

The Mended Hearts, Inc.

Chapter 296 Orlando Florida

www.mendedheartsorlando.org

The Central Beat

Mended Hearts Inc., Chapter 296

Volume Eight Number Three

March, 2009

President's Message

February Meeting - Dr. Ranjit, Nephrologist, spoke about the relationship of heart disease and kidney function and renal disease. The importance of controlling blood sugars for cardiac's with diabetes to ward off kidney problems was stressed.

February is AMERICAN HEART MONTH as well as Valentine's day. To all of our spouses, caregivers, and significant others who monitor our progress on our road to RECOVERY every day is Valentine's day and we LOVE YOU and THANK YOU for all you DO!

This month is also Oscar's month, so in honor of the Academy awards we too are looking for nominations for BEST CARDIAC SCRIBE, talent in recruiting people who INSPIRE others, and any hidden talent to help keep our unique organization viable in the upcoming future. Please contact me or Gary Price so that we can place your name for the upcoming election in APRIL.

A special thank you to our AMBASSADORS who visited almost 3000 patients at ORMC and Florida Hospital during the past year. For the 18 visitors, this was about 163 patients seen. Though this is a small percentage of cardiac patients, the survivors and families appreciate our efforts. KUDOS to Mike Weber and his gang of CSIs (cardiac survivor instructors).

Next Meeting

March 17, 2009 , Tuesday evening 7:00 PM - 8:30 PM at Lucerne Hospital where Sarah Ferwin, RN,MSN,CCNS,PCCN, will be discussing implantable defibrillators, intimacy and the cardiac patient.

MENDED HEARTS NATIONAL CONVENTION

June 6 – 10, 2009 at the Doubletree Hotel across from Universal Studios. Our chapter will be helping host this event and we will need volunteers for various duties. Please contact Mike Weber or me to be first on the volunteer list. Thank you in advance for your help.

Secretary Wanted

If you have a talent for taking notes and being a member of vibrant energized group, Please call Lee Meneses at 407-677-1064.

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.



Prescription for Stress Relief!

March is a great month in Florida. The cumulative effects of winter: brown lawns, and stunted hedges are giving way to a few flowering plants showing signs of recovery and the promise of a bright spring. March is when gardeners **feel the urge** to move outdoors with plans to renew the flower garden and perhaps start a veggie garden.

Irene and I spent a few days at Leu Gardens this week listening to the experienced horticulturists' elaborate on the wonderful gardens within **Orlando's Botanical Garden**. We learned that a small 1,200 square foot vegetable garden produced more than 500 pounds of veggies to be donated to Second Harvest Food Bank of Central Florida. We walked by nearly 700 rose plants comprising, the beautiful rose garden, and we watched newly hatched butterflies take to the air for the first time. We were thrilled to see Joel, a Leu Gardener, actually repair the broken wing of a nascent butterfly and we imagined that it would soon fly away to seek nectar and perhaps to mate.

Gardening can be a great way to relieve stress. Irene and I have planted some seventy roses in five mulched areas around our home. These wonderful plants provide beauty for our eyes, as-well-as, comfort for our souls. Each day we are able to walk among living 'rose friends', each alive, each displaying unique flowers, and each respond to our care — perhaps to our conversation and touch. Some will say; Roses are always hungry, always thirsty, always in need of deadheading. This is true, however, the very act of feeding, watering and deadheading is the fulfillment of nature's prescription for the **relief of stress**.

Most of our neighbors hire a lawn service to

mow and fertilize their lawns of St Augustine grass. To reduce the burden of lawn care, we have bravely removed a large portions of our St Augustine grass and tilled the bare soil for a rose garden and a vegetable garden. We are able to actually enjoy a series of three vegetable gardens each year. Starting in the fall, we plant the hardy veggies such as carrots, radishes, onions, cabbage, broccoli, cauliflower, turnips, swiss chard, and lots of lettuce. In March, we plant the early spring plants such as tomatoes, and potatoes, and more carrots, radishes and onions. Finally, as summer approaches we plant hills of sweet potatoes — The vines of these plants cover the whole garden until late summer when we are able to harvest some 100 pounds of the tuberous orange roots — we call sweet potatoes.

One could estimate the dollar savings represented by a veggie garden, however, these savings are actually not significant. The real advantage of gardening is **Stress Relief** — Prescriptive. Gardening leads one to be in touch with nature. Gardeners have the thrill of actually feeling nature as they prepare the soil for planting and cultivating the soil to promote growth and eliminate weeds. Being outdoors brings sunlight — with it's influx of Vitamin D, and lots of fresh air to fill the lungs.

We hold no prescription, written in Latin, by an esteemed Doctor of Science. Rather, we access an old time remedy, handed-down though the generations, frequently forgotten by busy humans, yet most effective for the lowering of stress. Being on one's knees, hands touching the good earth, patiently sensing the miracle of germination, imaging the biochemistry of photosynthesis, and harvesting the bounty — is surely a **prescription from God!**

W Hunter

Mended Hearts Inc. Board Contacts

Lee Meneses, President
407-677-1064

Gary Price,
Vice President
407-328-5098

Jonathan Davis
Vice President
407-831-4303

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

Breathtaking Concerns

Obstructive sleep apnea may be a **breathtaking concern**: Sleep apnea is a serious medical problem in that it relates directly to cardiovascular health. Disruptions in normal breathing can produce sudden drops in oxygen concentrations and place a strain on the cardiovascular system. Over time, obstructive sleep apnea is directly related to conditions such as congestive heart failure, irregular heart rhythm, stroke and/or cardiac death.

Signs of obstructive sleep apnea include being sleepy during the day, breath cessation while sleeping, snoring, headaches, and sometimes waking with shortness of breath. Other common signs may also be present. These include: dry mouth or sore throat upon waking and experiencing problems staying asleep.

Mild cases of sleep apnea commonly respond to cessation of smoking or losing weight. Treatments available are usually designed to open a partly blocked airway: **Oral appliances** are mechanical devices designed to keep the airways open so as to promote normal breathing while sleeping; **Positive**

airway pressure devices are designed to automatically adjust air pressure during sleep; and **Continuous airway pressure machines** are designed to deliver air via a mask worn during sleeping.

Severe sleep apnea may require surgery to clear and enlarge air passages. Sometimes nasal polyps must be removed and/or surgically straightening the nasal septum in order to increase the ease of air flow during sleep. Severe sleep apnea is more than an inconvenience — A range of treatments are available — discuss any sleep-related problems with your physician!



This information is interesting: Neck Size may be a measure of risk for Obstructive Sleep Apnea!

If your “Adjusted Neck Size” is 17 inches you may have moderate risk!

If your “Adjusted Neck Size” is 19 inches, you may have high risk!

Adjustments



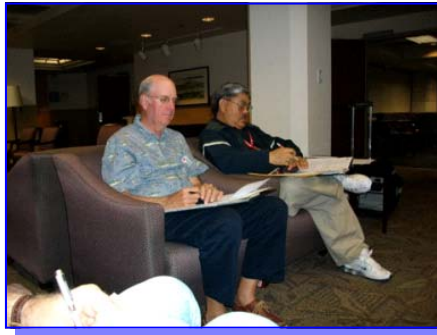
[Measure your neck. Add 1.5 inches if you have high blood pressure; If you snore, add 1.25 inches; If you frequently choke or gasp at night, add 1.25 inches]



02



09



MENDED



HEARTS



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.

March 17, 2009

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.

Sarah Ferwin, RN, MSN, CCNS, PCCN will present the topic: “Intimacy and the Implantable Cardioverter Defibrillator (ICD)”

Come and learn about ICD 's, who is a candidate for one, risk factors associated, medications and how an ICD may affect your relationship with your partner/spouse.

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

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

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

Mended Hearts Orlando - Monthly Birthdays

Last Name	First Name	Birth date
Callahan	Charles	02/29
Cierebiej	William	02/12
Coppen	Monique	02/22
Dudley	Kathleen	02/08
Feldman	Morris	02/13
Gile	Charles	02/08
Hunter	Walter	02/19
Philpott	Toni	02/05
Portoghese	Betty	02/19
Seibert	Carole	02/22
Stender	Mary	02/12
Swift	Ernest C.	02/14
Weber	Pat	02/18
Burlew	Raymond	03/09
D'Elia	Dolly	03/22
Desmond	John	03/17
Haire	Samuel	03/01
Kauffman	Charles	03/23
Love	Lona	03/02
Plummer	James	03/17
Radecki	Ronald	03/18
Rutherford	Ed	03/20
Sartori	Lawrence	03/16
Walker	Bruce	03/21

Mended Hearts Monthly Event Dates

Last Name	First Name	Cardiac Date
Adams	Ralph	2/21/2000
Cierebiej	William	2/14/2005
Cirillo	Larry	2/1/2001
Lester	Shirley	2/6/2007
Plummer	James	2/3/2007
Price	Gary	2/12/2001
Rivers	Roslyn	2/14/2008
Weber	Mike	2/9/2001
Dixon	Vern	3/22/2001
Kinsey	Wilma	3/1/2004