



Mended Hearts®
of Orlando, FL

Chapter 296 Newsletter



One big rock!

Massive diamonds are hard to find. The last enormous diamond was unearthed more than a century ago. But in August, miners in Botswana finally hit pay dirt. Miners for Lucara Diamond Corp uncovered a one-pound, 2,492-carat diamond from a mine, located about 300 miles north of the Botswana capital of Gaborone. The find is second only to the 3,106-carat Cullinan diamond, found in South Africa in 1905. Another diamond from the same mine, the 813-carat Constellation diamond, sold for \$63 million in 2016.

Do you get enough vitamin D?

When the weather cools down, your urge to curl up inside until spring might ramp up. And while cozy days indoors might sometimes be a truly sublime pleasure, an unexpected complication may arise in regions with cold and gray winters: vitamin D deficiency.

Also called the sunshine vitamin, vitamin D is synthesized in the skin after exposure to ultraviolet B rays and is essential for calcium absorption and maintaining strong bones. Vitamin D deficiency can lead to weaker bones and is associated with a number of adverse effects including increased inflammation, increased risk of autoimmune disease, and decreased cognitive function. During the summer, most healthy people can produce sufficient vitamin D through a modest amount of sun exposure -- five to 10 minutes at midday for several days each week for people with fair skin, and longer periods for people with darker skin.

In much of the U.S., however, winter sunlight is too weak to spur vitamin D synthesis, which can lead to deficiencies. According to Nebraska Medicine, nearly 1 in 4 U.S. adults are low in vitamin D, and the condition has become more common in recent years. Symptoms may include fatigue, poor sleep, bone pain, feeling depressed or sad, hair loss, muscle weakness, loss of appetite, frequent illness, and paler skin. If you notice these symptoms, contact your doctor -- they can measure your vitamin D levels with a simple blood test.

Fortunately, vitamin D deficiency is easily remedied with appropriate foods and vitamin supplements. Certain fish (like salmon and sardines) are naturally high in vitamin D, as well as egg yolks and beef liver. Many other foods, like milk and breakfast cereals, are enriched with additional vitamin D.

Vitamin D supplements come in two forms, D2 and D3. Several studies have shown that D3 raises vitamin D levels more effectively, and many physicians recommend it for this reason. For young adults, the recommended dietary allowance of vitamin D is 600 international units. Your physician can recommend an appropriate dosage for you.



September Meeting Recap

“Awaken Your Healer Within”

At the Mended Hearts September meeting our guest speaker was Howard King CHt,NLP. Howard gave a thought provoking presentation on alternative healing using frontier methods that blend scientific understanding with holistic approaches to facilitate optimal healing and well being.

Mended Hearts Chapter 296

October Meeting

10-15-24 7:00pm

“Heart Healthy Eating”

Please join us via Zoom for our October meeting. This month’s speaker will be Emily Brantley, RDN, LD/N AdventHealth Orlando, Registered Dietician, Center for Nutritional Excellence, Intensive Cardiac Rehab

August 2024 Monthly Hospital Visit Numbers

Orlando Health:	Patients 48 Total Visits 54 Family Visits 2
AdventHealth:	Patients 76 Total Visits 77 Heart Transplant Visits 3

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!

October Did you know.....

- Turnips were originally carved as Jack-O-Lanterns before pumpkins became popular
- Trick-or-treating began in the 9th century
- Bobbing for apples originated in England
- The word “bonfire” originated from the words “bone fire”
- In Los Angeles, the sale of silly string is banned from 12am-12pm on Halloween
- Arachnophobia is a fear of spiders
- The word “October” means the eighth month
- The October flowers of the month are marigolds and cosmos
- In Canada, Thanksgiving is celebrated the 2nd October Monday
- In the Southern Hemisphere the Spring Season begins in October
- The owl is October’s bird of the month
- Six US Presidents were born in October including most recently, Jimmy Carter who just became a centenarian
- France gave the Statue of Liberty to the US in October 1886

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



Chapter 296 October

Zoom Meeting

Date: Oct 15, 2024

Time: 7:00 pm to 8:00 pm

Speaker: Emily Brantley, RDN,LD/N

Topic: Heart Healthy Eating

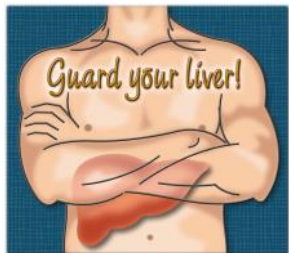
Biography : Emily is a Registered Dietitian Nutritionist from Jacksonville, Florida. She completed her internship at the Florida Hospital. Emily went on to gain experience in the field of Nutrition and Dietetics in her hometown of Jacksonville, Florida, serving all areas of the lifespan. Her work ranged community focused wellbeing with the Department of Health WIC program and the YMCA, all the way to her clinical experience as the Inpatient Medical-Surgical Dietitian at Mayo Clinic. Emily made her way back to Central Florida where she joined AdventHealth where Emily has continued to grow with opportunities including Inpatient Rehabilitation at AdventHealth Winter Park as well as Inpatient Dietitian at AdventHealth Orlando. Emily's current role with AdventHealth is with the Center for Nutritional Excellence as the Intensive Cardiac Rehab Dietitian at AdventHealth, Orlando. Here, Emily brings together her passion for wellbeing and education with cooking demonstrations and medical nutrition therapy for the heart healthy patient population.

Join Zoom Meeting

[https://us06web.zoom.us/j/89480307822?
pwd=OGiGpB4A7I9cHTB7xSvBXuPLbDTglZ.1](https://us06web.zoom.us/j/89480307822?pwd=OGiGpB4A7I9cHTB7xSvBXuPLbDTglZ.1)

Meeting ID: 894 8030 7822

Passcode: 372518



National Liver Awareness Month
Take care of this essential organ

Think Liver; Think Life

That's the theme of the National Liver Foundation's annual liver awareness campaign and it's good advice.

It's not hard to keep your liver, the body's largest organ, healthy. It requires the same steps as keeping yourself generally healthy. For example:

- * Drink alcohol in moderation, especially if you are a woman. One and a half cans of beer a day can cause liver problems in some women.

- * Maintain a normal weight so you don't develop a fatty liver, which increases the risk of cirrhosis and liver failure.

- * Don't smoke. Smoking is linked to liver cancer and it may increase the toxic effects of some medications.

- * Never share a toothbrush or razor with anyone. These items can transmit hepatitis B or C through torn gum tissue or nicks in the skin.

- * Only get tattoos and body piercings at licensed establishments that sterilize all instruments and sanitize workspaces between clients.

Across

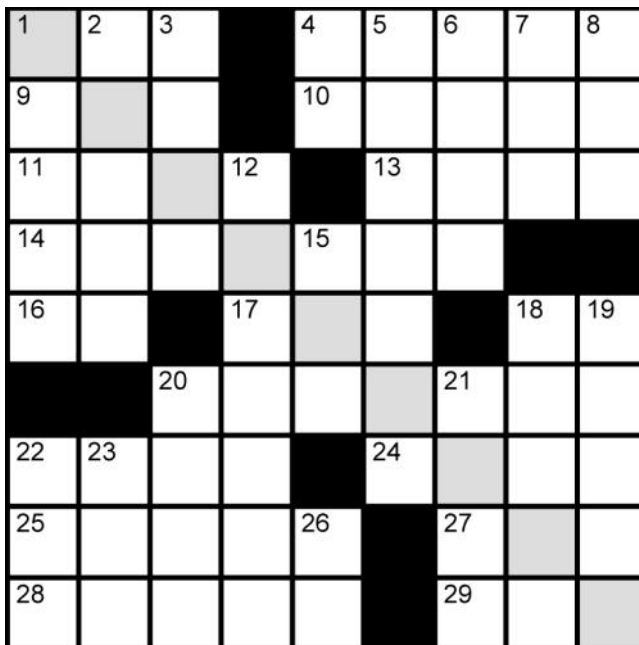
- ___ Aviv
- Sudden outpouring
- Sunbeam
- Betelgeuse's constellation
- Shrek, e.g.
- Halftime lead, e.g.
- Sewing machine part
- Element #2's symbol
- Genetic stuff
- Bell or Barker
- Nonsense
- Pair
- Continental currency
- Radiant
- "A Nightmare on ___ Street"
- Motif
- Ocean

Down

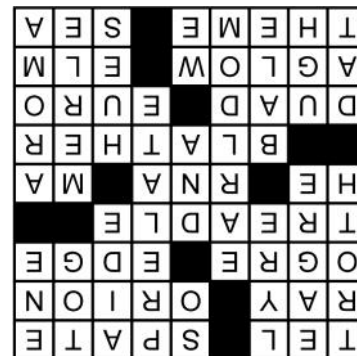
- Promise
- Tidal flood
- Orpheus' instrument
- Therefore
- Bishop, e.g.
- Campaign worker
- Deck (out)
- Compass heading
- Nobleman's domain
- Some trial

Big and Creepy

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



- evidence
- 18. Actress Oberon
- 19. Fragrance
- 20. Cotton unit
- 21. Colors
- 22. "Who ___?" (slangy query)
- 23. "That's terrible!"
- 26. First word of the Constitution



- * Practice safer sex (including condom use) to protect yourself from hepatitis A and B.

- * If you have ever been told that something is wrong with your liver, even if you have no symptoms at all, see a liver specialist, called a hepatologist.

- * Avoid recreational drug use. Intravenous drugs are a common route for hepatitis B and C transmission. Never share needles.

- * If you have ever experimented with intravenous drugs, even if it was years ago, see a liver specialist. Even serious liver damage can be asymptomatic.

When you love your liver and avoid risky business, the liver will serve you well for the rest of your life.



"It's a conflict between your hardware and your software. Your cauldron won't support Eye Of Newt 3.0."

When to claim Social Security early

Ask any financial advisor and they will tell you to wait until full retirement age to claim Social Security. The reason is simple: You will get more money.

Currently, the full retirement age for those born in 1955 or later is 67. For those born earlier, it is 66.

But people can claim benefits as early as 62, and there are some situations where that might make sense.

Necessity is one of the top reasons. If you find yourself in a situation where you can't work or have a shortened life expectancy, claim Social Security, according to Mass Mutual.

Some may find that they can work, but need Social Security to stay out of debt and make sure bills are paid. In that case, you could claim and then suspend benefits once your situation improves.

Some happier reasons to claim early:

* You will never need the money. You could use your benefit to do good in the world.

* You want to just work part-time. Social Security can supplement your part-time income. Just be aware that you will get reduced benefits for the rest of your life.

* You have a solid marriage and your spouse is eligible for a larger benefit. In this case, the lower-earning spouse could claim and the higher earner would continue to build the benefit.

One comfy place in the living room often doubles as a bed

Admit it: You have done it more than once. It might even be your preferred sleeping place.

Your recliner can be very comfy and a great place to grab a nap, but should you sleep there every night? Sleep experts say that it's OK, but you should be aware of the benefits and drawbacks.



If you have acid reflux, sleeping in a recliner is probably better. In a 2012 study, researchers found that 65 percent of those with acid reflux had a decrease in sleep disturbances when they elevated their heads, according to Healthline.

Similarly, symptoms of sleep apnea are reduced with elevated heads, suggesting that a recliner may be helpful.

People often mention breathing problems as the reason for sleeping in a recliner, but a reclined position can also cause blood congestion and reduced oxygen flow. Ask your doctor if you should be concerned.

One advantage of a bed is that it allows you to stretch out and rest your whole body, thus decreasing pressure points. Even in a fully reclined chair, your body weight won't be distributed as evenly. Over time, you might find that sleeping in a recliner causes tightness in hips, calves and hamstrings, according to USA Today. It could even cause muscle tightening in joints that could lead to impaired movement, balance, and circulation in the legs.

Still, most experts agree that sleeping in a recliner is safe and perhaps best for some medical problems. Just be sure to have enough blankets and a pillow to support your neck or lower back if needed.

Add a few steps and live!

We often hear that we should walk 10,000 steps a day for health, but is that true? A new study from Europe says no.



If you average around 3,500 steps like many Americans, you can add as little as 500 extra steps a day. That 4,000 steps can help you reduce your risk of cardiovascular disease, according to Health.com.

That study is just one of a series of new studies indicating that small changes add up to big benefits. Want to lose weight, improve mobility, or health? Start small with a few steps, one healthy meal a day, or just fewer snacks.

Dear MHI Members,

Registration for our World of Support Fundraiser is now open! The money raised through this fundraiser will help us pay for things like MHI's award-winning Heartbeat® Magazine, our visitor training programs, printing and shipping of educational and marketing materials, chapter and group registrations, website and database management, staff support and much more. We do not receive sponsor funding to provide these vital programs, materials and services, so we depend on community fundraising to keep them running.



In this year's World of Support: Hearts Around the World Fundraiser and Virtual Race, participants can contribute by donating or/and or registering for the event. If you choose to register, you'll pick a distance and then you'll have one month (from Sept 29 to Oct 29) to complete that chosen distance in a way that works for you. You can sign up or donate to the campaign at www.mendedhearts.org.

If you would like to donate to this important fundraiser, but you would prefer to do it over the phone or through check, you can call 888-432-7899 or mail a donation to The Mended Hearts, Inc. at 1579 US Highway 19, Leesburg, GA 31763 USA. Just be sure to put "World of Support donation" somewhere on the check.

Red Lentils with Vegetables and Brown Rice

Calories 216
Protein 10g
Fiber 6g

Ingredients

- 1 tablespoon canola, corn, or olive oil
- 2 medium carrots, chopped
- 1 teaspoon bottled minced garlic or
- 2 medium garlic cloves, minced
- 4 cups water
- 3 cups fat-free, low-sodium chicken or vegetable broth
- 1 14.5-ounce can no-salt-added stewed tomatoes, undrained, large pieces coarsely chopped
- 1 cup uncooked red lentils, sorted for stones and rinsed
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 3/4 teaspoon salt
- 1/8 teaspoon pepper
- 2 cups uncooked instant brown rice or
- 2 cups uncooked quinoa



Recipe borrowed from <https://recipes.heart.org/en/recipes/red-lentils-with-vegetables-and-brown-rice>

Directions

1. In a stockpot, heat the oil over medium-high heat. Cook the carrots and garlic for 2 minutes, stirring frequently.
2. Stir in the remaining ingredients except the brown rice. Increase the heat to high. Bring to a boil.
3. Reduce the heat and simmer, covered, for 30 minutes.
4. Stir in the rice. Cook, covered, for 12 to 15 minutes.



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. Includes membership levels like Associate Member, Individual Member, Bronze Member, Silver Member, Gold Member, and Heart of Gold Lifetime Sponsor with their respective benefits and costs.

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.