



Chapter 296 Newsletter



Ask the Medicare expert

What is Medicare Open Enrollment and when is it?

The Medicare Open Enrollment Period runs from Oct. 15 to Dec. 7. During this time, you can review your current Medicare coverage and make changes.

If you are already enrolled in Medicare, during open enrollment, you can switch from original Medicare to Medicare Advantage (or do the opposite). You can also switch from one Medicare Advantage plan to another. And you can switch or leave a Medicare Part D prescription drug plan. You can also switch to a new private insurer for your supplemental plan.

Cooking safety starts with you: Preventing kitchen fires

Each year, households in the United States face the devastating consequences of kitchen fires, but with common-sense kitchen practices most of the risk can be eliminated.

According to the National Fire Protection Association (NFPA), there were approximately 355,400 home fires reported annually in the United States over the last five years. Among these fires, about 31 percent were attributed to cooking mishaps.

The primary cause? Unattended cooking. A momentary distraction or leaving cooking equipment unsupervised can lead to devastating fires in a matter of minutes. Grease fires, caused by overheating oil or fats, can escalate rapidly and pose an immediate danger if not handled correctly.

Preventing kitchen fires mainly requires awareness.

- * Never leave cooking unattended, especially when using stovetops, ovens or fryers. If you need to leave the kitchen, turn off the heat.
 - * Clear clutter like kitchen towels, paper towels and curtains away from open flames or heating elements.
 - * Be cautious when cooking with oil. Use a thermometer to monitor oil temperature, and never overheat it. If a grease fire starts, do not use water; smother it with a lid or fire blanket.
 - * Set timers when baking, roasting, or simmering, so you're alerted when food is ready.
 - * Educate kids about the hazards of the kitchen and establish a safe distance while cooking.
 - * Keep pets out of the kitchen. If you have a gas range, install locks for the knobs so that a jumping dog can't inadvertently turn on a burner.;
 - * Maintain functional smoke alarms in the kitchen and throughout the home.
 - * Keep a fire extinguisher within reach and learn how to use it properly.
- The NFPA recommends at least one on every level of the home.



Larry and Joan Sartori Retirement and Recognition

At our annual chapter anniversary dinner in July we presented Larry and Joan Sartori with a gift card as a token of appreciation in recognition for their many years of service to our local chapter. Words cannot express our gratitude for all they have done for us.

Below is an excerpt from the letter Larry wrote for the February 2023 Newsletter.

“Joan and I are “retiring” from our current positions on the Board. If you have any inclination to serve on the Board, see 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 an 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 “



August 2023 Monthly Hospital Visit Numbers

Orlando Health:	39 Patients	56 Total Visits
AdventHealth:	77 Patients	83 Total Visits
	18 Heart Transplant Patient Visits	



Mended Hearts 296 expresses their condolences to Mrs. Eileen Krause on the passing of her husband Jim Krause on September 10, 2023. Additional information can be found at

<https://www.newcomerorlando.com/Obituary/268240/Oscar-Krause/Orlando-FL>



Chapter 296 Meeting

*Please join us at our monthly meeting
Tuesday, October 17, 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**



Avoid age-related macular degeneration

Although age-related macular degeneration (AMD) is the leading cause of blindness in people age 65 and over, ophthalmologists have found that the first stages begin earlier in life.

There are two types of AMD -- wet and dry. Dry AMD is caused by a breakdown of light-sensitive cells in the center of the retina. Wet AMD is triggered by the growth of abnormal blood vessels under the macula that can leak blood and fluid and damage the macula.

According to studies reported in the Archives of Ophthalmology, getting adequate amounts of vitamin D and fish can help prevent AMD or slow its progress. In these studies, people who ate more than two four-ounce servings of broiled fish per week, or one four-ounce serving of baked or broiled fish, were more than 40 percent less likely to develop advanced AMD. The same was true for those who had high

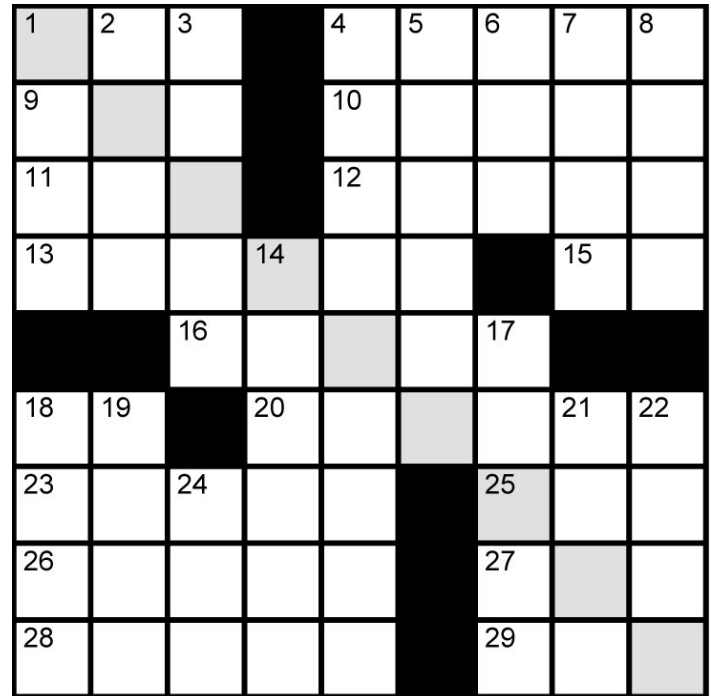
Across

1. Chitchat
4. Successor to Arafat
9. Neighbor of Wash.
10. Not as good
11. Turkish title
12. Anticipate
13. Paris art museum
15. In attendance
16. Layers
18. Therefore
20. In any case
23. Annapolis frosh
25. "Give it ____!"
26. Cambodian currency
27. To's partner
28. Oxen harnesses
29. Turner of TV channels

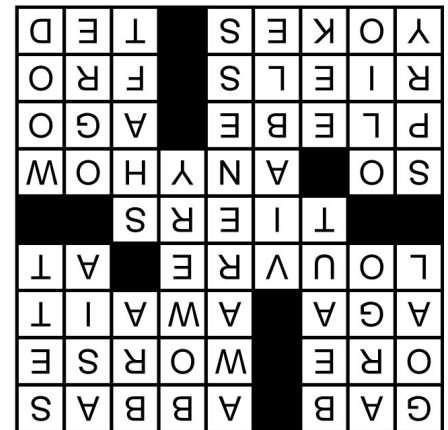
Down

1. Hockey score
2. Jason's ship
3. Doozie
4. Cognizance
5. Seedy Manhattan area
6. Maidenform product
7. Largest of seven

Spooky Halloween Venue



8. Paving stone
14. Practical, as a plan
17. Mine passage
18. Nimble
19. Mélange
21. Shrek, for one
22. Fireplace fuel
24. Comics shriek

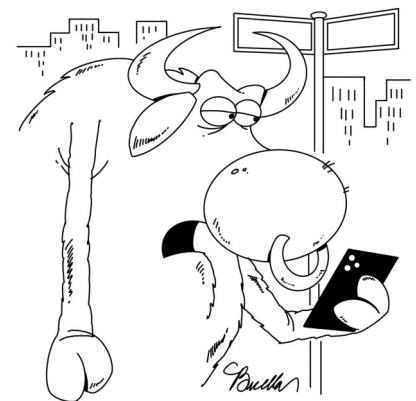


The headline is a clue to the answer in the diagonal.

levels of vitamin D in their blood.

You are at greater risk for AMD if you smoke, have high blood pressure, and eat a diet high in saturated fat.

About 11 million people in the United States alone suffer from AMD, with the numbers projected to rise to nearly 22 million by 2050.



"Hey, Siri, show me all china shops within a 5 mile radius."



Preventing shoulder injuries with proper lifting techniques

In the workplace, maintaining shoulder health is paramount to avoid debilitating injuries that can hamper productivity. Stiffness and pain are telltale signs of a shoulder injury, but adopting proper lifting techniques can significantly reduce the risk.

The foundation: lifting techniques

Lifting correctly not only safeguards your shoulders but also promotes overall musculoskeletal well-being. Follow these guidelines to prevent shoulder injuries:

Warm-up: Prior to lifting, perform gentle shoulder stretches and movements to increase flexibility and blood flow.

Assess the load: Evaluate the weight of the object and your capability to lift it. Don't hesitate to ask for assistance if it's too heavy.

Stance matters: Maintain a stable footing with feet shoulder-width apart. Distribute weight evenly between both feet.

Bend at the knees: Instead of bending at the waist, use your knees to lower yourself and pick up the object. Keep your back straight.

Grip and lift: Use a firm grip and lift with your legs, not your back. Engage your core muscles to support your spine.

Keep it close: Hold the object close to your body as you lift. This minimizes strain on your shoulders and back.

Avoid twisting: When changing direction, move your feet instead of twisting your torso.

Recognizing shoulder warning signs

Stiffness and pain in the shoulder region can indicate an injury. Ignoring these symptoms could exacerbate the issue. If discomfort persists, consult a medical professional for a proper diagnosis and treatment plan.

Investing in safety

Prioritizing shoulder safety at work through proper lifting techniques not only prevents injuries, but also boosts overall work efficiency. Employers and employees alike must collaborate to create a culture of safety and provide ergonomic equipment when needed.

The science behind the power of sleep

In the bustle of modern life, sleep often takes a back seat to the demands of work and family. However, a growing body of scientific research underscores the importance of getting enough sleep.

Research reveals that sleep is more than just a passive state of rest; it's a complex process that rejuvenates the body and mind. Adequate sleep is essential for optimal cognitive function, memory consolidation, and emotional well-being.

Cognitive sharpness: A study published in the journal *Sleep* found that individuals who consistently slept between seven and nine hours displayed better cognitive performance, including improved attention, problem-solving, and decision-making skills.

Heart health: Research in the *European Heart Journal* discovered a clear link between lack of sleep and an increased risk of cardiovascular diseases. Regular high-quality sleep contributes to healthier blood pressure and overall heart health.

Mental health: A comprehensive study published in *JAMA Psychiatry* highlighted the complex relationship between sleep and mental health. Individuals who get sufficient sleep are less likely to suffer from mood disorders, depression, and anxiety.

Physical recovery: The *Journal of Applied Physiology* reported that sleep plays a pivotal role in muscle recovery and growth. During deep sleep stages, the body releases growth hormone that aids in cellular repair and overall physical revitalization.

On the flip side, consistent sleep deprivation has been linked to accelerated cognitive decline, impaired immunity, weight gain and emotional instability.



World of Support Fundraiser

Registration for MHI's World of Support Fundraiser is now open! The money raised through this fundraiser will help pay for things like Heartbeat® Magazine, accredited visitor training, chapter and group registrations, the printing and shipping of educational materials, and much more. MHI National does not receive sponsor funding to provide these vital programs, materials and services, so they depend on community fundraising to keep these programs running.



In this year's World of Support: Hearts Around the World Fundraiser and Virtual Race, participants can contribute by donating or/and or registering for the event. If you choose to register, you'll pick a distance and then you'll have one month to complete that chosen distance in a way that works for you. The virtual race starts on September 29th, World Heart Day, and ends on October 29, but chapters, groups and members can fundraise and donate now through October 29. You can register or donate online at www.mendedhearts.org.

If you would like to donate to this important fundraiser, but you would prefer to do it over the phone or through check, you can call 888-432-7899 or mail a donation to The Mended Hearts, Inc. at 1579 US Highway 19, Leesburg, GA 31763 USA. Just be sure to put "World of Support donation" somewhere on the check.

Tomato & Ricotta Toast

Calories 127 Per Serving
Protein 12g Per Serving
Fiber 3g Per Serving

Ingredients

1-Cup fat-free ricotta cheese
2-Tablespoons chopped green onions, chives or red onion
3/4-Teaspoon dried Italian seasoning, crumbled
4-Slices whole-grain or whole-wheat bread (lowest sodium available),
toasted
2-3 Medium tomatoes, thickly sliced

Directions

1. In a small bowl, using a spoon or spatula, stir together the ricotta cheese, green onions, Italian seasoning, and pepper.
2. Spread 1/4 cup of the ricotta mixture over each slice of toast. Top with tomato slices.



Recipe borrowed from <https://recipes.heart.org/en/recipes/tomato-ricotta-toast>



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 MENDE HEARTS ☐ NEW MENDE *LITTLE* HEARTS ☐ NEW YOUNG MENDE 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:

☐ Mended Hearts ☐ Mended *Little* Hearts

Amount: \$ _____

☐ 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.**