



Mended Hearts™
of Orlando - Central Florida

“HEARTBEAT OF CENTRAL FLORIDA”

Chapter 296

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

September 2022

**Mended Hearts
Chapter 296
Board Contacts**

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

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

**Treasurer
Scott McClendon
407-399-1229**

**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

Hello and welcome to your September Mended Hearts Newsletter.

It has been a long, sweltering summer but soon we will be in the Fall of the year and welcome the relief from the extremely hot days.

September is also harvest month. Look for the Fall favorites, apples, apples, and more apples. What is more American than fresh apples. They not only are tasty but are a powerhouse of good health to those who consume one.

Our September 20th Zoom guest speaker will be Rose Boeckman; topic will be “A Peer Support Program for Heart Healthy Living”, More information to follow next week. This issue has interesting facts about September and our monthly recipe.

We are working on our annual Holiday Party that we will celebrate in December.

Lastly, Mended Hearts National is having their annual fund raiser. Details are in this newsletter. If you care to donate to that cause, I am sure National would deeply appreciate it.

Our visiting chairperson, Mike Weber needs some more patient visitors to spread the good word about Mended Hearts. If you can help with this, please contact Mike at 407-701-9469.

Hope to see you at our Zoom meeting on September 20th at 7pm.

Peace & Love,

Larry

OUR CHAPTER HAS DECIDED TO MAKE A DONATION FROM OUR TREASURY... BUT IF YOU WOULD LIKE TO PARTICIPATE IN ANY OF THE CHALLENGES BELOW OR MAKE A DONATION, FEEL FREE TO DO SO

World of Support Fundraiser

Our annual World of Support Fundraiser is back for its fourth year and we have some new fun ways to get involved and get moving, all while supporting an organization you love. The event runs from September 1 to September 29, World Heart Day. Here are some additional details.

- Registration for adults is \$25 and kids is \$15
- Register, donate, join a team or start a team at <https://www.charityfootprints.com/worldofsupport2022/>
- To donate by check or phone please email info@mendedhearts.org or call 888-432-7899
- Choose a distance goal of 10K, 13.1 miles, 26.2 miles or 50 miles and complete your miles ANY way you choose (like volunteering, swimming, vacuuming, yoga, weightlifting), and more—just click "Other" when registering
- Learn more about our four challenges and the prizes you can win at <https://mendedhearts.org/world-of-support/>



Creating a World of Support

85 YEARS

ROCKETTES CELEBRATION

MUSIC HALL

Win a Trip

PRIZES:

- ✓ **1st Prize** – Two tickets to see the Rockettes in New York City on December 18-21, 2022, also including 2 coach roundtrip airline tickets, 2 hotel nights, and a \$300 food voucher.
- ✓ **2nd Prize** – a \$250 gift card
- ✓ **3rd Prize** – a \$100 gift card

TO QUALIFY FOR THE DRAWING:

- ✓ **1st Prize** – register for the event, raise \$100, and complete all of the four weekly challenges
- ✓ **2nd Prize** – register for the event, raise \$50
- ✓ **3rd Prize** – register for the event

Must be an adult registration (\$25) to qualify

Challenges

Sep. 1-8



YOU STROLL MY HEART

Get three people to walk at least one mile with you—this doesn't have to be done all in one day. (Other options are swimming, biking, or any exercise where you can go at least a mile.)

Sep. 9-15



NOW YOU'RE COOKING

Get three people to cook a heart healthy meal with you or go out (or order in) to eat a heart healthy meal together.

Sep. 16-22



JUST BREATHE

Get three people to get together with you to do an activity designed for relaxation (and reducing stress) like breathing exercises, meditation, yoga, tree bathing (Google it), or any other activity.

Sep. 23-29



SOCK HOP DANCE

Get three others together with you and dance (you can dance in a chair if you have trouble walking). You can play 1950s music (we were founded in 1951) or any other type of music that gets you moving.



The Mended Hearts, Inc.

All challenges can be done virtually--get creative.

For more details go to:
www.mendedhearts.org

1-888-HEART99

HOSPITAL VISITORS

We are in need of people who are willing to visit heart patients at both Orlando Health and AdventHealth Hospitals. Online and in-person training is provided. Flexibility on scheduling is also available. Visiting folks after their heart procedures is a very heart warming experience. If you are interested in helping, please contact Mike Weber, Chapter 296 Visiting Chair, at 407-701-9469.

Interesting Facts about Labor Day

- * Labor Day is a federal holiday dedicated to the social and economic achievements of American workers and is traditionally celebrated on the first Monday in September.
- The first observance of Labor Day is believed to have been a parade on September 5, 1882, in New York City, probably organized by Peter J. McGuire, a Carpenters and Joiners Union secretary.
- Labor Day 101: The holiday, which is dedicated to celebrating the American worker, is celebrated the first Monday in September. The information is from the U.S. Department of Labor. In celebration of Labor Day on Sept. 7, here are five interesting facts about the holiday that celebrates all those who toil.

Tree rooted in the ages still survives

A thousand years before the oldest sequoia was a seedling, Alerce Milenario was growing in the mist, deep in a ravine in the coastal mountains of Chile.



It kept its mossy whereabouts a secret for over 5,000 years, until it reached 200 feet into the sky supported by a 13-foot-diameter trunk. And then, 50 years ago, a park ranger spotted the cypress.

Its exact age can probably only be determined through taking a core sample to count its rings. But, the tree relies on a root system so fragile that human foot traffic could kill it. So, tree scientists used statistical modelling to estimate its age. They think the tree is 5,484 years old. If correct, the alerce would be older than the gnarled Methuselah tree of the White Mountains in California. That bristlecone pine germinated 4,800 years ago, before the Egyptian pyramids were built.

September is Cholesterol Education Month:

Time to check up on LDLs and HDLs

Accountants aren't the only ones who go by the numbers. Increasingly, doctors gauge your health by your numbers as well. Better numbers mean better health and lower risk of heart attacks and strokes.

You can make healthy choices that add up to better numbers every day.

The two faces of cholesterol:

An acceptable total cholesterol reading is 200 milligrams per deciliter (mg/dl) or lower, according to the American Heart Association. Above 200 you should take some steps to lower it. The number includes two kinds of cholesterol:

* The bad: Low density lipoproteins, the LDLs: This is the stuff that clogs arteries. You need some, but too much is bad news. Shoot for an LDL reading of less than 100.

If your total cholesterol level is high, you have two choices: You can pay more attention to eating a low-fat diet and getting some exercise, or you can get your doctor's advice about cholesterol-lowering drugs.

Eating high amounts of soluble fiber from sources like oat bran and beans can also help lower cholesterol, according to the University of Kentucky College of Medicine. In the colon, fiber may interfere with the body's production of LDL.

* The good: High density lipoproteins, the HDLs: The minimum good reading here is 35 mg/dl. If you have an HDL as high as 80, despite high total cholesterol levels, you may not have to worry about heart disease. To increase good cholesterol in your blood, eat more fruits and vegetables. Aerobic exercise can raise levels of the protective HDL and may also help to lower LDL.

If the names HDL and LDL confuse you, remember that, in most areas, high is better than low!



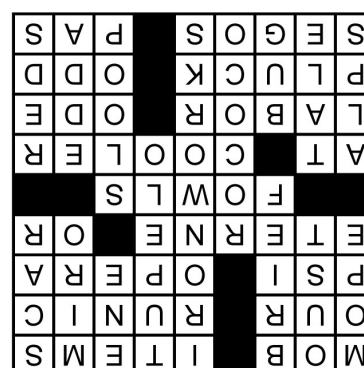
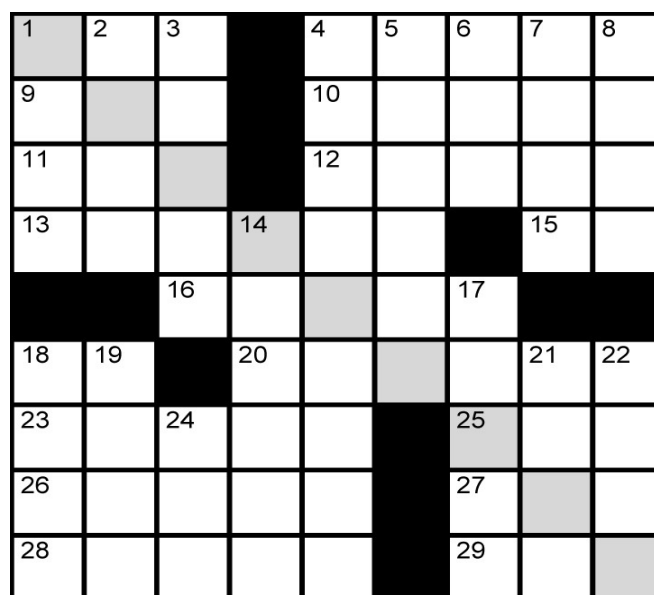
Redwood Home

Across

1. Syndicate
4. Agenda entries
9. Lord's Prayer starter
10. Like old Norse alphabets
11. Last Greek consonant
12. Met offering
13. Forever, poetically
15. Hosp. facility
16. Game birds
18. @
20. Less hot
23. Work hard
25. "___ to Joy"
26. Neaten eye-brows
27. Uneven
28. Utah lilies
29. Faux ___

Down

1. Have the blues
2. Remove from office
3. Succinct
4. Smelting site
5. Mississippi city where Elvis was born
6. Compass heading
7. Catalan painter Joan
8. Mark for life
14. Like Chippendale furniture
17. Regatta entry
18. Skiing mecca
19. Story
21. Icelandic epic
22. McCarthy's quarry
24. Insect



SEPTEMBER CALENDAR

- **September 5**—the first Monday in September—is **Labor Day**. Canadians also observe Labour Day.
- **September 11** is **Patriot Day**, held in honor and remembrance of those who died in the September 11 attacks of 2001.
- **September 11** is also **Grandparents Day** this year. Honor your grandparents today—and every day!
- **September 17** is **Constitution Day**. This day celebrates the adoption of the U.S. Constitution, which occurred on September 17, 1787 (just five years prior to the founding of *The Old Farmer's Almanac*, believe it or not!).
- **September 21** is recognized as the annual **International Day of Peace**. Observances range from a moment of silence at noon to events such as peace walks, concerts, and volunteering in the community.
- **September 22** marks the start of fall! This year's **Autumnal Equinox** occurs at 9:04 P.M. EDT on Thursday, September 22. On this date, there are approximately equal hours of daylight and darkness.
- **September 25** is the start of **Rosh Hashanah**, a Jewish holiday that marks the beginning of the new year.
- **September 29** is **Michaelmas**. Michaelmas is an ancient Celtic "Quarter Day" which marked the end of the harvesting season and was steeped in folklore.

Does Medicare cover eyelid surgery?

When drooping eyelid skin compromises vision, Medicare may pay for a procedure to help the problem.

According to Medicare.gov, the patient may be responsible for an average of \$300 to \$500, depending on the where the surgery is done. Ambulatory surgical centers are less expensive than hospital outpatient departments, for example. There could also be additional costs for follow-up care and you must pay deductibles, copayments, and coinsurance if applicable.

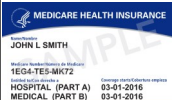
To qualify for eyelid surgery, an ophthalmologist must perform a visual field test showing that the patient's field of vision is obstructed by at least 30 percent. The excess eyelid skin must be documented with photographs and a physician has to recommend the surgery.

The key is that the surgery must be for visual obstruction and not for cosmetic purposes. However, if appearance improves after the procedure, Medicare will still cover the surgery. Medicare supplemental insurance may help cover some out-of-pocket costs for eyelid surgery or other medical expenses.

Guard your Medicare card

Remember that your Medicare card and the information it contains are valuable and often the target of scammers.

Guard your Medicare card just as you would a credit card.



If anyone ever calls and asks for your Medicare number, hang up immediately. It is a scam.

Remembering Charlie Brown

If you are one of the millions of people who enjoyed the Peanuts comic strip and its star Charlie Brown, here are some odd facts you might not know.

Creator Charles Schulz, who started the strip in 1947, originally called it Li'l Folks. But when the strip was syndicated in 1950, the name was changed to Peanuts. Schulz didn't especially like it.

Charlie Brown's beloved beagle Snoopy was modeled after Schulz's pointer dog, Spike. Snoopy had five siblings from the Daisy Hill Puppy Farm. All of them made appearances during the years the strip ran.

One character was so unpopular with readers that she had a very short run. The brash Charlotte Braun, the counterpoint to soft-spoken Charlie Brown, appeared in only 10 strips and the disappeared without explanation.

Another character was frequently mentioned as the love interest of Charlie Brown. She was called the Little Red-Haired Girl. She was never given a name or seen in the strip. She appeared in silhouette in 1998. She was based on Schulz's unrequited love for a real red-haired woman.



Gourds make fun holiday projects

Gourd vines are nature's container store.

Their beautiful fruits have been used for countless centuries as dippers, bird houses, storage boxes, hats, vases, eating bowls, musical instruments, candle holders, salt shakers and anything else you can imagine.

They also make an excellent base for holiday decorations.

With a trip to a farmer's market (or a search online), you can find an abundance of dried gourds in lots of shapes.

For a special decorating project for Halloween or Christmas, start looking now to find dried bottle gourds with a round bottom and a tall thin top, gourds shaped like big peanuts or pumpkins, or even some the size and shape of eggs. These gourds, when dry, don't have the colorful skins of smaller gourds, and they make a fantastic canvas for decorations.



Smaller gourds could be Christmas tree decorations while larger gourds could be display decorations like jack-o-lanterns.

Dried gourds have usually been drying for at least a year, sometimes two, and the exterior may be dirty or even molder. Spend a minute washing them with a copper scrubber. Once dry, you may also want to use a little sandpaper to smooth out the hard exterior.

Next, imagine what your gourd could become. Pumpkin-shaped gourds could become a long-lasting jack-o-lantern. A bottle gourd could become a santa with a tall hat, or a snowman, or a penguin.

Get inspiration for your gourd from Christmas cards or holiday napkins, for example.

Using acrylic paints, cover your gourd in a base coat and let dry. You can lightly sketch a design over the base coat with a pencil, then go in with brushes to paint in the details. Once painted, cover with a clear topcoat to preserve the gourd -- this is specially important if you want to display it outside.



The Mended Hearts, Inc.

The Mended Hearts, Inc.
International Headquarters and Resource Center
1500 Dawson Road
Albany, GA 31707
Phone: 1-888-HEART99 Email: info@mendedhearts.org

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:

☐ Mended Hearts ☐ Mended *Little* Hearts

☐ Young Mended Hearts

\$ _____

Amount: \$ _____

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.**