



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

The Central Beat

Mended Hearts Inc., Chapter 296
Volume Seven, Number Five
May 2008

A Message from the President

May Meeting

Our May 20th meeting will be held at Florida Hospital at 7pm. Alan Deaver DDS Owner/Pharmacist of Taylor Pharmacy will discuss safe medication usage. Please plan to attend. More details follow.

March Meeting

Annie Phillips, Licensed Clinical Social Worker, facilitated a care and share meeting that was inspirational to all who attended.

Elections – New Officers and Directors

President - Lee Meneses

Treasurer - Claire Jones

Director of photography and media - Bill Cierebeij

Director of information and communications - Charlie Kauffman

Hospitality director - Mary Stender

Please give these new officers and directors your support as they assume their new duties.

Special requests

Jonathan Davis is in need of a couple of people to assist him with follow up phone calls to those visited at Florida Hospital. Please contact Jonathan at 407-831-4303 to volunteer your support for this important task.

July Social

Our July anniversary dinner will be held at Heathrow Country Club at 7PM on July 15.

Reservations and payment will need to be made prior to the event by contacting Mary Stender at the May or June meetings or 321-696-6183. The cost will be \$15 per person for members and \$20 per person for non-members.

Visiting Patients at Florida Hospital and ORMC

If you have not considered visiting patients, please do so. We are in need of visitors, especially at ORMC. It is very rewarding to meet recent surgery patients and their families to share your experience and just listen to their concerns and questions. Contact Mike Weber for details on how to become a visitor at 407-682-1172.

As this is my last article as your President, I want to thank the board members, volunteers and membership for making this a great chapter of Mended Hearts!

See you in May.

Good health to you,

Gary Price

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....



Avoid a Blow Out!

Most drivers never experience a tire blow out. But those who have will not forget the experience. A tire blow out can be catastrophic! Typically, a tire ready to blow out, develops a bulge at some weakened area. As the tire heats up, and air pressure increases, the bulge gives way — a blow out. In much the same way our aging artery system may develop a bulge at some weakened area. This bulge is called an aneurysm. The most common aneurysm occurs at a weakened area along the aorta, the largest artery in our body. Aortic aneurysms may occur on the aorta as it passes through the chest cavity, or an aneurysm may occur on the aorta as it passes through the lower or middle abdomen.

Aortic aneurysms are commonly found in men over sixty years old. Small aneurysms [less than 5.0 cm] generally pose little threat. However, these small aneurysms tend to increase in size as a function of time, therefore, should be monitored. **The rupture [blow out] of an aneurysm is life threatening!**

In addition to aging, aneurysms may be caused by atherosclerosis, hypertension, local injury, genetic abnor-

malty, and infectious disease. Aneurysms may also produce blood clots, increasing the risk of stroke. Aneurysms are frequently asymptomatic, however, the following symptoms have been reported: chest pain, back pain, abdominal pain, shortness of breath, hoarseness, swallowing difficulties.

Most aneurysms are discovered on physical examination. A thoracic aneurysm may cause a heart murmur and an abdominal aneurysm may produce abdominal pulses. Aneurysms may be monitored by a number of non invasive technologies: ultrasound, computer tomography, magnetic resonance imaging, X rays, or angiography.

Small aneurysms should be monitored. Larger aneurysms, that is aneurysms producing symptoms, may be surgically repaired. Neglect carries significant risk!

Examine your tires for bulges and pay attention if your physician tells you that you are developing an aneurysm. Your life may depend on both your tires and your aorta!

W.Hunter

Mended Hearts Inc. Board Contacts

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Vice President
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Claire Jones,
Treasurer
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Walt Hunter, Newsletter
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Betsy McKeeby,
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321-696-6183

Charlie Kauffman,
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Perspectives

[From Charles E. Hummel]



Imagine Einstein, Gauguin, Beethoven, and King David meeting on a space ship moving among the cosmos. All looking at the universe of stars, planets, clusters and black holes. When asked their thoughts: The scientist / mathematician Einstein used a super computer to describe the universe using eloquent equations; The artist Gauguin rolled out a canvas and created a picture, merging colors and complex scenes of beauty; The musician Beethoven waved his arms and one of his pastoral creations filled the space ship with music; and King David, the psalmist, recited Psalms 19 “The heavens proclaim the glory of God; and the skies proclaim the work of his hands....”

Which of these descriptions of the universe is best? It depends on your perspective! If you want to go to the moon, you would prefer Einstein’s equations; If you want to reflect on scenic beauty, you might prefer to gaze at Gauguin’s painting over your fireplace; If you want to quietly meditate, you may prefer to close your eyes and listen to Beethoven’s pastoral music; Or if you want to consider the infinite, you might pick up a Bible and quietly read Psalm 19!

Each perspective is worthy of our consideration. However, each perspective is a partial view of the universe, a perspective to be appreciated for the contribution it makes to our lives. Eloquent equations are able to analyze complex musical renditions and may sort out color in millions of different hues and shades, but, even eloquent equations are finite and unable to deal with the infinite. Only our unconscious minds can contemplate the infinite. God is not measurable! *W. Hunter*

Are You Trying to Control Your Life?



Last summer I watched a mountain stream as it swirled, shifting and moving as motivated by the distant call of the ocean. This little stream was constantly creating its own pathway. I could not predict the changing channel, nor could I understand the dynamics of each encounter of water molecules colliding on an array of stones and sticks. My stream seemed disorderly,. However, order was clear, this little stream was part of the larger universe responding to the natural laws of gravity and fluid mechanics.

This little stream may help us understand that we all are part of the universe. We are connected to every iteration, no matter how small or large. We are destined to create our own pathways as we interact with the pebbles, stones and sticks of our environment. Yes, we are part of the universe. We must not see obstacles as threats—these little obstacles are challenges to be overcome as we tumble through time. Understand that we are not in control.: Let us enjoy the journey!

W Hunter

Some Sequences:

If $5! = 120$, and $7! = 5040$
what does

$3! = \underline{\quad}?$, or $6! = \underline{\quad}?$

B. Pascal’s jottings:

[Missing Numbers]

1,3,6,__,15,__,28,
36,__,

1,2,__,8, 16,__,64,__,

Fibonacci Numbers:

Factorials: 6, 720
Pascal’s:
10, 21, and 45
4, 32, and 128
Fibonacci:
5, 21, and 55.



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.

May 20, 2008, Tuesday evening 7-8:30 PM

6-7 PM Appointments are available to meet with a pharmacist, bring your medications in their original bottles and learn more about your medications. Call Eileen Krause at 407-303-1526 to make a 15 minute appointment.

Florida Hospital Orlando, Barker Conference Center, Room B, 601 E Rollins Street, Orlando, FL/ 32803

Directions: Take Orange Avenue North and turn on to King Street. Turn into the main parking garage for the hospital. Park on any floor with available spots and take elevator/stairs to third floor. Use the crosswalk located on 3rd floor to cross the railroad tracks. Take the elevator at the end of the crosswalk down to the basement level for the Barker Conference Center. . Parking vouchers for the parking garage are available at the meeting.

TOPIC: Pharmacy Issues: Alan Deaver DDS Owner/Pharmacists at Taylor Pharmacy on Park Ave. in Winter Park will be our speaker. He is involved in medications for nursing facilities, preparations for any medical needs for a community emergency and the education of pharmacy students. He will discuss safe medication usage, indications for common heart medications and their cautions or common side effects and the danger of using multiple pharmacies for medication needs.

June 17, 2008 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 South Street exit, turn right, go to Division Street, turn left, turn left onto Gore St., 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.

Cooking Demo and Nutrition Chat

“Picnic to your Heart’s Content! Heart healthy Summer Fare!” By Suzanne Sandberg, MS, RD, LD and Kent Bacon, ORMC Executive Chef Recipes to be demonstrated: (1.) Balsamic Chicken (2.) Walnut Berry-Cherry Crisp 3.WHOLEsome Bulgur, Lentil and Flaxseed Salad

Suzanne Sandberg, M.S., R.D., L.D., is a registered and Licensed Dietitian. She has a Bachelor of Science degree in Nutrition Science from Perdue University, and a Master of Science degree-Dietetic Internship Program. Suzanne is the Cardiac dietitian at ORMC. She teaches the cardiac and congestive heart failure nutrition classes for the hospital, in addition to covering three cardiac floors, both surgical and recovery. Suzanne has been a dietitian for over 20 years and has focused primarily on nutrition for hemodialysis, cardiac, and diabetic patients, as well as in the areas of weight control, wellness, nutrition education, and nutrition material development. She also keeps private practice in which she counsels individual clients and educates groups.

Kent Bacon is the Executive Chef at ORMC. Kent is a graduate of the prestigious Culinary Institute of America (CIA). Kent has 25 years of experience in the culinary arts, and his accomplishments include being Chef for the Government Resort in Hawaii where he served President George Bush, Sr.. In addition, Kent has designed menus for both British Airways and the Virgin Atlantic Airline. Kent is responsible for many of the events at ORMC involving the Food Service Department, and lends his expertise and creative cooking skills often to the Clinical, Outpatient, and Wellness Dietitians.

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

May 2008 meeting – Contact Eileen Krause – 407-303-1526

June 2008 meeting - Contact Joanna Gerry 321-843-1093

April 2008 Meeting



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