



Chapter 296 Newsletter



What to expect for the coming flu season

First, the bad news: This flu and respiratory season might be another bad one, according to the AARP.

Influenza activity from the Southern Hemisphere, which can help experts predict flu seasons in North America, was high again this year. While Australia's flu season was somewhat less severe than last year, cases still spiked early, and according to the Conversation, declined slower than expected. According to Mayo Clinic epidemiologist Gregory Poland, M.D., the U.S. won't necessarily see the same trajectory, but there's still reason for concern. The Centers for Disease Control and Prevention's current modeling shows that in this part of the world, the fall and winter respiratory disease season will look similar to last year, with higher-than-average flu-related hospitalizations.

Now the good news: Respiratory syncytial virus, or RSV, will likely fall to normal levels after a severe 2022-23 season. Experts believe that the population will be more resistant to the virus, and new immunizations provide extra protection for seniors and infants. The CDC also encourages influenza vaccines for all eligible Americans to help reduce severe disease and lower the overall number of hospitalizations.

Friendsgiving Dinners Offer Taste of Fun

What makes Thanksgiving one of the greatest holidays is that you don't really need much. All you need are some friends, some food, and a free afternoon.

In fact, Thanksgiving with friends -- Friendsgiving -- can be on its own day, on your own terms, and a great pleasure, even if you spend the third Thursday in November with actual family.

The key is thinking different. Choose the day you want for Friendsgiving and your preferred menu.

If you have had enough holiday cooking to last a lifetime, order a complete Thanksgiving dinner, gather some friends, and just eat and talk. Everyone who wants to can still bring a dish -- or not. It is perfectly acceptable to share the cost of ordering the dinner.

But if you want to cook and your friends are happy to bring their favorite dishes from home, it can be a special treat.

You and your friends are the entertainment! This is the perfect time to wax nostalgic about the great events and people of your life. Tell your favorite stories.

To get the conversation started, put a slip of paper at every place setting with a conversation starter such as:

How has Thanksgiving changed for you?

If you could live any decade of your life again, which one would it be and why?

What Thanksgiving or holiday traditions did you have in your family?

What events changed your life the most?



Chapter 296 News

October 17 Chapter Meeting Recap:

Chapter 296 was very fortunate to have Camille Bristow, wellness and nutritional coach, present “Exercise and the Heart” at our October meeting. Camille has over 31 years coaching experience and in her interactive presentation led the group in chair yoga exercises. Throughout her presentation she also pointed out the many positive effects of exercise on heart health and the benefits of a regular exercise routine. Camille got the group moving by showing how chair yoga is accessible to everyone.



CommUNITY Champion Claudia Siegel

Be sure to check out the video and article about Chapter 296 Mended Hearts volunteer, Claudia Siegel. In this inspirational feature Claudia shares her cardiovascular story and how she now helps others. Claudia also discusses the importance of her volunteer work with Mended Hearts.

<https://www.wesh.com/article/orlando-volunteer-cardiovascular-problems/45519576>

The Passing of Larry Cirillo

Sandy Hults informed us of the passing of her husband Larry Cirillo on 10/27/23. Larry was a Past President of our Chapter 296.



A Celebration of Life is planned for 12/26/23. Details will be provided at a later date. Please keep Larry and Sandy in your prayers. If you care to communicate with Sandy, her address is as follows:

Ms. Sandy Hults
1950 Artemis Loop
Oviedo, FL 32765

September 2023 Monthly Hospital Visit Numbers

Orlando Health:	Patients 65	Total Visits 90, 1 Family Visit and 1 phone call
AdventHealth:	Patients 97	Total Visits 104
	Heart Transplant Patient Visits 16	

Follow us on Facebook: **Mended Hearts of Orlando-Central FL#296**



Chapter 296 Meeting

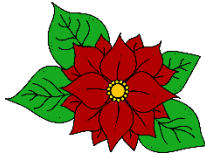
*Please join us at our monthly meeting
Tuesday, Nov 21, 2023
7:00 to 8:00 pm*

Speaker: TBD

Topic: TBD

Location: Advent Health
601 East Rollins St.
Orlando 32803

Park in Alden Garage, take the bridge on the 3rd floor to the escalator, use the elevator before the escalator and take down to the first floor. There will be signs showing the way. Valet parking is available at the main entrance to the hospital.



Mended Hearts Chapter 296 Holiday Party
Sunday 12/10/23



4pm Social Hour
5pm Dinner

Caffe Positano
Colonial Shoppes Plaza
3030 E. Semoran Blvd.
Apopka, FL 32703

3 Course Family Style Dinner:
Salad and Bread
Pasta
Chicken Marsala and Chicken Parmigiana

Music by Rick Langolf

No gift exchange this year

We will have gift card raffles and a 50/50 raffle

Paid Members Free, Associate Members
and Non-Members \$20
Please RSVP by Friday 12/8/23 to Corine Weber at
407-814-8890



November is National Diabetes Month: Will you be the next case?

It's easy to think that diabetes can happen to other people or only older folks -- but never to you.

That's what many of the millions of people living with diabetes thought. And it's what the tens of millions of people with (often undiagnosed) prediabetes think now.

About 40 percent of Americans age 40 and older have elevated blood sugar levels. The National Institute of Diabetes and Digestive and Kidney Diseases predicts that the United States is facing a diabetes epidemic.

The most common form is type 2 diabetes. It develops when the body doesn't produce enough insulin to keep blood sugar levels normal, or when the body is unable to properly use the insulin it does produce -- a condition called insulin resistance.

Who is at risk?

People who are over 45, overweight, and have a family history of diabetes are at greatest risk. African-Americans, Latinos and Native Americans are more prone to the disease.

Millions of people with prediabetes have metabolic syndrome, which includes obesity, low HDL (good) cholesterol, high

Across

1. Salon supply
5. "Check this out!"
9. Kind of account
10. Sewing case
11. Water buffalo
12. Challenge
13. Gave details of
15. Beer barrel
16. Burn unit procedure
22. Daughter of Zeus
23. Cork's place
24. Cuckoos
25. Biblical garden
26. Crude bed, in Britain
27. Comprehends

Down

1. Egg on
2. Marine eagle
3. Golden Triangle country
4. Laxity
5. AKC concerns
6. Attempt
7. "No problem"
8. 20-20, e.g.
14. "Andy Capp" cartoon-

ist Smythe

16. Cousin of a herring
17. Casino game
18. Nile bird
19. Auxiliary
20. Complimentary
21. Wallet fillers

Pantry Contents

1	2	3	4		5	6	7	8
9					10			
11					12			
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16	17	18				19	20	21
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D	E	B	I	R	C	S	E	D
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T	S	S	P		S	L	E	G

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

triglycerides, and high blood pressure -- a combination that elevates their risk for both diabetes and heart disease.

What prediabetics can do?

According to the Diabetes Prevention Program study, they can reduce their risk of developing full-blown diabetes by 58 percent just by losing 5 to 10 percent of their body weight and getting 30 minutes of moderate exercise every day. Just working toward those goals can help.

Type 2 used to be called adult-onset diabetes, but kids as young as five are being diagnosed now, according to the International Diabetes Center in Minneapolis.



The Genie of the Smart Phone

Exercise is great for your health, but you must eat less to lose weight

In 1980, 47 percent of Americans claimed they exercised regularly. By 2000, that figure had grown to 57 percent. Yet the number of overweight and obese people rose dramatically.

Physical activity is essential for good health, but it may not melt the pounds away on its own. Exercise researchers at Louisiana State University say when it comes to losing weight, how much you eat is more important than how much you exercise.

Building muscle makes you stronger, but a pound of muscle burns only four calories more per day than a pound of fat. If you somehow gained 10 pounds of muscle, you would only be able to eat an extra 40 calories a day.

Vigorous exercise can also stimulate hunger and could lead to a self-reward system. If you burn 300 calories at an exercise machine and reward yourself with donuts on the way home, you can easily consume more than you just burned.

Many researchers believe that frequent lower level activity works better for weight loss than bouts of vigorous exercise. They say it's better to be active in your life and throughout the day if you can. Take a walk -- it doesn't have to be a fast one. Climb the stairs instead of taking the elevator. Dance to the music, hit a golf ball, do the laundry or play with the dog.

People only have a certain amount of energy to expend in a given day. For weight loss, it's better to be active each day instead of doing vigorous workouts only a couple of times a week. A British study compared normally active children and those in sports with vigorous athletic training and found the two groups to be equally healthy.

At the end of the day, it's mostly about how many calories you take in -- not the calories you burn off.



Staying well: How to practice moderation during the feast

It's the holiday season -- a time to eat, drink and be merry. But with a strategy of your own, you could avoid the urge to loosen your belt mid-way through the feast and wondering how to shed the holiday weight gain -- typically about 6 to 7 pounds -- after the parties end.

These common-sense tips can help:

- * Don't arrive hungry. Have a snack before you leave home so you don't feel starved and overload your plate.

- * Watch the alcohol, which adds extra calories and lowers your inhibitions. The more you drink, the more you'll eat.

- * Check the table or buffet line to determine what you really like and what you can skip. Focus on nutrient-dense foods that aren't swimming in cheese or fat that can. Skip the bread at first so you have more room for foods that will fill you up and stick with you.

- * At a buffet, fill your own plate so you won't overload the dish.

- * For baked potatoes and sweet potatoes, be mindful about butter, cheese, and bacon.

- * When you're finally ready to eat, start with the fruits and vegetables. Eat slowly and let yourself savor each bite. Be sociable. Visit while you eat to help you take your time and make the most of the meal.

- * When it comes to dessert, choose smaller pieces. If you want to sample more than one dessert, try bite-sized pieces to help you enjoy without overindulging.

- * After dinner, take a walk and invite family members to go with you. It's a fun way to connect with your loved ones and can relieve that too-full feeling.

Thanksgiving: How we have changed the holiday that is the same, but different

The essentials of Thanksgiving have not changed over the years: Special food, family, giving thanks, and lots of desserts.

But the details have changed a lot.

In the 1940s, you might not be dining on turkey, but maybe a roast or chicken. The average feast cost \$5.68 -- about \$48 today. During those war years, the main dish and side dishes would probably be governed by what was available. And someone would have been missing from the feast -- a son, a father, or a brother. In the countryside and small towns, the food would have come at least in part from your own garden. A special pudding might replace a pie, although if there was sugar (unlikely during rationing) and flour, there was pumpkin pie.

In those days in rural and small town America, families played music together before or after dinner, with Dad on the fiddle and brother on the guitar or banjo. Later, the men went hunting with their favorite hunting dogs.



In the 1950s, the feast cost more than \$6, or about \$44 to \$48 today. You would almost certainly have turkey. It's a good bet that a side dish would involve gelatin. Inside your gelatin mold there could be any kind of fruit or vegetables. You would be more likely to see a mincemeat pie than today.

You would see a lot of patterns in the 1950s. The (possibly Formica) tables were decorated with printed cloths of fall colors and fancy dishes. The turkey might be served on a decorative Thanksgiving platter. Everyone dressed up. Dad would surely carve the turkey, and by the 1960s, he was using an electric knife. Everyone wanted to watch the Macy's Thanksgiving Day parade.

Today, the cost of the dinner is higher (\$64 in 2022) and the entertainment might revolve around football.

Poinsettia Stories



Legend has it that long ago, a poor Mexican girl picked weeds from the roadside to place before the nativity scene in her small church. When she placed the bouquet on the altar, the weeds burst into brilliant red blooms. The child ran back to her village, exclaiming that she had witnessed a Christmas miracle.

The miracle lives on, though it's mainly in the variety of colors that have been developed. Millions of poinsettias are sold each year in November and December. Red is the most popular color, but they now come in white, pink, rose, and peppermint.

The flower was named after Joel Poinsett, a U.S. ambassador to Mexico who sent the plants to his hothouse in South Carolina in the early 1800s. The rest is history.

Contrary to popular belief, poinsettias are not poisonous unless you (or your dog) eat a peck of leaves. But they are sensitive. When carrying poinsettias home, be sure to protect them from wind and cold. Keep them out of temperatures below 50 degrees.

Slow Cooker Vegetable Turkey Soup

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



Recipe borrowed
from [https://
recipes.heart.org/en/
recipes/vegetable-
turkey-soup](https://recipes.heart.org/en/recipes/vegetable-turkey-soup)

Directions

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



The Mended Hearts, Inc.

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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:**

Membership Level _____ \$ _____

Additional tax-deductible Donation to:

☐ Mended Hearts ☐ Mended *Little* Hearts
☐ Young Mended Hearts \$ _____

TOTAL TO NATIONAL \$ _____

ADDITIONAL CHAPTER/GROUP DONATION:

Chapter/Group Name: _____

Amount: \$ _____

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.