

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

The Central Beat

Mended Hearts Inc., Chapter 296
Volume Eleven Number Seven

JULY, 2011

PRESIDENT'S MESSAGE

Ms Xiomara Perez-Ryan, Coordinator for SHINE (Serving Health Insurance Needs of Elders) gave us information on this Florida Elder Affairs volunteer program providing free and unbiased health insurance counseling using a network of volunteers. It was an informative and enlightening presentation.

Our chapter is in need of portable household items like clothing, books, and knick-knacks for an upcoming neighborhood garage sale. Please contact our secretary Bill Cierebiej for details.

This month we celebrated July 4th and give thanks to all our veterans past and present for their contribution in keeping our country safe and secure. Also our hopes and prayers for the families of loved ones currently in the theater of operations.

Summer is here and time to revisit our keys to recovery DIET – low fat high fiber foods EXERCISE – keep up with daily movement and get involved with cardiac rehab ATTITUDE – stay positive and laugh a lot.

Next Meeting

July 19, 2011 our chapter's 10th Anniversary Dinner at the Crown Plaza Hotel, 6PM – 9PM please contact Mary Stender for reservations at 321-696-6183

August 2011—No local meeting

September 20, 2011 at OH—details will be forthcoming

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

To be of use in this world is
the only way to be happy.

HANS CHRISTIAN ANDERSEN (1805-1875)
Writer, Artist

BE STRONG!

According to a study from the U.S. Center for Disease Control and Prevention (CDC), only 21.9% of men and 17.5% of women in the United States engage in strength training.'

Considering the many benefits strength training provides, these numbers are extremely low. It has been a national health objective of the American College of Sports Medicine (ACSM) and the CDC to increase the number of people who regularly participate in strength training at least two times a week or more.

Are you part of the group of people who does strength training at least twice per week? Head to toe? Do you include lower body upper body and core areas? Some of the many benefits of strength training include: stronger bones, muscles and connective tissue with a decreased risk of injuries; increased basal metabolic rate (BMR) which helps maintain a healthy weight; increased energy; and an enhanced quality of life.

Do you have to have a gym membership to strength train? Is strength training only for men? False! Strength training is for every one!

There are many ways to strength train without spending lots of money. You can do it in the comfort of your own

home or even outdoors. Here are some ideas for inexpensive, convenient and fun ways to strength train:

- *Stability ball exercises*
- *Resistance band exercises*
- *Callisthenic exercises*
- *Dumbbell exercises*

Complete fitness includes regular strength training and the benefits are amazing The older you get the more essential it becomes to 'be strong' for a quality life!



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,
407-303-1526

Mary Stender,
Hospitality
321-696-6183

Justin (JP) Fiorenza
Webmaster
407-376-5053

Gennie Goins Seltzer
Membership
407-616-2476

Mended Hearts Cardiac Events – July

<u>Last Name</u>	<u>First Name</u>	<u>Cardiac Date</u>
Mahoney	Robert C	7/9/2007
Shebbein	Magdi	7/29/2008
Walker	Bruce	7/27/2006

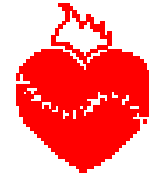
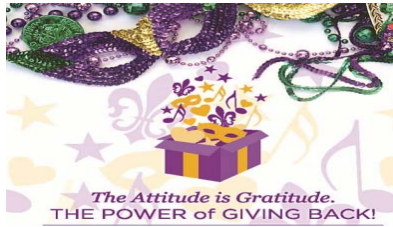
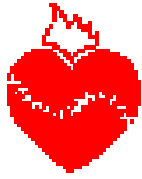
Mended Hearts Orlando – Birthdays – July

<u>Last Name</u>	<u>First Name</u>	<u>Birthdate</u>
Jones	Claire	07/25
Setzer	Gennie Goins	07/05



Mended Hearts Orlando

10th Anniversary Celebration Dinner



Celebrate Fat Tuesday--Mended Hearts Style---Heart Healthy Menu

*******Don't Miss the Fun and Fellowship*******

Date & Time

Tuesday, July 19th 2011

Social Hour: 6:00-7:00 pm

Dinner & Raffle Prizes: 7:00-9:00 pm

Crowne Plaza Hotel at I-4 and Colonial 407-856-0100

304 W. COLONIAL DR. ORLANDO, FL 32801

<http://www.ichotelsgroup.com/h/d/cp/1/en/hotel/mcooa/transportation?start=1#>

Casual or Mardi Gras Dress---Bring your Beads

Chef's Menu ***YOUR SELECTION OF;**

- A) Balsamic Breast of Chicken **OR**
- B) Oven Roasted Haddock **OR**
- C) Chicken and Fish Duet **OR**
- D) Vegetarian Roasted Vegetable Risotto

Salad Greens with mixed Veggies, Wild Rice with Veggies, Gourmet Breads & Dessert

Coffee, Decaffeinated Coffee and Gourmet Teas

RESERVATIONS: Deadline July 8th, \$25.00 each - Member OR Non-Member

* **Checks;** Please write the **letter of your entrée selection** on your check and

Make it payable to **Mended Hearts Chapter 296**,

* **Deadline to RSVP & Checks** must be received by July 8th

Sorry: No Refunds after July. 8th—We have to pay for each RSVP

Please Mail Checks to: Mary Stender Phone: 321-696-6183

615 Horseman Dr. Oviedo, FL 32765

RSVP & Email Questions to: mtstender@earthlink.net



Phone: 407-856-0100

Directions to Hotel

From Orlando

Take I-4 East to exit 83A Amelia St. S.R. 50,

Second light, turn left onto S.R. 50-Colonial Dr. go under I-4 overpass, First light Turn Left on Hughey St.

The Hotel is immediately on Right.

Colonial Drive

S.R. 50 West-Colonial Dr, go under I-4 overpass, 1st light Left on Hughey,

Hotel is on the Right.

From Seminole County

I-4 W toward downtown Orlando,

Exit 84 for Colonial Dr/SR-50.

Go Straight on Hughey Ave,

Crowne Plaza Hotel is immediately on Right.

MENDED HEARTS CHAPTER 296

GARAGE SALE

Our treasury is running low and Chapter 296 needs

YOU!!!



Chapter 296 is participating in a neighborhood garage sale in October 2011 to raise funds to recharge our bank account. Please support our chapter by bringing to the September meeting items to sell at the garage sale.



Items needed:

Books, knick-knacks, clothes, tools, baby items, baby clothes, small household items, and baked goods for the bake sale table. All items should be clean and in good condition.

DO NOT BRING:

Furniture, Refrigerators, Freezers, TV's, Cars, Large appliances!!!

All items not sold at the Garage Sale will be donated to the Goodwill.

The Garage Sale will be held at the home of:

Bill Cierebiej
6448 Timberwind Place
Orlando, Florida 32818
407-889-2598

JUNE—2011

MENDED HEARTS MEETING

