeing you all on July 17th at our Chapter Anniversary dinner starting at 4pm.. See details in this Newsletter.

In closing, the hot months are here so easy does it. Drink plenty of fluids to keep hydrated. Coolest part of the day is early morning and after 7pm.

Looking forward to seeing you all in person at our Anniversary dinner. Till then, stay safe, keep smiling and be happy.

Peace & Love, Larry

Check vision changes!

Suddenly, it's hard to read when the light is low. Maybe there are halos around lights. These small changes can become big problems.

Cataracts affect the majority of older Americans across all ethnic groups by age 80, according to the National Institutes of Health.

Cataracts occur when the proteins in the lens of your eye gradually change shape and clump together as you age, according to Health in Aging. Over time, the tissue becomes thicker, changes color and loses transparency, which can block light from entering your pupil. Aging, diabetes, alcohol consumption, excessive sunlight, high blood pressure and smoking are among the most notable risk factors.

If your cataracts are advanced and impacting your quality of life or ability to perform normal activities, your doctor might recommend surgery. During this quick outpatient procedure, the doctor removes the clouded lens and replaces it with an intraocular lens implant (IOL). The vast majority of people who

Supply Hoard

Across

1. Collector's goal
4. Rest room sign
7. And others: Abbr.
9. Back of the neck
10. Water buffalo
11. Medley
12. One who leads a Spartan lifestyle
14. Mamie's man
15. Church feature
19. Burden
20. Is under the weather
22. Dagger handle
23. Expunge
24. Choose
25. Employ

Down

1. Last word of "America, the Beautiful"
2. Sicilian volcano
3. New Mexico art community
4. French Sudan, today
5. Heroic tale
6. "The Matrix" hero
8. Most like

Chantilly

9. Tablet
13. Barely make, with "out"
15. Ginger cookie
16. Clump
17. In ____ of
18. Building additions
19. "What have we here?!"

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

undergo cataract surgery can see better after. Discomfort is usually mild, and patients generally heal within a few weeks.

While Medicare doesn't typically cover vision care, such as eye exams or glasses, it does cover standard cataract surgery with IOL implants for people 65 and older.

If you don't have cataracts, protect your vision by wearing UV-blocking sunglasses and a hat with a brim to shade your eyes. Eat plenty of fruits and vegetables

Share it and you'll feel better Sadness can turn life to drudgery

Life does it to all of us. Disappointment, loss or periods of loneliness can make us feel sad. How we deal with the sadness can influence how quickly we recover.

Psychotherapist Carol Juengersen Sheets says some people deal with it outwardly. Some just



keep it inside. This can be a mistake because it lasts longer. Sadness can sap energy and concentration.

Letting them know what's going on with you has its benefits. For yourself, it means that you acknowledge the pain and are working through it. You al-

low yourself to accept your loss and begin to deal with it.

Sharing your grief with others is helpful because they have the opportunity to validate the situation and agree that it's sad. It allows them to console and nurture you. They can't make sadness go away, but their support can help you recover.

Getting more comfortable with your grief lays the foundation for joy and true happiness in the future, according to Sheets. It can also inspire you to help others or work for a charity. Most of all, putting grief in its place helps you to start anew and become a new, wiser human.



Bikes are right for the big kid in all of us

It won't be like the thrill of learning to ride your new Schwinn when you were eight -- it was pure freedom.

But, bike riding is fun for people of all ages. With the many new styles, it can also be perfect for seniors.

There are many kinds to choose from:

Recumbent bikes are great for people with knee, neck or back problems. They even come with safety flags, which you need since their profiles are so low. They can be equipped with hand cycles instead of foot pedals too. They can be folded and transported to preferred locations. Drawback: They are heavy.

Three wheelers: Trikes aren't just for kids. These adult-sized three-wheelers can be perfect for even those new to bike riding. They are safe, require less balance than the two-wheeled version and they usually come equipped with a basket. Ride down to the store for the milk and set the gears to go up hill.

E-bikes: Add some electric power to your pedal bike with an electric assist motor that can help you up hill or give your legs a break when you get tired. Although you won't get the same exercise as a regular bike, you will get some. These are great for people with good balance and adequate strength, but they do go pretty fast: up to 28 miles per hour. They can be very heavy.

Researchers say that older adults get many benefits from riding: Improved brain function, preserved balance, decreased bone loss, improved mood and relief from joint pain. Seniors who ride also keep their waist size down.

MHI Awards Ceremony Sunday, June 26 at 6 PM ET

If you are looking for a little glitz and glam AND the opportunity to celebrate the achievements of your fellow MHI members, then join us for our third annual MHI Award Ceremony on Sunday, June 26 at 6 PM ET. Help us honor those volunteers who dedicate their time and energy to supporting, educating and advocating for heart patients and their families. Go to www.mendedhearts.org to register.

Should fireworks be quieter?

All fireworks involve noise, but not all fireworks have explosions

In recent years, the push for 'silent fireworks' has focused on the impact of fireworks on both people and animals.

The effects on people are shown in an exponential increase in the number of complaints to police during June and July. Explosions of 150 to 170 decibels can not only cause hearing damage, but can trigger anxiety and panic attacks, not to mention sleep deprivation.

The effect of loud explosions in fireworks can be devastating. Birds have a startle response that forces them up to the sky in numbers that can be seen on weather radar. According to Sam Sander, a clinical professor of zoo and wildlife medicine at the University of Illinois Urbana-Champaign, in one documented example, birds flew so far out to sea that they couldn't get back to land.

In one case, fireworks in an Arkansas town killed 5,000 red-winged blackbirds, possibly because the sounds disoriented them and caused them to fly into houses and trees, according to The Hill.

Domestic animals show dramatic fear responses of shaking, running, cowering. That isn't limited to horses, dogs and cats. Pet guinea pigs and rabbits also have fear responses

Fireworks don't need explosions to be beautiful, experts say. In fact, the fireworks with the biggest booms aren't necessarily the most beautiful.

FLAG DAY

Flag Day, also called National Flag Day, in the United States, a day honoring the national flag, observed on June 14.

The holiday commemorates the date in 1777 when the United States approved the design for its first national flag. Flag Day is celebrated on Tuesday, June 14, 2022 in the United States.

When is Summer Solstice?

The June solstice occurs on Tuesday, June 21, 2022, at 5:14 A.M. EDT.

This solstice marks the official beginning of summer in the Northern Hemisphere, occurring when Earth arrives at the point in its orbit where the North pole is at its maximum tilt toward the Sun, resulting in the longest day (longest period of sunlight hours) and shortest night of the calendar year.

FATHER'S DAY

The nation's first Father's Day was celebrated on June 19, 1910, in the state of Washington. However, it was not until 1972—58 years after President Woodrow Wilson made Mother's Day official—that the day honoring fathers became a nationwide holiday in the United States. Father's Day 2022 will occur on Sunday, June 19.

What the ocean does for your head

You may love to go to the beach, but it isn't so much what you do there as what it does to you.

The beach boosts mood. That may sound a little obvious because many people like going to the beach, but it's more than the mood you bring to the beach. It's actually the beach and ocean and how they appeal to your sense of sight, sound, and smell.

The sound of the ocean actually changes brain waves and puts people into a mild meditative state, according to the American Association for the Advancement of Science.

The sight of the bright blue ocean transmits feelings of calm, peace and creativity.

And the smell of the ocean breeze enhances that tranquil state, perhaps because of the negative ions in the air, according to the Journal of Alternative Complementary medicine.

Even the sensation of feet digging into warm sand relaxes people.

And of course, there is the placebo effect: We've been told the beach is relaxing and peaceful and we expect it to be.



Chapter 296
21st Anniversary Dinner

Date: Sunday, July 17, 2022

Price: \$20 per person

Location: Carrabba's Italian Grill, 5820 Red Bug Lake Road, Winter Springs, FL 32708

Entertainment by: Rick Langolf

Time: Social Hour: 4:00 pm

Dinner: 5:00 pm

Menu: Caesar Salad or Soup
Fresh Bread with Herb Mix & Olive Oil

Choice Of:
Grilled Salmon
Pork Chop Marsala
Chicken Parmesan

Complimentary Water, Iced Tea & Soft Drinks
Mini Cannoli
Anniversary Cake

Price: Paid Members Free
Associate Members \$20.00
Non-Members \$20.00

Please RSVP by Friday July 15, 2022
Payment must be received by Friday July 15, 2022

Make checks payable to: Mended Hearts 296

Mail To:
Corine Weber
2414 Fairbluff Rd
Zellwood FL 32798

Limited seating, reservations only, no walk-ins



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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 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)

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 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.

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.**