



# Chapter 296 Newsletter



## Curiosity earns cat a trip to California

For one cat in Utah, curiosity earned her a trip to California.

This April, Galena, a curious six-year-old calico house cat, chose to hide in a nice cardboard box -- the very box that her owner Carrie Clark was packing up to return to an Amazon warehouse. Galena didn't make a peep when Clark closed the flaps and got shipped.

Her beloved cat suddenly missing, Clark was frantic. Six days later she got a text message from an Amazon worker. Galena survived her trip without food or water. She was being cared for by an Amazon worker, who had her chip scanned.

The Clark couple flew to California the next day to fetch Galena.

## You can take control of your brain health

A study from the U.K. has some surprising results: You can do something to take care of your brain, and you can do it today.

In the landmark study, published in *JAMA Neurology*, researchers found 15 risk factors for early-onset dementia in people under age 65.

While some of the factors are genetic, other factors are within the power of an individual to change. That may be especially important for people whose family history includes dementia.

**Diet:** A Mediterranean-style diet with fish and omega-3 fatty acids, which forms the frames of cell membranes. You find the most omega-3s in herring, sardines, mackerel, salmon, halibut and tuna.

**Consistent exercise:** At least two to three workouts per week with training for strength, balance, cardio and stretching.

**Active social life:** The brain thrives on stimulation. Interact with other people as much as you can throughout your life. Social isolation is a major factor in dementia.

**Wear hearing aids:** Hearing loss is the most impactful risk factor for dementia. It is part of socialization. If you need hearing aids, you should wear them.



### May Meeting Recap

At the Mended Hearts May Zoom meeting we met with Kevin, a cardiac patient, who is awaiting a heart transplant. Since 2022, due to CHF, Kevin has been using a left ventricular assistive device that pumps blood from his heart to the rest of his body. Kevin shared what life is like living with the LVAD. Kevin’s story was both educational and inspirational. Orlando Health medical professionals who also work with Kevin joined in and added a great deal of educational information helping to answer questions from the group.

### June Meeting 6-18-2024 7:00pm via Zoom

Please join us for our June Zoom meeting where we will be joined by Lourdes Humble. Lourdes has a Master’s of Science degree in Psychology and is a Patient Affairs Liaison for Pfizer’s Rare Disease Community in Florida and Puerto Rico. She will be sharing information about Transthyretin Amyloid Cardiomyopathy (ATTR-CM), a serious under-diagnosed and often overlooked cause of heart failure.

For more information please visit [togetherforare.com](https://togetherforare.com) and [yourheartsmessage.com](https://yourheartsmessage.com). Please see June meeting flier in this issue for more details.

### June Holidays

- 6-14 Flag Day
- 6-16 Father’s Day
- 6-19 Juneteenth
- 6-21 Summer Solstice

### April 2024 Monthly Hospital Visit Numbers

<b>Orlando Health:</b>	Patients 66 Total Visits 78 Family Visits 4
<b>AdventHealth:</b>	Patients 72 Total Visits 73 Family Visits 1
	Heart Transplant Visits 8



## What your bones would tell you

If your bones could talk, they would first explain that they are living things and become stronger with the right nutrients and exercise.

Until age 20 -- and sometimes all the way to 30 -- bone mass accumulates and grows, peaking in the third decade of life. After that, your bones would say it's up to you to keep them strong. If you don't, bone mass will decrease, year by year, for the rest of your life.

No matter your age, regular weight-bearing exercise can prevent bone loss and make your bones stronger. They include walking and exercising with hand weights.

Calcium and vitamin D are also important factors in bone strength. Adults generally should aim for at least 1,000 milligrams of calcium a day. Add 1,000 International Units of vitamin D from food or supplements. You can't absorb calcium without vitamin D.

Your spine would also have a lot to say, especially when it's hurting. It would tell you that its natural curve is a figure 8. As far as the upper back is concerned,

## TINY PURPLE FRUIT

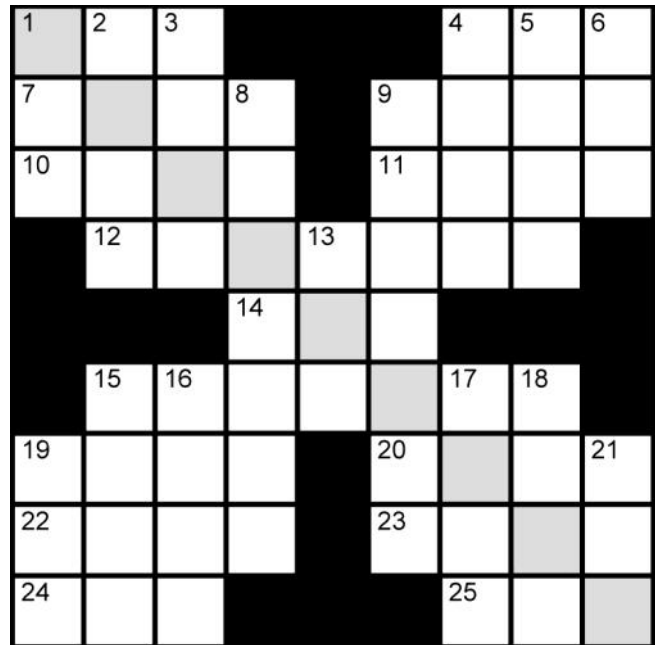
The headline is a clue to the answer in the diagonal.

### Across

1. Louisville Slugger
4. Hallucinogen
7. Coalition
9. Woodland deity
10. Women's hat lining
11. Gumbo ingredient
12. Guided
14. Agatha Christie's "The \_\_\_ Murders"
15. Solar beam
19. Unadulterated
20. Egg on
22. Oracle
23. Indian wear
24. 401(k) alternative
25. Ottoman governor

### Down

1. No Clue
2. "C'est la vie"
3. Praise highly
4. Vacation destination
5. Irrational, in math
6. Some forensic evidence
8. Grime fighter
9. Delivery aid



13. "Chicago" lyricist

15. Litigant

16. Fertilizer chemical

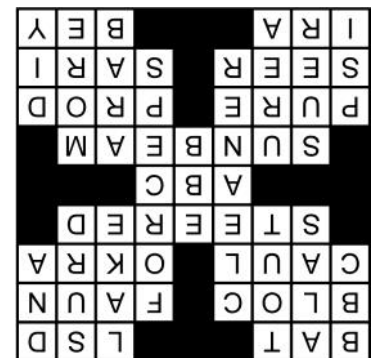
17. Riyadh resident

18. Oliver's request

19. Tire meas.

21. Home

Improvement  
letters



your posture is important. If you stand round-shouldered and let your stomach sag, the upper back pays a price.

When the lower back feels tight and painful, other parts of the body might be responsible. The American Physical Therapy Association says almost all thigh muscles are attached to the pelvis, which interlocks with the spine. If thigh muscles don't keep the pelvis stabilized, the spine is prone to shifting. Lower back muscles are forced to compensate, and the overwork can cause pain.

Stretching and strengthening thigh and hip flexor muscles can help to keep the spine in shape and pain-free.





## Become a Monthly MHI Donor

We understand that making one-time, large donations isn't always an option for people, so we've made it easier to support MHI with our monthly donation program. If you donated \$10 a month for a year (the price of two or three cups of coffee) you could help us provide valuable materials and resources to the community, patient, families, chapters and groups. Many of the programs that people find most important - visitor training, database support, staff support, and Bravery Bags - are supported by donations that are made by community members like you. Please consider a monthly donation today!

<https://mendedhearts.org/#donate>



## Know the ABCs of CPR

If you've never taken a course in cardiopulmonary resuscitation (better known as CPR), these simple instructions could help you save a life. If you have taken a CPR course, refresh your skills with this guide from the American Heart Association.



**A: Airway.** If the person is not responsive, call 911 first. If there are no head or neck injuries, gently tilt the head back by lifting the chin with one hand and pushing down on the forehead with the other.

**B: Breaths.** If the person is not breathing normally, give two rescue breaths. Keep the head tilted back, pinch the nose closed, and place your mouth around their mouth. Blow two slow, full breaths (about two seconds each), while watching to see that the chest rises with each breath.

After giving two breaths, check for signs of circulation such as breathing, coughing, movement, or responsiveness to gentle shaking. Place your ear near the mouth to listen for breathing.

**C: Chest compressions.** If no circulation is detected, begin chest compressions. Place the heel of one hand in the center of the chest (between the nipples), with the heel of the second hand on top. Position your body directly over your hands, elbows locked. Perform 15 compressions, pushing the breastbone down about two inches with each thrust and allowing the chest to return to normal between compressions. Use the full weight of your body.

Repeat the procedure three times.

## Why you need more vitamin C



Even if you have a glass of orange juice and take a multivitamin every day, you might still need more vitamin C. Here's why:

1. Low vitamin C is very common. One in three Americans has low blood levels of C. Researchers at Arizona State University think one reason is that foods don't contain as much vitamin C as we think. For example, orange juice in ready-to-drink cartons has far less C than juice from frozen concentrate.

2. The recommended daily allowance (RDA) for vitamin C is too low. C is an antioxidant superpower that neutralizes free radicals that are associated with cancer, heart disease, cataracts, and other conditions. According to physicians writing for Prevention, 500 to 1,000 mg of vitamin C per day are needed to saturate blood and tissue. Current RDA levels are 90 for men and 75 for women.

3. If you have diabetes, extra vitamin C is recommended. People with diabetes have high levels of oxidative stress, which can lead to blindness, nerve damage, and heart disease. Vitamin C helps to counter these effects. If you take supplements, be sure to tell your doctor.

The safe upper limit for vitamin C taken daily is 2,000 mg. Higher doses can cause diarrhea or stomach upset.

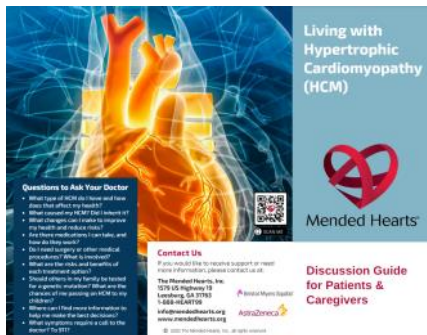
## Share Your Story to be Featured on our Social Media

At MHI we love to hear and share your stories. Whether it be your chapter's volunteer work or your child's heart journey story, we want to shine a spotlight on the brave and supportive members of our heart community.

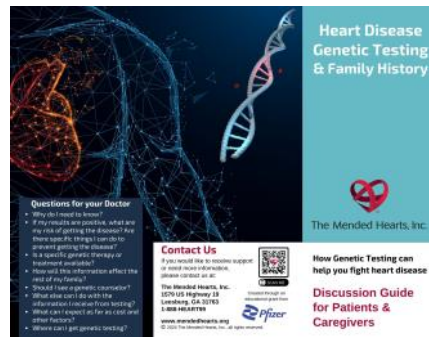


If you would like to share your or your child's story we want to hear from you! On Wednesdays and Saturdays we feature members like you on our social media. If you would like to share why you are a member of MHI for our #WednesdayWhy series, or you would like us to spotlight you, your chapter, or another member's story or service for our #SaturdaySpotlight, please email us at [info@mendedhearts.org](mailto:info@mendedhearts.org) with the subject title "Share Your Story".

Mended Hearts has a large library of educational materials designed to educate and support people living with all types of heart conditions. For a list, please go to [www.mendedhearts.org](http://www.mendedhearts.org) and click on the "Educate" tab. In the meantime, check out three of our newest discussion guides. The QR code listed below will take you directly to these three as well as all others.



Living With Hypertrophic Cardiomyopathy



Heart Disease Genetic Testing & Family History



Living With Heart Failure Fluid Management



Calories 205 Per Serving  
 Protein 9g Per Serving  
 Fiber 5g Per Serving

**Ingredients**

- 2 tsp. olive oil
- 1 large green bell pepper (diced)
- 1 large red bell pepper (diced)
- 1 medium onion (diced)
- 1/2 cup lower-sodium, low-fat, diced ham (about 4 ounces), all visible fat discarded
- 3 cups frozen, fat-free southern-style diced hash brown potatoes, thawed
- 1/2 tsp. salt-free Cajun or Creole seasoning blend
- 2 Tbsp. chopped, fresh parsley
- 1/4 tsp. salt
- 1/4 tsp. pepper

**Directions**

1. In a large nonstick skillet, heat the oil over medium heat, swirling to coat the bottom. Cook the bell peppers and onion for 4 to 5 minutes, or until the onion is soft and the bell pepper is tender, stirring occasionally. Stir in the ham. Cook for 1 to 2 minutes, or until heated through, stirring occasionally.
2. Stir in the hash browns and seasoning blend. Cook without stirring for 4 minutes, or until the bottom is golden brown. Stir (the golden-brown pieces will be redistributed). Cook without stirring for 4 minutes, or until the bottom is golden brown and the mixture is heated through.
3. Stir in the parsley, salt, and pepper.



Recipe borrowed from <https://recipes.heart.org/en/recipes/skillet-ham-hash>



## Chapter 296

# 23<sup>rd</sup> 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](mailto: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**



# Chapter 296 June Zoom Meeting

***Date: June 18, 2024***

***Time: 7:00 to 8:00pm***

**Speaker: Lourdes Humble, MS  
Pfizer Rare Disease Patient Affairs Liaison**

**Topic:** *Raising awareness of Transthyretin Amyloid Cardiomyopathy (ATTR-CM), a serious under-diagnosed and often overlooked cause of heart failure*

**Bio:** *Lourdes has a Master's of Science degree in Psychology. Lourdes is a Patient Affairs Liaison for Pfizer's Rare Disease Community In Florida and Puerto Rico and is dedicated to empowering families through sharing knowledge and support. The Patient Affairs Liaison role is a non-sales, non-promotional field-based role that serves as a local point of contact for advocacy groups, patients, and caregivers.*

## Join Zoom Meeting

<https://us06web.zoom.us/j/81082213397?pwd=WSe5umYL8dcA1qSh8s62azU75f97WG.1>

**Meeting ID:** 810 8221 3397  
**Passcode:** 099853



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	FAMILY MEMBERSHIP
<p><b>Associate Member --- FREE</b></p> <ul style="list-style-type: none"> <li>* Can attend any chapter/group meeting for MH, MLH or YMH</li> <li>* Can join online communities</li> <li>* Can access Member Portal</li> <li>* Receives the National e-newsletter</li> </ul> <p><b>Individual Member --- \$20 annual donation per person</b></p> <ul style="list-style-type: none"> <li>* All of the benefits of an Associate Member, PLUS</li> <li>* Membership Card</li> <li>* Car Decal – Select ___ MH ___ MLH ___ YMH</li> <li>* One-time 5% off coupon for purchase from the MH store</li> </ul> <p><b>Bronze Member --- \$45 annual donation per person</b></p> <ul style="list-style-type: none"> <li>* All the benefits of a Full Individual Member, PLUS</li> <li>* Membership Pin</li> <li>* Choice of ___MLH Drawstring Backpack or ___MH/MLH Notecards (10 pk)</li> <li>* 5% off registration of any National (not regional) MH/MLH/YMH Conference or Symposia</li> </ul> <p><b>Silver Member --- \$100 annual donation per person</b></p> <ul style="list-style-type: none"> <li>* All the benefits of a Bronze Member, PLUS</li> <li>* A Stainless Steel Mended Hearts Travel Mug</li> </ul> <p><b>Gold Member --- \$250 annual donation per person</b></p> <ul style="list-style-type: none"> <li>* All the benefits of a Silver Member, PLUS</li> <li>* A Red Fleece Blanket</li> <li>* 10% off registration of any National Conference or CHD Symposium</li> </ul> <p><b>Heart of Gold Lifetime Sponsor --- \$1500 donation</b> <b>A one-time donation per individual</b></p> <ul style="list-style-type: none"> <li>* All the benefits of a Gold member FOR LIFE, PLUS</li> <li>* 15% off registration fees at National MH/MLH/YMH Conferences / Symposia</li> <li>* 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</li> </ul>	<p>For members of one household with one mailing address only</p> <p><b>Family Membership --- \$40 annual donation</b></p> <ul style="list-style-type: none"> <li>* All of the benefits of an Associate Membership, PLUS</li> <li>* Membership Cards for all members of the family</li> <li>* 2 Car Decals – Select ___ MH ___ MLH ___ YMH</li> <li>* Each family member receives a one-time 5% off coupon for purchase from the MH store. Use only one coupon per order.</li> </ul> <p><b>Bronze Family Membership --- \$75 annual donation</b></p> <ul style="list-style-type: none"> <li>* All the benefits of a Family Membership, PLUS</li> <li>* One Membership Pin per member</li> <li>* Choice of ___MLH Drawstring Backpack or ___MH/MLH Notecards (10 pk)</li> <li>* 5% off registration of any National (not regional) MH/MLH/YMH Conference or Symposia</li> </ul> <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: <input type="checkbox"/> Mended Hearts <input type="checkbox"/> Mended <i>Little</i> Hearts <input type="checkbox"/> Young Mended Hearts \$ _____	Amount: \$ _____
<b>TOTAL TO NATIONAL</b> \$ _____	<b>TOTAL TO CHAPTER</b> \$ _____

**\*\*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.**