



# FROM THE HEART

St Charles County  
Mended Hearts  
Newsletter  
Chapter 369  
[www.MendedHeartsStCharles.org](http://www.MendedHeartsStCharles.org)

Issue No.10

Winter 2012-2013 Newsletter –December, January, February

Welcome to Mended Hearts, Chapter 369! This chapter became official on August 10<sup>th</sup> 2010. Mended Hearts began in 1951 in Boston and has been providing support to heart patients and their families for 55 years with the theme that there is life with heart disease. There are over 230 chapters nationwide.

**President** – Neal Fix, **Vice President** – Dan Holden, **Treasurer** - Charlotte Mantle, **Secretary** – Marla Fix, **Visiting Chairperson** – Larry Mantle **Facilitators** - Susan Dreckshage RN (BJC), Kathi Richarz RN (SSM), Donna Feuerstine RN (SSM) **Newsletter Editor** – Becky Sachs, **Membership** – Neal and Marla Fix

## Message to Recent Heart Patients

We hope you received some comfort and encouragement from our Mended Hearts visitors 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 that should interest heart patients and their families. We hope that you will become a member of our organization. Then you, too, can join in sharing the real meaning of our motto.

## Winter Heart Event Anniversaries

Paul Balogh, 1/24, Gayle Horn 12/10, Jan Michelsen 1/4, Bill Vehige 2/8

## Winter Birthdays

Neal Fix 1/18, Gayle Horn 1/13, Charlotte Mantle 12/23, Jim Sachs 12/25, Nancy Thorby 1/22, Tracy Powers 1/10

## 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. The upcoming meetings are:

**Dec. 11th at BJC:** Christmas dinner! Meat provided, bring a side dish! Come a little early!

**Jan. 8<sup>th</sup> at St Joseph's:** Start the year eating right dietary discussion

**Feb. 12th at BJC:** Representative from Fleet Feet will give a talk.

## 'Tis the Season to Celebrate!

Join us at the December meeting for a Christmas dinner! BJC is providing the meat and drink! Please bring a heart healthy side dish that is nut-free. Bring along the recipe too! We hope to see all of our members there to celebrate the season and our chapter!

## Contact Information

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

## 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!

## *How to Lose a Pound*

To lose 1 pound per week you need to cut 3,500 calories from what you usually eat during the week. This means eating 500 fewer calories per day! If you find yourself eating more food you can burn those extra calories with exercise. Take a 30 minute walk and burn 125 calories or run and burn 350 calories. Try water, seltzer or unsweetened tea instead of soda, juice or that extra glass of wine with dinner and you can save about 500 calories a day!

For every 5 minutes of watching TV, spend 1 minute walking. For an hour show, walk 12 minutes or get on the treadmill during commercials- anything to get you moving.

## *Visitor Report*

Every visit to patients and families are recorded. Our visiting members go to St Joseph's in St Charles and Lake St Louis, as well as BJC in St Peters. For the months of January through October there were 527 visits made at St Joseph's in St Charles, 143 visits to St Joseph's in Lake St Louis, and 213 visits to BJC in St Peters for a grand total of 883 visits! These visits are what Mended Hearts is about...showing that there is life with heart disease!

## *Wear Red!*

On Friday, February 1<sup>st</sup>, wear red along with millions of Americans to show your commitment to the fight against heart disease in women. We hope you plan on participating and not only will wear red, but give to the cause. If you have questions, or want to help, please contact your nearest American Heart Association, or go to [www.goredforwomen.org](http://www.goredforwomen.org)

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## *Heart Healthy Cooking*

### *Heavenly Onion Casserole*

by Becky Sachs

- 1 T. margarine
- 6 large onions, sliced thick
- 8 oz mushrooms, sliced
- 8 oz Swiss cheese, shredded & divided
- 1 can cream of mushroom soup
- 5 oz evaporated skim milk
- 2 tsp. reduced sodium soy sauce
- 1 loaf French bread, sliced ½ inch thick

Saute onions and mushrooms in margarine and place in 9x13 casserole. Sprinkle with 4 oz Swiss cheese. Combine soup, milk and soy sauce. Pour over onions. Top with bread. Add remaining Swiss cheese on top of bread. Cover and refrigerate 4 hours or overnight. Bake at 350 degrees for 30 minutes. Let stand for 5 minutes before serving. This is one of our favorite dishes during the Holidays!

## *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.