



Mended Hearts[®]
of Orlando, FL

Chapter 296 Newsletter



Understanding Atrial Fibrillation

Atrial Fibrillation (AFib) is a common heart condition characterized by an irregular and often rapid heart rate. This irregularity can lead to poor blood flow and increase the risk of stroke, heart failure, and other cardiovascular complications. According to the Centers for Disease Control and Prevention (CDC), an estimated 2.7 to 6.1 million people in the United States have AFib. The prevalence of AFib increases with age, affecting about 9 percent of people aged 65 and older.

One of the most pressing questions for those diagnosed with AFib is whether they can do anything to control this condition. While AFib can be unpredictable, there are several interventions and lifestyle changes that can help manage and potentially reduce episodes. Maintaining a healthy weight, engaging in regular physical activity, managing stress, and avoiding excessive alcohol and caffeine intake are all recommended. Additionally, controlling underlying conditions such as high blood pressure, diabetes, and sleep apnea can significantly reduce the frequency and severity of AFib episodes.

When it comes to treatment, several medications are commonly prescribed to manage AFib. These include anticoagulants (blood thinners) like warfarin and newer agents such as dabigatran, rivaroxaban, and apixaban. These drugs are crucial to reduce the risk of stroke, a serious complication of AFib. Antiarrhythmic medications, such as amiodarone, sotalol, and flecainide, are used to maintain a normal heart rhythm. Beta blockers and calcium channel blockers can help control the heart rate.

The safety and efficacy of these medications are well-documented, but they are not without risks. Anticoagulants, for instance, can increase the risk of bleeding. However, the stroke prevention benefits generally outweigh these risks for most patients. Antiarrhythmic drugs can have side effects ranging from mild to severe, including potential proarrhythmic effects, where the medication might cause other types of arrhythmias.

Effective management of AFib with these medications can improve quality of life, reduce the risk of complications, and potentially improve life expectancy. However, the overall impact on longevity varies depending on individual health factors and how well the condition is managed.



Chapter 296 Volunteer Spotlight Linda Burns



For thirty years I worked in banking and discovered a love for volunteering. I enjoyed volunteering for Ronald McDonald House, Second Harvest Food Bank, various fund raisers and in the last 10 years as a hospital patient visitor. I became a patient visitor after having a heart attack in 2012. A Mended Hearts Visitor came to see me the next day. He told me about the largest cardiovascular peer-to-peer support group and handed me a "Heart Guide". He informed me that there was more educational material on the Internet and once-a-month meetings where I can meet other people, listen to doctors and other professionals with heart related information. Soon after, I joined the organization and participated in training to become a patient visitor at Orlando Health in 2014 to visit patients that had a heart event. I gave them support and encouragement, as it was given to me. Being a volunteer can be uplifting and rewarding, especially when a patient thanks you for doing a well-worth service.

Linda lives in Orlando with her husband of 50 years. They have 3 adult children. Linda also serves on the Board of Chapter 296 as Chapter Secretary.

July 2024 Monthly Hospital Visit Numbers

Orlando Health:	Patients 65 Total Visits 74 Family Visits 6
AdventHealth:	Patients 94 Total Visits 95 Family Visits 1 Heart Transplant Visits 2

Chapter 296 Featured in Heartbeat Magazine

Heartbeat Magazine is the award winning national magazine of The Mended Hearts, Inc. The July-September 2024 issue features a "Spotlight" article on our very own Chapter 296. Mended Hearts members receive an email with a link to the online magazine. Please be sure to check it out!

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



Chapter 296 September Zoom Meeting

Date: Sept 17, 2024

Time: 7:00 pm to 8:00 pm

Speaker: Howard King CHt, NLP

Topic: Awaken and Empower Your Healer Within

Biography : Please see detailed information in this newsletter

Join Zoom Meeting

<https://us06web.zoom.us/j/89895459337?pwd=8yaKil2vg1saFwrnV0DYQ4giawEVTb.1>

Meeting ID: 898 9545 9337

Passcode: 077603

**Chapter 296 Zoom Meeting September 17, 2024
7:00 pm to 8:00 pm**

Please see meeting flier in this issue for more information

**Guest Speaker: Howard King CHt, NLP
Topic: Awaken and Empower Your Healer Within**

Biographical/Background Information

A Journey from Biomedical Electronics to Holistic Healing

With over four decades of experience spanning biomedical technology and holistic healing, this professional has dedicated his career to understanding and enhancing human health through various modalities.

Early Career in Biomedical Electronics

Holding an AS degree in Electronics with a specialization in Bio-Medical Electronics, he began his career in 1977 working in hospitals. For 13 years, he immersed himself in critical care environments including Operating Rooms, ICUs, Heart Catheterization Labs, and Emergency Rooms. This hands-on experience provided invaluable insights into the integration of technology and patient care.

Transition to Mind-Body Healing

Driven by a growing fascination with the power of the mind in healing, he expanded his expertise into Hypnotherapy and Neuro-Linguistic Programming (NLP). For two decades, he worked directly with clients, helping them release "dis-ease" and overcome mental blockages, demonstrating the profound impact of mind-body-spirit connections on overall health.

Current Role: Pioneering Energy-Based Healing

Today, he serves as a co-trustee of Regeneration Room in Orlando, Florida. This innovative healing project utilizes the advanced Energy Enhancement System, a technology designed to support the body's natural healing processes. His unique background bridges the gap between conventional medical technology and alternative healing methods, positioning him as a leader in this cutting-edge field.

Committed to the principle that the body can heal itself when properly supported, he continues to explore new frontiers in health and wellness, blending scientific understanding with holistic approaches to facilitate optimal healing and well-being.

Biography/background information provided by Howard King CHt, NLP

Chapter 296 23rd Anniversary Dinner Highlights

Mended Hearts Chapter 296 celebrated its 23rd Anniversary at Cariera’s Fresh Italian in Winter Garden. A family style dinner was served and entertainment was provided by guitarist/vocalist Rick Langolf. Attendees enjoyed a delicious meal, wonderful entertainment, and fun socialization while celebrating Mended Hearts. Attendance prizes and a 50/50 raffle added to the fun. Many thanks to the Weber Family for organizing.



Chapter 296 Board

(Pictured to the left)
(Top row left)
Kevin Merrigan—Membership Chair
Mark Weber—Social Media
Scott McClendon—Treasurer
Mike Weber— Acting President/Visiting Chair
(Bottom row left)
Angela Stein— Newsletter
Linda Burns—Secretary and Membership Retention
Corine Weber— Social Events
Janise Seijos— Orlando Health Hospital Liaison
Craig McDaniel—Not Pictured, Orlando Health Hospital Liaison

Chapter 296 Hospital Visitors

(Pictured to right)
(From Left)
Kevin Merrigan—Phone Visitor
Linda Burns—Orlando Health Visitor
Angela Stein— AdventHealth Visitor
Scott McClendon—Orlando Health Visitor
Mike Weber—AdventHealth Visitor
Not Pictured—Bill Cekala, Charlie Gile, Bob Kreuter, Ken Pedlow, Gary Price, and Claudia Seigel







Prostate Cancer Awareness Month

10 things to know about prostate cancer

Prostate cancer is one of the most common types of cancers, but when detected early, it is also one of the most treatable. Here are some important facts that every man (and everyone who cares about one) should know:

1. Prostate cancer affects about one in eight men, and more than 175,000 men are diagnosed each year.

2. More than 30,000 men die from prostate cancer each year. In many cases, the disease is diagnosed at an advanced stage and is no longer treatable.

3. When detected early, prostate cancer is usually very treatable. The five-year survival rate for men diagnosed early is more than 99 percent.

4. Prostate cancer generally grows slowly, with no symptoms until the disease progresses into a more advanced stage.

5. At later stages, symptoms may include urinary obstruction, blood in urine or semen, and bone pain.

6. Prostate cancer risk increases with age. There are also several genetic risk factors, including a family history of prostate cancer, having a female family member with a history of breast or ovarian cancer, and having a family member who carries the BRCA mutation. Black

The Middle Measure

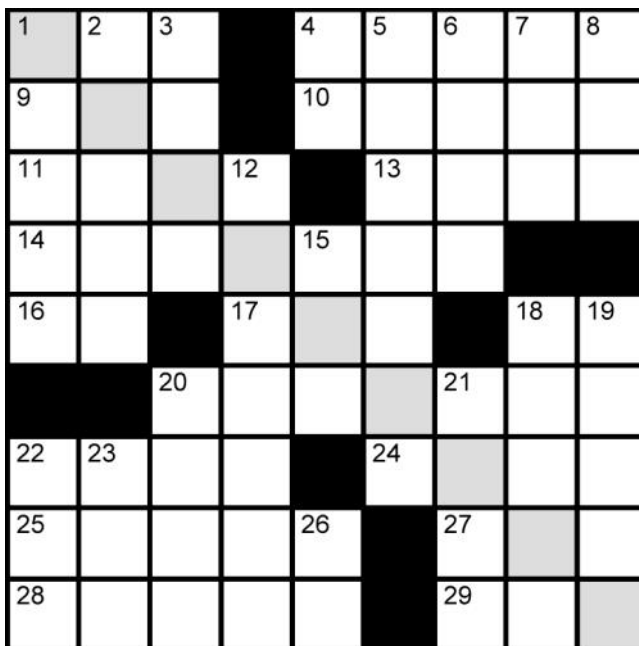
The headline is a clue to the answer in the diagonal.

Across

- 1. Letter before zee
- 4. Maxim
- 9. Mr. Potato Head piece
- 10. Pertaining to birds
- 11. Islamic sect
- 13. Nose out
- 14. Monk's haircut
- 16. Therefore
- 17. School org.
- 18. Element #2's symbol
- 20. Handler
- 22. Maple genus
- 24. Prefix with type
- 25. Sink feature
- 27. Terminate
- 28. "Beats me!"
- 29. Freelancer's enc.

Down

- 1. Adam and Mae
- 2. AOL competitor
- 3. The Emerald Isle
- 4. Cellist Yo-Yo --
- 5. Blanket
- 6. It ebbs and flows
- 7. Playground game
- 8. Undivided
- 12. Headache helper
- 15. Western tribe



- 18. Reddish brown
- 19. Eat away at
- 20. Withdraw gradually
- 21. Runs out of steam
- 22. Sum (up)
- 23. French vineyard
- 26. Thumbs-down



men are also more likely to develop prostate cancer and die from the disease.

7. Most men can begin regular screening at age 50.

8. Screening usually includes a digital rectal examination and a blood test to measure prostate-specific antigens. An MRI machine may also be used in certain cases.

9. Prostate cancer is often treated with radiation therapy or surgery to remove the entire prostate. Some cancer is simply monitored over time.

10. Eat a healthy diet and exercise, manage your weight, avoid tobacco, and limit your consumption of charred red meat.



"It's a collector's item. I made it the day before the office went paperless."

New Social Security login system

If you use the My Social Security portal (ssa.gov/myaccount) to manage your account, there will be some changes coming.



If you created your account before Sept. 18, 2021, you will have to create a new account at login.gov if you don't already have one. The federal government established login.gov to identify online account holders. You will also have the option of using other authenticators such as ID.me.

The authentication process sends a one-time number to your email or mobile device. The first time you create your login.gov account, you might have to enter as many as three unique authentication numbers. Pay careful attention to the forms that verify your identity and make sure that every detail is correct. If you have changed phone numbers recently, make sure you type the correct phone number.

Once you complete the process, your Social Security login can be done through login.gov. Just click 'connected accounts' to go directly to Social Security.

Old friends: A rhyme with a message

As kids, many of us learned this little ditty:

Make new friends but keep the old, one is silver and the other gold. It's a paraphrase of a 19th century quotation.



You might think it is natural to grow apart from people, and while it is common, it isn't required. The fact is that making friends takes a lot of time. According to studies published in the *Journal of Social and Personal Relationships*, it takes about 50 hours of socializing for an acquaintance to become a casual friend, and 200 hours to become close friends.

In short, we invest a lot of time to make close friends, and that investment really should not be wasted.

Yet people are often unwilling to reach out to old friends. According to Lara B. Aknin and Gillian M. Sandstrom in an article published in the journal *Communications Psychology*, more than 90 percent of test subjects said they lost touch with an old friend, and the majority felt neutral or even negative about getting back in contact. Researchers concluded that, with time, people come to think of friends as strangers.

Consider adding olive oil to your diet

The reasons to add olive oil to your diet just keep piling up.

Since 2019, at least a dozen studies have shown that olive oil has anti-inflammatory properties. This is possibly because it contains 70 to 80 percent oleic acid, an energy molecule that also partly comprises cell membranes, according to a 2023 study published in the journal *Nutrients*. Chronic inflammation is thought to drive diseases such as cancer, heart disease, type 2 diabetes, Alzheimer's disease, arthritis, and obesity.



Research suggests that a small amount of olive oil -- as little as a half a tablespoon daily -- may reduce your risk for cardiovascular disease.

New Medicare prescription plan spreads out costs

Those with Medicare prescription drug coverage will soon be able to pay their out-of-pocket costs in monthly installments.

This could help Medicare recipients with high monthly prescription drug costs.

With Medicare prescription drug plans, the most you have to pay each year \$2,000. But if your prescriptions cost you \$500 a month, you still have four large monthly payments to make before you hit the maximum. Your prescriptions will be free after that, but getting to that point can be difficult.



With the Medicare Prescription Payment Plan, beneficiaries can spread their costs out over 12 months. So instead of paying \$500 per month for four months, you would pay \$166.67 every month.

The plan begins Jan. 1, 2025.

Check this list of immunizations to see what's right for you

Widespread immunization is one of the most important public health achievements of the 20th century. It offers safe and effective protection against infectious diseases.

A doctor can determine which vaccines are appropriate for an individual based on age, lifestyle, gender and travel destinations.

Tetanus and diphtheria: Shots should be administered every 10 years throughout adulthood, according to the Centers for Disease Control and Prevention.

Chickenpox: Can be life-threatening in adults. Any adult who did not previously receive the vaccine or have chickenpox as a child should be immunized now.

Hepatitis A: Shots are important for men who have sex with men, intravenous street drug users, and travelers to Central or South America and other foreign countries.

Hepatitis B: A disease of the liver which can stay in the system for years without detection. It is spread by blood contact, sex with an infected person and by needle sticks. This vaccine series is standard for most people.

Human papillomavirus (HPV): Infects cervical cells and can lead to cervical cancer. Recommended for all preteens at ages 11 or 12, but can be administered in young adults up to age 26.

Influenza: Annual shots are advised for all who want to avoid the flu and its possible complications.

Shingles: Painful condition caused by the chickenpox virus, which can remain in the system after childhood infection. Adults over age 60 should be immunized.

Meningococcal: Provides protection against bacteria that can cause meningitis, which can be fatal. Spread by coughing, kissing and sharing eating utensils. College students and military recruits should be immunized.

Measles, mumps, German measles (rubella) and whooping cough: Most children receive these vaccines, but check with your doctor if you aren't sure about your vaccine status or whether you're due for booster shots

Get if you are a student, work in a hospital or travel internationally.

Polio: Can lead to paralysis. Those who travel to areas with outbreaks should get polio shots.

Pneumonia: Get immunized if you have a weakened immune system or are over age 65.



Tomato & Ricotta Toast

Calories 127 Per Serving

Protein 12g Per Serving

Fiber 3g Per Serving

Ingredients

1 cup fat-free ricotta cheese

2 tablespoons chopped green onions, chives, or red onion

3/4 teaspoon dried Italian seasoning, crumbled

1/8 teaspoon pepper (freshly ground preferred)

4 slices whole-grain or whole-wheat bread (lowest sodium available), toasted

to 3 medium tomatoes, thickly sliced.

Directions

1. In a small bowl, using a spoon or spatula, stir together the ricotta cheese, green onions, Italian seasoning, and pepper.

2. Spread 1/4 cup of the ricotta mixture over each slice of toast. Top with the tomato slices.



Recipe borrowed from <https://recipes.heart.org/en/recipes/tomato-ricotta-toast>



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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

____ 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

____ 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
- * 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
 Young Mended Hearts

Amount: \$ _____

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.