



And The Osceola Beat Goes On

Mended Hearts of Osceola # 364 August Newsletter Issue 1 - 2010

President's Message

Growing up, September was a month that filled me with mixed emotions, the end of summer and the beginning of school. I never did well in school, though each new school year brought the hope of doing better. Summer is over (Ha!) and it is a time for new beginnings.



How are you doing with healthy food choices, stress management, and exercise? Let us refocus and get back on track. A group from our Mended Hearts chapter is walking at the Osceola Square Mall. The Mall Walkers is sponsored by Osceola Regional Medical Center and the program is run by Marianne Davitt, the volunteer coordinator for the hospital. Ed Wainwright has posted information about the Mall Walkers in this newsletter. Sign up and get a free T-shirt and lanyard and have great fellowship!

Are you a potential **C.S.I.**? **Cardiac Survivor Instructor** is a heart patient or caregiver that visits heart patients/caregivers in the hospital. The heart patient/caregiver needs the hope that you can give them because **you** have been where they are at now. A listening ear, compassion and availability are what are needed.

We will provide you with accredited training from Mended Hearts. **Mended Hearts'** mission is to provide hope to heart patients and their caregivers. Please contact me if you are interested in becoming a **C.S.I.**

Do you have hidden potential? Do you have unused/under-used or unknown skills??? The board of directors met and made a list of our committees and responsibilities. **We need you,** and many hands make the task light. There are many tasks to be done to make this great Mended Hearts chapter run smoothly. Answer the call from one of our board members or look at the list at our September monthly meeting.

Serving you with a grateful heart,
Terry S.

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

September Meeting

We took a break in August in order for everyone to enjoy a bit of vacation, but now it's time to get back on track. For our September meeting we are proud to host:



Rita Talbo, Patient Advocate and Angel Care Coordinator at Osceola Regional Medical Center, will be discussing the importance of having an advanced directives and medical information on file with the hospital.

📍📍**The Location: ORMC Classrooms A & B**
📅📅**The Date: September 11, 2010 at 11:00 am**

Mall Walkers of Osceola Square

Walking is one of the best activities for heart patients to keep their new, repaired, or mended heart in shape. **Many times in Florida we feel the weather is too: (pick one or more) [] hot [] cold [] wet [] humid [] sunny [] cloudy or [] in the middle of a hurricane... to walk.** For all the choices except the last, Pat and her dedicated Mall Walkers can help you develop and maintain an active lifestyle.



From 8:30 am to 10:00 am Monday through Friday, you can meet a couple of dozen smiling faces and walk at your own pace around the **Osceola Square Mall**. Enter using the mall entrance next to Ross (southeast side of the mall) and begin following the walls. The sign-in sheet and the meeting place to network are in the food court. Coffee, decaffeinated and high test, is provided, but bring your own water. The Mall Walkers are supported by, the Osceola Regional Medical Center and the Osceola Square Mall.

MH-Osceola Visiting Program

ORMC Volunteer and Mended Hearts Visiting training began on August 17, 2010. Eight of our members participated to begin their efforts to support the current and future heart patients and their families: Terry and Adele Swearingen, Nell and Jim F. Robinson, Ed and Nancy Wainwright, Larry Klingensmith, and Missy White. Visiting takes place in the waiting rooms, hospital rooms, by telephone and internet.

Holiday Card Swap

Mended Hearts of Osceola, Chapter #364 would like to encourage you to join us in a Holiday Card Swap. We send a holiday card to other mended heart members, along with a personal note about ourselves.

We feel that this is a wonderful way to get to know our fellow Mended Heart members throughout the country. But this is more than a swap, it is an opportunity for friendship, encouragement, hugs, comfort and caring of survivors and caregivers sharing a common bond.

Cards can be purchased at a good price at the dollar stores or if you're creative maybe you'd like to make a homemade one. Whatever you choose will be PERFECT! There are also online sites to make your cards such as (but not limited to) Lisa's Country Clip Art and Alenkas.

The names and addresses will be released ONLY to those that choose to participate and we ask that the names and addresses be kept confidential and used only for the Holiday Card Swap.

At the end of the sign up period, you would be sent the list and you would have the option of sending to everyone or to a select number, but start to put aside some stamps now.

The sign-up form will be on our website by the middle of October. The list of names will be distributed by the third week of November and the sending of the cards would take place following Thanksgiving. We will email you the list of names, or if you do not have an email address we will mail it to you via USPS.

Photo Directory of members

Starting with the September meeting, we are encouraging members to have their photo taken at the meeting for a chapter directory. This will help our fellow members get to know each other better. Directories will be distributed only to members of Mended Hearts of Osceola.

Officer List

President:

Terry Swearingen
pres@mendedhearts-osceola.org

407-343-1440



Vice President

Missy White
vp@mendedhearts-osceola.org

407-421-1916

Secretary

Nancy Wainwright
sec@mendedhearts-osceola.org

407-348-2489



Treasurer

Charney Linder
tres@mendedhearts-osceola.org

407-348-4836

Communications

Ed Wainwright
comm@mendedhearts-osceola.org

407-361-1360



Information & Comments

info@mendedhearts-osceola.org

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.
- ✍✍ We can use some members as a **Sunshine Committee** to mail birthday, anniversary, and get-well cards to the membership.
- ✍✍ 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.

Calendar

- ?? **September 11, 2010** 11:00 am, monthly meeting, Osceola Regional Medical Center Rooms A & B.
Rita Talbo - Advanced Directives and having medical information on file with the hospital.
- ?? **October 2, 2010 8:00 a.m.** Heart Walk [AHA Greater Orlando Heart Walk](#).
Loch Haven Park
Festivities Begin 7:00 a.m.
Walk Start Time at 8:00 a.m.
Walk Distance: 3 miles
(there will be a 1 mile Survivor Route available)
- ?? **October 9, 2010** 11:00 a.m. monthly meeting, Osceola Regional Medical Center Rooms A & B.
Dr. Zchelenski - Psychologist, treating heart patients and caregivers for depression
- ?? **November 13, 2010** 11:00 a.m. monthly meeting, Osceola Regional Medical Center Rooms A & B.
Ramona and crew - Exercise Physiologist, Exercises that heart patient can do.
- ?? **December 11, 2010 Holiday Party**
location and time: To Be Determined.
- ?? **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.





The Mended Hearts, Inc.

National Office

Phone: (888) 432-7899

MEMBERSHIP APPLICATION Chapt.#364

For more information; <http://www.mendedhearts-osceola.org>

Member Information (please print or type)

Name (Mr./Mrs./Ms.) _____

Chapter _____ Member-At-Large _____

Address _____

Phone () _____

Alt Phone () _____

City _____

DOB _____ Retired () Yes () No

State/ZIP _____

Vocation _____

Email address _____

Preferred Contact: Phone Email Mail

Family member (i.e. spouse – must reside at same address): (Mr./Mrs./Ms.) _____ DOB _____

May we contact you regarding local chapter opportunities? Yes No

Medical Information/Demographics (Optional - No application is denied based on medical information, age or race.)

Name of Heart Patient (1) _____

Name of Heart Patient (2) _____

Date of Surgery/Treatment _____

Date of Surgery/Treatment _____

Type of Surgery/Treatment _____

Type of Surgery/Treatment _____

() PTCA () Atrial Septal Defect VALVE:
 () MI () Pacemaker () Aortic
 () Aneurysm () Transplant () Mitral
 () Bypass () Other () Pulmonary
 (how many __) () Tricuspid

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Many chapter newsletters include surgery/treatment anniversaries of members. Please indicate here if you are agreeable to having your name published in this way.

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() Yes () No _____
Signature

() Yes () No _____
Signature

National Membership Dues: Includes subscription to *HEARTBEAT* and one insignia pin for an individual or two pins for a family membership (must reside in same household). Select type of membership and include chapter dues (unless you wish to become a member-at-large). National Dues are tax deductible less \$10.00; Chapter and Lifetime Dues are 100% tax deductible.

<u>Within United States</u>	<u>Nat.</u>	<u>Chap.</u>
Individual – First Year Dues	\$17.00	+5.00 ()
Family – First Year Dues	\$24.00	+10.00 ()
Life – Individual Dues	\$150.00	()
Life – Family Dues	\$210.00	()

Dues Summary: National Dues \$ _____
 Chapter Dues \$ _____
TOTAL \$ _____

I am Joining as a non-heart patient: Physician RN
Health Admin Other Health Party Other Interested Party
I am not prepared to join. Enclosed is a contribution of \$ _____

(Chapter Treasurer – send both chapter & national dues to National Office.)

Applicant – Send one check with application to local chapter Treasurer

Or for Members-At-Large:
The Mended Hearts, Inc.
National Office
7272 Greenville Ave.
Dallas, TX 75231

Mended Hearts of Osceola
Treasurer
PO Box 452141
Kissimmee, FL 34745