

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

# The Central Beat

Mended Hearts Inc., Chapter 296

Volume Nine Number Ten

NOVEMBER, 2010

## President's Message

October's meeting involved Dr Jane Walberg who spoke about Ear conditions and care for the Heart Patient along with Dr Jim Flatley who gave us tips on the proper care of our teeth. Thank you both for an interesting and informative presentation.

Kudos to Mike Weber, who collected over \$2000 in donations for our recent Heart Walk for American Heart Association.

November 11 is Veterans Day and our appreciation to all who have served and hope that all that are currently on active duty in the theater of operations come home safe and sound.

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

Next Meeting

**November 16, 2010, 7:00 PM – 8:00PM, Florida Hospital Orlando,**

**Barker Conference Center, Room B**

**Diabetes prevention and the Heart Patient**

**Dr George Guthrie – FH physician**

**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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## **To Decrease Heart Risk, Move around While Watching Television**

New studies show that the amount of time you spend not moving at all has been linked to a higher risk of death from heart problems or from any cause.

Researchers at the Harvard School of Public Health report the risk of death from any cause increased by 11 percent for each hour a day of reported TV watching or total inactivity. For death by heart problems, the risk increased significantly more.

The benefits of getting 30 to 60 minutes of exercise on most days are still important. But if you sleep for eight hours and exercise for an hour, that leaves about 15 hours for either sitting still or moving.

The new findings show that after sitting for a few hours, the enzyme that pulls fat from the blood shuts down. Instead of fat being transported to muscle tissue where it is burned as fuel, it accumulates in the blood stream. Over time, it can damage arteries and lead to cardiovascular disease.

### **What you can do**

Doctors at the Mayo Clinic, Jacksonville, Fla., say adding almost any kind of movement to break up a period of sitting can help. When you are at the computer, driving, reading a book or watching TV, always add movement. Stretch and flex muscles, fold some laundry, stand up and walk about from time to time, or just get up to change the channel instead of using the remote. When you just stand up, you use muscles not required when you're sitting or lying down.

## **Get moving to reduce Alzheimer's risk**

Research by University of Kansas School of Medicine shows that regular exercise can reduce the risk of developing Alzheimer's disease by up to 60 percent. Exercise has a multitude of benefits for people of every age. For those over age 55, it's even more important. One in 10 men age 55 and older in the United States will develop Alzheimer's. The percentage for women is higher, in part, because they live longer. Half an hour a day of moderate exercise will decrease the risk. Other preventive steps include eating fruits and vegetables. This reduces damage to brain cells.

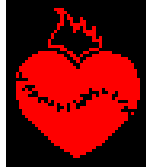
## **Coping with Feelings**

Your healthcare professionals may not have talked to you about the emotional aspects of your illness, and you're probably feeling many emotions. You may feel alone, scared or different from the person you were before you learned you had heart disease. Your emotions may be both negative and positive. These feelings are very common — most heart patients have them. Negative emotions may go away as you learn to understand and manage your condition, but sometimes feelings such as depression may stay with you and require you to seek professional help. Your emotions can affect your recovery and your risk of future cardiac events, so it's important to understand your feelings, recognize problems and get help if you need it.

# 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 problem.*

**November 16, 2010**

**Tuesday evening, 7:00 PM - 8:30 PM**

**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 3<sup>rd</sup> floor to cross the railroad tracks. Take the elevator (Elevator E) 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 : Diabetes prevention and the Heart Patient  
Dr. George Guthrie – FH physician**

**December 14, 2010**

**Tuesday evening, 6:00 PM - 8:30 PM**

**Holiday Party – Save the Date**



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)

November 2010 meeting - Contact Eileen Krause - 407-303-1526

## Mended Hearts Cardiac Event – November

<u>Last Name</u>	<u>First Name</u>	<u>Cardiac Date</u>
Burlew	Raymond	11/13/2002
D'Elia	Dolly	11/15/2005

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## Mended Hearts Orlando – Birthdays – November

<u>Last Name</u>	<u>First Name</u>	<u>Birthdate</u>
Feldman	Celia	11/28
Hulse	Gail	11/28
Kauffman	Linda	11/05
Mahoney	Robert C	11/23
Percy	Albion	11/02
Seibert	Ronald	11/13
Shebbein	Magdi	11/09
Tidwell	Fred	11/15



# MENDED HEARTS OCTOBER 2010

