



Mended Hearts®
of Orlando, FL

Chapter 296 Newsletter



These sounds have vanished

If you are of a certain age, you can close your eyes and hear the sound of a rotary dial phone.

It's one of the common sounds of the beginning of the 20th century that we don't hear anymore.

As a matter of fact, while we can still hear the sound of a phone ringing, we rarely (if ever) hear a busy signal. All calls mainly go directly to voicemail, and it is easy to switch to a different call if one is coming into your cell phone.

Later in the 20th century, it was common to hear the sound of a modem connecting, but this sound is mainly gone. Same with the similar sound of a fax machine answering or connecting.

Add strength training to your exercise regimen

The majority of Americans don't do any kind of strength training exercises -- no lifting weights, resistance bands, or bodyweight exercises like squats and push-ups.

That's to their detriment, according to the U.S. Centers for Disease Control and Prevention (CDC), which recommends that most adults, including older adults or people with chronic conditions or disabilities, do muscle-strengthening activities at least twice each week in addition to 150 minutes of moderate aerobic activity.



The benefits of strength:

- * Weight management. Strength training preserves and builds lean muscle mass, which increases your metabolism and can help you manage or lose weight. Increased muscle mass is also associated with improved insulin sensitivity.

- * Bone health. Resistance training and weight-bearing exercise supports healthy bone density and can reduce your risk of osteoporosis.

- * Better quality of life. Muscle-strengthening activities make it easier to engage in everyday activities like climbing stairs or lifting heavy objects, and can improve general physical function. Strength training can also help older adults avoid falls.

- * Chronic condition management. People with chronic conditions like obesity, arthritis, depression or diabetes can all benefit from strength training.

How to start strength training (with your doctor's approval)

Strength training doesn't have to be complicated or require any equipment -- just comfortable clothing and enough space to move around is enough. Choose three to five basic exercises, such as squats, wall push-ups, glute bridges, and step-ups, and perform two to three sets of eight to 12 reps with about a minute of rest between each set.

April Historical Moments, Did You Know.....?

America's first astronauts were announced by [NASA](#) on April 9, 1959.

The first [Webster](#) Dictionary was copyrighted by Noah Webster on April 14, 1828.

The [Titanic](#) sank on April 15, 1912.

The [Revolutionary War](#) in America began on April 19, 1775.

The United States [Library of Congress](#) was established April 24, 1800.

Our first President [George Washington](#) was inaugurated on April 30, 1789.

April Holidays—2024

April 7—[National Coffee Cake Day](#)

April 11th — [National Pet Day](#)

April 14th — [National Gardening Day](#) and [National Garden Month](#)

April 16th — [Wear Pajamas to Work Day](#).

April 18th — [National High Five Day](#). .

April 22nd — [Earth Day](#). It's our home. Let's take care of it.

April 24th — [Administrative Professionals Day](#).

April 26th — [National Arbor Day](#).

Save The Date
Chapter 296 Anniversary Party
July 28, 2024
4:00 Social Hour
5:00 Dinner
Carrera's Fresh Italian, Winter Garden

Please note that the April 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.

February 2024 Monthly Hospital Visit Numbers

Orlando Health:	Patients 40	Total Visits 53	Family Visits 2	Phone Call Visit 1
AdventHealth:	Patients 75	Total Visits 75		
		Heart Transplant Visits 4		

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

April 16 Zoom Meeting

Dr David Briston, Congenital Heart Cardiologist, will be the guest speaker at the April Meeting. His expertise includes:

- Treating adolescents and adults with heart disease
- Caring for congenital hearts as patients age
- Caring for congenital hearts during pregnancy or illness
- Monitoring long-term effects of childhood surgeries to congenital hearts
- Determining if and when additional intervention may be needed

Dr. Briston emphasizes the importance of lifelong care for adults with congenital heart disease and is working to fill the current gap in care for these patients.

Dr. Briston's Training

He earned a bachelor's degree at Washington University in St. Louis and a master's degree at Wayne State University in Detroit. Dr. Briston received his medical degree from West Virginia University in Morgantown.

He completed residencies in pediatric internal medicine at Jackson Memorial Hospital and Holtz Children's Hospital, both in Miami. While there, the David A. Briston, MD Excellence in Resident Research, Internal Medicine — Pediatrics Department was established, and he was named the first recipient. He also was chosen for the Resident Teaching Excellence Award. Dr. Briston performed fellowships in pediatric cardiology at The Children's Hospital at Montefiore in Bronx, New York, and adult congenital cardiology at Nationwide Children's Hospital and The Ohio State University School of Medicine in Columbus, Ohio.

About Dr. Briston

Dr. Briston is board certified in pediatrics and pediatric cardiology by the American Board of Pediatrics and in internal medicine and adult congenital heart disease by the American Board of Internal Medicine. His professional memberships include the Adult Congenital Heart Association, the American College of Cardiology and the American Heart Association. Dr. Briston contributes extensively to peer-reviewed publications, textbook chapters, presentations and studies. In 2019, he was named Physician of the Year at AdventHealth for Children in Orlando. Outside of work, Dr. Briston enjoys spending time with his family. He is fluent in English and Spanish.

March Meeting Recap

Aaron Schmoltdt, Orlando Territory Manager for Shockwave Medical gave a dynamic presentation on a ground breaking new technology that uses sound or acoustic waves to break up calcification in arteries. Aaron's engaging and interactive presentation explained this new therapy that is being used at Orlando Health and AdventHealth.

April Is National Volunteer Month

In the United States April is designated as National Volunteer Month, and it serves as a reminder that even small acts of kindness can create a ripple effect of positivity. President Richard Nixon established the first National Volunteer week in 1974.

Orlando Mended Hearts Chapter 296 volunteers spend countless hours doing a wide variety of jobs including:

- Organizing Meetings
- Managing Financial Records
- Visiting patients at Orlando Health and AdventHealth
- Managing Memberships
- Social Media
- Social Events
- Newsletter

When volunteers are asked why they are a part of Mended Hearts the universal response is that it is "so personally rewarding to make a difference to those being impacted by a heart event"



Chapter 296 April Zoom Meeting

Date: April 16, 2024

Time: 7:00 to 8:00pm

Topic:
Congenital Heart Disease

Speaker:
Dr. David Briston

Bio:
Dr. David Briston is a physician at Orlando Health Arnold Palmer Hospital for Children. He is board certified in internal medicine, pediatrics, pediatric cardiology and adult congenital heart disease. Dr. Briston cares for patients through adulthood with congenital heart defects, which are present at birth as their hearts age differently even after repair.

Join Zoom Meeting

<https://us06web.zoom.us/j/84745968667?pwd=GPkdbjO8wwjUj7EYwRMvm1BC3CPuB1.1>

Meeting ID: 847 4596 8667
Passcode: 488806



Researchers make artificial limb that can feel

When Luke Skywalker famously got his hand lopped off, it wasn't a big deal because the Jedi simply got a prosthetic hand and continued swinging his lightsaber like usual.

While such advanced prosthetics are common in science fiction, they're still a dream in the real world. But breakthroughs are happening and researchers have even figured out how to make prosthetic hands that can sense temperatures. This could help amputees enjoy better-functioning and more useful replacement limbs.

Researchers were recently able to place sensors on the fingertips of prosthetic limbs. The sensors can not only sense hot and cold, but can deliver that information to the nerves in residual limbs. The human brain can interpret these signals and basically thinks that the limb is still there, allowing amputees to actually feel hot and cold temperatures.

Interestingly enough, the sensor system, called MiniTouch, was largely assembled with off-the-shelf electronic components. It's even

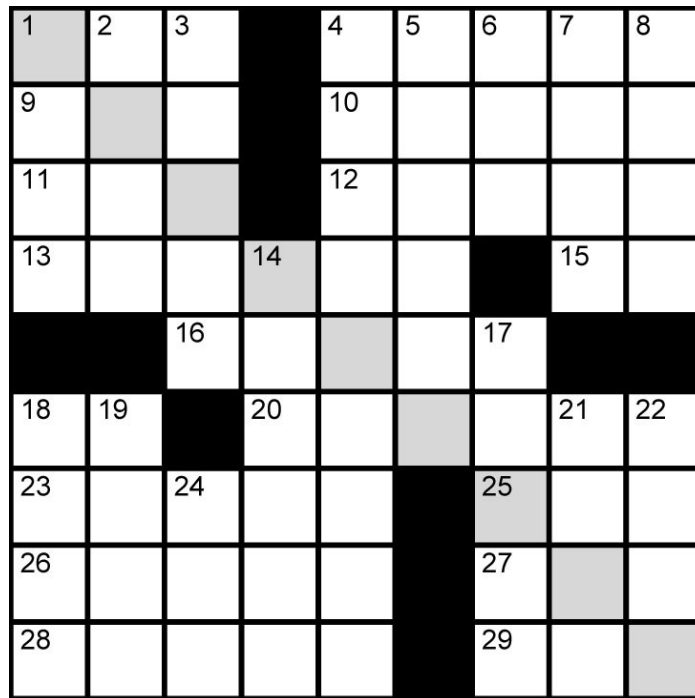
Across

1. Econ. statistic
4. Humidor item
9. London lav
10. Dangerous bacteria
11. Wildcatter's find
12. Abate
13. Loss's opposite
15. Northeastern most st.
16. Sensible
18. Indefinite article
20. Sheep talk
23. Question
25. Fish story
26. Concur
27. "A Nightmare on ___ Street"
28. Works with clay
29. Thumbs-up

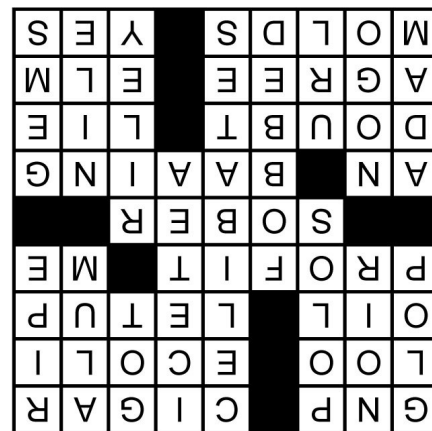
Down

1. Hardly haute cuisine
2. Roulette bet
3. Some shirts
4. Those abstaining from marriage and sexual relations
5. Summer cooler
6. Understood
7. Reunion attendee
8. Ready to be picked
14. ___ off (got rid of)

Golf Club's Target



17. Life of ___
18. Sandler of "Big Daddy"
19. Canceled waterway
21. Cairo's
22. Precious stones
24. WWW address



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

possible to install the heat sensing systems in current out-of-the-box prosthetics. Don't be surprised if in the future researchers make more advanced, custom models, but even the early results are promising. The Brainy Insights reports that the current global prosthetics market is worth more than \$8 billion. Advanced breakthroughs and more advanced tech might push that value higher in the years ahead.

How might sensors benefit patients? The future will likely yield many applications, but early patients have mentioned using them to cook. Researchers believe that improving sensory abilities will lead to prosthetic limbs that are more useful and function more like biological limbs.



Check Out Our Most Recent Issue of Heartbeat® Magazine

If you have not yet read our most recent issue of Heartbeat Magazine, you can do so online, anywhere, anytime! In this winter issue, we take a closer look how MHI partnered with The John Ritter Foundation for Aortic Health to help support people living with aortic dissection. In our feature about hypertrophic cardiomyopathy (HCM) we bring attention to an often underdiagnosed condition that can be deadly if left untreated. Finally, in our third feature, we share the winning pieces of our 2023 Share Your Heart® Essay Contest.

You can read these stories and catch-up on past issues by clicking on the QR codes below or by visiting <https://mendedhearts.org/magazine/>.



View Past Issue of Heartbeat® Magazine By Clicking on the QR Codes Below



Use your sunscreen the right way

Most Americans think they do a pretty good job with sunscreen, but they're usually mistaken, according to the American Academy of Dermatology (AAD).

In a 2022 survey of more than 1,000 U.S. adults, the AAD found that more than half reported getting a tan during the previous year, and a full third reported sunburns. The AAD cautions that there's no such thing as a safe tan or sunburn, and advises Americans to refresh their sunscreen knowledge and protect themselves.

First, choose water-resistant broad spectrum sunscreen rated SPF 30 or higher. Apply it at least 15 minutes before going outdoors to any uncovered skin. The AAD recommends that people with thinning hair apply sunscreen to their scalps or wear protective hats, and encourages that everyone use lip balm with SPF 30 or higher.

If you use a sunscreen stick, use four full passes (each back-and-forth stroke is one pass) to apply enough product. Rub it in after you apply four passes to all exposed skin.

For spray sunscreens, hold the nozzle close to your skin and spray generously until your skin glistens, then rub it in thoroughly. Avoid using spray sunscreen on windy days and remember that the average six ounce can only contains six full-body applications.

Use a full ounce of lotion sunscreen (about a shot glass full) to cover your entire body, including the ears, back, shoulders, and the backs of your legs. Your face alone should get between a quarter to a half a teaspoon.

Remember that sunscreen doesn't last all day. Reapply every two hours, or more often after swimming or sweating.



Asparagus Salad with Lemon-Garlic Dressing

Ingredients

2 tablespoons fat-free sour cream

1 tablespoon low-fat buttermilk

OR

1 tablespoon fat-free milk

1 teaspoon grated lemon zest

1 medium garlic clove (minced)

24 medium asparagus spears (trimmed)

Poppy seeds (optional)

Directions

1. In a small bowl, stir together the sour cream, buttermilk, lemon zest, and garlic. Cover and refrigerate until serving time.

2. In a large saucepan or skillet, pour in enough water to barely cover the asparagus. Bring the water to a boil over high heat. Add the asparagus and cook for 5 minutes, or until crisp-tender. Drain in a colander. Rinse with cold water and drain well.

3. If desired, cut on the diagonal into bite-size pieces.

4. Transfer to a serving bowl.

5. Add the dressing, tossing gently to coat. Lightly sprinkle with the poppy seeds.



Recipe borrowed from <https://recipes.heart.org/en/recipes/asparagus-salad-with-lemon-garlic-dressing>



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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 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	FAMILY MEMBERSHIP
<p>Associate Member --- FREE</p> <ul style="list-style-type: none"> * Can attend any chapter/group meeting for MH, MLH or YMH * Can join online communities * Can access Member Portal * Receives the National e-newsletter <p>Individual Member --- \$20 annual donation per person</p> <ul style="list-style-type: none"> * 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 <p>Bronze Member --- \$45 annual donation per person</p> <ul style="list-style-type: none"> * 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 <p>Silver Member --- \$100 annual donation per person</p> <ul style="list-style-type: none"> * All the benefits of a Bronze Member, PLUS * A Stainless Steel Mended Hearts Travel Mug <p>Gold Member --- \$250 annual donation per person</p> <ul style="list-style-type: none"> * All the benefits of a Silver Member, PLUS * A Red Fleece Blanket * 10% off registration of any National Conference or CHD Symposium <p>Heart of Gold Lifetime Sponsor --- \$1500 donation A one-time donation per individual</p> <ul style="list-style-type: none"> * 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 <i>Heartbeat</i> 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 	<p>For members of one household with one mailing address only</p> <p>Family Membership --- \$40 annual donation</p> <ul style="list-style-type: none"> * All of the benefits of an Associate Membership, PLUS * 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. <p>Bronze Family Membership --- \$75 annual donation</p> <ul style="list-style-type: none"> * 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 <p>Family Members:</p> <p>Spouse ___ Child ___ Heart Patient _____</p> <p>Spouse ___ Child ___ Heart Patient _____</p> <p>Spouse ___ Child ___ Heart Patient _____</p> <p>Spouse ___ Child ___ Heart Patient _____</p>

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.**