



The Mended Hearts, Inc.

Chapter 296 Orlando Florida

www.mendedheartsorlando.org

# The Central Beat

Mended Hearts Inc., Chapter 296  
Volume Eight Number Six

June, 2009

## President's Message

May Meeting - Annie Phillips, Licensed Clinical Social Worker conducted a Sharing & Caring session where everyone shared their experiences on the ups and downs on this cardiac road to recovery. Having a good support group of spouses, significant others, and family is a vital key to maintaining a healthy lifestyle and outlook. Also keeping busy with spiritual and other enjoyable endeavors keeps us on the right track, along with the support of your Mended Hearts family.

Congratulations to Linda and Charlie Kauffman for sharing their 25th anniversary with us. We wish them many more anniversaries.

Memorial Day - Please acknowledge everyone who has or presently served in our armed forces for their contribution in allowing us to enjoy the freedoms we have! Thank you for your sacrifice and efforts.

Remember to continue with our Diets, Exercise, and Positive Attitude on our road to RECOVERY. Cardiac Rehab is a good way to keep busy and another forum to interact with other heart patients.

My hope is that everyone who attends our meetings gets a benefit and feels part of an extended family. We appreciate your attendance and hope that we inspire you to give the gift of living. Please let me know if you have any ideas to make our meetings a more pleasant experience. I would love to hear from you at 407-677-1064.

We Need Your Gift \*\*\*\*\*We all have a special gift and we need you to share this with us, your talents may be 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

June 22, 2009, Monday evening at the Winter Park civic center this will be part of the Florida Hospital Community Lecture series featuring Joseph Boyer MD speaking on the Minimally Invasive Approaches to Cardio Thoracic Surgery. Please call 407-303-1700 for required reservations and location details. Our meeting will be held after this presentation.

### Anniversary Dinner

Our 8th anniversary dinner will be held on July 21, Tuesday evening at 06:00 pm at the Golden Corral restaurant in Altamonte Springs. Cost is \$11. Please call Mary Stender at 321-696-6183 for reservations and details. We look forward to seeing everyone.

### 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*

## **INJURIES/ILLNESS AND FITNESS**

ACSM'S HEALTH & FITNESS JOURNAL

By Dixie L. Thompson, Ph.D., FACSM

At some point, almost everyone will be faced with an injury or illness that interferes with their fitness routines. These can range from minor inconveniences to life-changing events. Regardless of the seriousness of the injury or disease, finding a way to maintain fitness can be a challenge.

### **Understand Your Injury/Illness**

The first step in making good decisions about maintaining fitness is to have a clear understanding of your injury or illness. This requires good communication with health—care providers. Explain to your health-care team that staying healthy and fit is a priority for you and that you want to remain as active as possible while recovering. It is important to understand your limitations so that conditions are not worsened. Specifically, ask about the types of exercise for which you are cleared. Gain an understanding of how your condition typically progresses and ask your health—care providers for exercises that you can do safely.

### **Modify Your Calorie Intake**

It is not uncommon for people to gain weight during periods of forced inactivity. This means that not only will they have to battle back from injury/illness, but they also are going to be faced with losing the extra weight they have gained. Rather than face this double whammy, modify eating patterns to match the change in your activity. The most sensible way to do this is through portion control. You can still eat the same number of meals and snacks, but limit the calories through eating smaller portions. This approach will allow you to maintain your eating routine and avoid feeling deprived of food.

### **Look for Opportunities**

Although they may not be apparent initially, with injury or illness, there are opportunities to work on some aspect of fitness. Rather than focus on limitations, look for opportunities. For example, a broken ankle limits ambulation, but still allows one to work on upper body fitness and core strength. Although aerobic conditioning receives the most attention with fitness programs, flexibility, muscular strength, and muscular endurance are key aspects of overall physical fitness. Injuries or illness might also provide an opportunity to try entirely different types of fitness routines. For example, a runner with a stress fracture might substitute swimming or yoga while allowing time for the bone to heal. Adopting a routine that includes mind/body exercise such as Tai Chi may prove beneficial while dealing with the stress that often accompanies illness or injury.

### **Reestablish a Routine**

When an injury or illness occurs, it is important to reestablish a fitness routine. Each day, find some way, no matter how small it seems, to work on fitness. With serious injuries, this may initially mean your daily physical therapy exercises. In less serious situations, this will mean a routine with modifications, but that is still focused on fitness goals. Examine your fitness goals and determine what is reasonable in both the short-term and long-term. Develop a plan that will allow you to regain as much function and fitness as possible. Fitness professionals and health-care providers such as physical therapists can assist with this process. Regular exercise provides many physical and psychological benefits. Finding an exercise routine that fits your needs and abilities can help you deal with your illness or injury.

*Dixie L. Thompson, Ph.D., FA CSM, is the director of the Center for Physical Activity and Health and an associate professor in the Department of Exercise, Sport, and Leisure Studies at the University of Tennessee, Knoxville.*

### **Mended Hearts Inc. Board Contacts**

Lee Meneses,  
President  
407-677-1064

Gary Price,  
Vice President  
407-328-5098

Vice President

Secretary

Claire Jones,  
Treasurer  
407-380-6042

Mike & Toni Philpott,  
Marketing  
407-333-4334

Walt Hunter,  
Newsletter  
407-886-1041

Mike Weber,  
Visitation  
407-682-1172

#### **Programs:**

Eileen Krause,  
407-303-1526

Joanna Gerry,  
321-841-5164

Betsy McKeeby,  
407-303-7625

Bill Cierebeiji,  
Photography and  
Media  
407-889-2598

Mary Stender,  
Hospitality  
321-696-6183

Charlie Kauffman,  
Communications  
407-855-4411

## Hidden Ways to Help Your Heart

The good news about heart disease — the No. 1 killer — is that a healthy heart is within everyone's reach. You already know some of the rules: Consume less fat. Eat fruits and Vegetables, Keep blood pressure and cholesterol levels in check. But there are more ways to boost heart health, including some you probably didn't know:

**Don't skip breakfast.** *Fact:* Most heart attacks occur between 7 am and noon — possibly because the cells that help blood to clot, called platelets, are stickiest then. Eating breakfast appears to make platelets less sticky... and less likely to clump together and block a vital artery.

**Cut sweets.** Sugar is not directly related to heart disease, But cutting back limits empty calories in your diet and helps leave room for heart-friendly fiber and nutrients.

**Meet The "Bs".** You may have heard about the "antioxidants" — vitamins C, E and beta-carotene — which appear to slow plaque formation in the arteries, Now there's evidence that folic acid, a B vitamin and vitamins B5 and B1, may help prevent heart attacks. You'll get all three "Bs" from a balanced diet.



**Lighten up.** People who overreact to stressful situations appear more likely to have heart trouble. Example: In one study people whose blood pressure and heart rate jumped the most during frustrating tests were also most likely to have reduced blood flow to tile heart,

**Ask about aspirin.** Aspirin has been shown to protect the heart by preventing clot formation. But don't start taking aspirin regularly without your doctor's approval, Besides its many side effects — like stomach irritation — long-term aspirin use may present other potential dangers, like risk of bleeding into the brain.

**Quit smoking if you do.** Smoking doesn't just affect your lungs. Fact is. you'll cut your risk of heart attack by 50-70% within five years if you quit. *Amazing:* At that point, ex-smokers have about the same risk of heart attack as people who never smoked.

**Get off the couch.** Sedentary living — not high cholesterol — is the single biggest factor in heart attack deaths. But you don't have to run marathons. Just 30 minutes of moderate physical activity three times a week delivers the benefits of regular exercise. So walk briskly.

## Healthy Food Shopping Dos & Don'ts

**DO** view nutrition labels. Remember: Any food called "healthy" needs to contain at least 10% of the Daily Value for one of several important nutrients (in addition to being low in fat, saturated fat, sodium and cholesterol). Bet you didn't know: This is called the "jelly bean rule," since jelly beans have zero fat, sodium or cholesterol but also no nutrition.

**DON'T** forget fiber's finest. Load up on whole-grain breads, rolls and cereals, as well as brown rice and dried beans.

**DO** go for the greenest. When buying salad greens, select those deepest in color — dark greens and reds. Why: The dark color means beta-carotene and other carotenoids, vitamin C, folic acid, calcium and other nutrients are present.

**DON'T** dismiss frozen produce. Some frozen fruits and vegetables contain just as many nutrients as fresh produce — sometimes more. Example: According to one study, frozen green beans have about twice the vitamin C as fresh beans that sat on display and in a refrigerator for nearly a week.

**DO** take care with TV dinners. Choose frozen meals that contain less than 10 grams of fat and the least amount of sodium and cholesterol.

**DON'T** pass up pasta. It's high in protein and contains B vitamins and iron.

**More Do's:** Never shop on an empty stomach...choose fruit "juices" instead of "drinks"... buy skinless poultry... remember that a standard serving of meat or fish should fit on a pack of playing cards.



*"The trouble with life in the fast lane is that you get to the other end in an awful hurry."*

— John Jensen

**May  
2009**





# 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.*

#### **June 6 -10, 2009**

##### **Mended Hearts National Convention**

Doubletree Hotel at Universal, Orlando

Registration forms at [www.mendedhearts.org](http://www.mendedhearts.org)

#### **June 22, 2009**

Monday Evening – 5:30PM to 7:30 PM

Community Lecture

Winter Park Civic Center

1050 W. Morse Blvd, Winter Park, Fl

#### ***Minimally Invasive Approaches to CardioThoracic Surgery***

Speaker: Joseph Boyer MD

Call 407-303-1700 for **required** reservation and location details. Seating is limited so a reservation is required. Call early!! We will have a short Mended Heart meeting at the conclusion of the lecture.

#### **July 21, 2009**

6PM 8<sup>th</sup> Anniversary Dinner Celebration Golden Corral, Altamonte Springs, Fl.

See next page for details.

#### **August 2009**

**Vacation Time – No meeting**

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)

June 2009 meeting – Contact Eileen Krause – 407-303-1526

May 2009 meeting - Contact Joanna Gerry 321-843-1093

# The 8<sup>th</sup> Anniversary Dinner Celebration for The Orlando Mended Hearts Chapter is coming soon.

Please Mark your Calendars and Make your Reservations ASAP.  
We hope to have at least 50 members and spouses attend.

**Cost:** \$11.00 / Person

**Dress;** Casual

**Menu:** Buffets' Galore

**July 21<sup>st</sup>**

**Tuesday Evening**

**6:00pm**

---

*We will Meet and Dine at the:*



897 WEST TOWN PARKWAY

Altamonte Springs

407-788-2700

The restaurant is just South of the 434 & 436 Intersection—West of I-4

There will be a sign up sheet, and you may pay at the Tuesday, May 19, meeting.

RSVP and Payment Deadline is July 15<sup>th</sup>.

**Call: Mary Stender**

321-696-6183

**Mail Checks to: Mary Stender**

615 Horseman Dr.

Oviedo, Fl. 32765