



Mended Hearts®
of Orlando, FL

Chapter 296 Newsletter



Want your group to bond? Sing together

In these days of political and social controversies, just talking with friends and family can be problematic. But if you sing with them, you might be on to something.

Recent research shows that singing with a group brings people together, improves health, and triggers bonding.

In fact, in a 2015 study at the University of Oxford, researchers found that strangers who sang with each other for an hour emerged with close bond. It's especially enjoyable for groups of males and females, since their voices are an octave apart.

Researchers have found health benefits too. Singing together reduces heart rate, blood pressure and stress hormones. Some early studies have found that singing may also improve lung health.

February is American Heart Month: How to save your own life



Your family and co-workers may never know, but steps you take now could save a life -- your life. That would definitely make you their hero.

Doctors at the Mayo Clinic say heart disease is often preventable. Their recommendations include:

Don't smoke or use tobacco products. Smoking is the most powerful risk factor for heart disease. No amount of smoke is safe. Women who smoke and take birth control pills are at even greater risk, especially after age 35.

Exercise. Regular exercise can reduce the risk of a fatal heart attack by nearly a quarter. Exercise also reduces stress, another significant risk factor. Though federal guidelines call for up to 60 minutes of exercise a day, even small amounts of exercise can help.

Control cholesterol and eat a heart-healthy diet. Saturated fat and trans fats raise blood cholesterol levels and increase cardiovascular disease risk. Cholesterol is particularly worrisome because foods containing this type of fat are common in the American diet. Major sources include beef, butter, cheese, milk, and coconut and palm oils.

The American Heart Association can help you calculate your cholesterol intake and gives important advice on how to control it. Visit cholesterolldown.org to see how to lower your cholesterol.

Vegetables and fruits are an important part of a heart-healthy diet. They help prevent heart disease, cancer, and other diseases.

Maintain a healthy weight. Weight gain as an adult is mostly fatty tissue, and is a risk factor for high blood pressure, high cholesterol, diabetes, and heart disease.

Get regular health screenings. Healthy adults should have cholesterol levels and blood pressure checked every two years, or more often if their numbers are high.

A heart-healthy lifestyle doesn't have to be complicated. Just find ways to put heart-healthy habits into your life.

Mike Weber and Angela Stein distributed Mended Hearts materials and discussed the importance and purpose of Mended Hearts to healthcare professionals at the annual Physicians Society of Central Florida (PCSF) meeting on January 30, 2024 at beautiful Leu Gardens. Mended Hearts is a sponsor of the PCSF. The Physicians Society of Central Florida works to unify the physicians community throughout the Central Florida Region to advocate for patients and for the quality and sustainability of the practice of medicine.



A group of 15 chapter 296 members met on Tuesday 2/6/24 at Carrabba's in Winter Springs to honor Claire Jones who is moving to North Carolina. Claire joined Mended Hearts in 2004 shortly after her open heart surgery. She was our chapter Treasurer for many years and held that position until 2023. Claire was also an accredited hospital patient visitor at Orlando Health ORMC for 12 years. Claire was always willing to pitch in and help



wherever needed. She is a warm and caring person who will be dearly missed. We will be staying in touch with her.



Claire Jones (seated at center)

Please note that the February 2024 Chapter 296 Monthly Meeting will be held via Zoom. Be sure to join us at this online meeting where you will be inspired and learn something new! Flier with more details included in this newsletter.

December 2023 Monthly Hospital Visit Numbers

Orlando Health:	Patients 58	Total Visits 79	Family Visits 1
AdventHealth:	Patients 90	Total Visits 90	
	Heart Transplant Visits 17		

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



Chapter 296 February Zoom Meeting

Date: February 20, 2024

Time: 7:00 to 8:00pm

Topic: Life Saving Cardiac Defibrillator Vests

Speaker:

Todd Surber

Kestra Medical Technologies- Orlando South

Todd Surber is a dedicated health care professional with a background as an x-ray technologist and extensive experience in the Cardiac Cath Lab. Todd will be discussing how Kestra's Wearable Cardioverter Defibrillator with cutting edge technology helps to save lives.

Join Zoom Meeting

<https://us06web.zoom.us/j/83228011726?pwd=q3sTHE8BnGsU6iloXp8fiW9nks6L9t>

Meeting ID: **832 2801 1726**

Passcode: **091059**



HEALTH IN THE NEWS

*Early risers can
thank the
Neanderthals*

Early risers may have inherited their habits from Neanderthal ancestors, according to a new study published in the journal *Genome Biology and Evolution*. Researchers analyzed archaic DNA from Neanderthals and the closely related Denisovans, and compared their findings to modern DNA in a medical database. Researchers found that people who described themselves as early risers were more likely to show traces of Neanderthal DNA in their genetic codes.

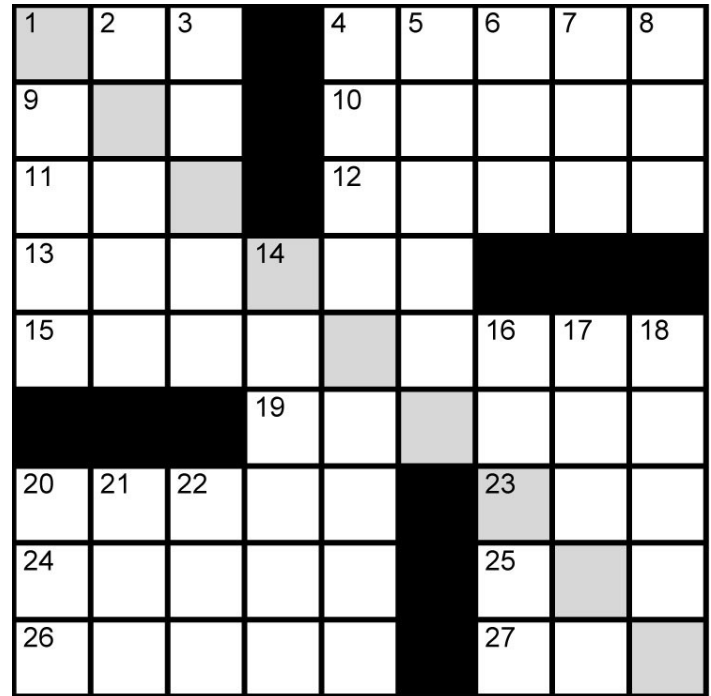
Across

1. Tax prep. expert
4. Yucatán natives
9. Hoard
10. Reproductive cell
11. Not well
12. Like some buckets
13. "You ___ bother!"
15. Archaeologists' finds
19. Drive-in employee
20. Early form of sonar used to detect submarines
23. Small bill
24. Gift recipient
25. Bed-and-breakfast
26. Grassy area
27. No longer working: Abbr.

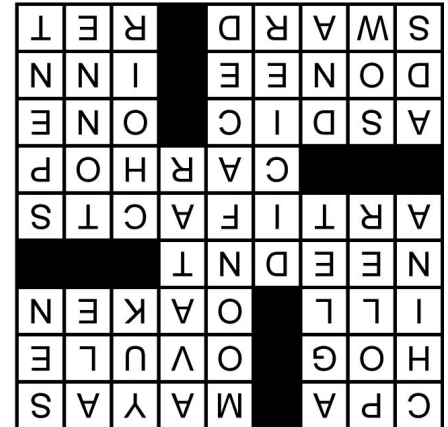
Down

1. Fine dinnerware
2. Gondolier, e.g.
3. Lace tip
4. Look caused by Cushing's syndrome, sometimes
5. Hindu incarnation
6. Big laugh
7. Pub pint
8. Member of Cong.
14. More risky

Chilling Wall



16. Church singers
17. 1,000 kilograms
18. Tuckered out
20. Magazine revenue source
21. Boar's mate
22. Some trial evidence



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

Traveling this spring? Check your passport now!

Passports are valid for 10 years, so it's easy to forget to renew.

If you are planning international travel soon, check your passport now.

You'll want your passport valid for some time after your trip.

When traveling to New Zealand, for example, your passport has to be valid for at least three months past your trip. Some countries require blank passport pages -- two of the 17 visa pages are usually acceptable. Be sure the name on your ID matches the name on your passport.

Allow 15 weeks to apply for and receive your new passport. That accounts for roughly 10 weeks of processing time, plus shipping. You're likely to receive your passport sooner, but it's best to leave ample time.



TECH SUPPORT



"Have you tried turning it off and never using it again?"

One key to a more active life: 'unofficial exercise'

A brisk, half-hour walk is good, as are swimming or going to an exercise class. If you really can't find time for official exercise, however, try unofficial exercise. It can be done every day.

* Treat yard work and housework as exercise. Vacuuming, sweeping, and raking involve arm and leg muscles and burn 245 to 280 calories an hour.

* Take extra steps. Park farther away from work. At the mall, walk through more stores. At the supermarket, check out the entire market before filling your cart. Walk to a restaurant for lunch.

* Make a half hour of TV an active time. Use a stationary bike, jog lightly in place, or do floor exercises. Seated, do some leg lifts with toes pointed forward and others with toes pointed up.

* Dig in the dirt. Gardening and yard work strengthen knees, arms, and hands. Mowing, pulling weeds, and raking improve back, arm, and leg muscles. They burn 350 calories an hour and get you out in fresh air.

Adjust to your limitations, especially if you have conditions such as arthritis or heart disease. Talk to your doctor.



Work up a sweat to protect your brain

Harvard researchers have come to some conclusions about how much exercise will protect you from dementia. They say people engaging in moderate to heavy physical activity are 45 percent less likely to develop any kind of brain problems.

In the study, activities were categorized in three categories:

- * Light: standing and walking.
- * Moderate: faster walking, housework, yard chores, climbing stairs and light sports, such as bowling and golf.
- * Heavy: major housework and intense activities like jogging.

One way the study was different from others: It mainly focused on older people. Other studies included people of all ages. This study shows that even for older people, moderate exercise is protective.

February Trivia, Did You Know.....?

1. February alternates between having 28 and 29 days per year. The 29th day only happens every 4 years during leap years.
2. The length of February was completed when Julius Caesar remade the Roman calendar and made the month 28 days and 29 days. In 713 B.C., February was officially added to the Roman calendar.
3. If you were born in February, your birthstone is an amethyst, and your flowers are violets and prim-roses.
4. In the Northern Hemisphere, February is the third month of winter. In the Southern Hemisphere, February is the last month of summer. Between the North and South Hemispheres, February is the same of August.
5. February and January were the last months added to the Roman numeral calendar.
6. February is one of the most misspelled words in the English language. The White House has misprinted the word "February" before in a press release!
7. For over 40 years February has been Black History Month.
8. February, March, and November always start on the same day of the week unless it is a leap year.

February Holidays—2024

- February 1st-7th — Women's Heart Week.
- February 2nd — Groundhog Day and Self Renewal Day. Depending on the first, you might need the latter.
- February 4th-12th — National Secondhand Wardrobe Week. Perfect for pairing down and sprucing up your wardrobe.
- February 5th — National Chocolate Fondue Day.
- February 14th — Valentine's Day and League of Women Voter's Day.
- February 16th — Do a Grouch a Favor Day. Not every grouch lives in a trash can. But if you know one that does, clean it out for them.
- February 19th — President's Day.
- February 22nd — Introduce a Girl to Engineering Day. We'll all be better off.
- February 26th — Carpe Diem Day. Do it now.



Five things to know about blood cholesterol

Cholesterol is a fat-like substance made in the liver that aids with critical functions like hormone production and digesting fat. But according to the Centers for Disease Control and Prevention, nearly two in five adults in the U.S. have excessive cholesterol levels, which can increase the risk for cardiovascular disease and other health complications.

1. There are two kinds of cholesterol: the "good" high-density lipoprotein (HDL) and "bad" low-density lipoprotein (LDL). High blood cholesterol usually means too much LDL and not enough HDL.
2. LDL cholesterol, the bad kind, can accumulate in the arteries and narrow the space through which blood can flow. HDL, the good kind, takes LDL cholesterol to the liver to be flushed from the body, and may help prevent heart attacks or strokes.
3. The only way to know for sure whether you have high cholesterol is to take a blood test. High LDL cholesterol usually has no symptoms, though people with high cholesterol often have high blood pressure as well. A simple blood test called a lipid panel can measure your lipid levels, and your health care provider can interpret the results according to your age, sex, and health history.
4. Lifestyle factors and your genes can both contribute to high cholesterol. Smoking, stress, excessive alcohol consumption, lack of exercise, and an incomplete or poor diet can all affect your blood cholesterol.
5. Many people can lower their LDL cholesterol and raise their HDL cholesterol with long-term diet and lifestyle changes. Medications may also help. Most physicians recommend a class of drugs called statins as the first-line medication therapy for high cholesterol.

Tuna Niçoise in Lettuce Cups

Calories 40 Per Serving
Protein 6g Per Serving
Fiber 1g Per Serving

Ingredients

2 tablespoons chopped red onion
1 tablespoon red wine vinegar
2 teaspoons Dijon mustard (lowest sodium available)
1 teaspoon olive oil (extra virgin preferred)
1/4 teaspoon dried dillweed, crumbled
1/4 teaspoon sugar
1/8 teaspoon pepper
1 5-ounce can very low sodium chunk light tuna, packed in water, drained, and flaked
16 large Bibb lettuce leaves (about 2 heads)
2 tablespoons chopped black olives
Whites of 2 large hard-boiled eggs, chopped
4 cherry tomatoes, sliced

Directions

In a small bowl, whisk together the onion, vinegar, mustard, oil, dillweed, sugar, and pepper. Stir in the tuna. Spoon 1 tablespoon of the tuna mixture onto each lettuce leaf. Top, in order, with the olives, egg whites, and tomatoes. To eat as a wrap, fold the left and right sides of the lettuce leaf toward the center. Starting from the unfolded side closest to you, roll the wrap towards the remaining unfolded side to enclose the filling.



Recipe borrowed from <https://recipes.heart.org/en/recipes/tuna-nicoise-in-lettuce-cups>



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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 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.**