



# FROM THE HEART

St Charles County  
Mended Hearts  
Newsletter  
Chapter 369

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

Issue No.17

Fall 2014 Newsletter –Sept, Oct, Nov, Dec.

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** – Vacant  
**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.

## *Fall Heart Event Anniversaries*

Nina Harris Sept 2010, Kenneth Horn Dec 2009, Jim Sachs Sept 2005,

## *Fall Birthdays*

Bligg Bliggensstorfer 10/2, Jacqueline Fix 12/8, Linda Hellebusch 11/3, Bob Hellebusch 12/15, John Hillman 11/9, Dan Holden 10/1, David Lah 10/15, Larry Mantle 11/8, Charlotte Mantle 12/23, Jim Sachs 12/25, Jack Wittman 10/10.

## *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:

**September 9th @ St Joseph's St Charles:** 6:30 PM in the Doctors Dining Room Report on the Mended Hearts Convention by Larry Mantle

**October 15 Wednesday @ St Joseph's St Charles:** Meet with AICD group, lecture by Electro Physiologist.

**November 11th @ : St Joseph's St Charles:** AFIB Discussion.

**December 9th @ Barnes-Jewish St Peters:** Christmas Pot Luck bring a dish to share, meat will be furnished.

## *Contact Information*

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

## *Getting Started - Tips for Long-term Exercise Success*

Walking, swimming, cycling, jogging, skiing, aerobic dancing or any of dozens of other activities can help your heart. They all cause you to feel warm, perspire and breathe heavily without being out of breath and without feeling any burning sensation in your muscles.

Whether it is a structured exercise program or just part of your daily routine, all exercise adds up to a healthier heart. Take the first step by walking. It's free, easy to do and when you have a walking companion, you're more likely to stay motivated.

**Atrial Fibrillation** (also called AFib or AF) is a quivering or irregular heartbeat (arrhythmia) that can lead to stroke and other heart-related complications. In atrial fibrillation, the upper chambers of the heart (the atria) beat irregularly (quiver) instead of beating effectively to move blood into the ventricles. It's the most common "serious" heart rhythm abnormality in people over the age of 65 years. Untreated atrial fibrillation doubles the risk of heart-related deaths and causes a 4–5-fold increased risk for stroke, many patients are unaware that AF is a serious condition.

### *Heart Healthy Cooking*

Creamy Chicken-Broccoli Casserole with Whole Wheat Pasta.

From the American Heart Association:

Makes 6 servings

1 (13.25 oz.) or  $\frac{3}{4}$  (16 oz.) package spiral-shaped whole-wheat pasta like fusilli

1½ pounds boneless, skinless chicken breasts, visible fat removed and cut into 1-inch pieces

$\frac{3}{4}$  teaspoon salt-free dried Italian spice blend or dried thyme

1 (15  $\frac{1}{4}$  oz.) can no salt added or low sodium whole kernel corn drained and rinsed or 1 (16 oz.) bag frozen corn, thawed

1 (16 oz.) bag frozen cut broccoli, thawed

1 8 oz. tub of fat-free cream cheese

1 cup plain nonfat yogurt

Preheat oven to 350°F. Cook pasta according to package instructions, omitting salt and oil or other fat.

In a large pan over high heat, add chicken and cook until done, about 5 minutes. Lower the heat to low, and add spice blend, corn, broccoli, cream cheese, and yogurt. Mix until combined and cream cheese has melted.

Add pasta, stirring to combine. (Do this in a bowl if pasta can't fit into the large pan).

Transfer to a 13x9-inch baking dish. Cover with foil, and cook in oven until fully warmed, about 15 minutes.

Per serving:

Calories	486
Total Fat	4.5 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated	1.0 g

Fat	
Monounsaturated Fat	1.0 g
Cholesterol	80 mg
Sodium	456 mg
Carbohydrates	68 g
Dietary Fiber	11 g
Total Sugars	11 g
Protein	45 g

### *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.