



Mended Hearts®
of Orlando, FL

Chapter 296 Newsletter

Happy 4th of July

July is here! Hard to believe we are well over half way through 2023. Mended Hearts 296 continues to inspire hope and improve the quality of life for patients with heart conditions and diseases and their families through ongoing peer-to-peer support.

Please see the enclosed flier with information about our Annual Chapter 296 Anniversary Dinner.

In August there will not be a chapter newsletter or meeting. The next newsletter will be in September. Check your email for September meeting information.

At our June meeting Dr Adam Waldman, Cardiologist at Orlando Health Heart and Vascular Institute, presented an engaging and interactive discussion on the impact of diet and exercise on our heart health.



Mended Hearts 296 Member Delivers Speech At 10th Annual East Carolina Medical Center Nursing Conference

Mended Hearts Board member, Kevin Merrigan, delivered the presentation, Self-Care Wellness Practices HEALTHCAREU-CANDO: *Doing Things Today To Help Insure Tomorrow*, at the first post covid conference.

Keynote speakers included Katy Boston Leary, Ph.D., RN, NEA-BC Director of Nursing Programs, Healthy Nurse Healthy Nation and North Carolina Senator Gayle Adcock who began her career as a nurse.

As pictured, Kevin presented the Mended Hearts information brochure to State Senator Gayle Adcock and discussed the purpose and importance of Mended Hearts.



WESH 2 CommUNITY Champion Jason Guy Interview Airing in August

Please make note to tune into WESH 2 in August to see Mended Hearts 296 member and hospital visitor, Claudia Siegel, featured as a CommUNITY Champion. Claudia will discuss her drive to get back to life after a heart event so she could give back to the community.





Chapter 296

22nd ANNIVERSARY DINNER

Date: Sunday, July 30, 2023

Location: Carrabba's Italian Grill, 5820 Red Bug Lake Road, Winter Springs, FL 32708

Surprise Guest Entertainer

Time: Social Hour: 4:00 pm Dinner: 5:00 pm

Choice Of Three Meals (Order at Event)
Chicken Marsala, Grilled Salmon, and Tuscan Grilled Sirloin

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- 491-1297
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



Ask the Medicare expert:

Does Medicare cover dentures or dental care?

No. Traditional Medicare doesn't cover dentures and it doesn't cover other dental devices, such as partial plates. In fact, it doesn't cover any routine dental care.

But seniors do have some dental insurance options. Most Medicare Advantage plans provide some sort of dental coverage. Some pay only for routine dental care, while others allow for more extensive dental services, potentially including dentures.

According to the Kaiser Family Foundation, 76 percent of people in Medicare Advantage plans during 2021 had coverage for periodontics (treatment of gum and tooth disease) or prosthodontics (tooth replacements and dentures).

The plans that do cover dentures usually limit coverage to one set every five years. There also can be some deductibles or copayments.

Most plans put annual caps on

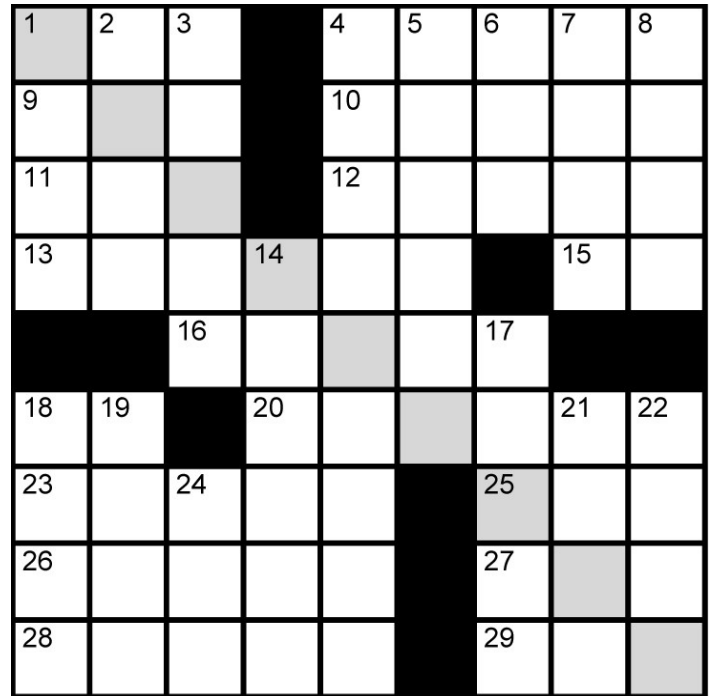
Across

1. School org.
4. Intimidate, with "out"
9. "Awesome!"
10. To-do
11. Down with the flu
12. Cruise ship
13. One who mutilates
15. You and I
16. Biblical tower
18. Bell or Barker
20. Become extinct
23. Big splash
25. Santa ____ winds
26. Dolphins' home
27. TV watchdog org.
28. Barely beats
29. Fifth musical note

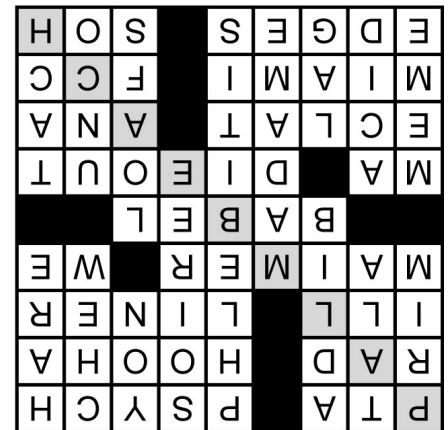
Down

1. Schoolmarmish
2. Currency of Samoa
3. Go off script
4. Inflammation of a leg vein
5. Evening do
6. Hither's partner
7. Enjoy some gum
8. Fabled racer
14. Bovary or Butterfly

Barrier Island City



17. Lounges around
18. Viral Internet phenomenon
19. It has a low pH
21. Strange, in Scottish slang
22. R.p.m. indicator
24. Fall behind



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

extensive dental services, averaging \$1,300 in 2021, but 8 percent of the plans had a coverage cap of \$2,000 to \$5,000. This cap usually didn't apply to routine and preventive dental care. Some plans charge extra for additional dental benefits, such as \$40 a month for \$2,000 worth of extra dental benefits, including dentures.



"I like this one. Do you think it will look good when knocked from the table to the floor?"

10 questions about liberty

Here are 10 questions designed to see if you know what the original patriots thought about liberty.

Give yourself one point for each correct answer.

1. Where would a patriot find the inscription: "Proclaim liberty throughout all the land unto all the inhabitants thereof"?

2. According to the Declaration of Independence, "we hold these truths to be self-evident . . ." What was the first truth?

3. The Declaration also says all men enjoy certain "unalienable" rights and it named three in particular beginning with "life" -- what are the other two?

4. Who is considered the main writer of the Declaration?

5. Where, according to the patriots, did all men get their rights?



6. What precisely happened on July 4, 1776?

7. The flag of the United States is designed with stars to represent states. What do the stripes represent?

8. What is known as the "supreme law" and how can it be revoked?

9. Where did the British surrender?

10. Name the first three presidents and identify which were signers of the document we honor on July 4.

Answers

1. On the Liberty Bell. Taken from the Bible in Leviticus.
2. Thomas Jefferson wrote: "We hold these truths to be self-evident, that all men are created equal . . ."
3. Life, liberty, and the pursuit of happiness.
4. Thomas Jefferson.
5. Man's rights come from God, who gave all men these rights as a gift that could not be revoked by a king.
6. On July 4, 1776, the Declaration of Independence was adopted officially by the Second Continental Congress.
7. The first 13 states (not colonies).
8. The Constitution is the supreme law. It cannot be revoked.
9. The British surrendered at Yorktown, VA, on Oct. 19, 1781.
10. George Washington, John Adams, and Thomas Jefferson.



Five steps for keeping the family together in the future

Many people have planned in order to accumulate money and assets to bequeath to their children. What they may not have anticipated is a dispute among their heirs.

It takes more than a will to prevent hard feelings. It takes communication. Rather than keeping their plans a secret, parents should inform adult kids about the terms of their will and the distribution of personal property. For example, ask Joe if he thinks it's OK that he will get all the books and Mary will get all the silver and China. You have time to change the plan and avoid conflict later on.

Among people age 50 and over, only 17 percent have a will, durable power of attorney and a living trust, according to the AARP. But even when they have taken care of business, the potential for bad feelings is high unless there has been agreement. Some ideas:

- * Give the same amount to each heir.
- * Consider a living trust that will dictate how your property will be disposed of. It's especially important if you are in your second marriage.
- * Calculate values for the future. Assets that are equal now may be worth more or less in the future.
- * Leave a list of your plans with an attorney or friend so your kids won't have to hunt for it when bereaved.
- * Check your will every few years to reflect events.



New fishing aids help anglers

If you love fishing, summer is a great time to socialize at a lake and soak in the good vibes of nature.

While casting, reeling, and even holding the rod can become more challenging with age, lots of new devices can make fishing pleasant.

Fishing rod control: Harness mounts can help. For upper body weakness, try a front-mounted harness. A side mounted harness is ideal for hand and arm

issues. You can even get a fishing rod holder for a wheelchair.

Easy reeling: Motorized fishing reels are great if your grip is weaker due to arthritis.

If you love fishing, you already know that the sport is great for relieving stress, and you get a little exercise walking to your favorite spot and casting your line.

Another reason to hit your local fishing hole: Fishing licenses are usually discounted for seniors.

Hydration: the water, salt, potassium connection

Keeping your body hydrated by taking in enough fluids is an important part of good health. But even if you don't drink the recommended eight glasses of water each day, you probably don't have to worry.

Counting the food and beverages people consume each day, the Institute of Medicine (IOM) says Americans are usually getting enough water without purposely drinking more.

Caffeinated beverages can be counted. IOM's Food and Nutrition board says there is little evidence that caffeinated beverages flush water and its benefits from the body. They do contribute to hydration, but are often full of sugar and phosphates, which can weaken bones and teeth.

The real problem is sodium. The average man takes in two to three times the daily recommended sodium intake and women get twice as much as they need.

The second problem is a lack of potassium, an essential nutrient found in spinach, potatoes, cantaloupe, bananas, almonds and mushrooms. IOM recommends that adults get at least 4.7 grams of potassium daily, but the average man gets between 2.8 and 3.3 grams. Women get between 2.2 and 2.4 grams.

Doctors writing in HealthNews say getting too much salt and too little potassium increases the risk of high blood pressure. Balancing these two nutrients is very important.

Before exercising or when you are outdoors in hot weather, drink extra water to make up for what you lose through sweating.

By limiting salt, getting enough potassium, and drinking more on hot days, you should keep your body properly hydrated.



Black Beans and Rice

Calories 363 Per Serving

Protein

10g Per Serving

Fiber 7g Per Serving

Recipe borrowed from <https://recipes.heart.org/en/recipes/black-beans-and-rice>

2 cups uncooked instant brown rice

¼ cup fresh lime juice (about 2 medium limes)

2 teaspoons olive oil (extra-virgin preferred) and 2 tablespoons olive oil (extra-virgin preferred), divided use

1/2 teaspoon salt

1 medium onion, finely chopped

2 medium garlic cloves, minced

OR

1 teaspoon jarred minced garlic

2 teaspoons ground cumin

1 teaspoon chili powder

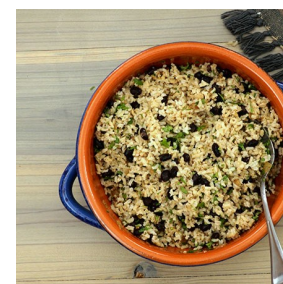
1 15-ounce can no-salt-added black beans, rinsed and drained

2 tablespoons finely chopped fresh cilantro (optional)

2 tablespoons finely chopped fresh oregano (optional)

Directions

1. Prepare the rice using the package directions, omitting the salt and margarine.
2. Meanwhile, in a small bowl, whisk together the lime juice, 2 teaspoons oil and salt. Set it aside.
3. Heat the remaining 2 tablespoons oil in a large skillet over medium-high heat, swirling to coat the bottom.
4. Cook the onion for 3 minutes, or until soft, stirring frequently. Stir in the garlic. Cook for 1 minute, stirring frequently.
5. Stir in the cumin and chili powder. Cook for 1 minute, stirring frequently. Stir in the beans. Cook until warmed through.
6. Remove from the heat. Transfer to a large serving bowl.
7. Stir in the cooked rice, lime juice mixture, cilantro, and oregano.





The Mended Hearts, Inc.

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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 ☐ 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 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 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.**