



Mended Hearts[®]
of Orlando, FL

Chapter 296 Newsletter



Hot dogs: Keeping it real

Nothing is more casual than a hot dog in the summer, and the National Hot Dog and Sausage Council has tips to keep it that way:

1. Always put condiments on the hot dog -- not the bun.
2. Eat hot dogs in buns with your hands, never utensils.
3. Take more than five bites to eat a hot dog.
4. Lick your fingers if you get a drip. Never wash.
5. Tomato and basil buns are all wrong for hot dogs.
6. Paper napkins are best.
7. If you are over age 18, do not apply ketchup. Mustard is key.

The miracle activity that makes you stronger and happier

Here's a way to make yourself a little stronger, improve your heart health, boost your mood and thinking power, and provide a little adventure: E-bikes. That's right, electric bikes, or e-bikes. Those are pedal bikes fitted with a motor. There are also adult trikes that can be fitted with a motor. According to a 2019 study from the UK, e-bikes might actually provide older adults with more physical and mental benefits than conventional bikes. A group of 100 older adults, ages 50 to 83, participated in the study. Half of the group rode conventional bikes, while the other half rode e-bikes. Each participant had to ride at least three times a week for thirty minutes.



The e-bike riders showed similar or greater benefits than the pedal cyclists. Researchers concluded that the benefits come from both physical activity and engagement with the outdoor environment. E-bike riders could stay out longer and go more places, for one thing. You might be wondering whether you can really work your muscles with an electric-powered bicycle. According to National Geographic, most riders use a low pedal assist power setting. Riders are pedaling, but not quite as hard -- which helps them cash in on a host of benefits. E-bike riders spend more time on their bikes and studies show they have reduced stress, improved sleep, and are generally happier. E-bike clubs also provide companionship on bike paths and trails. E-bikes are available with a wide range of configurations and price points. You can buy an e-trike, such as the Liberty Trike, for about \$2,000. This very small foldable adult trike holds riders up to 300 pounds and can be used in some public places as a mobility device. Other bikes and trikes can retail from \$2,000 to as much as \$13,000. Generally speaking, lighter bikes come with higher price tags.

Please note that there will not be a Chapter 296 Mended Hearts meeting in July and August. Please check your email for updates regarding the September 17, 2024 meeting. The newsletter will be taking a break in August and will resume with the September 2024 issue.

July Meeting Recap 6-18-2024

At the Mended Hearts June meeting our guest speaker was Lourdes Humble, Patient Affairs Liaison for Pfizer's Rare Disease Community in Florida and Puerto Rico. Lourdes shared valuable information about Transthyretin Amyloid Cardiomyopathy (ATTR-CM), a serious under-diagnosed and often overlooked cause of heart failure.

For more information please visit togetherforrare.com and yourheartmessage.com

Chapter 296 23rd Anniversary Dinner

July 28, 2024

Please see flier for details in this newsletter

May 2024 Monthly Hospital Visit Numbers

Orlando Health:	Patients 60 Total Visits 84 Family Visits 5
AdventHealth:	Patients 88 Total Visits 88 Family Visits 1 Heart Transplant Visits 1



4th of July by the numbers

In July 2023, Americans spent:
 * About \$13.5 billion on food and beverages.
 * An estimated \$73.12 million was spent on 150 million hot dogs.
 * A cookout for 10 cost about \$6.77 per person (minus drinks).
 * \$2.3 billion on fireworks.
 Shopping for the holiday was influenced by inflation. Up to 83 percent of celebrants changed their shopping habits because of increased prices.
 About 19 percent shopped for decorations and more than 17 percent shopped for party supplies. Disposable paper plates and plastic cutlery were popular. About 37 percent made those purchases.
Statistics from Capital One Shopping Research

A NOVEL IN THE SAND

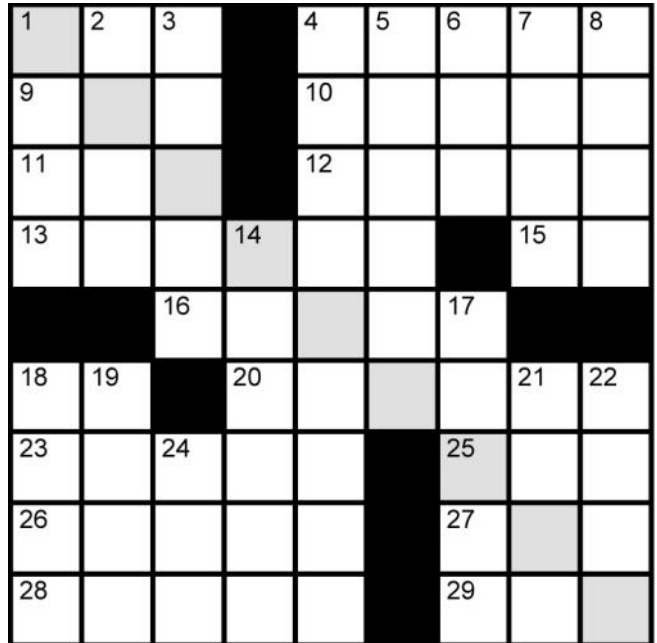
The headline is a clue to the answer in the diagonal.

Across

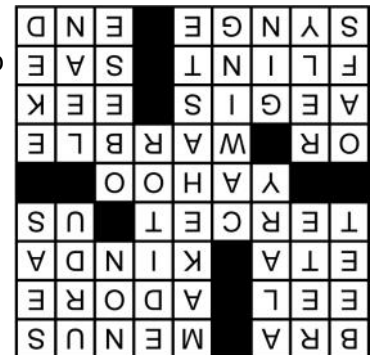
- 1. Victoria's Secret purchase
- 4. Bills of fare
- 9. Electric fish
- 10. Reverse
- 11. Posting at JFK
- 12. Somewhat, slangily
- 13. Three-line stanza
- 15. 'People' counterpart
- 16. AOL competitor
- 18. Alternatively
- 20. Sing like a bird
- 23. Patronage
- 25. Comics cry
- 26. Michigan city
- 27. Ed.'s request
- 28. "The Playboy of the Western World" author
- 29. Terminate

Down

- 1. Borscht vegetable
- 2. Neural network
- 3. Winglike
- 4. Hurry
- 5. Magazine worker
- 6. Oui's opposite
- 7. Language of Pakistan
- 8. Neptune's realm



- 14. Crows' noise
- 17. More than plump
- 18. Blockheads
- 19. Bank (on)
- 21. Like Jack Sprat's diet
- 22. Supplemented with difficulty
- 24. Tonic's partner



One pill to rule them all



If you juggle multiple medications, you know how hard it can be to make sure you take the right amount, at the right time, for the right purpose.

In fact, these types of mistakes account for one-third of medication errors in American homes.

What if, instead of six pills, you had just one? Just one pill that did exactly what you need it to do? It exists, and it's called the polypill.

According to a new study published in Materials Today Advances, U.K. pharmacists created polypills with personalized drugs and regimens. It's a step toward a simplified, more individualized approach to health care delivery, according to popsci.com.

The pills were created with a special 3-D printer that combined various drugs, formulated with custom dosages and release rates. Each pill can also be designed -- or, more accurately, printed -- in geometric patterns and colors.



"Really? They can be turned off?"

Easy bruising could just be lifestyle

Up to 55 percent of healthy people report they seem to bruise easily, but there is usually a simple explanation of why it happens.

Bruising occurs when blood vessels leak under the skin. The pool of blood forms a red, and eventually blue, mark on the skin. The body gradually reabsorbs the pooled blood and the mark fades.



The most obvious cause of bruising is an injury. You might get bruising from sports, exercise, or just your normal work when you run into things or other people. Increased bruising is normal with age. Skin becomes thinner, and begins to lose elasticity. Older people may also lose the fat under the skin that cushions blood vessels, according to Health.com.

Medication can also increase bruising. Drugs like aspirin or ibuprofen can block the normal function of platelets, the part of the blood that binds to clotting factors. Blood-thinning medications like warfarin also cause bruising. Steroids taken for breathing problems, even if inhaled, can cause skin thinning, which is also associated with increased bruising.

Sun damage to the skin can weaken blood vessel walls, which can cause purple patches on the backs of hands and forearms.

Finally, there are some rare disorders that cause abnormal bleeding, including low blood platelet count, bleeding disorders, and blood cancers. Less rare is liver damage related to hepatitis C or alcohol use.

Keep your body in mind when tending the soil

Gardening is a great way to get moderate and sustainable physical activity and reap all the health benefits.

But all that digging and weeding can be hard on knees, hands, wrists, and shoulders. Digging with a garden trowel can cause ulnar deviation that leads to muscle strain and nerve pain in the wrist. Here are some tips from the Department of Occupational Therapy at the Medical University of Ohio.

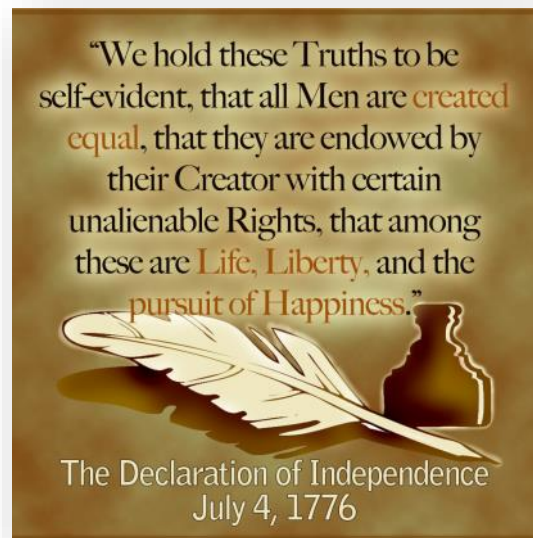
* Buy tools with thick handles. Single-handle tools like trowels should have handles that are 1-1/4 to 2 inches in diameter.

* Long handles are better. You can get a firmer grip on the tool if there is plenty of room for all your fingers.

* Look for tools that are both sturdy and lightweight. The less it weighs, the easier it is on your body.

* Avoid transferring the stress. Some trowels include a frame around the hand keep the wrist straight. But a straight wrist can force the wrist and elbow into awkward, potentially physically stressful motions.

According to the Harvard Health Letter, repetitive motions can cause muscle problems and aggravate arthritis. So stop, stretch, sit in a lawn chair, and have a drink of water.



Imperfect visionaries: The legacy of the founders

America's founding fathers didn't look much like revolutionaries. They were proper gentlemen in breeches and powdered wigs, and they were far from faultless.

In fact, when they gathered to discuss their quarrel with Britain in meetings that commenced in 1774, most of the 56 representatives from the 13 colonies did not want independence. They were merchants, farmers, and tradesmen -- not revolutionaries.

They were also not above cutting deals and maligning each other, particularly John Adams and Thomas Jefferson. Still, they continued their historic -- and often dangerous -- work.

Eventually, even as they proclaimed the United States to be a place where all men are created equal, they ignored the rights of women and enslaved peoples. But the abolition and women's rights movements followed their example over the coming decades and centuries, and their actions continue to inform how we think about equality to this day.

In an age when monarchies still ruled the world, they refused to create a country divided into classes of "ordinary people" and "gentlemen." They would not accept that birth dictated place -- as it did in all other countries. Their thinking informs American opinion even today. A YouGov survey found that 63 percent of Americans oppose a U.S. monarchy, an attitude that crosses the political divide.

Both Jefferson and Adams died on July 4, 1826, the 50th anniversary of independence. But today, their spirits live on and we continue to honor and tend to their most precious legacy: the longest-lasting republic in the history of world.

Our Share Your Heart Essay & Poetry Contest is Just a Few Weeks Away!



Are you ready to Share Your Heart? Here's how it works:

Our SYH Writing and Poetry contest encourages those living with #CHD and #HeartDisease to share their stories through writing. These stories can significantly impact others, reminding them they are not alone in their #HeartJourney and can be healing for the storyteller just by writing it down.

The contest will run from July 10th to August 10th 11:59 PM EDT. Individuals of all ages and their loved ones are encouraged to participate! Multiple independent judges will evaluate each submission. Criteria include using the "Share Your Heart" theme, organization and clarity, personal and compelling content, spelling and grammar, and originality. In addition to being published in Heartbeat® Magazine and on the Share Your Heart website, the winner in each category also receives a gift pack.

Have You Taken a Look at Our Newest Issue of Heartbeat® Magazine? Our spring issue is now available!

In addition to including an empowering feature on our 2024 Rock Your Scar® campaign and a closer look into the 2023 World of Support Fundraiser, our newest issue highlights the important work Chapter 294 of Aiken and MLH Coastal Virginia are doing in their communities. We also got to chat with Michelle Scott, our very deserving Heart Hero!

Scan this QR code with your phone to read:



Fruity Oatmeal Yogurt Parfaits

Calories 238 Per Serving
Protein 16g Per Serving
Fiber 6g Per Serving

Ingredients

- 2 cups fresh or frozen sliced hulled strawberries, thawed and patted dry if frozen (see Tip below)
- 2 cups fresh or frozen blueberries or fresh or frozen halved blackberries, or a combination, thawed and patted dry if frozen (see Tip below)
- 1 tablespoon plus 1 teaspoon honey
- 2 teaspoons ground cinnamon
- 2 cups water
- 1 cup uncooked rolled oats
- 2 cups fat-free plain Greek yogurt

Directions

1. In a medium bowl, gently stir together the strawberries, blueberries, honey, and cinnamon.
2. In a medium saucepan, bring the water and oats to a boil over medium-high heat. Boil for 5 minutes, stirring occasionally.
3. In each parfait glass, layer: 1/4 cup oatmeal, 1/4 cup fruit mixture, 1/4 cup yogurt, and 1/4 cup fruit mixture. Repeat the layers.



Recipe borrowed from <https://recipes.heart.org/en/recipes/fruity-oatmeal-yogurt-parfaits>



Chapter 296

23rd ANNIVERSARY DINNER

Date: Sunday, July 28, 2024

Location: Carrieras Fresh Italian 1041 South Dillard St, Winter Garden, FL 34787
(Carrieras is in the Tri-City Shopping Center on Colonial Hwy 50 two miles west of Hwy 429)

Entertainment by Rick Langolf

Time: Social Hour: 4:00 pm Family Style Dinner: 5:00 pm

Price: Paid Members Free
Non-Paid Chapter Members and Others \$20.00

Please RSVP by Wednesday 7/26/24 to 407-491-1297 or corineweber@att.net

Check payment must be received no later than Friday July 26, 2024

Make check payable to: Mended Hearts 296

Mail To:
Corine Weber
2414 Fairbluff Rd
Zellwood, FL 32798

Limited seating, reservations only, no walk-ins



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.

Table with 2 columns: INDIVIDUAL MEMBERSHIP and FAMILY MEMBERSHIP. Individual membership options include Associate Member (FREE), Individual Member (\$20), Bronze Member (\$45), Silver Member (\$100), Gold Member (\$250), and Heart of Gold Lifetime Sponsor (\$1500). Family membership options include Family Membership (\$40), Bronze Family Membership (\$75), and details for Family Members (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.