

The Mended Hearts, Inc.  
Chapter 296 Orlando Florida  
[www.mendedheartsorlando.org](http://www.mendedheartsorlando.org)

# The Central Beat

Mended Hearts Inc., Chapter 296  
Volume Eleven Number Eight

SEPTEMBER, 2011

## GARAGE SALE

**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 20 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

*H*aving been given, I must give.

PAUL ROBESON (1898-1976)  
Lawyer, Athlete, Performer

## AMERICAN HEART ASSOCIATION HEART WALK

- WHAT:** 2011 Greater Orlando Heart Walk  
Non-competitive 3 mile Walk/Run  
(1 mile Red Cap Route Available)
- WHEN:** SATURDAY, September 17, 2011—Rain or Shine
- WHERE:** Loch Haven Park, Orlando
- TIME:** Festivities begin at 7 AM
- WHY:** Encourage people to take steps toward a healthy lifestyle while raising funds to fight heart disease and stroke in our community.

**REGISTER ON LINE AT:** <http://GreaterOrlandoHeartWalk.org>

A Cardiac Rehab team has formed at each of the area hospitals.

You are invited to join either of those teams by calling the

Cardiac Rehab department at either Florida Hospital—407-303-9360

Or Orlando Health— 321-841-6736

and requesting to join their team.

Go to the Red Cap Tent the morning of the walk and get your “Survivor’s Cap”



### 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 Event – September

<u>Last Name</u>	<u>First Name</u>	<u>Cardiac Date</u>
Hunter	Walter	9/1/1995
Pain	Carl	9/5/1999
Rushing	Zenaida	9/16/2006
Sartori	Lawrence	9/25/2006
Walters	Pierce	9/19/2001

---

---

## Mended Hearts Orlando – Birthdays – September

<u>Last Name</u>	<u>First Name</u>	<u>Birthdate</u>
Davis	Jennifer	09/18
Gerry	Edward	09/15

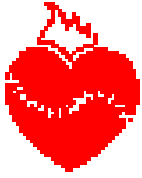
---

## Dying in America of Preventable Diseases- Coronary Artery Disease, Stroke & Cancer

Of the 2.5 million American deaths each year, 1.5 million are classified as premature due to a preventable disease.

Researchers determined that tobacco smoking is responsible for 467,000 of those, followed by high blood pressure contributing 395,000 deaths, overweight-obesity, physical inactivity and high blood glucose levels each accounting for between 190,000 to 216,000 each.

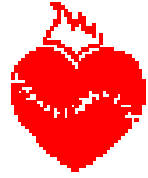
**PositiveTip:** How are you doing with your lifestyle choices? Each of these diseases results in large part from the choices people make.



# 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*

**September 20, 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: Lose for Life – Dr. Gupta**

**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.

**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](http://www.mendedheartsorlando.org)

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

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