



# FROM THE HEART

St Charles County  
Mended Hearts  
Newsletter  
Chapter 369

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

Issue No.16

Summer 2014 Newsletter –June, July, August

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** –

**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** –Bill Fix

**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

## *Summer Birthdays*

SUE DRECKSHAGE 7/12, KELLY BURKETT 8/4, NANCY BURKETT 8/10, NINA HARRIS 8/14, JULIE HILLMAN 7/11, ANGELA HOLDEN 7/24, DARRELL LACKEY 7/25, PAUL POWERS 7/20,

DAVE ROBERSON 6/9, CAROL ROBERSON 8/2, BECKY SACHS 6/19.

## *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:

**August 12<sup>th</sup>:** Annual anniversary dinner Stefanina's Restaurant at 6:30 PM. 8645 Veteran's Memorial Parkway O'Fallon, MO. 63366 636-272-3499

## *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 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 Heat and your heart

Whatever brings you outside — a bike ride with friends, a jog in the park or just a stroll around the block — it's important to stay safe when the temperature rises.

### Tips for heart patients

If you're a heart patient, older than 50 or overweight, you might need to take special precautions in the heat, according to Gerald Fletcher, M.D., professor of medicine at the Mayo Clinic, in Jacksonville, Fla.

Always check with your healthcare professional before starting an exercise routine. Certain heart medications like beta blockers, ace receptor blockers, ace inhibitors, calcium channel blockers and diuretics (which deplete the body of sodium) can exaggerate the body's response to heat, Fletcher said.

But Fletcher points out that it's important to keep taking your medications —and taking them when you're supposed to.

Even if they're not on medications, older people also need to take precautions in the heat.

"If you're older than 50, you may not be aware that you're thirsty," Fletcher said. "If you're going to be outside, it's important to drink water even if you don't think you need it."

### Heart Healthy Cooking

#### Green Bean Casserole

1 pound frozen green beans, thawed  
(French cut is best)

1 -10.5 ounce can reduced-fat, low-sodium,  
cream of mushroom soup

½ cup low-fat sour cream

½ teaspoon pepper

1 small onion, cut in to thin sticks

Cooking spray

¼ cup whole wheat flour

1. In a 9x13 casserole dish, combine green beans, soup, sour cream and pepper. Stir until well mixed and bake for 20 minutes.

Preheat oven to 350 degrees.

2. While casserole bakes, spread out onion sticks and lightly spray with cooking spray.

3. Sprinkle flour over onion pieces, tossing to coat equally.

4. Spray a medium-large skillet with cooking spray and heat to medium-high heat. Add onions and cook until crisply, stirring occasionally.

5. Remove casserole from oven, add ½ onions and stir well.

Top with remaining half and return to oven, bake 5 minutes more. Per serving:

Calories	77
Total Fat	2.0 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	0.5 g
Cholesterol	4 mg
Sodium	138 mg
Carbohydrates	12 g
Dietary Fiber	2 g
Added Sugars	0 g
Protein	3 g
Potassium	401 mg
Calcium	80 mg

### 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.