



FROM THE HEART

St Charles County
Mended Hearts
Newsletter
Chapter 369
www.MendedHeartsStCharles.org

Issue No.11

Spring 2013 Newsletter –March, April, May

Welcome to Mended Hearts, Chapter 369! This chapter became official on August 10th 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.

Spring Heart Event Anniversaries

Kelly Burkett 5/08, Neal Fix May, Jack Wittman 4/11, Dan Holden 3/12

Spring Birthdays

Paul Balogh 4/25, Sue Lackey 4/20, Loretta McGee 4/16, Jan and Ed Michelsen 3/22, Carl Thorby 3/7

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:

March 12th @ St. Joseph's: Michael Weeks, Elder Law Attorney, speaking on estate planning and wills

April 9th @ BJC: Alzheimer's The Early Signs

May 14th @ St Joseph's: TBA.

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!

Health Tips!

Want to lower your blood pressure? Skip meat for a few days a week and it is said that you can lower blood pressure by 14 points compared to daily meat eaters!

Hold the sugar! Cutting back on sugary desserts can ease high blood pressure in most adults. Sugar can irritate artery walls so by cutting back on sugar you are more likely to have healthier blood vessels!

6 Healthy Spring Tips

Plant a vegetable garden: The fun of getting your hands dirty, planting and growing your own food, might actually encourage you to eat healthier.

Spring Clean Your Life: Imagine this scenario: You wake up and can't find a thing to wear because your closet is a disaster. Searching takes up five to 10 minutes of stress and wasted time. You plan on grabbing something to eat for breakfast, but when you look in the fridge, it's a mess. You think about making some eggs, and when you go to find a pan, everything comes tumbling off the shelf. Now you're borderline late, so you skip eating altogether. You're stressed, and this is not a healthy start to your day.

Buy Local: If you're interested in sustainable food production, conserving fuel, polluting less, supporting local farmers, eating new and interesting varieties of food, getting fresher food, supporting the local economy and eating less-processed foods--you should be eating local. How do you get started eating locally grown food? Take a look at LocalHarvest.org for a national directory of farmers who market their goods directly to the public.

Kick Start Your Health By Donating To A Charity: What better way to start exercising than by walking, running, biking, swimming or participating in some other activity for charity?

Eat Strawberries: They're loaded with fiber, potassium, vitamin C and folate. And one large strawberry has only six calories. Research has shown that certain compounds in strawberries have potent antioxidant and anti-cancer properties and also help protect against heart disease, stroke and Alzheimer's.

Eat Apricots: Apricots are loaded with vitamin A 1 cup has about 3,178 IU, or 64 percent of your daily recommended value. Vitamin A converts to the antioxidant beta carotene, which is involved in the growth and repair of skin tissue and may protect against sun damage. Additionally, it is said to have anti-cancer effects and to enhance immune system function. And 1 cup of sliced apricots, about four apricots, has only 79 calories plus 3 grams of fiber. Apricots are also packed with vitamin C (27 percent of the daily recommended value), plus potassium, iron, copper and the antioxidant lycopene.

Heart Healthy Cooking

Skillet Spaghetti Squash

by Becky Sachs

1 Spaghetti Squash, halved, seeds and pulp removed

1 T. olive oil

1 bag frozen Brussell sprouts

1 medium onion, chopped

1 clove garlic, minced

2 T. margarine

1 T or more Balsamic vinegar

Place squash cut side up on baking sheet and rub with olive oil and a little salt and pepper. Bake at 375 degrees for 45 minutes or until fork tender. Meanwhile, place sprouts, onion and garlic in a skillet and cook until soft. Remove the cooked squash from the outer shell with a fork and place in the skillet. Add the margarine and vinegar and cook for about 10 minutes to blend the flavors. Salt and pepper to taste. This is a great dish to use instead of pasta or potatoes.

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.