

The Mended Hearts, Inc.
Chapter 296 Orlando Florida
www.mendedheartsorlando.org

The Central Beat

Mended Hearts Inc., Chapter 296
Volume Eleven Number Eleven

December, 2011

President's Message

RN Julie Lampe gave us an informative presentation about diabetes and heart disease. The importance of controlling our blood sugar is paramount for managing our heart condition.

Our chapter Holiday party is December 13, 2011 6:00 PM – 9:00 PM at Appleton's Hometown Café in Lake Mary.

Hope everyone had a memorable Thanksgiving and that we all maintain this sense of gratitude every day. As we enter our upcoming holiday, please take care and have a safe one.

Next Meeting

January 17, 2012 7:00PM – 8:30 PM, site and program to be announced.

VIPs to be CSIs

Very Inspirational Persons to be Cardiac Survivor Instructors

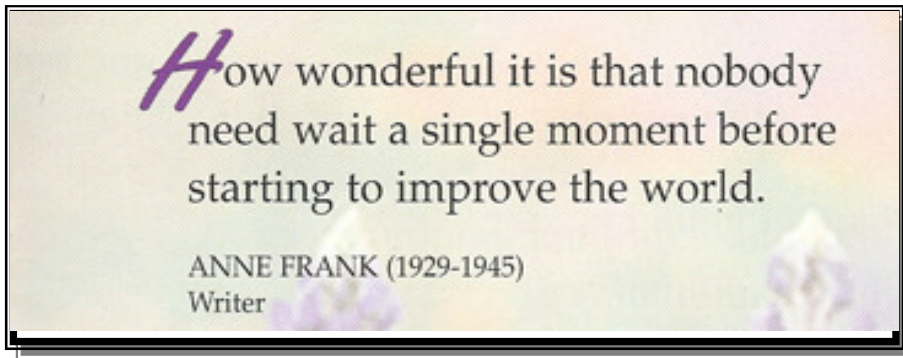
Our mission is to provide hope and inspiration to patients on their road to recovery. If you have the compassion and empathy to listen to their concerns and questions and share your own experience WE NEED YOU!!! Contact Mike Weber at 407-682-1172.

If you are not a visitor, you are still very important to our chapter. Every day you are a ROLE MODEL for people who have a cardiac condition by showing that there is LIFE.

Good health to you,

Lee Meneses





Hospital Visitor Training

A hospital visitor certification / re-certification training session was conducted by Mike Weber at Florida Hospital Orlando on the evening of November 29. New training materials recently received from the Mended Hearts national office were utilized for this two hour session. A total of eleven hospital visitors were re-certified and three potential new visitors were trained. We can always use more hospital visitors, especially at ORHS / ORMC. We also need people to make calls to patients we have visited. Training will be provided. If you are interested in either hospital visiting or phone visiting, please contact Mike Weber at 407-682-1172.



HANDS ONLY CPR

CPR. A lifesaving action.

When an adult has a sudden cardiac arrest, his or her survival depends greatly on immediately getting CPR from someone nearby. Unfortunately, less than 1/3 of those people who experience a cardiac arrest at home, work or in a public location get that help. Most bystanders are worried that they might do something wrong or make things worse. That's why the AHA has simplified things.

Don't be afraid. Your actions can only help.

It's not normal to see an adult suddenly collapse, but if you do, call 911 and push hard and fast in the center of the chest. Don't be afraid. Your actions can only help. Take a minute and look around the American Heart Association website. Put www.heart.org/handsonlycpr in your computer and check it out. Invite your friends to join you in learning hands only CPR. Increasing the number of people who know this will increase the chance that someone can help when an adult suddenly collapses, and more lives can be saved.

AHA

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Mended Hearts Cardiac Event – December

<u>Last Name</u>	<u>First Name</u>	<u>Cardiac Date</u>
Wynn	Sandra	12/9/2009

Mended Hearts Orlando – Birthdays – December

<u>Last Name</u>	<u>First Name</u>	<u>Birthdate</u>
Pain	Carl	12/09
Wallach	James	12/29

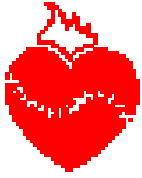
Insomnia And Short Sleep Increases Risk Of Death In Men

Insomnia increases death rates in men four fold.

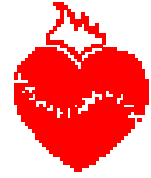
The Penn State Cohort Study of over 741 men followed for 14 years finds that men suffering from insomnia and sleeping less than 6 hours nightly had 4 times the risk of dying than men that had normal sleep. A trend of insomnia and short sleep coexisting with diabetes and/or hypertension brings with it increased risk of over 7 fold. In women their was no increase in deaths associated with insomnia or short sleep.

Positive Tip: If you suffer from insomnia do not ignore it. Set regular sleep/wake times, exercise daily at least 30 minutes, avoid caffeinated beverages, and skip late, large meals.





THE MENDED HEARTS, INC.



Cardiac Support Group

Chapter 296

Please join us at our monthly meeting and be part of this self-help organization for those who have had any heart problems

January 17, 2012

Tuesday evening, 7:00—8:30 PM

Location to be determined soon.

Speaker: Dr Annette Kelly, Pharmacists

She will be speaking on medications and their safe use.

Due to possible changes for future meetings **call** the contact person or check our local web site listed below to be assured that no change has occurred before coming to any meeting.

Call the National Organization to locate a chapter near you if you don't live in the Central Florida area.

1-800-AHA-USA1

<http://www.mendedhearts.org>

Our local web address is www.mendedheartsorlando.org

2012 February meeting - Contact Joanna Gerry - 321-843-1093

2012 January meeting - Contact Eileen Krause - 407-303-1526



Mended Hearts Hometown Christmas

2011

TUESDAY**December 13th From: 6:00-9:00pm
Join us for Festive Home Cooking, Fun and Raffle Prizes at-

Appleton's Hometown Cafe in Lake Mary--(407) 323-7663
3575 W Lake Mary Blvd, Lake Mary, FL 32746

<http://www.facebook.comvideovideo.php?v=10150285102593418&oid=138897442797117&comments> Link to Video with Ch 45!

Buffet Style Dinner will include the following choices;

Mixed green salad with Italian dressing

Grilled Chicken Breast **or** Fresh Baked Haddock **Or** Vegetarian Entree

Country Style Green Beans, Corn, Roasted Potatoes

Dinner Rolls, Homemade Apple Cobbler, Choice of Ice Tea or Coffee

- **Price** includes meal, tax and gratuity: \$15.00 per person
- Please call or email to RSVP and send a check "Payable" to Mended Hearts #296 to:

Mary Stender -615 Horseman Dr. Oviedo, Fl. 32765
321-696-6183
mtstender@earthlink.net

RSVP must be paid for by Tuesday Dec. 6th:
(Sorry-NO refunds after Dec. 6th)

We will NOT have White Elephant Gifts to Steal this Year.

Instead, if you would like to donate a Wrapped Gift, Gift Card, Plant, Nuts etc. they will be used as Door Prizes.

Gift donations are OPTIONAL.

Directions to Appleton's Hometown Café

3575 W Lake Mary Blvd.

32746

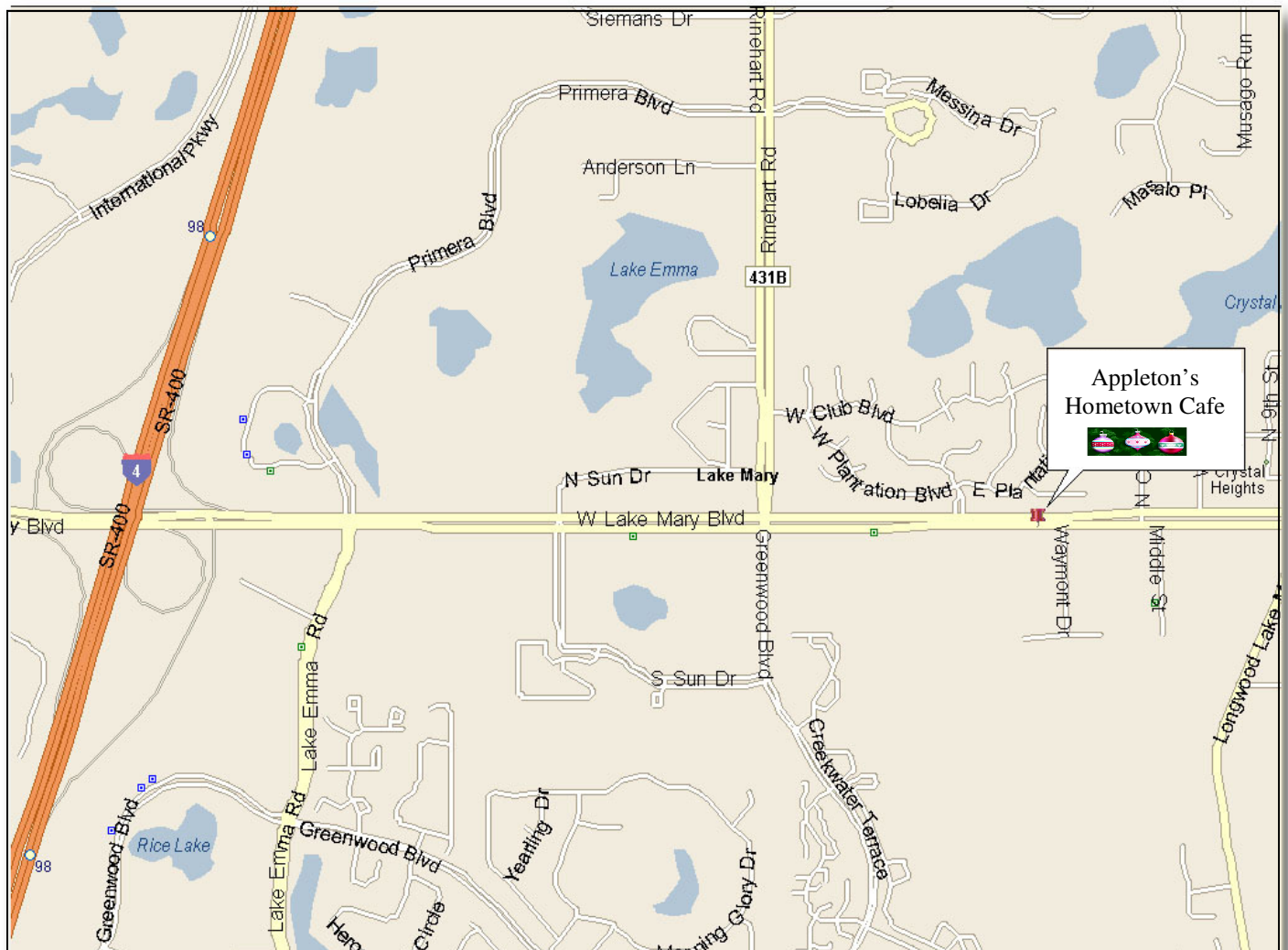
(407) 323-7663



From I-4 East, Take exit 98 toward Lake Mary/Heathrow

Go Right on West Lake Mary Blvd.

Go 1.2 miles Restaurant will be on the Right.





November 2011 Mended Hearts Meeting



**Recertification Class for
Mended Heart Members who
do hospital visits or phone calls.
This picture does not reflect all
who were present for the class.**

