



FROM THE HEART

St Charles County
Mended Hearts
Newsletter
Chapter 369

www.MendedHeartsStCharles.org

Issue No.18

Winter 2015 Newsletter –Jan, Feb, Mar.

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 – Larry Mantle,
Vice President – Vacant
Treasurer - Charlotte Mantle
Secretary – Marla Fix,
Visiting Chairperson – Neal Fix
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.

Winter Heart Event Anniversaries

Bligg Bliggensstorfer 1/2014, Marvin Hellebusch 1/2013, Dan Holden 3/2012, Jan Michelsen 1/2010, Bill Vehige 2/2003

Winter Birthdays

Austin Carey 2/4, Neal Fix 1/18, Marla Fix 2/4, Kenneth Horn 1/13, Jan Michelsen 3/22, Edmund Michelsen 3/22, Tracy Powers 1/10, Carol Wittman 1/17.

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:

January 13th @ St Joseph's St Charles:

6:30 PM in the Doctors Dining Room
Registered Dietician.

February 10th @ : @ Barnes-Jewish St

Peters: Explanation of the visiting program by Neal Fix.

March 10th @: St Joseph's St Charles:

Pharmacist discussing heart medications.

We will be taking part in the SSM Her Heart Event on February 6th. We are in need of wrapped candy to give out that day also if anyone wants to help that day Let Neal Fix know

Contact Information

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

THINK YOU ARE HAVING A STROKE? CALL 9-1-1 IMMEDIATELY!

F.A.S.T. is an easy way to remember the sudden signs of stroke. When you can spot the signs, you'll know that you need to call 9-1-1 for help right away. F.A.S.T. is:

F **Face Drooping** – Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?

A **Arm Weakness** – Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

S **Speech Difficulty** – Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like "The sky is blue." Is the sentence repeated correctly?

T **Time to call 9-1-1** – If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get the person to the hospital immediately. Check the time so you'll know when the first symptoms appeared.

More stroke signs and symptoms:

Sudden numbness or weakness of the leg, arm or face

Sudden confusion or trouble understanding

Sudden trouble seeing in one or both eyes

Sudden trouble walking, dizziness, loss of balance or coordination

Sudden severe headache with no known cause

Heart Healthy Cooking

Beef stew from the Mayo Clinic

Ingredients:

- 1 pound beef round steak
- 2 teaspoons canola oil
- 2 cups diced yellow onions
- 1 cup diced celery
- 1 cup diced Roma tomatoes
- 1/2 cup diced sweet potato
- 1/2 cup diced white potato with skin
- 1/2 cup diced mushrooms
- 1 cup diced carrot
- 4 cloves of garlic, chopped
- 1 cup chopped kale
- 1/4 cup uncooked barley
- 1/4 cup red wine vinegar
- 1 teaspoon balsamic vinegar
- 3 cups low-sodium vegetable or beef stock
- 1 teaspoon dried sage, crushed
- 1 teaspoon minced fresh thyme
- 1 tablespoon minced fresh parsley
- 1 tablespoon dried oregano

1 teaspoon dried rosemary, minced
black pepper, to taste

Directions

Preheat grill or broiler (medium heat). Grill or broil steak 12 to 14 minutes turning once. Don't overcook. Remove from heat and let rest while preparing vegetables. In a large stock pot, saute vegetables in oil over medium-high heat until lightly brown, about 10 minutes. Add barley and cook an additional 5 minutes. Pat meat dry with paper towel. Dice grilled steak into half-inch pieces, add to pot. Then add vinegars, stock, herbs and spices. Bring to simmer and let cook 1 hour, until barley is cooked and stew has thickened considerably.

Nutritional analysis per serving

Serving size :About 2 cups

Total carbohydrate 35 g

Dietary fiber 7 g

Sodium 166 mg

Saturated fat 2 g

Total fat 9 g

Trans fat 0 g

Cholesterol 84 mg

Protein 42 g

Monounsaturated fat 4 g

Calories 389

Sugars 0 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.