



And The Osceola Beat Goes On

Mended Hearts of Osceola # 364 Winter Newsletter Issue 2 - 2010

President's Message

Rita Talbo spoke at our last meeting about advance directives and living wills. It is important for you to have these forms on file with the hospital. You do not want a third party making your health care or end of life decisions for you.

We had beautiful weather for the Orlando Start Heart Walk. A new record was set for donations for the Heart walk; over 1 million dollars was raised. The money raised is used for heart related research. Thank you for donating and walking. I was able to pass out over 200 business cards to heart survivors and invite them to the Orlando or Osceola Mended Hearts meeting.

Stress and how you handle it directly affects your heart. This past week was very stressful for me, it was work and computer related issues. There are ways we can reduce the stress. How did I manage the stress load this week this week? Being grateful. This allowed me focus on the positives in my life. I am grateful for all of you. You are a living example of what a heart survivor/caregiver is. I am grateful that many of you have trained or are in the process of training to be cardiac survivor instructors. I am grateful that we are finally able to visit heart patients/caregivers in the hospital. This list could go on and on, but you can get the point. Focusing on the positives in our life can reduce the stress.

Congratulations to Ed Wainwright our first accredited visitor and is also our first internet visitor.

Serving you with a grateful heart,

Terry Swearingen

Holiday Party

A Mended Hearts Holiday Party will replace the regularly scheduled meeting on December 11. This will be a wonderful opportunity to socialize with each other. Feel free to bring a guest. The Olive Garden has given us an inclusive price of \$15.32 per meal. To add to the festivities, we will be having a Yankee Trader type of White Elephant gift exchange. Please wrap a gift with a value of \$15.00. Anybody bringing a gift will get a gift. No one will go home without something in their hand as we will also have photographs, door prizes and other surprises.

January 8, 2011 8:30 am – 4:00 pm Southern Regional Cluster Meeting

January 8, 2011 will be a red letter day for our Chapter as we host our first Cluster Meeting. Mended Heart leaders and Members from the Southern Region and the National Office will be joining our Chapter at Osceola Regional Medical Center for the January meeting.

You are invited to join us for a day of education, network, and best practice experiences. In attendance will be several Mended Heart Offices from the National and Region Organization that will be speaking and sharing news from the National Office.

The meeting will begin with a continental Breakfast followed by the morning speakers covering areas of importance for heart patients and all health minded individuals. A hot lunch will be served kicking off the afternoon sessions.

Registration and the agenda / speaker's list will be on the website..

MH-Osceola Visiting Program

Terry Swearingen, our Visiting Chair and Trainer, Ed Wainwright, and Larry Klingensmith have made 28 patient visits and 18 family visits in October. Terry completed the classroom training of 8 members and completed the accreditation of two members, Larry Klingensmith and Ed Wainwright. Ed has also joined the ranks of the National Internet Visitors who respond to requests to support@mendedhearts.org. Ed has responded to two Internet Support requests.

To learn more about the visiting program and how to volunteer to become an accredited visitor please contact Terry at pres@mendedhearts-Osceola.org.

Mended Hearts Shirts

Mended Hearts Shirts in red are available for \$15.00 each, we will have a limited number of shirts at the next meeting. If you would like to purchase one and be assured that your size would be available, contact Ed at ed_wainwright@hotmail.com.

Holiday Card Swap

The last option on the menu at the top of the web page (www.mendedhearts-Osceola.org) is the Holiday Card Swap.

The idea was adapted from the Taste Of Home Holiday Card Swap, individuals sign up on line and then a list of names and addresses is emailed or mailed to all who sign up. When you receive the list you mail a card and a note to each of the names. The note usually contains some information about yourself such as hobbies, holiday traditions, and activities that make you happy.

If you wish to send to everyone on the list please feel free to, on the other hand if you wish to send to a limited number of individuals you may do that also. We hope to have between 30 and 50 sign up, this will provide us some pretty cards and messages for the holiday and the new year. We are extending the invitation to Mended Hearts Chapters in the Southern Region to get to know our fellow Mended Heart members.

Log In

The Website for "Mended Hearts of Osceola" is up and running, it includes contact information, a calendar, activities, opportunities, some photos, and will continue to develop and expand. The URL (address) is: www.mendedhearts-osceola.org

The **Membership Application** is on the back cover and is available from the web site: www.mendedhearts-osceola.org/App.pdf

T'was a Florida Christmas

T'was the night before Christmas and all through the town,
no noses were frozen, no snow fluttered down,
no children in flannels were tucked into bed,
they all wore Shorty pajamas instead.

To find wreaths of holly, t'was not very hard,
for holly trees grew in every back yard.
In front of the houses, Dads and Moms were
adorning the bushes and coconut palms.

The sleeping kiddies were dreaming in glee,
hoping to find water skis under the tree.
They all knew that Santa was well on his way,
in a Mercedes-Benz, instead of a sleigh.

And soon he arrived and started to work,
he hadn't a second to linger or shirk.
He whizzed up the highways and zoomed up the road,
in a S-L 300, delivering his loads.

The tropical moon gave the city a glow,
and lighted the way for old Santa below.
As he jumped from the auto he gave a wee chuckle,
he was dressed in Bermudas with an Ivy league buckle,

There weren't any chimneys, but that caused no gloom,
for Santa came in through the Florida room.
He stopped at each house....stayed only a minute,
emptying his sack of stuff that was in it.

Before he departed, he treated himself
to a glass of papaya juice upon the shelf.
He turned with a jerk and bounced to the car,
remembering he still had to go very far.

He shifted the gears and stepped on the gas
and up Highway 436 he went like a flash.
And I heard him exclaim as he went on his way,
"MERRY CHRISTMAS Y'ALL, I WISH I COULD STAY!"

Officer List

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Information & Comments

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Committees

We have a number of committee opportunities that need to be filled by willing participants. The opportunities include but are not limited to the following:

- If you have strong people skills and have contacts who could assist in developing corporate sponsorships or if you have other ideas for fund raising, the **Fund Raising Committee** would be a great fit for you.
- A **Telephone Committee** for our membership would be invaluable. Besides providing a personal touch within our Chapter they can contact the folks without emails to remind them of the upcoming events and opportunities.

Sunshine Committee

Joy has volunteered to be the Sunshine committee. She already has sent cards and will be continuing to send cards for birthdays, anniversaries and procedure anniversaries. Several dozen cards have been donated by Charney Linder and Nancy Wainwright and a special thank you to Sue who has made and donated hand crafted cards. In addition funding for stamps have been donated by Linda Carver, Sue Rios, Terry Swearingen, and Nancy Wainwright. We hope you enjoy your cards and find them bringing a little sunshine into your lives.

Calendar

- **December 11, 2010 Holiday Party Olive Garden at the Loop, 11:00 am .**
- **January 2011 – Florida Regional Cluster Meeting** 8:00 a.m. to 5:00 p.m. (includes lunch) Osceola Regional Medical Center Rooms A, B, C, & D.
- **June 1-5, 2011 - New Orleans, Louisiana - 59th Annual Convention**
The Annual Convention brings members together from across the country for energizing speakers, informative seminars, networking opportunities and social activities. Participants leave this key training and leadership convention each year with renewed energy to carry out the mission of Mended Hearts.

