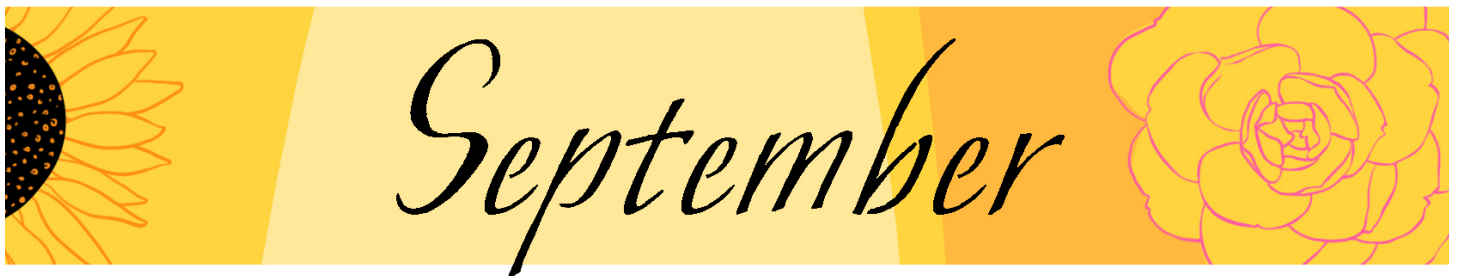




Mended Hearts®
of Orlando, FL

Chapter 296 Newsletter



How to start a book club tailored to your interests

Dear Friends, Labor Day has marked the “unofficial” end of summer. The fall equinox marking the start of autumn is right around the corner. Hopefully we will be feeling some cooler temperatures soon. With the holidays approaching and the rush of summer waning, September is the perfect time to slow down and appreciate the world around us. Mended Hearts Virtual Hearts Around The World Run/Walk would be a great way to gather friends and family while supporting Mended Hearts and to celebrate World Heart Day (9-29), be sure to check out the flier in this issue for more information.

As always, we are grateful for our group of hospital visitors. This dedicated group of volunteers provides education and peer support to hospital patients at Advent Health and Orlando Health. We are very pleased that Gary Price will be returning as a hospital visitor.

Calling all book lovers! As the pages of life continue to turn, a book club offers a delightful way to embrace the joy of reading while fostering meaningful connections with like-minded individuals. Whether you have a passion for classic literature, mysteries, memoirs, or any other genre, starting a book club tailored to your interests can be an enriching and rewarding endeavor.

Step 1: Define your reading interests

The first step in forming your book club is to decide what types of books you will read. You can limit the books to one genre, like romance, or you can let people read whatever they want.

Step 2: Organize the club structure

Decide on the frequency of meetings, which could be once a month or every two weeks, depending on everyone's availability. Rotate the host's home to keep things fresh and exciting.

Step 3: Create a reading list

Compile a diverse reading list. By including a mix of familiar classics and contemporary bestsellers.

Step 4: Attract members

Invite fellow seniors in your community to join the book club through word of mouth, community bulletin boards, or social media.

Step 5: Decide on meeting format and activities

During your book club meetings, encourage open discussions about the selected books. Consider incorporating related activities like book-themed trivia, author spotlights, or even occasional book-to-movie nights.

Remember, starting a book club is an enjoyable way to form cherished friendships. So grab your favorite book and join in as you connect with fellow seniors over shared passions and inspiring stories. Happy reading!



Mended Hearts Anniversary Dinner

Mended Hearts Chapter 296 22nd Anniversary Dinner was celebrated in July at Carrabba's Italian Grill. Delicious food and fun was enjoyed by all. Special entertainment was provided by Kenny Cohen. Many thanks to Corine and Mike Weber for organizing.



Mended Hearts Anniversary Dinner



Mended Hearts Anniversary Dinner





Chapter 296 Meeting

*Please join us at our monthly meeting
Tuesday, Sept 19, 2023
7:00 to 8:00 pm*

Speaker: Carl Pain

Topic: “ Caring and Sharing”

Location: Advent Health
601 East Rollins St.
Orlando 32803

Barker Conference Room A

Park in the King Street Garage, the garage entrance is on King St off of Rollins, take elevator or stairs to the third floor, walk over the bridge towards the hospital, at the end of the bridge on your right will be an elevator, take the elevator down to the bottom floor, we will be in Barker Conference Room A.



Debt collector scam

Sometimes scammers try to get you to pay for debts you don't owe or don't exist at all.

That's a debt collection scam -- but you can and should check on the collector. If a debt collector calls you, he or she is required to provide a debt validation notice within five days. This will give the name of the collection agency, the creditor, the account number connected to the debt, and the amount of the debt.

If you don't believe you owe the debt, you can send a letter requesting that the collector provide clear evidence of the debt.

Never share any personal information, like a social security number, with a debt collector. You should also check your credit report.

Some tip-offs that a collection is a scam:

* The collector threatens you with arrest or jail time. Legitimate collection companies don't do this because it violates the law.

* They demand immediate payment.

* They insist you pay by a gift card, wire transfer or a pre-paid debit card. These are virtually untraceable methods, which scammers love.

Shore Pastime

Across

1. "My man!"
4. Sorcerer
9. Bard's nightfall
10. Corpulent plus
11. Place to be pampered
12. Unit of light
13. Instants
15. Poor losers
19. Shakespearean term of address
20. Danger
23. Hurricane center
24. Cancel
25. Street material
26. Lots and lots
27. Terminate

Down

1. Conquers
2. Copy
3. Broadcasting
4. Problems that may get overblown
5. Drug addict
6. Beauty
7. Apply
8. Clinton, e.g.: Abbr.
14. Element in atomic clocks

16. Mountain ridge
17. Moshe of Israel
18. Pottery fragment:
 Var.
20. Golf goal
21. Charlotte-to-Raleigh dir.
22. Genetic material

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11				12				
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15						16	17	18
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24						25		
26						27		

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T	R	I	C	E	S			
S	O	R	E	H	E	A	D	S
			S	I	R	A	H	
P	E	R	I	L		E	Y	E
A	N	N	U	L		T	A	R
R	E	A	M	S		E	N	D

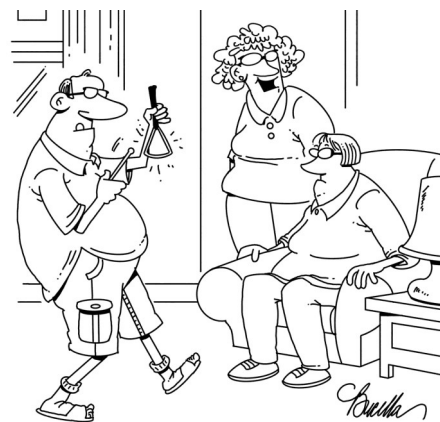
The headline is a clue to the answer in the diagonal.

Ask the Medicare expert

Can Medicare help me choose a nursing home for my mother?

While there is no substitute for visiting a facility, Medicare does have an online tool to help you compare Medicare-approved nursing homes and other services like home health care, hospitals, long-term care and dialysis facilities.

Go to: [medicare.gov/care-compare](https://www.medicare.gov/care-compare). The site is easy to use and provides ratings for various facilities in your selected area.



“Can you believe he’s self-taught?”

Housewarming gift welcomes the new neighbors

The young mother was in a daze as she looked at newly unloaded boxes of her kitchen equipment. Her husband and children were tired too, and hungry. Then, a lady appeared at the door carrying a hot casserole of macaroni, cheese, and ham.

For many years later, the young mom remembered the unexpected kindness of that simple housewarming gift. It seemed like a great blessing.

A nice meal offered to a new neighbor is always appreciated, and it's a good way to get acquainted.

Housewarming is a tradition that has been passed on from one generation to the next in the U.S. and many other countries.

It's not just new neighbors who can be gifted. Friends who are moving into a new home or apartment across town will be just as appreciative. You can show your good wishes at a later visit or a housewarming party. Some say wind chimes or candles are good choices.



Credit scores still affect seniors

As people approach retirement, they often enjoy the best credit scores of their lives, given their long credit histories, and lower debt. But after retirement, scores can slip, even if they have a perfect payment record.

Living on a fixed income isn't the problem, since credit scores do not take income into consideration. What the scores do calculate is credit activity. When you retire, you are less likely to apply for a mortgage or use credit cards, and this can cause your score to dip.

According to *The Wall Street Journal*, credit scores are still important to retirees. Scores are used for premiums on insurance and health care, for apartment rentals, assisted living. So you

want to keep your score as high as possible -- at least within the crucial 660-780 range.

The way to do that is to use credit cards and pay the balance in full at the end of each month. Going in debt is rarely an option on a fixed income, since rising interest rates can quickly make it unmanageable. But using a credit card -- and paying it off at the end of the month -- may help keep your score high. Never close old accounts, even inactive ones. Consider taking an auto loan, even if you can pay for the car in cash. You might pay it off early, if there is no penalty, but the loan could boost your mix of credit and therefore improve your score.



The chatbot will see you now: How AI is changing medicine

Artificial intelligence is unlikely to replace doctors or nurses -- at least, not anytime soon.

But in an industry that still runs mostly on time-consuming manual processes, AI breakthroughs are set to permanently change how clinicians do their jobs and how patients access care.

Already, generative AI is in use in some clinics and hospitals as a sort of smart digital assistant to automate routine tasks like clinical documentation, according to the New York Times. One Tennessee-based family physician estimates that he spends 20 minutes finishing documentation at the end of each day with the help of AI software that records and summarizes visits, compared to the two hours of extra work he tackled each night with manual documentation.

AI-powered chatbots that collect and analyze information from patients are also growing in popularity, according to Forbes. Digital health startup K Health's



technology converses with patients about their symptoms, checks that information against millions of other patients, delivers a summary with a list of possible diagnoses to a human clinician for official diagnosis and treatment, and documents the entire thing in the patient's record. According to the company's founder, more than 3.1 million patients have "seen" a doctor or nurse through the app so far for services like primary care, urgent care, some pediatric services, and chronic disease management.

AI might provide a lifeline to overworked doctors and make it easy to access basic health information, but epidemiologist Andrew Beam of Harvard University is concerned about AI's susceptibility to misinformation.

Some people worry that artificial intelligence will make us feel inferior, but then, anybody in his right mind should have an inferiority complex every time he looks at a flower.

Alan Kay



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 through October 29.

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.

Please use the link provided to donate and/or register for WOS www.mendedhearts.org



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 ☐ 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.

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:

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.