



Mended Hearts

FROM THE HEART

St Charles County
Mended Hearts
Newsletter
Chapter 369

www.MendedHeartsStCharles.org

Issue No.20

Summer 2015 Newsletter –July, August, September

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.

Summer Heart Event Anniversaries

Nina Harris 9/10, John Hillman 7/10, Larry Mantle 8/08, Paul Powers 8/12, Jim Sachs 9/05.

Summer Birthdays

Kelly Burkett 8/4, Nancy Burkett 8/10, Julie Graniecke 8/15, Nina Harris 8/14, Julie Hillman 7/11, Darrell Lackey 7/25, Paul Tracy 7/20, Carol Roberson 8/2.

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:

July 14th: @ St. Joseph's St. Charles In the Doctors Dining Room on the ground floor. Dr. Wulff Infectious disease specialist.

August 11: Anniversary Dinner @ McGurks Public House 108 S Main St. O'Fallon, MO 63366 6:15

September 8th @: Barnes-Jewish St Peters in the medical building #6 Jungerman Circle. We meet in the Health Wise room.

Subject: TBA

Contact Information

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

Heart Facts

Your heart is your center.

Notice when people say the Pledge of Allegiance, that they place their hands slightly to the left on the chest? That's because most people think their hearts are on the left sides. The truth is, your heart is dead center in the middle of your chest, though it feels like it's tilted to the left because the largest part of your heart is on the left. Your left lung is smaller than your right to make room for your heart. People with dextrocardia, a defect, have their hearts on the right side

Women's hearts beat faster

About 78 beats per minute, in fact. The male heart beats about 70 beats per minute. But before birth male and female hearts beat at about the same rate.

The “thump-thump” of a heartbeat is the sound made by the four valves of the heart closing.

Atrium” is Latin for “entrance hall,” and “ventricle” is Latin for “little belly.”

A kitchen faucet would need to be turned on all the way for at least 45 years to equal the amount of blood pumped by the heart in an average lifetime

Heart Healthy Cooking

Stuffed Chicken Breast

Serves 4

Ingredients

- 3 tablespoons seedless raisins
- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 1/4 teaspoon minced garlic
- 1 bay leaf
- 1 cup chopped and peeled apple
- 2 tablespoons chopped water chestnuts
- 4 large chicken breast halves, with the bones removed, each about 6 ounces
- 2 tablespoons olive oil
- 1 cup fat-free milk
- 1 teaspoon curry powder
- 2 tablespoons all-purpose (plain) flour
- 1 lemon, cut into 4 wedges

Directions

Preheat the oven to 425 F. Lightly coat a baking dish with cooking spray. In a small bowl, add the raisins and cover with warm water. Set aside and allow the raisins to swell. Spray a large skillet with cooking spray. Add the onions, celery, garlic and bay leaf. Saute until the onions are translucent, about 5 minutes. Remove the bay leaf and add the apples. Cook for another 2 minutes, stirring occasionally. Drain the raisins and pat with paper towels to remove the excess water. Add the raisins to the apple mixture. Stir in the water chestnuts and remove from heat. Let cool.

Loosen the skin on the chicken breasts. Place the apple-raisin mixture between the skin and breast. In another skillet, heat the olive oil over medium heat. Add the chicken breasts and cook until browned, about 5 minutes on each side.

Transfer the chicken breasts to the prepared baking dish. Cover and bake until a meat thermometer registers 165 F, or about 15 minutes. Remove from the oven.

While the chicken is baking, heat the milk, curry powder and flour over low heat in a saucepan. Stir until the mixture thickens, about 5 minutes. Pour the mixture over the chicken breasts. Cover and return the chicken to the oven and bake another 10 minutes.

Transfer the chicken breasts to warmed individual plates. Spoon the sauce from the pan over the chicken and garnish with lemon wedges.

Nutritional analysis per serving

Serving size :1 stuffed chicken breast

Total carbohydrate 19 g	Dietary fiber 2 g
Sodium 120 mg	Saturated fat 3 g
Total fat 15 g	Cholesterol 96 mg
Protein 37 g	Monounsaturated fat 8g
Calories 359	

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.