

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

The Central Beat

Mended Hearts Inc., Chapter 296
Volume Eleven Number One

JANUARY, 2011

President's Message

Our Holiday Party at Heathrow C.C. was a success thanks to Mary Stender, Toni Philpott, Gennie Setzer, Corine Weber, Irene Hunter, Claire Jones, Karen Bloom, and Zulma Meneses. Good food, good friends, and Mended Hearts V.P, Gus Littlefield and Southern Region Director Marvin Keyser made this celebration a special one.

Have a safe and joyous New Year.

We Need Your Gift *****We all have a special gift and we need you to share this with us, your talents maybe hidden, but only YOU know what it IS! Our talent coordinators are awaiting your CALL. Please call Lee, Mike, or any one of our board members. WE NEED YOU.....

Next Meeting

January 18, 2011 Tuesday 7:00 PM – 8:30 P.M. at Orlando Regional Lucerne Hospital, Lucerne Terrace, Classroom #1, Dr Gregory Simmons, Cardiovascular Surgeon will speak about new surgical developments to treat Atrial Fibrillation.

February 15, 2011 Tuesday 7:00 P.M – 8:30 PM at Florida Hospital Altamonte, Chatlos conference room, Dr Carol Ma, Cardiologist, will speak about managing the risk factors of heart disease.

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

A Mended Heart Prayer

We ask for Your blessings, Lord.

We ask for strength that we may pass on to others..

We ask for faith that we may give hope to others...

We ask for health that we may encourage others...

We ask, Lord, for wisdom that we may use all Your gifts well.



Herbert G. Maedl

Cats Help Shield Owners From Heart Attacks

Feb. 22 (HealthDay News) --Whether it's a frisky kitten or a tubby tabby, a cat at home could cut your heart attack risk by almost a third, a new study suggests. The finding, from a 10-year study of more than 4,300 Americans, suggests that **the stress relief pets provide humans is hearthealthy**. And dog lovers shouldn't feel left out: Although the study found no such benefit from "man's best friend," that's probably because there simply weren't enough dog owners in the study to draw firm conclusions, the researchers said. "For years we have known that psychological stress and anxiety are related to cardiovascular events, particularly heart attacks," noted study senior author Dr. Adnan Qureshi, executive director of the Minnesota Stroke Institute at the University of Minnesota in Minneapolis. According to Qureshi, the new research shows that "essentially there is a benefit in relieving those inciting factors from pets." He was slated to present the findings at the Ameri-

can Stroke Association's International Stroke Conference in New Orleans.

The stress-cardiovascular disease link is well-documented in scientific literature, and the affection and pleasure pets give humans is a known stress-buster. In fact, one study presented in 2005 at an American Heart Association meeting found that a single 12-minute visit with a dog improved the heart and lung function of people with heart failure. In the new study, Qureshi's team analyzed data on 4,435 Americans, aged 30 to 75, who took part in the federal government's second National Health and Nutrition Examination Study, which ran from 1976-1980. According to the data in the survey, 2,435 of the participants either owned a cat or had owned a cat in the past, while the remaining 2,000 had never done so. Qureshi's team then tracked rates of death from all causes, including heart and stroke. Cat owners "appeared to have a lower rate of dying from heart attacks" over 10 years of follow-up compared to

feline-free folk, Qureshi said. The magnitude of the effect -- **a 30% reduction in heart attack risk** -- "was a little bit surprising," he added. "We certainly expected an effect, because we thought that there was a biologically plausible mechanism at work. But the magnitude of the effect was hard to predict."

Researchers believe pet ownership should be perceived as a low-cost, low-risk medical intervention that can potentially save or extend lives, especially for the elderly.

SOURCES: Adnan Qureshi, M.D., executive director, Minnesota Stroke Initiative, University of Minnesota, Minneapolis; Kathie Cole, RN, clinical nurse, UCLA Medical Center/School of Nursing, Los Angeles; presentation, Feb. 21, 2008, ASA International Stroke Conference, New Orleans.



Mended Hearts Inc. Board Contacts

Lee Meneses,
President
407-677-1064

Larry Cirillo
Vice President
407-948-2030

Bill Cierebiej,
Secretary &
Photo/Media
407-889-2598

Claire Jones,
Treasurer
407-380-6042

Mike & Toni Philpott,
Marketing
407-333-4334

Magdi Shebbein
Newsletter
407-443-3136

Mike Weber,
Ambassador
407-682-1172

Programs:
Eileen Krause,
407-303-1526
Joanna Gerry,
407-841-5164
Betsy McKeeby,
407-303-7625

Mary Stender,
Hospitality
321-696-6183

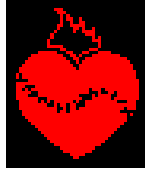
Justin (JP) Fiorenza
Webmaster
407-376-5053

Gennie Goins Seltzer
Membership
407-616-2476

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 problem.

January 18, 2011

Tuesday Evening, 7:00 PM – 8:30 PM

**Orlando Regional Lucerne Hospital, Lucerne Terrace, Classroom #1
Orlando, Florida 32804**

Directions: From Downtown – heading south on Orange Ave., turn right (west) onto Gore St. Continue on Gore for 2 blocks. Turn right onto Lucerne Terrace. Use parking lot on right hand side of Lucerne Terrace. You can park close to the building.

From I-4 heading west: Go to Anderson St. exit, turn right on Anderson, go to Division Street, turn left, go to Gore St., turn left, go to Lucerne Terrace (not at light) turn left onto Lucerne Terrace. Turn right into parking lot. Enter the building through the doors under the Red-Maroon Canopy. Follow signs to Classroom # 1.

Dr. Gregory Simmons, Cardiovascular Surgeon, ORMC Faculty Practice, will be speaking about New Surgical Developments to Treat Atrial Fibrillation.

February 15, 2011

Tuesday Evening 7:00 PM – 8:30 PM

Florida Hospital Altamonte

**601 East Altamonte Drive
Altamonte Springs, Florida 32701**

Chatlos Conference Room – Located in the new hospital tower. Park at the front of the hospital and as you enter the building the Chatlos Conference Room will be on the left side of the main entrance on the first floor.

Dr. Carol M. Ma, cardiologist with Florida Heart Group will speak to us about managing our risk factors for heart disease.

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

January 2011 meeting - Contact Joanna Gerry - 321-843-1093

February 2011 meeting - Contact Eileen Krause - 407-303-1526

Mended Hearts Cardiac Event – January

<u>Last Name</u>	<u>First Name</u>	<u>Cardiac Date</u>
Deardorff	David	1/27/2005
Gile	Charles	1/4/2001
Haire	Samuel	1/21/2003
Hulse	Gail	1/11/2010
Jones	Claire	1/22/2004
Nielsen	Andrew	1/13/2001
Setzer	Gennie Goins	1/8/2009
Swearingen	Terry	1/1/2009

Mended Hearts Orlando – Birthdays – January

<u>Last Name</u>	<u>First Name</u>	<u>Birthdate</u>
Burke	David	01/06
Grace	John R	01/24
Krause	Eileen	01/25
McClure	H. W.	01/25
Philpott	Mike	01/11
Weber	Mike	01/17

**9th Annual
FREE CPR Course for
Friends & Family**

Saturday February 13th
St Stephen Lutheran Church
2140 West SR 434, Longwood, FL

**Classes:
9am-12pm or 2pm-5pm**

Class size limited and we will welcome the first 50 participants for each session. This is a non-certification course. If you are needing a certification card please call 407-829-3344 for more information. The cost for a certification card for this special event will be \$10.00. This includes the cost of the certification card and take home manual.

**SHARE THE GIFT OF LIFE WITH YOUR VALENTINE!
SPONSORED BY CPR ASSOCIATES OF AMERICA**



MENDED HEARTS

December 2010

