

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

The Central Beat

Mended Hearts Inc., Chapter 296
Volume Eleven Number Nine

OCTOBER, 2011

PRESIDENT'S MESSAGE

Greetings to you all,

Hope everyone had a good summer. Our first fall meeting featured RN Jill Bertram giving us a presentation regarding bariatric surgery. It was very informative and reminded us of the importance of managing our weight.

Garage Sale

Our chapter is in need of portable household items like clothing, books, and knick-knacks for an upcoming neighborhood garage sale on Saturday, October 15. Please contact our secretary Bill Cierebiej at 407-889-2598 for directions to be able to donate and shop.

Next Meeting

October 18, 2011, 07:00 – 08:30 PM at the Florida Hospital Altamonte
Eating your way to a better health – Sherri Flynn, Registered Dietician

VIPs to be CSIs

Very Inspirational Persons to be Cardiac Survivor Instructors

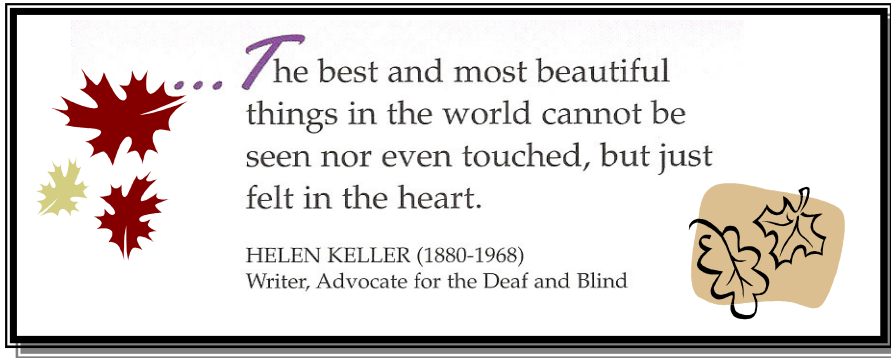
Our mission is to provide hope and inspiration to patients on their road to recovery. If you have the compassion and empathy to listen to their concerns and questions and share your own experience WE NEED YOU!!!

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





How to Boost Your Brain Power

Do you sometimes feel as if your brain is on “empty?” Here’s how to keep it in shape so you can pump up your problem-solving abilities, fight forgetfulness and think more clearly and creatively:

Practice mentally. Studies of athletes indicate that imagining a tennis serve or ski run between competitions can boost performance. Possible reason: Mental rehearsals use most of the brain connections switched on during the real thing, so they help build mental muscle.

Capture creative peaks. Experts believe the brain to be in a highly creative state just before going to sleep and right after waking up. Action; Use these times to think about solutions to problems and jot down any ideas that come to you.

Focus your attention. To help remember “where”: If you tend to misplace your car keys, for example, say to yourself “I’m placing the keys on the shelf by the hallway mirror?” To help remember “when”: Note the weather, the day’s headline news or what you’re wearing at the time of performing a task.

Use it or lose it. Research suggests that as you age, you can reverse a decline in thinking abilities by becoming more mentally active. Smart moves: Learn a new language, study a new subject, play games like checkers and do crosswords and other puzzles.

Keep fit. Evidence shows that people in their 70s and 80s who stay healthy can expand their brain power and easily match the mental abilities of a 30-year-old. Helpful: Keep physically active, manage stress and maintain a positive attitude.

More mental muscle builders: Read more... eat foods rich in brain-boosting beta-carotene (like apricots, carrots, papayas and sweet potatoes)... use rhymes and acronyms to help remember facts and names.

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“Enthusiasm is contagious. Be a carrier.” — Susan Rabin

Mended Hearts Cardiac Event – October

<u>Last Name</u>	<u>First Name</u>	<u>Cardiac Date</u>
Davis	Jonathan	10/1/1997
Gillies	Ruth	10/16/1989
Rose	Harry	10/6/1999

Mended Hearts Orlando – Birthdays – October

<u>Last Name</u>	<u>First Name</u>	<u>Birthdate</u>
Meneses	Lee	10/04
Mulkay	John	10/02
Nielsen	Andrew	10/11
Pedlow	Kenneth	10/25
Rushing	Zenaida	10/10
Testut	Richard	10/12

Alcohol Prolongs Psychological Anxiety of Stress

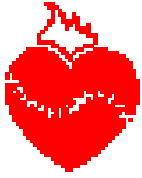


Alcohol consumption to relieve stress only prolongs the agony.

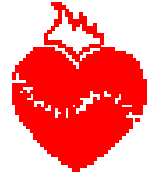
People often use alcohol as a way of coping with life's stress. New research indicates this may actually just bring more unpleasantness. Although alcohol reduces the cortisol secretion of the stress response, it also prolongs the negative psychological anxiety of stress and takes away the pleasurable effects of alcohol. So stress and alcohol feed the worst in each other, leading to an increased risk of developing stress-related diseases and alcohol addiction.

PositiveTip: Try positive ways of dealing with stress, such as going for walks, doing deep breathing exercises, laughter, and talking to a friend. An often overlooked but powerful tool is prayer.





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

October 18, 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.

Topic: Eating your way to better health with Sherri Flynt Registered Dietician plus DVD interview with Caldwell Esselstyn MD from Cleveland Clinic.

November 15, 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.

Program: To Be Determined

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

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

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

Mended Hearts Hometown Christmas

2011

Please Save the Date

TUESDAY December 13th From: 6:00-9:00pm

Appleton's Hometown Cafe in Lake Mary



Buffet Style Dinner will include the following choices;

- Mixed green salad with Italian or Ranch dressing
- Grilled Chicken Breast or Fresh Baked Haddock
- 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

More information to follow shortly.

Sign up at the Oct. 18th meeting



**SEPTEMBER
MEETING
2011**



Regular Light Exercise Protects from Peripheral Arterial Disease

A lifetime of even light exercise protects from PAD.

PAD (peripheral arterial disease) is a problem getting a lot of media attention today. A study of 1381 patients already at high-risk for atherosclerotic disease found that inactive people were almost twice as likely to have PAD as those who reported the most active lives (25.6% vs. 13.7%, $p=0.001$). Even light activity such as a regular evening stroll was found to be protective.

PositiveTip: Get off the couch and go for walk or some other form of physical activity daily.

