



Mended Hearts

FROM THE HEART

St Charles County
Mended Hearts
Newsletter
Chapter 369

www.MendedHeartsStCharles.org

Issue No.22

Winter 2016 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 65 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. **“It’s great to be alive” and to help others”**

Winter Heart Event Anniversaries

Bligg Bliggensstorfer Jan 2014, Joe Granieke Jan 2015, Marvin Hellebusch Jan 2013, Jan Michelsen Jan 2010, Bill Vehige Feb 2003.

Winter Birthdays

Austin, Carey 2/4, Neal Fix 1/18, Marla Fix 2/4, Joe Granieke 1/12, Kenneth Horn 1/13, Edmund Michelsen 3/22,

Jan 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. Joseph’s in St. Charles. Join us for a light meal before the meeting. The upcoming meetings are:

Jan 12th: @: St. Joseph’s St. Charles. In the Doctors Dining Room on the ground floor. Subject: We will be going over the new packets that are handed out to patients.

Feb 9th: @: Barnes-Jewish St Peters in the medical building #6 Jungerman Circle. We meet in the Health Wise room Subject: visitor training and certification.

Mar 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.

Hats off to Larry!

Larry Mantle the president and founder of Mended Hearts Chapter 369 has been appointed by national Mended Hearts to be co-chair of the new standing Advocacy Committee. This appointment is for the 2015-2017 term. National Mended Hearts is organizing a training session for 50 patient advocates in early May in Washington, DC at ACC Heart House which Larry will be attending.

Heart Healthy Cooking

Slow-Cooked Pot Roast

Ingredients

- 1 Tbsp. olive oil
- 1 1/2 lb. beef top round roast in one piece, all visible fat discarded
- 1/4 tsp. salt
- 1/2 tsp. ground black pepper
- 1 medium yellow onion, about one cup, thinly sliced
- 3 clove garlic, chopped into 4 pieces each
- 2 stalk celery, about 1 cup, cut into 1-inch pieces
- 2 potatoes, unpeeled, cut into 2-inch pieces
- 2 carrots, peeled and cut into 1-inch rounds
- 1 cup water

Directions

1. Remove meat from refrigerator an hour before cooking, trim and pat dry with paper towels. Preheat the oven to 325 degrees F.
2. In a deep heavy oven proof pot heat the olive oil to medium and sear the meat on all sides, about 2-3 minutes per side. Sprinkle with salt and pepper.
3. Add the onions, garlic, celery, potatoes, carrots and water.
4. Cover and bake in the oven for 2 hours.
5. Remove the meat from the pot and allow it to rest, covered loosely with foil, for 15 minutes before you slice into quarter-inch slices. This allows the juices in the meat to redistribute so this lean cut of meat is moister.
6. Serve with the cooked vegetables on the side and the pan juices over the meat.

Nutritional Info:

Nutritional Analysis Per serving:

Calories Per Serving 211
Total Fat 5.6 g
Saturated Fat, 1.4 g
Trans Fat, 0.0g
Polyunsaturated Fat, 0.4 g
Monounsaturated Fat, 2.9g
Cholesterol, 157mg
Sodium, 158 mg
Carbohydrates 15 g
Fiber 3g
Sugars 3 g
Protein 25 g

Dietary Exchanges

1/2 starch, 1 vegetable, 3 lean meat

Tips:

- This dish will keep developing its flavors and will taste even better the next day. The juice also makes a flavorful and healthier alternative to gravy.
- Serve this with a simple green salad on the side. This is a good one-dish meal in cooler weather.

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.