

“HEARTBEAT OF CENTRAL FLORIDA”



Mended Hearts™
of Orlando - Central Florida

January 2023
Chapter 296 Newsletter



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Chapter 296
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A Message from our President, Larry Sartori

Happy New Year and welcome to your January Newsletter! Wishing you and your family a Healthy and Happy New Year!

I am pleased to announce we are finally having our first “in-person” meeting since 2020. It’s been a rough couple of years and I thank everyone who helped getting speakers for our Zoom calls.

We are fortunate to have as our guest speaker Dr. Pradip Jamnadas a renowned Cardiologist. He is such a dynamic Cardiologist and motivational speaker. Make every effort to attend.

As you may know, the National conference meeting scheduled for June has been cancelled. There was not enough people registered to attend.

Finally, I have some Chapter news. Some of you may be aware I have been your President for almost 8 years along with my wife, Joan our Hospital Membership and Newspaper Editor. But with the new year upon us we have decided to step down from these posts effect March 2023.

It has been a pleasure to serve you and our chapter for all these years. I would like to thank all the Board Members (past and current) for their diligence and friendship.

So we do have some openings for anyone interested in any of these positions.

Thank you and God Bless!

Larry & Joan

Holidays Celebrated in January

- * January 1 – Emancipation Proclamation
- * January 2 – National Science Fiction Day
- * January 4 – World Braille Day
- * January 4 – National Spaghetti Day
- * January 8 – World Typing Day
- * January 11 – National Clean Off Your Desk Day
- * January 13 – Korean American Day
- * January 14 – National Dress Up Your Pet Day
- * January 15 – Martin Luther King's Birthday
- * January 22 – Celebration of Life Day
- * January 24 – International Day of Education
- * January 27 – International Holocaust Remembrance Day
- * January 27 – National Chocolate Cake Day
- * January 28 – National Fun at Work Day

January Trivia

- * 500 copies of the novel Frankenstein by Mary Shelley and The Modern Prometheus were published anonymously in London.
- * Abraham Lincoln issued the Emancipation Proclamation in 1863.
- * The first New Year's ball drop in New York City started in 1908.
- * In 1946, the first United States Computer was built in Pennsylvania at the Moore School of Engineering.
- * The History Channel was launched in 1995.
- * The plum blossom is the Chinese floral emblem of January
- * The month of January is named after Janus, the Roman god that has two heads, one to look backward and one to look forward towards the New Year.
- * In 1890, the Rose Parade started in Pasadena, California. Today the parade is broadcast in more than 100 countries.
- * In 1959, Alaska became the 49th state of the United States
- * Ellis Island opened on January 1st, 1892 allowing more than 20 million immigrants to enter the United States.

Here's why January 1 begins each new year

A new year is upon us. Yet have you ever wondered why New Year's Day is on New Year's Day? Typically, holiday dates aren't simply pulled out of a hat, but instead set on specific days for exact reasons. So what's up with the new year?

Beginning the new year on Jan. 1 started with the Julian calendar, introduced by Julius Caesar, ill-fated leader of the Roman Empire. Yet why was Jan. 1 picked rather than, say, March 1 or July 1? The Roman god Janus, for whom January is named, was revered as the god of beginnings. It was also said that Janus had two faces and could move backward and forward through. Given Janus's close association with time, January emerged as the obvious choice to start the calendar.

However, there was a problem with the Julian calendar: it was inaccurate by a few minutes each year. These minutes add up, however, and every 128 years, the Julian calendar falls a day behind. Pope Gregory XIII updated the calendar in 1582 to make it more accurate. The Catholic Church kept the New Year in part because Saint Sylvester's Day falls on December 31. Sylvester, a fourth century pope, presided over the Church as it cemented its authority in the Roman Empire and adopted the Nicene Creed, the statement of belief that has defined mainstream Christianity ever since.

The Gregorian calendar remains the most widely used calendar in the world, which makes New Year's Day on Jan. 1 the most widespread celebration in the world. However, some cultures celebrate the New Year on different days.

The Chinese New Year is celebrated at some point between January 21 and February 20 each year, depending on the moon. That's because the traditional Chinese calendar is a lunar calendar. The Persian New Year, widely celebrated in Iran, begins on the vernal equinox (spring equinox in the Northern hemisphere). Many other cultures and calendars have their own unique New Year's holidays.



Flavonols may slow cognitive decline

Higher dietary intake of flavonols -- antioxidants found in tea, wine and certain fruits and vegetables -- may help preserve memory and cognitive abilities among older people, according to a new study published in the journal Neurology.

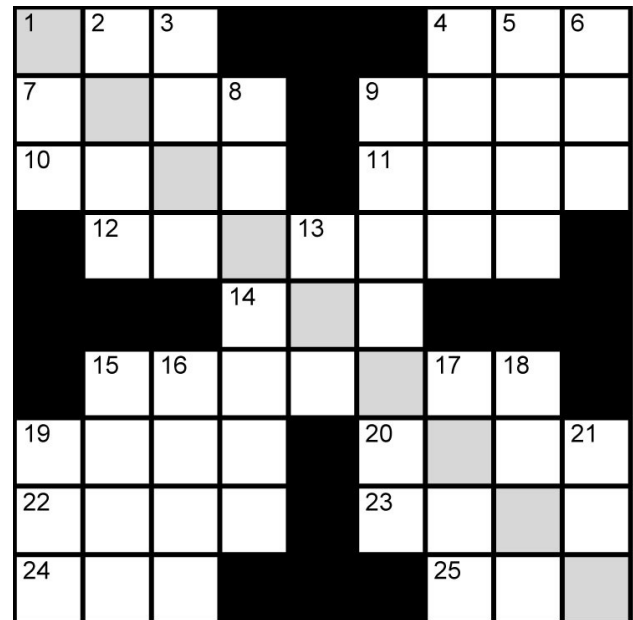
Researchers followed 961 study participants whose ages ranged from 60 to 100 years old for an average of 6.9 years, tracking their intake of flavonols called quercetin, kaempferol, myricetin and isorhamnetin. None of the participants showed symptoms of dementia at the beginning of the study, and all participants underwent annual cognitive and memory assessments.

The study conclusion: People whose diets were highest in flavonols, particularly kaempferol, displayed measurably slower rates of cognitive decline compared to people who consumed flavonols in lower quantities. You can find kaempferol in apples, grapes, tomatoes, green tea, and several types of berries, among other foods.

Though the results are promising, researchers aren't jumping to conclusions or recommending flavonol supplements yet, according to CNN. Flavonol-rich diets typically include larger quantities of fruits and vegetables, which provide an array of health benefits. More research is needed to determine whether the cognitive benefits were a direct result of flavonol consumption or due to healthy diets and other factors.

Still, a few extra daily servings of flavonol-rich foods, like leafy greens or berries, are unlikely to hurt you, and the benefits may be greater than we know.

Winter Visitors



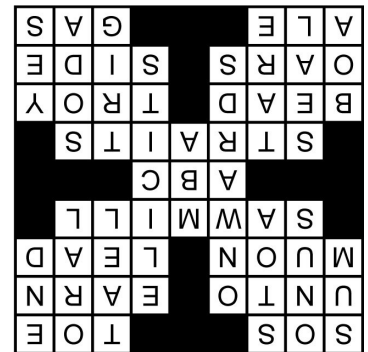
Across

- 1. ABBA song
- 4. Stocking part
- 7. "For ___ us a child is born ..."
- 9. Be worthy of
- 10. Atomic particle
- 11. Pewter component
- 12. Lumber factory
- 14. Agatha Christie's "The ___ Murders"
- 15. Gibraltar and Magellan
- 19. Necklace part
- 20. Helen of ___
- 22. Boat propellers
- 23. Faction
- 24. Pub pint
- 25. Fuel

Down

- 1. Total
- 2. Weight
- 3. Greek portico
- 4. Old Chinese money
- 5. Spoken
- 6. Stopping point
- 8. Moving ahead
- 9. Draws out
- 13. Wharton

- degree
- 15. Close, as an envelope
- 16. Weight not charged for
- 17. Math subject
- 18. Scotch's partner
- 19. Feathery wrap
- 21. Word on a Ouija board



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

Implant treats macular degeneration

Age-related macular degeneration can rapidly steal your sight and the treatment, injections in the eye, can be daunting.

But a new implant not only treats the disease, but makes those shots unnecessary.

The implant, called Susvimo, is the size of a grain of rice and is implanted into the upper part of the affected eye where it can't be perceived and won't impede vision. It works by regularly releasing a dose of the drug ranibizumab, which reduces blood vessel growth and leakage in the eye.

FDA approved in October 2021, the device works as well as eye injections, which can be daunting so people may sometimes skip appointments, which reduces the effectiveness of the treatment. The implant eliminates those injections and lasts for six months.'

MHI Award Nominations Now Being Accepted

The 2022 award nomination period is now open, and we have some exciting new changes to announce. This year, those who nominate will be entered into three cash prize drawings for \$500, \$250, and \$100.

Each person who submits a nomination form will receive one ticket that will then be entered into the drawings - the more nominations you submit, the more tickets you receive, and the greater your chances of winning.

Also new this year, our national award winners will receive \$500 each in addition to the beautiful crystal heart awards they have taken home in the past. Once again, we will be recognizing visitors, volunteers, hospitals, health care providers, chapters and groups at a regional, divisional and national level.



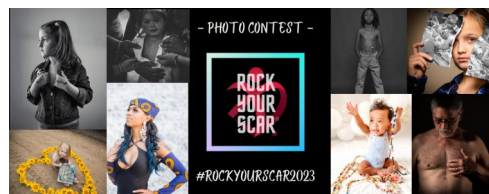
The award forms are PDF fillable (remember to save the form before filling it out), so you can type right on them, or print them off, fill them out and mail them in. Award nomination forms are due by March 15, 2023 and can be found at <https://mendedhearts.org/dashboard/>. For questions please send emails to info@mendedhearts.org.

Join a MH Support or Educational Meeting from Your Home

Winter is here, and if it's too chilly or snowy to get out of the house, no worries, we've got you covered! We have dozens of chapters and groups all over the country that hold support group and educational meetings on Zoom every month. Even if you aren't a member, you are still welcome to join. For a list of meeting times and contact information for MH chapters, please go to <https://mendedhearts.org/wp-content/uploads/2022/12/Chapter-Meeting-Times.pdf>

Rock Your Scar Photo Contest

The nation's only congenital heart disease (CHD) awareness campaign is back for the ninth year in a row! The campaign is open to anyone of any age born with a heart defect - you do not need to have a visible scar to enter. As always, we have multiple age categories, including our over 40 category, that are judged by professional photographers. Winners will receive awesome prize packs and winning photos will go in our award-winning *Heartbeat* magazine. Visit www.mendedhearts.org to enter.



Chicken Shawarma (using a pressure cooker or Instant Pot)

Servings 4
Calories 202 Per Serving
Protein 27g Per Serving
Fiber 3g Per Serving

- 2 teaspoons olive oil
- 1 small onion, chopped
- 1 pound boneless, skinless chicken breasts, all visible fat discarded, cut into 1/2 x 2-inch strips
- 1/2 cup fat-free, low-sodium chicken broth
- 4 medium garlic cloves, minced
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon pepper (coarsely ground preferred)
- 1/4 teaspoon salt
- 2 cups torn romaine lettuce
- 1 medium tomato, sliced, and 1 medium tomato, chopped, divided use
- 1/2 medium unpeeled cucumber, sliced, and 1/2 medium unpeeled cucumber, chopped, divided use
- 2 tablespoons crumbled low-fat feta cheese
- 2 tablespoons minced fresh Italian (flat-leaf) parsley

Directions:

- 1) Heat the oil in the pressure cooker on sauté. Cook the onion for 3 minutes, or until soft, stirring frequently.
- 2) Add the chicken. Cook the chicken for 4 to 6 minutes, or until lightly browned, stirring frequently. Turn off the sauté option on pressure cooker.
- 3) Stir in the broth, garlic, cumin, paprika, turmeric, pepper, and salt. Secure the lid. Cook on high pressure for 4 minutes. Quickly release the pressure.
- 4) Arrange as follows on a platter: the romaine, sliced tomato, and sliced cucumber. Using a slotted spoon, place the chicken on the cucumbers. Top with the remaining chopped cucumber and chopped tomato. Sprinkle with the feta and parsley.

Recipe borrowed from <https://recipes.heart.org/en/recipes/chicken-shawarma>



GREAT NEWS.....

We have a special guest speaker for this month's in-person Mended Hearts chapter meeting!

Dr. Pradip Jamnadas, a renowned Cardiologist, who is the founder and medical director of Cardiovascular Interventions and has practiced in Central Florida for over 31 years.

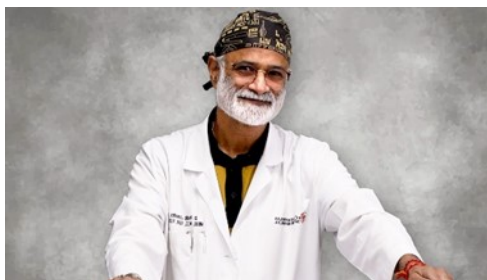
He is on staff at AdventHealth Orlando and teaches medical students as an Assistant Clinical Professor at Florida State University, the University of Central Florida College of Medicine, and residents in Advent Health's teaching programs.

We are so pleased he has agreed to speak to us at our January 17th meeting at 7pm, being held at AdventHealth Orlando in the Werner Auditorium.

His subject will be, **"Your Gut Bacteria and Your Heart Health: What you Need to Know."**

This is an event you

don't want to miss.



Directions to Werner Auditorium AdventHealth Orlando, 601 East Rollins Street; Park in the Alden Garage; take Bridge on 3rd Floor toward the Escalator; use the elevator before the escalator and take it down to the first floor. There will be signs up showing the way. Valet parking is available at the main entrance to the hospital.



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.

<u>INDIVIDUAL MEMBERSHIP</u>	<u>FAMILY MEMBERSHIP</u>
<p>Associate Member --- FREE</p> <ul style="list-style-type: none"> * 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>For members of one household with one mailing address only</p>
<p>Individual Member --- \$20 annual donation per person</p> <ul style="list-style-type: none"> * 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>Family Membership --- \$40 annual donation</p> <ul style="list-style-type: none"> * 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>Bronze Member --- \$45 annual donation per person</p> <ul style="list-style-type: none"> * 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>Bronze Family Membership --- \$75 annual donation</p> <ul style="list-style-type: none"> * 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>Silver Member --- \$100 annual donation per person</p> <ul style="list-style-type: none"> * All the benefits of a Bronze Member, PLUS * A Stainless Steel Mended Hearts Travel Mug 	<p>Family Members:</p>
<p>Gold Member --- \$250 annual donation per person</p> <ul style="list-style-type: none"> * All the benefits of a Silver Member, PLUS * A Red Fleece Blanket * 10% off registration of any National Conference or CHD Symposium 	<p>Spouse ___ Child ___ Heart Patient _____</p>
<p>Heart of Gold Lifetime Sponsor --- \$1500 donation A one-time donation per individual</p> <ul style="list-style-type: none"> * 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 Heartbeat issues, and on our website's list of Heart of Gold Lifetime Sponsors 	<p>Spouse ___ Child ___ Heart Patient _____</p>
	<p>Spouse ___ Child ___ Heart Patient _____</p>
	<p>Spouse ___ Child ___ Heart Patient _____</p>

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.**