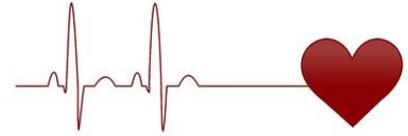




Mended Hearts™
of Orlando - Central Florida



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

Happy New Year



Ring in the New Year with ancient bells Let the bells ring out to welcome 2017!

Ring in the New Year with ancient bells. Ringing bells is a tradition so ancient that for millennia they have heralded news and celebration. Bells are so common that we nearly take them for granted. It wasn't always so.

Bells once had jobs so important that entire cities depended on their voice to organize the hours, including calls to rise, work, worship, and retire.

In fact, according to bellringing.org, bells were often invested with a certain awe. In pastoral medieval settings, humans did not make loud sounds. Only the great rumbling and cracking of the sky, evoked goose bumps. So the mighty voice of a bell was thrilling and it had great power to command the faithful and put fear into enemies.

China is usually credited with founding the first bells around 3000 to 2000 BC. Early bells were mostly ceramic, but by 1000 BC, China had perfected bronze bells which were used for matters great and small -- on dog collars and in sacred ceremony.

The largest bell in existence today is probably the Tsar Bell, on display on the grounds of the Kremlin in Moscow. This bronze mammoth is 20 feet tall and 22 feet in diameter, weighing more about 445,000 pounds. It is the third and largest Tsar bell, but has never been rung or suspended.

Tsar Bells have had a rough history with fire. The first bell was completed in 1600 and lasted more than 100 years, but was destroyed by fire in the mid-17th century. A second, larger bell was cast in 1655 but was destroyed by fire in 1701. The current bell was cast in 1737 just before another Kremlin fire threatened to destroy it. It fell into its 33-foot deep casting pit as the fire ate away the bell supports. It was raised in 1836 and placed on a stone pedestal where it remains today.104.txt

The Central Beat
Mended Hearts Inc., Chapter 296
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“ The Bad News is that time flies. The Good News is that you’re the pilot.” Michael Altshuler

Making your resolutions successful!

Two words sum up New Year's Resolutions:
Faith and Gym.

According to LifeWay Research, a 2015 study show that 57 percent of Americans made a health resolution while 52 percent made a faith resolution.

Those top two topics lead five categories of New Year's resolutions.

About 43 percent of respondents in the telephone survey, cited use of time as an important resolution. That was followed closely by improving relationships with family (42 percent) and working on finances (37 percent). One third of respondents wanted to improve a relationship with a friend.

If you are one of the 75 percent of people who have failed to follow a resolution, you might want to reframe and re-adjust your new year vow.

According to Christine Koh and Asha Dornfest, authors of Edit Your Life podcast, try using a different word for resolution. Try thinking of your resolutions as intentions or directions about where you will take the year. If you think of them that way, then you may find yourself broadening your aims. Instead of vowing 'run one mile a day,' maybe what you really want to do is spend 30 minutes in dedicated exercise.

No matter what your goals, sometimes the hardest become much easier when you whittle down a resolution to the barest bones.

If you want to exercise, but you never have actually done it, maybe your resolution should be to just put on your exercise clothes at a specific time every day. Or just exercise for five minutes. That easy vow will get you started.

Dornfest recommends you get a confidant to talk with you about pursuing your resolutions. The same person might not be perfect for all your resolutions, though.

Koh advises building failure into resolutions. Hey, you are never going to be perfect. If or when you slip up, how will you address the problem? Build in a 'start again' plan.

www.pagesmag.com

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Trivia Teaser

Picture Perfect

1. Who was the leading scorer for the 1972 Miami Dolphins "Perfect Season" team? a-Bob Griese, b-Larry Csonka, c-Earl Morrall, d-Garo Yepremian.
2. Which actress performed the song "Cups (When I'm Gone)" in the movie "Pitch Perfect"? a-Rebel Wilson, b-Brittany Snow, c-Anna Kendrick, d-Anna Camp.
3. Who was the oldest pitcher in Major League history to throw a perfect game, at age 40 in 2004? a-Randy Johnson, b-Curt Schilling, c-David Cone, d-Roger Clemens.
4. What film comedy ends with Joe E. Brown telling an exasperated Jack Lemmon "Nobody's perfect"? a-"Mr. and Mrs. Smith," b-"The Apartment," c-"Some Like It Hot," d-"The Odd Couple."
5. What Australian group had top 40 hits in the US in 2014 with "Amnesia" and "She Looks So Perfect"? a-5 Seconds of Summer, b-The Vamps, c-Twenty One Pilots, d-All Time Low.
6. The 1996 documentary film "A Perfect Candidate" followed whose unsuccessful campaign for a Senate seat in Virginia? a-Glen Campbell, b-Oliver North, c-Barbara Boxer, d-Clay Aiken.
7. Which monster movie takes place near a one-horse town called Perfection, Nevada? a-"Critters," b-"Gremlins," c-"Tremors," d-"Predator."
8. Which Jane Austen novel ends "But, in spite of these deficiencies, the wishes, the hopes, the confidence, the predictions of the small band of true friends who witnessed the ceremony, were fully answered in the perfect happiness of the union"? a-"Pride and Prejudice," b-"Emma," c-"Persuasion," d-"Sense and Sensibility."
9. Which long-running sitcom was a spin-off of the TV series "Perfect Strangers"? a-"Just the Ten of Us," b-"Mr. Belvedere," c-"Family Matters," d-"The Facts of Life."



"Grandma's pretty old. Will she be able to read something not written in cursive?"

Mended Hearts Orlando - December and January Cardiac Event

Last Name	First Name	Date
Jones	Claire	January 22, 2004
Lemmens	Inger	January 30, 2012

Mended Hearts Orlando - December and January Birthdays

Last Name	First Name	Date
Pain	Carl	December 9th
Weber	Mike	January 17th

NEW MOVEMENT RECOMMENDATIONS FROM THE AMERICAN DIABETES ASSOCIATION

The American Diabetes Association has updated their recommendations for movement for people with diabetes or those at risk for it.

One key recommendation is with at least three minutes of ing, leg lifts, torso twists or minutes. This is in addition to ommendation called for

The recommendations also types of exercise, like aerobic bility and balance training, an except:

Aerobic activity benefits pa-proving blood sugar manage-weight loss and reducing that encourages flexibility with type 2 diabetes, espe-that incorporates aerobic also offers health benefits for people with type 1 diabetes, including improvements in insulin sensitivity, cardio-vascular fitness and muscle strength.



to intersperse periods of sitting light physical activity such as walk-overhead arm stretches, every 30 regular exercise. The previous rec-physical activity every 90 minutes.

include a differentiation between exercise, resistance training, flexi-and general lifestyle activity. Here is

tients with type 2 diabetes by im-ment, as well as encouraging cardiovascular risks. Movement and balance are helpful for people cially older adults. Regular exercise and resistance training activities

Answers to Trivia Teasers, Page 5

- 1-d Garo Yepremian
- 2-c Anna Kendrick
- 3-a Randy Johnson
- 4-c "Some Like it Hot"
- 5-a 5 Seconds of Summer
- 6-b Oliver North
- 7-c "Tremors"
- 8-b "Emma"
- 9-c "Family Matters"



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.



January 17, 2017
Tuesday evening 7-8:30 PM
Florida Hospital Altamonte - Family Resource Center
651 E. Altamonte Drive, Altamonte Springs, FL 32701

Directions: The Family Resource Center is located on the FH Altamonte Hospital campus. It is next to Dunkin Donuts. This is a free standing building near the hospital entrance, and parking is on the hospital parking lots.

Speaker/Topic: Edwin Alicea, Chaplain at Florida Hospital. "Taking Care of your emotional/spiritual life." He will be leading us in a discussion of how faith and spirituality impact our health. Join us as we explore ways to increase our spiritual support.

February 21 , 2017
Tuesday, 7-8:30 PM
Orlando Health Heart Institute
1222 S. Orange Ave.
Orlando, Florida 32804

Directions: Orlando Health Heart Institute (OHHI) is located in downtown Orlando on the corner of Orange Ave and Underwood across from the Cancer Center. The physical address is 1222 S. Orange Ave. The building is a five story glass building with a red banner across the top of the building that reads Heart Institute. You may park in the garage next to the Heart Institute and enter the building via the first floor where you may also valet park. Walk from the parking garage to the OHHI building located next to the garage, enter the building. Just follow the Mended Hearts signs in the building. Walk to the left of the Reception Desk and the classroom is on your left.

Speaker: 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 Office to locate a chapter near you if you don't live in the Central Florida area.

1-888-432-7899 or 214-206-9259-<http://www.mendedhearts.org>

Our **local** web address is www.mendedheartsorlando.org

2017 January meeting
2017 February meeting

Contact Eileen Krause - 407-342-3708
Contact Joanna Gerry - 321- 843-1093

December 2016

