



Mended Hearts®
of Orlando, FL

Chapter 296 Newsletter



Welcome to your Chapter 296 June newsletter. This newsletter is full of wonderful ideas and activities. Make sure to scroll to the end for a great recipe and our meeting information.

Please make a plan to attend our monthly in-person meetings. Bring a friend if you don't feel like venturing out on your own, everyone benefits from the meetings- even if they are not a heart patient. Remember, the benefits of attending support group meetings include improving overall well-being and can improve your heart health too.

In May we were very fortunate to have the self-awareness coach, Kevin P. Merrigan, provide the informative and interactive presentation "Using Integrative Medicine to Rehab Our Hearts and Minds". For further information please contact Kevin P. Merrigan at HEALTHCAREUCANDO@gmail.com

The third Tuesday of this month- June 20, 2023 we look forward to our monthly meeting, at this time our speaker is TBD.

Mark your calendars for July 30th, we will be having our annual Chapter 296 Anniversary Dinner. Details are included in this newsletter, please be sure to RSVP.

Follow us on Facebook
[Mendedheartesorlando.org](https://mendedheartesorlando.org)

SPECIAL THANKS TO LARRY & JOAN SARTORI

We all want to express our thanks to Larry Sartori and Joan Sartori for their dedication to Mended Hearts Chapter 296. Larry has been our chapter President for 8 years and Joan has been our Newsletter Chair, Membership Chair and Hospitality Chair for many years. Both Larry and Joan kept our chapter afloat during the Covid years by hosting chapter Zoom meetings while we could not meet in person. When you see Larry & Joan please thank them for all they have done for Mended Hearts and for us.



Picture Highlights From May 16th Meeting



Q & A

- * Thank you for your participation tonight
- * Any questions or comments we'll take them now.
- * If you have to leave or want any other follow up
- * Email me HEALTHCAREUCANDO@gmail.com
- * Call or Text: 407-415-6980
- * See How Does Tai Chi Easy Help With Disabilities
- * <https://youtu.be/Y1rO15B4nio>

Meditation Associated with Powerful Heart Benefits

A large, 2020 observational study from the Centers for Disease Control and Prevention (CDC) found that meditating was associated with a:

- * 35% lower risk of high cholesterol
- * 14% lower risk of high blood pressure
- * 30% lower risk of diabetes,
- * 24% lower risk of stroke,
- * 49% lower risk of coronary artery disease.





Fathers Day, June 21

Thanks, Dad, we know how
important you are

There's more to being a dad than earning a living.

According to researchers, meaningful time with dad is crucial for child development. Researchers now know that interactions with your infant or toddler influence how your kids will relate to other people later in their lives and how they will view the world at large.

A study at the University of Regensburg in Munich, Germany, found that children whose fathers played with them in a sensitive, supportive and challenging way at age two tended to form closer and more trusting relationships with others at ages 10 and 16.

By age 16, fathers' play proved even more powerful and predictive than the mother-child bond. The researchers found that dads' play made a pivotal and unique contribution to kids' growth.

Telling stories of family history and how your parents and grandparents overcame adversity has an influence on how kids handle difficult times. An Emory University study showed that among children aged 14 to 16, the ability to retell parents' stories is linked with a lower rate of depression and anxiety.

Your stories, told with eye contact about how you and others overcame problems, can help your children view the world with optimism.

They never ask the right questions

Write stories from your life for the kids

One day, long after you are gone, the kids will be sitting around and someone will say: I wish I had asked Dad about ...

The best thing you can do is write down the memories that mean the most to YOU. You don't have to be a great writer. You could even do a video. You don't have to plan a big book -- just write little stories one at a time. You could even go high tech and use an online blog!

Here are some ideas to get you started:



Family memories: Your childhood, parents, siblings, and grandparents. Talk about your heritage. Give the names you know. Share the things that made you laugh, or the times you were scared. Don't forget traditions! How did they change?

Career memories: Include successes and challenges. Talk about your hopes and what you learned about yourself.

Love and relationships: How did you meet your first love? What were you feeling? What did you learn from your relationships? What did you learn about yourself?

Travel memories: It's not just about vacations, even though those could be great memories. What about the times you had to move? What about your road trip memories, even the short ones?

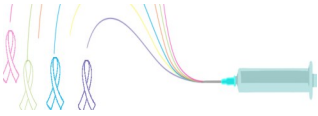
Life lessons: Describe your values and the lessons you learned through experience -- even lessons learned the hard way. What guidance would you give to kids today?

MHI 2023 Annual Award Ceremony

Register Today



Help us acknowledge and celebrate the efforts of all our MHI volunteers at this year's Annual Awards Ceremony that will be held on Saturday, June 24 at 4 PM ET. We know how hard our leaders, visitors, health care professionals work and we are acknowledging those efforts through these awards. We encourage all our members, friends and families to join us in celebrating the commitment that our volunteers have made to the heart community. Please check your email for ***National Heart News May 2023*** to register for this event.



Cancer vaccines may save lives

Could vaccines turn life-threatening cancers into a thing of the past? Early research suggests that mRNA cancer vaccines, often customized specifically for individual patients, have the potential to significantly improve survival rates for certain cancers.

Vaccines work by teaching the body how to identify and fight microbes, according to cancer.gov. Traditionally, vaccines have targeted viruses, tiny and not-quite-living microbes that don't respond to antibiotics. Viral vaccines teach the immune system how to identify and attack specific viruses.

For some time now, researchers at various universities, companies, and other organizations have been searching for a mechanism to teach the body how to more effectively find and destroy cancer cells. Because cancer is an internal process, the immune system struggles to fully differentiate between healthy cells and cancer cells, which allows the cells to spread unchecked. While some immune cells can identify the mutations, they are usually overwhelmed.

mRNA vaccines use smaller proteins to teach immune cells how to spot proteins present in cancer cells or on a virus's outer coating. When the immune system can quickly identify the rogue cells they can be destroyed.

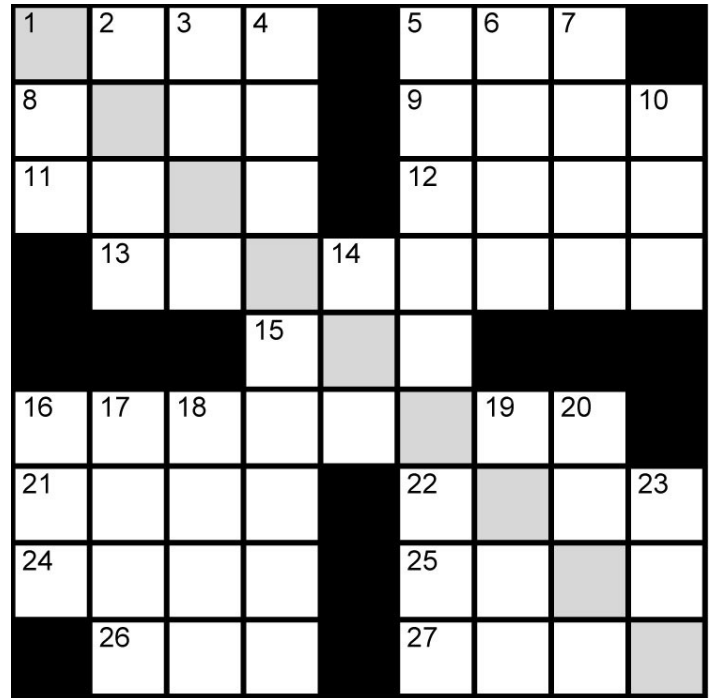
Across

1. Dieter's target
5. Ryan of "When Harry Met Sally"
8. Balcony section
9. Ardent
11. Part of BYO
12. The euro replaced it
13. In a subservient manner
15. Eyelid woe
16. Cutters with U-shaped frames
21. Carnival attraction
22. Perjurer
24. Cartoon bear
25. "Green Gables" girl
26. Ring count
27. Clutter

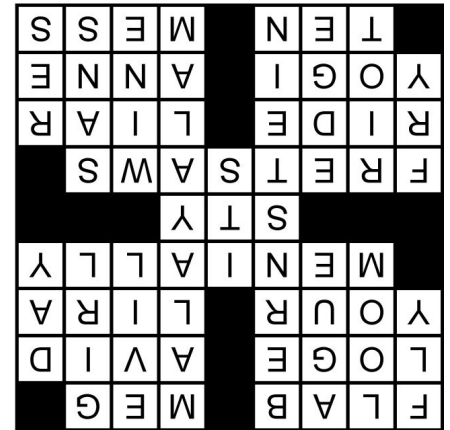
Down

1. Soar
2. Weaver's apparatus
3. Chill
4. West Side Story composer
5. Language of India with a palindromic name
6. Bad to the bone
7. Lass
10. Pro Golfer

Water Feature



- Jason
14. "___ magic!"
 16. Sauté
 17. Funny one
 18. Just beat
 19. Sommelier's suggestion
 20. Without: Fr.
 23. ___ judicata



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

Traditional cancer treatments often target fast-growing cells. Chemotherapy, for example, kills cells as they split into two. Chemotherapy tends to kill off cancer cells more quickly than healthy cells. Still, chemo does damage. Cancer vaccines may ultimately prove easier on patients.



"Dad, if a phone receives a text in the forest and nobody is around to hear the alert sound..."

AI may help identify safety hazards

It might not be long before artificial intelligence will be able to spot safety issues and hazards in the workplace, according to OSHA.

That makes sense because if there is one thing AI can do, it is to sort out anomalies in large data sets.

Using video feeds and security cameras, AI may learn to predict a likely slip, trip or fall zone and even analyze the differences between them.

AI could alert managers to improper or insufficient personal protective equipment, improperly fitted PPE, and make recommendations. It may even save workers time with reporting and complaint requirements.

With vehicles, we might see AI plotting optimal routes, directing vehicles, and issuing alerts for potential accidents.

The data AI may provide will give employers a lot of information on unreported accidents and prevention strategies.



Are obesity drugs finally here? What you should know

If you watch any television at all, you've probably seen the commercials for the diabetes drug Ozempic, with a catchy jingle set to the tune of the Scottish rock band Pilot's 1974 hit "Magic." And even though onscreen text informs viewers that Ozempic is not a weight loss drug, the commercial still touts weight reduction as a benefit. The marketing clearly works -- according to CNN, pharmacies filled more than twice as many Ozempic prescriptions during the last week of February 2023 compared with the same week in 2022.

While Ozempic can only be prescribed off-label as a weight loss aid, a higher-dose version called Wegovy, developed specifically for weight loss, received approval from the U.S. Food and Drug Administration (FDA) last year. Tirzepatide, marketed by drugmaker Eli Lilly under the brand name Mounjaro, may become the most potent anti-obesity medication on the market if the FDA grants Lilly's application for fast-track approval as a weight loss drug, according to the Associated Press.

All three medications, part of a class of drugs called GLP-1 receptor agonists, mimic hormones that activate after eating to help regulate blood sugar and slow digestion. The slowed digestion leaves patients feeling full for longer after each meal, which leads to lower overall caloric intake. In addition to GLP-1, Mounjaro targets a second hormone that Eli Lilly says can affect even more significant weight loss.

According to the Associated Press, the drugs seem to be effective for the long-term treatment of obesity, and, by extension, can lower risks for conditions associated with obesity. In clinical trials for Mounjaro, participants lost as much as 22 percent of their body weight, compared to just 3 percent in the placebo group.

It's not all smooth sailing, though -- common side effects including nausea, vomiting, constipation, diarrhea, and stomach pain. Medicare and most private insurance plans also don't cover weight loss drugs, so patients must pay the full cost, which can top \$1,300 each month. And if they stop taking the drugs, the weight usually comes right back.

Summer work zone safety

Highway work zones can be annoying, but they are also a reason for drivers to exercise caution and remain aware.

Many states impose serious penalties for aggressive and reckless driving through work zones, which is one of the most dangerous jobs for highway workers and hazardous to drivers as well. About 40,000 crashes a year happen in work zones, and in four out of five cases where an accident results in a fatality, it is the driver who is killed.

Here is how to keep yourself and the workers safe:

- * Keep a safe distance from the car in front of you. The most common accident in a work zone is a rear end collision.
- * Stay alert for changing circumstances. Don't text or talk on the phone when driving through a work zone.
- * Respect posted speed limits. Going 45 miles per hour through a five mile work zone, instead of 55 miles per hour, adds only 1.2 minutes to your trip.
- * Obey the flaggers. They are not loafing, they are working in a dangerous situation.
- * Find alternate routes that aren't work zones.

Most crashes in work zones involve drivers who follow too closely, change lanes unsafely, fail to yield, or drive too fast.

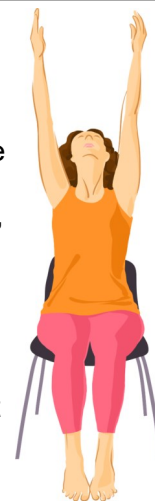


Stretching and exercise: pain relief for seniors

One day it happens. You hurt. It is startling. When you were younger, the best thing you could do for pain was rest the affected part. As a senior, you have to move it.

Up to 60 percent of seniors have chronic pain from arthritis, neuropathy, chronic conditions -- even medications. According to the Mayo Clinic, staying active can help. Gentle stretching is the first step, especially if you notice that pain seems to reduce with activity. Simple stretches like neck rotations, shoulder shrugs and ankle circles can be done anywhere and can provide some, if not complete, relief. You can find many free seated stretching programs on sites like YouTube.

Low-impact exercises like walking, swimming, and cycling can help reduce joint pain. If balance is an issue, try riding an adult tricycle. Strength exercises can reduce the risk of falls. According to the Centers for Disease Control and Prevention (CDC), seniors should aim for at least 150 minutes of walking and two days of strength training per week. However, it's important to start slowly and work up to this level of activity to avoid injury.



Slow Cooker Vegetable

Calories 224 Per Serving

Protein 26g Per Serving

Fiber 7g Per Serving

Ingredients

- 1 pound ground skinless turkey breast
- 3 large carrots, sliced crosswise into rounds
- 2 medium zucchini, halved lengthwise and sliced
- 1 small onion, chopped
- 1 28-ounce can no-salt-added tomato sauce
- 1 15.5-ounce can no-salt-added cannellini beans, rinsed and drained
- 2 medium garlic cloves, minced
- 1 tablespoon dried Italian seasoning, crumbled
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 4 cups fat-free, low-sodium chicken broth

Directions

1. Put all the ingredients in a slow cooker, stirring to combine and breaking up the turkey.
2. Cook, covered, on low for 8 hours, or until the turkey is no longer pink.



Recipe borrowed from <https://recipes.heart.org/en/recipes/vegetable-turkey-soup>



Chapter 296

22nd ANNIVERSARY DINNER

Date: Sunday, July 30, 2023

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

Choice Of Three Meals (Order at Event)

Complimentary Water, Iced Tea & Soft Drinks
Mini Cannoli
Cake

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

Please RSVP by Wednesday 7/26/23 to 407-814-8890

Payment must be received by Friday 7/28/23

Make check payable to: Mended Hearts 296

Mail To:
Corine Weber
2414 Fairbluff Rd
Zellwood, FL 32798

Limited seating, reservations only, no walk-ins



Chapter 296 Meeting

*Please join us at our monthly meeting
Tuesday, June 20, 2023
7:00 to 8:00 pm*

Speaker: TBD

Topic: TBD

Location: Orlando Health Heart and Vascular Institute
1222 S. Orange Ave.
Orlando 32806

**Park in the Orlando Health Heart and Vascular Institute
Parking Garage, Attached to the Institute
Follow signs to First Floor**

June 2023

Sun**Mon****Tue****Wed****Thu****Fri****Sat**

				1	2	
4	5	6	7	8	9	10
11	12	13	14 Flag Day	15	16	17
18 Father's Day	19	20 Mended Hearts Meeting 7:00 PM	21 First Day of Summer	22	23	24
25	26	27	28	29	30	Looking Ahead - Mended Hearts Anniversary Dinner July 30



The Mended Hearts, Inc.

The Mended Hearts, Inc.
International Headquarters and Resource Center
1579 US Highway 19
Leesburg, GA 31763
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 ☐ NoEmail 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.**