

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

The Central Beat

Mended Hearts Inc., Chapter 296
Volume Nine Number Seven
JULY, 2010

President's Message

“Thriving with Heart Disease,” Wayne M. Sotile, PHD who was one of the national convention keynote speakers gave us a very enlightening and humorous presentation about the travails on this journey of recovery. He gave us examples and family antidotes of how to control the challenges for the life-long commitment facing our cardiac condition. Remember laughter and a positive attitude are keys for a smoother Journey.

A belated Happy Fathers Day to all present and future fathers. It is a truly rewarding and eye-opening experience. Believe me, I know having three grown sons.

We Need Your Gift *****We all have a special gift and we need you to share this with us. Your talent 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.....

July 13 will be our Anniversary party to be held at the Sweetwater Country Club. Please contact Mary Stender at 321-696-6183 for reservations. The deadline is July 6.

Come and celebrate our 9th anniversary.

Next Meeting

No meeting in August with September to be announced at a later date.

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



Mended Hearts Inc. Board Contacts

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407-616-2476

The Magic of Grape Juice:

Watching the TV advertisements I noticed an ad for Grape Juice, especially the type made from Concord grapes, and how beneficial these grapes are to the human body. The antioxidant, Polyphenol is a particular type of plant nutrient naturally found in fruits, vegetables and plant-derived beverages such as tea, coffee, red wine and our personal favorite, grape juice. Welch's 100% Grape Juice has higher antioxidant power per serving than other popular 100% fruit juices – more than twice as high as orange juice. Welch's 100% Grape Juice made from Concord grapes is a great complement to whole fruits and vegetables, and is a delicious and convenient way to consume more fruit, and in particular, more purple fruit, as part of a balanced diet.

Supporting clear, healthy arteries, Studies suggest that polyphenol antioxidants in grape juice made from Concord grapes can help maintain clear, healthy arteries.

Encourages flexible arteries. Grape juice made from Concord grapes provides many of the same heart-health benefits of red wine, without the concerns of alcohol. More than a decade's worth of research suggests that drinking grape juice made from Concord grapes can help support a healthy heart by promoting flexible arteries, which can promote healthy circulation and blood pressure.

New areas of science:

Research suggests that 100% grape juice may contribute to a **healthy immune system**. Polyphenol antioxidants and vitamin C can help protect against damaging free radicals that can harm healthy cells. Welch's 100% Grape Juice is abundant in the antioxidant vitamin C, an essential

nutrient which can help promote a healthy immune system. In addition, recent research found that drinking 100% grape juice daily can help contribute to a healthy immune system response.

Emerging research suggests that what is good for the heart may also be good for the mind. A recent pilot study found that drinking Concord grape juice may provide benefit for older adults with early memory decline, and this indicates there is potential for Concord grape juice to support healthy brain function in older adults with early memory changes. While these findings are preliminary, this research supports previous scientific studies that appear to indicate that a diet including antioxidants, such as those found in fruits, vegetables and their juices, may help slow age-related cognitive decline.

Preliminary study findings suggest that grape juice made from Concord grapes may help support healthy blood pressure. Science supports that grapes juice made from the Concord grape may contribute to healthy blood pressure in certain populations. In fact, one recent study showed that Concord grape juice may have a beneficial impact on nocturnal blood pressure (blood pressure at night), which is an indicator of healthy blood pressure regulation.



PLANT AN HERB GARDEN



Easy-to-grow herbs can enhance your favorite dishes. Use herbs for flavor instead of salt. Herb plants are easy to grow. Plant seeds directly into your garden, or buy herb plants and plant them in containers on a porch or deck. A strawberry pot works well for herbs. Here are some of the most commonly used herbs and which dishes they enhance.

Basil - This annual is the perfect companion for dishes that include tomatoes. Trim the stems, leaves and flowers to make the plant more productive.

Chives - A perennial, it adds flavor to soups, fish and potatoes. Snip the entire stem if you remove a flower bud.

Parsley - It grows for two years and adds flavor and color to fish and other dishes. Clip flower buds when they appear in the second year. Parsley likes a sunny location.

Rosemary - A perennial, but it doesn't like cold climates and may not appear there after the first year. Its stems add flavor to vinegar or olive oil. Leaves are great in lamb dishes and sauces. Don't overwater the plant.

Sage - Used as a seasoning for meats, sauces, stuffings and soups. Hummingbirds like the plant's flowers.

Thyme - A perennial herb, it is good for seasoning



Congratulations to

Joanna Gerry, DNP, on her recent distinguished accomplishment of earning a
Doctor of Nursing Practice!

MENDED HEARTS BIRTHDAYS

<u>Last Name</u>	<u>First Name</u>	<u>Birthdate</u>
Setzer	Gennie Goin	7/5
Cirillo	Larry	7/25
Jones	Claire	7/25

CARDIAC EVENT DATES

<u>Last Name</u>	<u>First Name</u>	<u>Cardiac Date</u>
Walker	Bruce	7/27/06
Shebbeen	Magdi	7/29/08

REHAB VISITORS

<u>Last Name</u>	<u>First Name</u>
Brubach	Lynn & Dennis
Eaton	Mary Ellen
Toth	John

NEW MEMBERS

<u>Last Name</u>	<u>First Name</u>
Hamilton	John & Karen
Mirman	Diane
Wynn	Sandy

Save the Date

October 2, 2010

American Heart Association
Heart Walk



THE MENDED HEARTS, INC.

Cardiac Support Group

Chapter 296



Joanna Gerry

Board Member, Orlando Regional Medical Center Mended Heart Liaison, Support/Caregiver
2010

Well, I suppose the best place to begin is at the beginning. I was born in Mobile, Alabama, but grew up in Jacksonville, Florida. I met my husband in high school – he was the quarterback and I was a cheerleader. Several years later we reconnected and got married. He worked for IBM (which at the time stood for “I’ve Been Moved” and we moved to Ft. Myers, Fl. It was there that I was first exposed to Mended Hearts. Ed (my husband) was in the Keys for “Fisherman’s Weekend/Lobster Weekend” and called telling me about his chest pain. He was 30 years old. He and his buddies had decided, sitting around the campfire, that he had indigestion. His description of pain, location, associated symptoms sounded more like angina to me and I suggested that maybe he go to the doctor, but of course that was over-ruled by the fireside “docs”. The next morning I get the call from one of his buddies that Ed was in Fisherman’s Hospital and he had had a heart attack the night before, almost falling into the campfire!!! Down I go to Marathon Key and his mother met me there. He had experienced a myocardial infarction (MI) and was in the intensive care unit. After a few days, we were allowed to take him back to Ft. Myers and admit him to my hospital. He had his heart cath done and was started on the right medicines. It was there that we started going to Mended Hearts. It was the people in that chapter that prevented Ed from becoming a “cardiac cripple” – both from his perspective and insisting that I let him live his life and not make him a “cardiac cripple” from my fear.

I have always worked in cardiology – first as a unit secretary, then as a clinical tech, then as a staff nurse. I wound up moving into the open heart recovery unit after a few years and stayed in that area – recovering and caring for the critically ill patients after open heart surgery until I graduated with my Masters of Nursing degree from the University of Florida and started working as a nurse practitioner. When Ed was transferred to Orlando, I came down and went to work with Cardiovascular Surgeons, PA as their hospital based nurse practitioner, seeing patients pre and post open heart. I left the surgeons’ group and went to work for Orlando Regional Medical Center in 1998 and have been there ever since – working as their heart failure nurse practitioner and then starting the Cardiovascular Surgery Nurse Practitioner role.

I had always wanted to start a local Mended Heart Chapter in Orlando, but it was too overwhelming for me. I was so excited to hear that Florida Hospital, specifically Eileen had taken the job on. We called her and were thrilled to be able to collaborate with her and Florida Hospital to serve the patients at both hospitals. I knew how important the visitors were to Ed and wanted my patients at ORMC to have the advantage of being a part of that program.

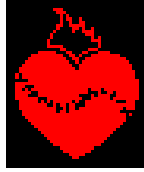
Since being the Mended Heart Chapter 296 liaison, I have been blessed with many good friends and support. Ed has been fortunate and not had any further heart problems but has had two strokes. He is doing well and again Mended Hearts has helped us through the hard times. It is truly “great to be alive, and help others”.



THE MENDED HEARTS, INC.

Cardiac Support Group

Chapter 296



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



ANNOUNCING

The 9th Anniversary Dinner Celebration for The Orlando Mended Hearts Chapter 296

July 13, 2010 Tuesday Evening 6:00p.m. To 9:00p.m.

Fine Dining Full Service Dinner: Cost: \$25.00/Person Dress: Business Casual

Menu Choices

Chef prepared:

- A) Grilled Chicken Breast with Marsala Sauce
- B) Grilled Mahi Mahi served Picatta Style
- C) Combo Plate of Chicken & Fish

Full Dinner includes; Garden Toss Salad, Potato, Dessert & Beverages

Location Address:

2700 Sweetwater Country Club Drive
Apopka, FL 32712
Phone: 407-889-4743

* Information on their Webpage: <http://sweetwatercountryclub.com>

Directions:

Take I-4 North to Exit 94 (434-West),
Stay Left at 434-West,
Right at Wekiva Springs Road,
Left at Sweetwater Country Club Drive,
Country Club is on the Right

RSVP & Payment Deadline is **July 6th**;

Sorry--No Refunds after **July 6th**

Call: Mary Stender 321-696-6183

Mail Checks to: Mary Stender - 615 Horseman Dr. Oviedo, Fl. 32765

Mended Hearts June Meeting

