

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

The Central Beat

Mended Hearts Inc., Chapter 296
Volume Nine Number Three
MARCH, 2010

President's Message

Healthy Eating and Food Preparation was this month's presentation. Thank you to sous chefs Christopher Noble and Noel Redley, and dietitians Rebecca Donnenberg and Chrissy Zingone from Orlando Health for providing a demonstration and samples for our eating pleasure.

February was Heart Month and to celebrate this occasion, I had a defibrillator change out due to a low battery output. A simple procedure was complicated by a defective lead not being properly seated. Another operation to extract and insert a new lead to provide the proper connection was accomplished. I received many prayers and visits, which made me realize the importance of our Mended Hearts family. I thank you all for all your efforts in my recovery. I was also fortunate to receive the best TLC from the staff of Florida Hospital.

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.

Congratulations to visiting chairman, Mike Weber, on his assignment as Southern Assistant Regional Director. His expertise will be fully utilized.

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.....

We are looking for a special person to fill our Vice President position on our board. Please contact Lee Meneses at 407-677-1064. We will be holding elections for new officers in April and now is the time to start thinking about who you would like to serve. If you have any questions about an office, please contact any board member.

Also need location sites for our chapter Anniversary party in July and our Holiday party in December, please contact Mary Stender at 321-696-6183.

Our annual national convention will be in Bloomington, Minnesota on May 19 – 23, 2010.

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

Better Care at Lower Costs.

Do I Need to Go to the Emergency Room?

Hospital emergency rooms (ERs) are set up to focus on medical emergencies. They are not set up to focus on routine health care. If you go to the ER for a problem that is not an emergency:



- It will cost a lot more than it would at your doctor's office or a walk-in clinic. A trip to the ER for an earache, for example, may cost three to four times as much as it would at your doctor's office.
- You will probably spend a lot more time there than you would at a walk-in clinic or doctor's office.
- You will get care from a doctor who has probably never seen you before. It's always best to get as much of your care as you can from a doctor who knows and understands you.

Go to the ER if you think you are having a medical emergency. That's what the ER is for. Otherwise, call your doctor's office first, or go to a walk-in clinic. It will save you money and time.

How do I know when it's an emergency?

There are few clear rules about what is an emergency and what isn't. Most doctors would agree on a short list of problems that should always be treated as emergencies - chest pain that could be a heart attack, not being able to breathe, severe and uncontrolled bleeding, stroke symptoms, and a few others.

Most health problems are not emergencies. You may want to take care of the problem right away because you feel sick or uncomfortable, but nothing bad is going to happen to you if you wait a bit. Then again, you don't always know that for sure. Some problems that seem minor can become serious if you ignore them. And it may be even harder to know what to do when a child is sick.

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One good question to ask yourself is, "Am I thinking about going to the ER because it's convenient or because it's necessary?" If you are choosing the ER because you can get in without an appointment, keep in mind the high price you will pay for that convenience. You may also have to wait a long time before you are seen by a doctor. And you may have other options. You can always call your doctor's office or a nurse line for help.

What if a problem happens on a weekend or at night?

If you think you are having a medical emergency, call 911 or other emergency services immediately or go to the ER.

If you don't think the problem is an emergency:

- Use the "Search" feature to look up your problem on this Web site, and read the information about when to call a doctor. See if there is home treatment you can try.
- Call your doctor's office and see if there is a number to call for after-hours service.
- Call a nurse line for advice. The nurse can help you decide whether you need to get help now or whether it is safe to wait.
- Go to a walk-in clinic (if one is open).
- Go to the ER if you feel the problem cannot wait until your doctor's office or a walk-in clinic is open.

What is a walk-in clinic?

Walk-in clinics are often called "minor emergency," "urgent care," or "immediate care" centers. They deal with all kinds of health problems and are often open in the evenings and on weekends. You do not need an appointment.

These types of clinics can be a great option when:

- You can't or don't want to wait for an appointment at your doctor's office.
- You don't need the level of care an ER provides.

Care at a walk-in clinic costs a lot less than care for the same problem at an ER.

If it turns out you are having a true medical emergency, a walk-in clinic will send you to the ER.

Unless you have a walk-in clinic in your neighborhood or already know where one is, it may be hard to find one when you need it. So, at your next doctor visit, ask your doctor to recommend one. Check with your health plan to see if it offers better coverage at some clinics than others.



MENDED HEARTS MONTHLY EVENT DATES & BIRTHDAYS

Last Name	First Name	Birthdate
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
Mirman	Diane	03/12
Plummer	James	03/17
Rutherford	Ed	03/20
Sartori	Lawrence	03/16
Walker	Bruce	03/21
Wood	Bruce	03/10



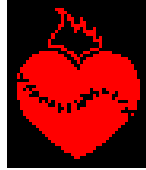
Last Name	First Name	Cardiac Date
Churchville	Wendy	3/2/2009
Dixon	Vern	3/22/2001



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 16, 2010

Tuesday Evening 7:00 PM—8:30 PM

**Florida Hospital Altamonte, Family Resource Center, 601 E Altamonte Drive
Altamonte Springs, Florida 32701**

Family Resource Center is located near the hospital entrance, next to Dunkin Donuts on Rt. 436

Steven Creel, BA, Sleep Consultant with Phillips Respironics

Topic: Sleep Apnea - What is it? Why all the fuss about it? What are the treatments?

April 20, 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.

Topic: 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

March 2010 meeting – Contact Eileen Krause – 407-303-1526

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

Mended Hearts February Meeting

