

“HEARTBEAT OF CENTRAL FLORIDA”



OCTOBER 2022

Chapter 296

Mended HeartsTM
of Orlando - Central Florida

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



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ter 296
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• A Message from our President, Larry Sartori

Welcome everyone to your October Mended Hearts Newsletter.

I hope you are all doing well after that nasty hurricane hit our state. We have a small pond in our backyard from all the rain which is minor compared to other folks. Please say a prayer for all the people who are struggling to get back to a normal life and to all the people who perished from that disaster.

For the last few days, it feels like Fall. Cool in the mornings and evenings it certainly feels refreshing after our sweltering summer. Go out and enjoy it!

Our Chapter sent \$500 to National for their World of Support campaign. I hope they were successful in raising enough money to meet their goal.

Corine Weber is working on our holiday party. The date is December 4 so please mark your calendars.

We are trying to get a guest speaker for this month's meeting scheduled for October 18. We will keep you posted.

In closing, stay safe and healthy.

Peace & Love,

Larry



***Newest Addition
Theodore William
Sartori Acree
Born 9/25/22***

CANDY FUN FACTS

- Soldiers were given Tootsie Rolls during WWII as part of their rations because they held up well over time and in different kinds of weather.
 - Easter is one of the big candy holidays and each year candy companies make more than 90 million Easter bunnies and 16 billion jelly beans just for the one day holiday.
 - In order to create enough marshmallow chicks and bunnies (like Peeps) for Easter, companies make 5 million every single day throughout the year.
 - Almost everyone eats the ears off of their chocolate Easter bunnies before they eat anything else.
 - Across the country, red jelly beans are most commonly chosen as the favorite amongst children.
 - Halloween, which was traditionally a celebration associated with the fall harvest, is one the second biggest American holiday and the holiday most closely associated with candy.
 - Almost every child in America will go trick or treating this year (93%).
 - If you laid out all the candy corn produced in a year from end to end, you could circle the Earth more than 4 times.
 - More than 75% of the candy given out during trick or treating is bite-size chocolate The man who invented cotton candy, William James Morrison, was a dentist.
 - Three Musketeers candy bars got their name because each bar originally came as three pieces, each with a different flavor, vanilla, strawberry, and chocolate, which is the one still used today.
 - Snickers, one of the most popular candy bars today, was named after a horse.
 - Although Americans eat a lot of candy, we don't hold a candle to the Germans, who consume twice as much of the sweet treats as we do.
- M&M's candies are named after the creators, Forest Mars Sr. and Bruce Murrie as is Reese's cups which were named for Harry Burnett Reese.
- Most traditionally flavored bubble gum is pink because that was the only color dye available when it was invented bars.
 - More than half of all children prefer chocolate treats in their trick or treat buckets.
 - 90% of parents will sneak a few treats from their children's trick or treat haul.
- At Christmas, almost 2 billion candy canes will be made for sale.
- Each candy cane has only 55 calories and no fat.
 - Despite the close association between candy and Halloween, Christmas is actually the biggest candy sales season of the year.



Experts say heart patients shouldn't skip flu shots

People with heart disease or history of stroke should get an annual flu vaccine, according to the Centers for Disease Control and Prevention (CDC). While the agency recommends flu vaccines for everyone over six months of age, heart patients face elevated risk of serious illness leading to hospitalization and other complications.

Among 80,000 U.S. adults hospitalized for flu between the 2010-11 and 2017-18 flu seasons, half had heart disease, and sudden heart complications occurred in one out of every eight patients, according to the CDC. Flu patients also face significantly elevated risk of heart attack within a week of a confirmed infection, particularly among older adults or patients experiencing their first heart attack.

People with heart disease should also stay up to date on their pneumococcal vaccination, which is typically administered at the same time as the flu shot and protects against pneumococcal pneumonia, a serious flu complication that can result in death.

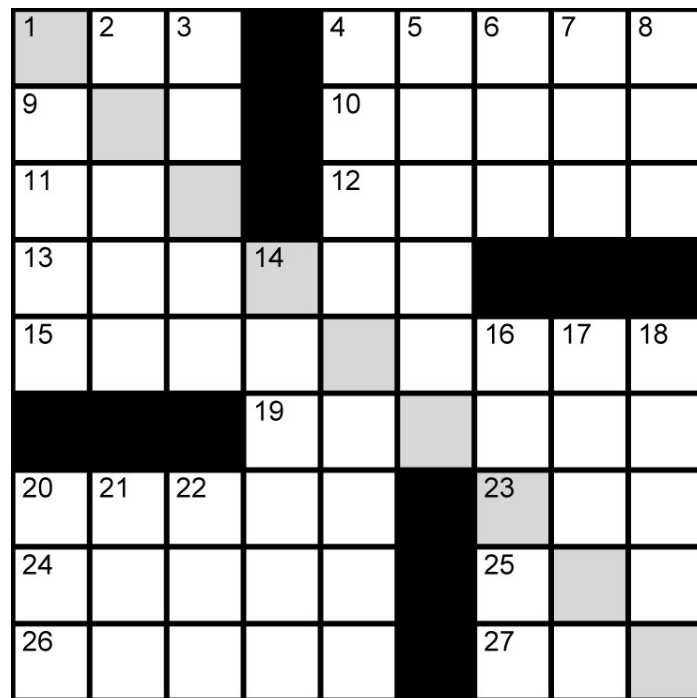
Across

1. Opposite of post-
4. Kind of yoga
9. Gas station abbr.
10. Desert sight
11. Henley need
12. Turbaned Punjabis
13. Rains ice
15. Tallinn natives
19. Is unable to
20. Not fulfilled
23. "___ Got a Secret"
24. Spa feature
25. Ed.'s request
26. Broadway backer
27. Unagi, at a sushi bar

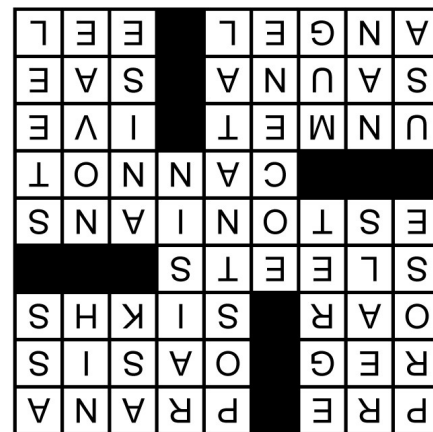
Down

1. Nonpoetic writing
2. Former Spanish coins
3. Everglades wader
4. After childbirth
5. Cereal fruit
6. Inquire
7. Govt. medical agency
8. Beast of burden
14. Geological period

Enduring Plant



16. Biscotti flavoring
17. Star bursts
18. Symbol of strength
20. Dos Passos trilogy
21. A Bobsey twin
22. Coffee holder



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

The CDC urges Americans to get their flu shots by the end of October. If you have questions about the flu or other type of vaccines, you should contact your healthcare provider.



"Maybe it would be best if you waited out here."



Flu season: **Get your shot**

What is Medicare open enrollment?

In October, you'll start hearing a lot about the annual Medicare open enrollment period. It is a time when existing Medicare enrollees can make changes to their coverage.

During this time, you can do the following things:

- * Enroll in a Medicare Part D (drug coverage) plan
- * Change from one Medicare Part D plan to another
- * Cancel a Medicare Part D plan
- * Switch from Medicare Advantage to Original Medicare

Medicare

- * Enroll in a Medicare Advantage plan
- * Change from one Medicare Advantage plan to another

* Enroll in a Medicare supplement plan if you want to switch from Medicare Advantage to original Medicare, Parts A (hospital) and B (medical).

The annual open enrollment period runs from Oct. 15 through Dec. 17.

If you are on a Medicare Advantage plan, you may want to review what plans are available. Selections change each year and some may be better suited to your current medical or financial status.

Collect call



A mother was away all week at a business conference. She decided to call home collect. Her six-year-old son answered and heard a voice say, "We have Betty on the line. Will you accept the charges?"

Frantic, the boy dropped the receiver and came charging outside screaming, "Dad! They've got Mom! And they want money!"

Buy a Medigap policy as soon as you are eligible

Starting from the first month that you have Medicare Part B (medical insurance) and you are 65 or older, you have six months to buy a supplemental (Medigap) policy.

Even if you have health problems, you can buy a Medigap policy during this first six months at the same price as people with good health. Insurance companies must agree to sell you any Medigap policy they offer and they can't put in a waiting period for coverage to begin.

Waiting until you have health problems is a bad idea because after your first six months, insurance companies don't have to sell you a policy if you don't meet their medical underwriting requirements. If they do sell you a policy, it may also be more expensive.

Bike without pedals lets you walk with wheels

You want to walk the dog. You might like to browse at a flea market or go to the local fair.

Simple pursuits, yet painful, and maybe impossible. When mobility decreases with age or disease, the world gets smaller.

Dutch designer Barbara Alink thought about all of these issues when her mother needed a mobility device and refused to use walkers or rolling chairs. So Alink came up with a new device.

Her creation -- the Alinker -- is a walking bike, a bike without pedals that has two large wheels in front and one small wheel in back. Users sit on the seat and walk the bike with a striding motion, rolling it along at a brisk pace, stopping to rest or browse around or chat when they want.

The Alinker has some very useful features:

- * No leg lifting. Users walk into the bike over the small back wheel, no leg lifting at all.

- * Eye level. The seat on the bike lifts the user up nearly to eye level of other people and store shelves. Unlike a wheelchair, the Alinker rider can glide alongside people on a sidewalk.

- * Walking speed: Users travel at the same walking speed as pedestrians (or faster if they want.)

- * Balance: The bike has two big wheels at the front providing stability and balance and a small wheel at the back.

- * It can be controlled with just one leg on the ground. The Alinker has a bar in front that can serve as a foot rest.

- * It's portable. The 26-pound Alinker is foldable and can fit in a trunk. Unlike a scooter or an electric trike, you can take it with you. It will fit in an elevator.

- * It is active. The rider uses legs for power, but the device takes pressure off the back and joints.

Drawbacks: At \$2,700, the Alinker is not inexpensive and costs the same as an electric trike. It has about the same footprint as a wheelchair, so some users say it won't go into tight spaces.



Early bird registration ends on December 31. Register today at
www.mendedhearts.org.



The Mended Hearts, Inc.

www.mendedhearts.org

GEORGIA ON MY MIND INSPIRATION FOR MY HEART®

MHI June 2023 Conference
June 23-28th in Albany, Georgia

Entertainment

- Saturday evening dance & celebration
- Conference Exhibitions
- Flint River Aquarium
- Flint Riverwalk
- Chehaw Wild Animal Park

Programs

- Newest in treatments & therapies
- MLH CHD Symposium
- MHI Leadership Training
- Selfcare Sunday focusing on mental and emotional health
- CVD as it relates dental, nutrition, physical therapy and more

Hotels & Dining

- \$100 registration includes five lunches & five dinners, cocktail and happy hours
- Choice of multiple hotels, free shuttles between hotel and conference center
- Free shuttle from Atlanta & Albany airports to hotels



SCAN ME

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Charles Foundation



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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:

Membership Level _____ \$ _____

Additional tax-deductible Donation to:

- ☐ Mended Hearts ☐ Mended *Little* Hearts
☐ Young Mended 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, Mended *Little* Hearts or Young Mended Hearts Group, you must be a member of The Mended Hearts, Inc.**