



# Mended Hearts

## FROM THE HEART

St Charles County  
Mended Hearts  
Newsletter  
Chapter 369

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

Issue No.19

Spring 2015 Newsletter –April, May, June.

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** – Larry Mantle,

**Vice President** – Vacant

**Treasurer** - Charlotte Mantle

**Secretary** – Marla Fix

**Visiting Chairperson** –

**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*

Carey Austin 4/13, Kelly Burkett 5/08, Sue Dreckshage 6/96, Neal Fix 5/08, Bill Fix 5/12, Dave Roberson 5/13, Jack Wittman 4/11.

### *Spring Birthdays*

Bill Vehige 4/10, Sue Lackey 4/20, Bill Fix 5/31, Dave Roberson 6/9, 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. Joseph's in St. Charles. Join us for a light meal before the meeting. The upcoming meetings are:

**April 14th: @ Barnes-Jewish St. Peters:**  
BJC St. Peters in the medical building #6  
Jungerman Circle. We meet in the Health  
Wise room. Subject: Cardiac Rehab

**May 12: @ St. Joseph's St. Charles:** In the  
Doctors Dining Room on the ground floor.  
Dr. Wolfe Infectious disease specialist.

**June 9th @: Barnes-Jewish St Peters**  
BJC St. Peters in the medical building #6  
Jungerman Circle. We meet in the Health Wise  
room. Subject: Heart healthy recipe exchange.  
Bring 8 copies of three of your favorite  
recipes to share

### *Contact Information*

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

### *Heart Facts*

Weighing in at 10 ounces, the blood-filled muscle called the heart has become the universal symbol of love. In under a minute, your heart can pump blood to every cell in your body, and over the course of a day, about 100,000 heart beats shuttle 2,000 gallons of oxygen-rich blood many times through about 60,000 miles of branching blood vessels. That's a hefty job for a fist-sized muscle. News of a family death literally can lead to

broken hearts in the form of heightened risk for heart attack, studies have shown. Contagious laughter the kind that sends a stream of tears from your eyes does more than warm the soul. Research has shown the laughter therapy can cause the lining of blood vessel walls called endothelium to relax, increasing blood flow for up to 45 minutes after the laugh attack. Damage to the endothelium can lead to the narrowing of blood vessels and eventually cardiovascular diseases. That's no laughing matter, or maybe it is. Some people really do have bigger hearts than others. Rather than a sign of generosity an enlarged heart can signal underlying heart disease. The most common type, called dilated cardiomyopathy, occurs when the heart's chambers stretch out and enlarge. The bulging saps the heart's pump power, depriving the body's organs of enough blood. If left untreated, a big heart can lead to heart failure

## **Heart Healthy Cooking** **Oven-Fried Chicken**

### **Ingredients**

Non-stick cooking spray  
1 whole, skinless chicken, cut into 8 pieces  
1 cup fat-free buttermilk  
1 egg, beaten  
1/2 cup whole-wheat flour  
1 tsp. paprika  
1/2 tsp. black pepper  
Oven-Roasted Potatoes  
Nonstick cooking spray  
2 large potatoes, peeled if desired, cut into 1/4-inch-wide strips  
1/2 tsp. garlic powder  
1/2 tsp. dried parsley

### **Directions**

1. Preheat oven to 425 degrees. Spray a wire rack with cooking spray and place over a baking sheet.
2. Cut chicken in to 8 pieces (2 breasts, 2 thighs, 2 drumsticks).
3. In a shallow dish, combine buttermilk and egg, whisk well.
4. In a separate shallow dish combine flour, paprika and pepper, stir well.

5. One piece at a time, dip chicken in buttermilk mixture, then coat with flour and place on baking wrack.
6. Lightly spray chicken with cooking spray and bake 30 minutes, turn chicken and bake 20 minutes more until center reaches a safe temperature of 165 degrees. (Optional: If you prefer darker brown crispy chicken, turn on the oven's broiler for the last 2 minutes but keep an eye on the tenders so they don't burn!)

### **Oven-Roasted Potatoes**

1. After chicken is done, keep oven at 425 degrees. Spray a baking sheet with cooking spray.
2. Arrange potato wedges on cookie sheet so none overlap and coat lightly with cooking spray. In a small bowl, mix garlic powder, pepper and parsley.
3. Sprinkle herb mixture over potatoes and bake for 15 minutes.
4. Stir and bake 15 minutes more until wedges pierce easily with a fork

### **Nutritional Info**

Nutritional Analysis Per serving: Calories Per Serving 461 Total Fat 7.5 g Saturated Fat 2.0 g Trans Fat 0.0 g Polyunsaturated Fat 2.0 g Monounsaturated Fat 2.0 g Cholesterol 167 mg Sodium 209 mg Potassium 1418 mg Carbohydrates 43 g Fiber 4 g Sugars 2.0 g Added Sugars 0 g Protein 55 g Calcium 73 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.