

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

The Central Beat

Mended Hearts Inc., Chapter 296
Volume Nine Number Eight

AUGUST, 2010

President's Message

Our 9th anniversary party was held at the Sweetwater Country Club. It was a good time and gave us an opportunity to visit with our fellow members and family. Thank you to Mary Stender, and Toni Philpott for the arrangements. Also kudos to Gennie Setzer, Corine Weber, Claire Jones, Irene Hunter, and Mike Weber for handling the raffle and setup. We all had a wonderful time and look forward to next year's 10th anniversary.

There is no meeting for August and hope that everyone will have a safe and enjoyable summer. Remember your Diets, Exercise, and Attitude on our road to recovery.

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

September 21, 2010 7:00 PM – 8:30 PM at Lucerne Hospital
Dr Mark Sand, Cardiovascular Surgeon will be speaking about Heart surgery –Coronary Artery Bypass and Valve surgery.

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

2010 Mended Hearts Convention



By Mike Weber

The 58th annual Mended Hearts convention was held on May 19-23, 2010 at the Sheraton in Bloomington, MN. There were nearly 300 attendees. Lee and Zulma Meneses as well as Mike Weber represented our chapter 296 at the convention. As many of you know, the three of us were very involved with last year's convention in Orlando. It was nice to be able to actually enjoy ourselves this year and not have to worry that everything was running smoothly. The central region, who hosted the convention this year, did a great job. The accommodations, food, programs, speakers and social events were all well planned and organized.

For those of you who have never attended a convention, they are a great experience. I urge you to try to attend one sometime. You really get a feel for what Mended Hearts is all about.

Traditionally there is a nice opening night dinner with entertainment. The group who performed this year was very funny and entertaining. There was a luncheon each day of the convention with high profile guest speakers. A tour and dinner at Medtronic's, manufacturer of pacemakers, defibrillators and other medical devices, was held one evening. It was a very educational and worthwhile evening. A Meet & Greet was held another evening. The event had a sports theme and the conventioners were asked to wear items supporting their favorite team. The convention concluded with the annual farewell

awards dinner which is a semi-formal event.

Regional meetings are also held each year as well as the annual meeting of the membership. One of the highlights of the convention was the announcement of a visiting program to the hospital's cath labs. A special Cath Pak has been developed for those visits. The general sessions included the following:

- "Take a load off your heart"
- "Speak from the heart"
- "The truth about atrial fibrillation"
- "More than surviving – Thriving with heart disease"
- "Advances in cardiac rhythm disease management"
- "Partners in crime: Allies fighting heart disease"
- "Heart to heart: a member's compelling story"
- "Planting and nurturing the membership garden"
- "Hearts in harmony"

In addition, workshops on visiting, newsletters, Mended Little Hearts, social networking, computer basics, and care giving were available. A series of tours were also available as well as shuttles to the nearby Mall of the Americas.

To say the least, a good time was had by all.

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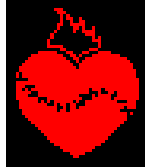
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THE MENDED HEARTS, INC.

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

August, 2010

No Meeting in August



September 21, 2010

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: Dr. Mark Sand, Cardiovascular Surgeon will be speaking about: Heart Surgery – Coronary Artery Bypass and Valve Surgery, followed by an open forum for questions regarding heart surgery

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

September 2010 meeting - Contact Joanna Gerry - 321-843-1093

October 2010 meeting - Contact Eileen Krause - 407-303-1526

Mended Hearts Cardiac Event –August/Sept.

<u>Last Name</u>	<u>First Name</u>	<u>Cardiac Date</u>
Burke	David	8/22/2001
Callahan	Charles	8/15/2006
Feldman	Morris	8/29/2006
Hunter	Walt	9/01/1995
Ju	Leon	9/19/2003
Kauffman	Charlie	9/30/2004
Love	Lona	9/30/2004
McClure	Woodie	8/23/2004
Pain	Carl	9/05/1999
Philpott	Mike	8/21/2001
Rushing	Zindy	9/16/2006
Sartori	Larry	9/25/2006
Stender	Mary	8/29/2007
Testut	Richard	8/13/2009
Turner	Kenneth T.	8/09/2008
Wainwright	Ed	8/12/2009
Walters	Pierce	9/19/2001



Mended Hearts Orlando –Birthdays-August/Sept.

<u>Last Name</u>	<u>First Name</u>	<u>Birthdate</u>
Davis	Jennifer	9/18
Davis	Jonathan	8/24
Gerry	Ed	9/15
Lester	Shirley	9/13
Spolar	Richard	9/27
Swearingen	Terry	8/24
Walters	Pierce	8/29
Ziggler	Sheryl	8/21

Mended Hearts Anniversary Dinner



2010 NATIONAL CONVENTION

