

“HEARTBEAT



Mended Hearts™
of Orlando - Central Florida

February 2023
Chapter 296 Newsletter



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A Message from our President, Larry Sartori

Welcome everyone to your February Mended Hearts Newsletter.

I hope you are all doing well.

As you may know, February is National Heart month. We all should be taking care of our hearts by exercising, eating healthy and being happy.

Our monthly meeting is scheduled for February 21st at 7pm At Orlando Health Heart Institute. Our subject will be “Sharing & Caring” presented by our own Carl Pain.

I hope you can make it. This will be our second hospital meeting since the start of covid several years back. It feels good to see everyone in person.

As you may recall Joan and I are “retiring” from our current positions on the Board. If you have any inclination to serve on the Board, see me or any one of the Board members.

In closing, it has been a pleasure to serve as your President for almost 8 years but like they say, all good things come to an end. This way someone else can have a chance to serve your needs and our chapter’s needs as well.

Again, thanks to all the current and past board members, especially my friend Lee Meneses, who passed away a few tears ago and, also my friend Mike Weber who serves our chapter and organization tirelessly every day. Lastly, to my wife, Joan who kept me on a even keel all these years and thanks for the fine work she has done as Newsletter writer and editor for several years along with many other responsibilities she has taken care of. Thanks again, Joan!

Peace & Love to All,,,

Larry

February is American Heart Month Your body's powerhouse: The heart

Located behind the breastbone and in the middle of the rib cage, the heart is the body's most protected organ. This little powerhouse pumps 2,000 gallons of blood through the circulatory system each day by expanding and contracting more than 100,000 times. In the average human lifetime, it beats 2.5 billion times.

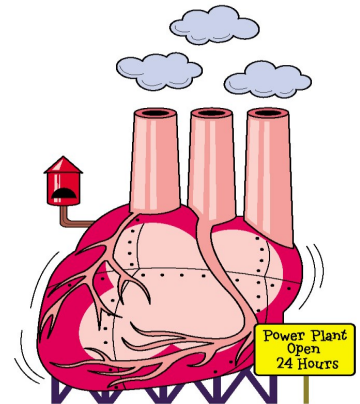
In fact, since the 1990s, scientists have understood that the heart has a cluster of 40,000 neurons that communicate with parts of the brain and may even be involved in pain, according to PubMed. This so-called heart brain works with the brain in ways that are still being researched, but even now, it's clear that the body's organs are connected in an intricate system.

We aren't generally aware of the efforts, and struggles, of our heart, but we can do some things to help it keep healthy, according to the American Heart Association.

Decide now what your risk factors are and what you can do about them. You can't control your age or family history, but there are risk factors you can control:

- Quit smoking. Smoking is one of the most harmful things you can do to your heart.
- Control your blood pressure and take prescribed medications.
- Manage your weight. Gradual weight loss, followed by a stable healthy weight, can help decrease your risks for cardiovascular complications.
- Eat better. Lots of fruits, vegetables and whole grains combine to make weight loss easier and can help lower cholesterol.
- Get out and about. Brisk walks are great exercise. A combination of vigorous activity, resistance training and flexibility exercise is better. It helps your heart, controls your weight and makes you look and feel good.

Don't be jaded. You have heard this advice before. Act on it.



February Calendar

February 2 is Groundhog Day

February 12 is Abraham Lincoln's Birthday

February 14 is always Valentine's Day

February 15 is Susan B. Anthony's Birthday

February 20 brings Presidents' Day

February 21 is Mardi Gras

February 22 is Ash Wednesday, which marks the start of Lent

February 22 is also George Washington's, Birthday. He is known as the Father of our Country.

Wisdom from The Golden Girls

People waste their time pondering whether a glass is half empty or half full. Me, I just drink whatever's in the glass. Sophia (Estelle Getty)

My mother used to say: The older you get, the better you get. Unless you're a banana. Rose (Betty White)

No matter how bad things get, remember these sage words: You're old, you sag, get over it. Sophia (Estelle Getty)

You know what they say: You can lead a herring to water, but you have to walk really fast or he'll die. Rose (Betty White)

You know my motto. Today could be the last day of your life. Sophia (Estelle Getty)

The bottom line is, in life, sometimes good things happen, sometimes bad things happen. But honey, if you don't take a chance, nothing happens. Dorothy (Bea Arthur)

Everyone wants someone to grow old with, and shouldn't everyone have that chance? Sophia (Estelle Getty)

How come whenever my ship comes in it's leaking? Dorothy (Bea Arthur)

Why do blessings wear disguises? If I were a blessing,

I eat raw cookie dough. And occasionally, I run through the sprinklers and don't wear a bathing cap. And at Christmas, I've been known to put away more than one eggnog. Rose (Betty White)

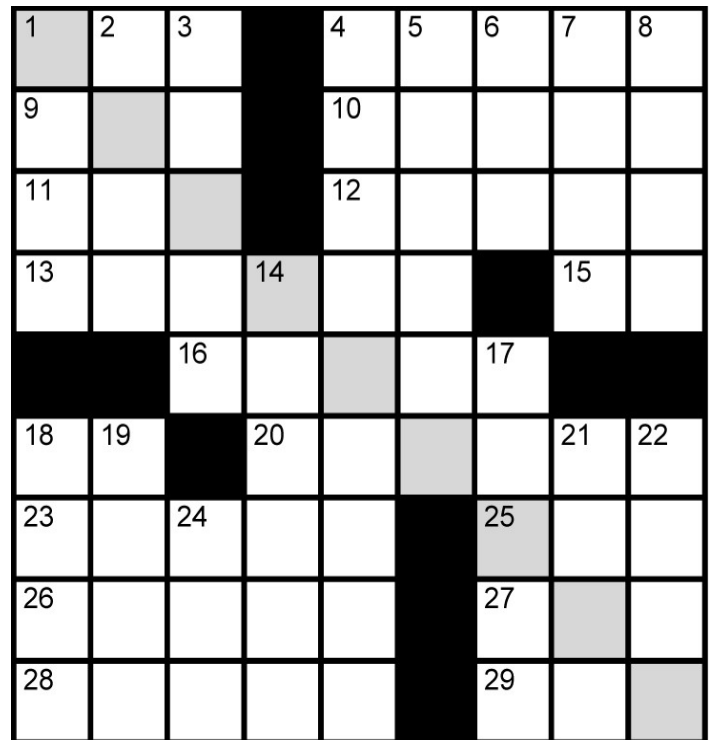
Look, you didn't ask me for my opinion, but I'm old, so I'm giving it anyway. Sophia (Estelle Getty)

Across

1. Dejected
4. Inside info
9. A Beatle bride
10. Clear the black-board
11. W.C.
12. Actress Oberon
13. Famous evolution-ist
15. Operating
16. "60 Minutes" correspondent
18. 3.1416
20. Hairy
23. Recipe direction
25. Tire filler
26. "Fiddler on the Roof" role
27. Schuss
28. Internet messages
29. French beverage

Down

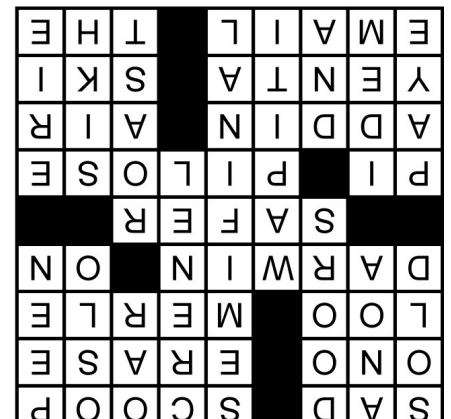
1. Auctioneer's closing
2. Water buffalo
3. Entryways
4. Tournament round
5. Battlement feature
6. Henley need
7. Nobel Peace Prize city
8. Hammer part
14. Yellowstone sight
17. Sunday fare
18. Sign on a ticket booth



Fluffy water

Down

1. Auctioneer's closing
2. Water buffalo
3. Entryways
4. Tournament round
5. Battlement feature
6. Henley need
7. Nobel Peace Prize city
8. Hammer part
14. Yellowstone sight
17. Sunday fare
18. Sign on a ticket
19. Footnote word
21. Punjabi believer
22. Ashtabula's lake
24. Some forensic evidence



"How long have I had hand cramps? It started after I filled out your new patient forms."



Everything has a season -- including heart attacks, which are more common during the winter.

According to the American Heart Association, even

regions with mild climates see spikes in heart attacks during the winter months. As winter continues during American Heart Month, everyone should take stock of their risk factors and lifestyle and take steps to protect themselves.

According to Northwestern Medicine, the biggest risk factor is the cold, which causes blood vessels to contract and can raise blood pressure. Meanwhile, the heart works even harder to maintain body temperature. When body temperature falls below 95 degrees Fahrenheit, the resulting hypothermia can also lead to heart damage. By dressing for the weather with coats, hats, gloves and socks, you can also protect your heart.

Lifestyle factors can also increase risk. For many, shoveling or walking through snow are more strenuous than their usual activities, and the sudden increase in workload can add additional strain on the heart. Stay home if necessary and don't be afraid to ask for help clearing your sidewalk or driveway.

Emotional stress may also contribute to the winter heart attack spike. Practice self-care to help you manage your stress and seek help if necessary.

The most important tip: Year-round good habits, like regular exercise and eating a heart-healthy diet. Start now and be ready when the next cold season rolls in.

Flowers by the numbers

In 2022, lovers and friends spent more than \$2.3 billion on flowers for Valentine's Day, according to Statista, the equivalent of the all-time high in 2020. In 2010, consumers spent \$1.7 billion on flowers, a number that remained relatively stable until 2015, when expenditures broke the \$2 billion mark. Roses, particularly red, are the favorite flowers of Valentine's Day, a holiday second only to Mother's Day for gifting flowers. Up to 250 million roses are grown for Valentine's Day and 73 percent of the givers are men.



Who sent the first Valentine?

The first Valentine card that was decorated and poetic is attributed to the imprisoned Charles, Duke of Orleans, in 1415. He eased the pain of incarceration by writing love verses to his wife.

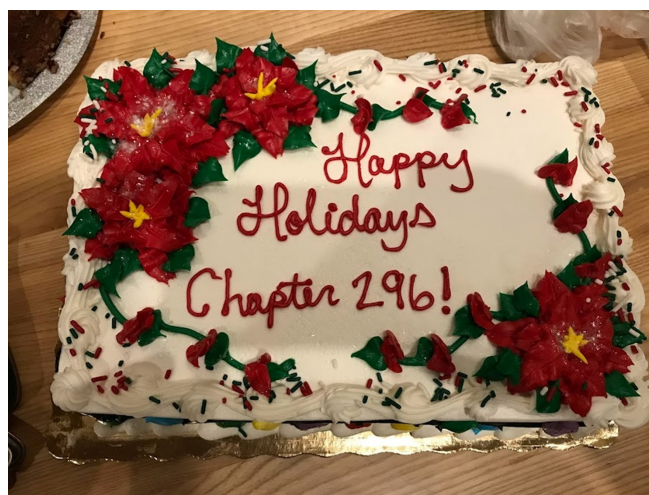
By the 1700s, manufactured cards became the most popular way to declare love. The cards were elaborately hand-painted and decorated with gold leaf, satins, silks and exotic feathers.

Retailers now say that chocolates and roses are the best symbols of love. Candy or not, Feb. 14 remains the one day of the year given over to romance.



December 2022 Holiday Party

A fun time was had by all



BRAISED ESCAROLE WITH CANNELLINI BEANS

* Ingredients

- 2 MEDIUM HEADS OF ESCAROLE (Escarole is a type of lettuce found in most supermarkets)
- 2 bay leaves
- 2 large garlic cloves, crushed
- 1 1/2 tablespoons extra virgin olive oil
- 19 oz. can of Cannellini beans
- Salt and pepper to taste

Wash the escarole thoroughly then cut it up in 1 inch pieces and put aside in a bowl. Next, drain the can of beans in a colander and wash with water.

Preheat a large, deep sauté pan or a large pot with at least a 12 inch bottom. Add all of the olive oil, then carefully add the washed escarole (be careful that the hot oil does not splatter on you). Mix the escarole in the oil, add garlic, 2 bay leaves and mix again; add beans and mix thoroughly. Set heat to medium and cover the pan/pot.

Cook for 10-12 minutes or until tender, mix again; add salt and pepper to taste. Make sure there is enough liquid in the pan during the cooking. Add a little water to keep it moist if needed.

When serving drizzle extra virgin olive oil over each portion.

Recipe borrowed from Gourmet Healthy Recipes by Lawrence Sartori

The Month of February Did you know:

February comes from the Latin word *februa*, which means “to cleanse.” The month was named after the Roman *Februalia*, which was a month-long festival of purification and atonement that took place this time of year.

- February is the only month to have a length of fewer than 30 days! Though it's usually 28 days, February is 29 days long in [leap years](#) such as 2020 and 2024.
- January and February were the last two months to be added to the Roman calendar (c. 713 BC); originally, winter was considered a month-less period.
- Originally, February was made the last month of the calendar year. Eventually (c. 450 BC), February was moved to its place as the second month.



Mended Hearts™
of Orlando - Central Florida

Chapter 296 Meeting

Please join us at our monthly meeting

Tuesday, February 21, 2023 at 7:00-8:00 pm

Speaker: Carl Pain

Topic: Caring and Sharing

Orlando Health Heart Institute
1222 S. Orange Ave.
Orlando, Florida 32804

Directions: Orlando Health Institute is a five story glass building with a red banner across the top of the building that reads Heart Institute. You may park in the garage next to the Heart Institute and enter the building via the first floor where you may also valet park. Walk from the parking garage to the Orlando Health building. Walk to the left at the reception desk and the classroom is on your left.



The Mended Hearts, Inc.

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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:

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.**