



Chapter 296 Newsletter

Happy New Year!



He's cute *and* a model of health!

The average pig today has a lower body fat percentage than the average American.

The average American man has about 28 percent body fat and the average American woman has 40 percent body fat, according to the National Institutes of Health. A pig's body fat percentage is 16 percent. That is because for the last 20 years, pig farming has focused on leaner meat to meet consumer demand for less fat. Pigs have therefore reduced their average body fat by 20 percent.

But meanwhile, humans are still getting fatter. Go figure.

What to look forward to in 2024

The year 2024 is a leap year, so there will be 29 days in February.

The calendar can't be used again until the year 2052.

2024 is the 24th year of the third decade in the 21st century. It is the fifth year of the 2020s.

Who knows what surprises await us in 2024. But we do already know some things:

- * In early April, Nintendo will shut down the Wii U and 3DS servers.

- * April 8, 2024: A total solar eclipse will be visible in Mexico, the United States, and Canada. The next total solar eclipse that can be seen from the contiguous United States will be on Aug. 23, 2044, according to NASA.

- * July 26, to August 11, 2024: Summer Olympics in Paris, France.

- * November 5, 2024: United States presidential election. The incumbent President Joe Biden is eligible for re-election.

- * December 2024: Notre-Dame de Paris is scheduled to reopen after sustaining severe damage in a fire five years ago.

- * January 1, 2024: all books published in 1928 will enter the public domain, including the earliest Mickey Mouse cartoons.

Futurist site Quantumrun also predicts:

- * More than 50 percent of internet traffic to homes will be from appliances.

- * Artificial muscles used in robots will lift more weight and generate more mechanical power than human muscles.

- * New prosthetic models will convey sensations of feeling.

- * First manned mission to Mars.

- * Global reserves of indium are fully mined and depleted. Indium is a metal widely used in 5G and OLED technologies.

- * World population forecasted to reach 8,067,008,000.

- * World sales of electric vehicles reaches 9,206,667.



Carl Pain Celebration of Life

Saturday January 6, 2024

10am to 2pm

Presentation / Service at 12:30pm

Tusawilla Country Club's Clubhouse

1500 Winter Springs Blvd

Winter Springs. FL 32708



Click on the link below for the obituary information.

<https://www.legacy.com/us/obituaries/legacyremembers/carl-pain-obituary?id=53865640>

Please note that the January 2024 and February 2024 Chapter 296 Monthly Meetings will be held via Zoom. Please check your email in January and February for Zoom meeting details. Be sure to join us at these meetings where you will be inspired and learn something new! Flyer with more details included in this newsletter.

November 2023 Monthly Hospital Visit Numbers

Orlando Health:	Patients 67	Total Visits 89	Family Visits 6
AdventHealth:	Patients 97	Total Visits 102	
	Heart Transplant Visits 16		

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

Mended Hearts Holiday Party

The Chapter 296 Holiday Party was on Dec 10th at Caffe Positano in Apopka. We enjoyed a lovely Italian dinner with live music by Rick Langolf. Many thanks to The Weber Family for organizing the Holiday Party.



Mended Hearts Holiday Dinner 2023





Chapter 296 Meetings

*Get ready to be inspired and learn something new with our upcoming **January and February 2024** Zoom Meetings. Please check your email in Jan and Feb for zoom meeting details.*

Date: January 16, 2024

Time: 7:00 to 8:00 pm

***Topic: End of Life Advance Care Planning
and Considerations. Expert Panel Discussion/Presentation***

Speakers: Tori J. Peppler, MD

Director of IMG at ORMC

Mary Busowski-Martin, MD of Palliative Care at Orlando Health

Steven J. Binkley, MDiv., BCCC, BCC

Manager, Spiritual Care

Spiritual Care Department

Orlando Regional Medical Center

Orlando Health

Date: February 20, 2024

Time: 7:00 to 8:00pm

Topic:

***“Shockwave IDL” New Technology that uses sound or acoustic waves to
break up calcification in arteries.***

Speaker:

Aaron Schmoldt from Shockwave Medical



The importance of calcium: Building strong bodies and healthy lives

In today's health-conscious world, it is widely known that calcium is essential for maintaining strong bones and teeth. However, its importance goes beyond just skeletal health. Calcium plays a crucial role in various bodily functions, including muscle contraction, nerve transmission, and blood clotting.

Calcium is primarily obtained through dietary sources, with dairy products being the most well-known and easily accessible. Cow's milk, for instance, is a rich source of calcium, providing approximately 300 milligrams per cup. However, for those who do not consume dairy or are lactose intolerant, there are numerous alternative sources of calcium available.

Leafy green vegetables such as kale, broccoli, and spinach are excellent non-dairy sources of calcium. These vegetables not only provide calcium but also offer additional health benefits due to their high fiber and vitamin content. Other plant-based sources of calcium include tofu, almonds, and fortified plant-based milk alternatives like soy or almond milk.

Supplements can also be an option for individuals who struggle to meet their calcium

Across

- 1. Hippie's hangout
- 4. Like thick smoke
- 9. Carnival site
- 10. Fancy feather
- 11. Commercials
- 12. Kind of colony
- 13. Wobble
- 15. Yours truly
- 16. Sink feature
- 18. Therefore
- 20. Upward slope
- 23. Slur over
- 25. Stable diet
- 26. More upscale
- 27. Tear
- 28. Go-getters
- 29. Roswell sighting

Down

- 1. Kind of fall
- 2. White House staffer
- 3. Gave medicine to
- 4. Pacifiers
- 5. Church official
- 6. Jog
- 7. Prayer leader
- 8. Expunge

Sweet Nut

1	2	3		4	5	6	7	8
9				10				
11				12				
13			14				15	
		16				17		
18	19		20				21	22
23		24				25		
26						27		
28						29		

- 14. Wall Street figure
- 17. India's first P.M.
- 18. Dispatch
- 19. Assortment
- 21. Inexperienced
- 22. AutoCorrect target
- 24. Rink surface

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

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

needs through diet alone. Calcium carbonate and calcium citrate are commonly used supplements that can help bridge the gap. However, it is important to consult with a healthcare professional before starting any supplementation regimen.

Vitamin D, often referred to as the "sunshine vitamin," plays a vital role in calcium absorption. It helps the body absorb and utilize calcium effectively. Sun exposure is the primary source of vitamin D, but it can also be obtained through certain foods like oily fish, egg yolks, and fortified dairy products.

Over time, insufficient dietary calcium can lead to various health issues. Osteoporosis, a condition characterized by weak and brittle bones, is a common consequence of calcium deficiency. Additionally, calcium deficiency can contribute to muscle cramps, numbness, and even heart problems.



Spam Getting Spam

Get serious about screening for colorectal cancer



Here's some good news: Deaths from colorectal cancer have been dropping since the 1980s. There's no mystery as to why -- more people are getting tested.

Colorectal cancer occurs when cells in the lower digestive tract grow out of control. Most of these cells start out as noncancerous polyps. Removing the slow-growing polyps can prevent cancer before it starts.

According to the American Cancer Society, anyone at average risk for colon cancer should start regular screenings at age 45.

There are some risk factors you can control and some you can't.

Living a healthy lifestyle is one factor in your control. Maintain a healthy weight, stay physically active and don't smoke. Enjoy a low-fat diet rich in fiber, fruits, vegetables and whole grains. Avoid a diet that is heavy on red meats and processed meats. Keep vitamin D levels normal.

Of course, some factors are out of your control. If you have a personal or family history of polyps, you may be at higher risk. A history of inflammatory bowel disease or Crohn's disease could also put you at higher risk.

Unless you have some of the high risk factors, you should get screened every 10 years until age 75. If you have risk factors, your doctor will probably recommend screening every five years.

FDA investigating cancer risk after CAR-T therapy

The U.S. Food and Drug Administration is investigating whether certain cancer treatments can increase risk for secondary cancers, according to CNN Health. The agency has received 19 reports of T-cell malignancies among people who were previously treated with certain chimeric antigen receptor T-cell (CAR-T) therapies. The FDA approved the first CAR-T cancer therapy in 2017, and required 15-year follow-up studies to assess long-term safety.

January is Glaucoma Awareness Month:

Pursuing the thief of sight



The thief has a name -- glaucoma. This year, it is silently stealing the vision of more than three million North Americans.

Of these, about half now have permanent impairment, and 120,000 are blind. In most of these cases, vision could have been saved with early detection and treatment.

A more frightening fact: About half of the three million people with glaucoma do not know they have it. The disease is quietly destroying their vision without a single symptom.

That's the main reason why everyone over age 40 should have regular eye examinations that include glaucoma screening. It is particularly important for African-Americans and people with diabetes. They are up to 15 times more likely to go blind from glaucoma than the general population.

Others with a higher risk of glaucoma include those with family members who have had it and anyone who has not been examined for two years or more.

There are two types of glaucoma: acute and chronic. Acute glaucoma produces symptoms that generally result in early treatment to minimize damage.

Chronic glaucoma has no symptoms until vision loss becomes obvious and the eyes are irreversibly damaged.

Screening for glaucoma is painless. Visit an ophthalmologist for a thorough evaluation and to detect the disease as early as possible.

Not for everyone: The case for claiming Social Security early

Everyone knows that waiting to collect Social Security at your full retirement age gives you a much higher benefit than claiming it at 62.

But is that collective wisdom true? Not always. Like everything else, it depends on your circumstances.

If, at age 62, you don't need to use your Social Security to live, you could invest it for the eight years between 62 and 70. Keep in mind that if you are younger than full retirement age, you can only earn \$21,240 working at a job. Earn more than that limit and Social Security will deduct \$1 from your payments for every \$2 you earn above the limit. When you reach full retirement age, there is no limit on your much you can earn and still receive benefits.

Still, for those eight years until you reach age 70, if you can invest all of the Social Security check, you could end up with a tidy sum after eight years. A \$700 monthly check invested at 3 percent interest starting at age 62 would grow to \$76,744 by age 70 (\$67,200 in contributions and \$8,844 in interest,) according to GoBankingRates.

You would therefore have more years of retirement and an investment bonus, but only if you can afford not to spend the investment.

For most people, however, it pays to wait as long as you can. Social Security docks a percentage of your check if you retire early. You lose 30 percent of your benefit if you claim between 62 and 67. If you wait beyond full retirement age, you get a bonus and your \$1,000 check would be about \$1,240.

Pomegranate-Grapefruit Avocado Toast

Calories 218 Per Serving

Protein 6g Per Serving

Fiber 8g Per Serving

Ingredients

- 1 1/2 medium avocados (halved, pitted, diced)
- 1 teaspoon fresh lime juice
- 1/16 teaspoon salt
- 4 slices whole-wheat bread (lowest sodium available, toasted)
- 1/4 cup pomegranate arils (seeds)
- 1 cup ruby red grapefruit segments (sliced)
- 1/4 cup fat-free feta cheese (optional)

Directions

1. Put the avocados, lime juice, and salt in a small bowl. Using a fork, gently mash the avocados, stirring to combine with the lime juice and salt.
2. Spread the avocado mixture over each slice of bread.
3. Sprinkle with the pomegranate arils.
4. Top with the grapefruit.
5. Sprinkle with the feta.

Recipe borrowed from
[https://
recipes.heart.org/
pomegranate-
grapefruit-avocado-
toast](https://recipes.heart.org/pomegranate-grapefruit-avocado-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 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.**