



# FROM THE HEART

St Charles County  
Mended Hearts Newsletter  
Chapter 369

[www.MendedHeartsStCharles.org](http://www.MendedHeartsStCharles.org)

Issue No.15

Spring 2014 Newsletter –March, April, May

Welcome to Mended Hearts, Chapter 369! This local chapter principally serves the St. Charles community by partnering with three area hospitals; SSM St. Josephs, Barnes-Jewish St. Peters, and Lake St. Louis. Our chapter became official on August 10<sup>th</sup> 2010.

At the national level, Mended Hearts began in 1951 in Boston, and facilitates positive patient care experience through 300 chapters and satellite organizations across the U.S. and Canada in partnership with 460 hospitals.

**President** – Neal Fix

**Vice President** – vacant

**Treasurer** - Charlotte Mantle

**Secretary** – Marla Fix

**Visiting Chairperson** – Larry Mantle

**Facilitators** - Susan Dreckshage RN (BJC),

Kathi Richarz RN (SSM),

Donna Feuerstine RN (SSM)

**Membership** – Neal and Marla Fix

**Newsletter Editor, Web Administrator**–

Dan Holden

**Publicity/Media Chair** - vacant

## **Multi-Meeting Program Series**

Our Chapter President, with help from other volunteers, is busy putting together a program course that will span several meetings. The idea is to give us a view into the various steps that may be involved in the health care of a heart event patient. Meeting topics from the potential starting point of the 911 personnel and paramedics' role and activities, to the emergency room, surgery, and ICU, all the way through rehab are underway. The entire series is yet to be confirmed and scheduled; however, the continuing plan is outlined in the Upcoming Meetings section.

## **Upcoming Meetings**

Mended Hearts Chapter 369 meets on the second Tuesday of the month at 6:30pm alternating between BJC St Peters and SSM St Josephs in St Charles. Join us for a light meal before the meeting.

### **Tentative Future Schedule:**

#### **March @ St. Joseph's-St. Charles:**

Surgery including a possible tour of the surgery presented by surgery personnel.

#### **April @ Barnes-Jewish St. Peter's:**

Possible tour of a Cath lab and information on how long it takes to put together a team.

#### **May @ St. Joseph's-St. Charles:**

ICU/CCU procedures and equipment used.

#### **June @ Barnes-Jewish St. Peter's:**

Tour of Rehabilitation facilities.

## **Message to Recent Heart Patients**

We hope you received some comfort and encouragement from our Mended Hearts visitor(s) during your hospital stay. As you become active again, we invite you, your family and friends to attend our meeting as guests. We invite speakers of interest to heart patients and their families, as well as, simply enjoy each other's company. Naturally, we hope that you will become a member of our organization. Then you, too, can join in sharing the real meaning of our motto: **"It's great to be alive" – and to help others**

## **Contact Information**

Interested in finding out more information about Chapter 369? Contact our Chapter President, Neal Fix @ 636-947-8730.

## *Tips for Caregivers*

When you are caring for a loved one, whether in the hospital or at home, caring for yourself is often your last priority. However, it is important to create a balance between caring for others and yourself. You may not feel that caring for yourself is a priority, but it is imperative that you try. The best gift you can give your loved one is to also care for yourself.

## *Heart Healthy Cooking*

### **Low Sodium Variation on Wacky Mac**

1 pk. Wacky Mac pasta  
2 tbsp. dried parsley  
½ tsp. black pepper  
6 tbsp. olive oil  
2 tbsp. red wine vinegar  
14 oz. can artichokes  
3 green onions, chopped  
¼ cup parmesan cheese  
2-3 chicken breasts sprinkled with garlic pepper to taste, baked, cooled, and diced

Step 1: bring water to boil in pan according to package directions but omit salt, add Wacky Mac. Boil pasta for 8 minutes until al dente. Rinse under cold water and drain. Put back in pan and toss in 1 tbsp. olive oil.

Step 2: drain, rinse, squeeze and chop artichokes, then set aside.

Step 3: in a separate bowl, mix dried parsley, black pepper, remaining 5 tbsp. olive oil, and red wine vinegar. Set aside.

Step 4: into the pan with the pasta, toss in the following: chopped artichokes from step 2, bowl of parsley mix from step 3, chopped green onions, diced chicken breasts, and parmesan cheese.

Adjust flavor as needed with a sprinkle of red wine vinegar and/or sprinkles of parmesan cheese. Chill for at least 30 min. Serve and enjoy with sourdough bread.

## *Five Steps to Loving Exercise*

Find an exercise that suits your personality! Make it a habit by exercising the same time each day! Build exercise into your lifestyle! Do small bouts of exercise to achieve 30 minutes of exercise per day! Keep going even if you miss a day, get back to it!

## *Look Us Up!*

Information about our chapter is available online on the St Peters/ St Charles Patch and will soon be on the countywide Patch [www.stcharles.patch.com](http://www.stcharles.patch.com) and search Mended Hearts. The BJC Calendar of Events also has info about upcoming meetings. Take a look at our website for member profiles, newsletters, and more. [www.MendedHeartsStCharles.org](http://www.MendedHeartsStCharles.org)

## *Pass It On!*

When you finish reading this newsletter, please don't throw it away! Pass it on to a friend or relative, or put it in your doctor's waiting room...this way more people will get our message. Thanks!

## *Mended Hearts Prayer*

We ask for your blessing, Lord,  
we ask for strength  
that we may pass it 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.  
Amen.