



Mended Hearts

FROM THE HEART

St Charles County
Mended Hearts
Newsletter
Chapter 369

www.MendedHeartsStCharles.org

Issue No.23

Spring 2016 Newsletter –Apr, May, Jun

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 – 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.

Spring Heart Event Anniversaries

Austin Carey April 2013, Kelly Burkett May 2008, Sue Dreckshage June 1996, Neal Fix May 2008, Bill Fix May 2012, Dave Roberson May 2013, Jack Wittman April 2011.

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 12 @: Barnes-Jewish St Peters in the medical building #6 Jungerman Circle. We meet in the Health Wise room. Guest Speaker Kyle Gaines Director of Community Relations St Charles County Ambulance District:

May 10 @: St. Joseph's St. Charles. In the Doctors Dining Room on the ground floor. Subject: TBA

June 14 @: Barnes-Jewish St Peters in the medical building #6 Jungermann 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.

Be sure to attend the April meeting.

The meeting on April 12th will certainly be of interest to all Mended Hearts members. Kyle Gains from the St Charles County Ambulance District will be speaking about their CCR program which has drawn national attention because of their dramatic decrease in mortality from cardiac arrest.

Pan-Seared Chicken Breasts with Creamy Mushroom Sauce

Ingredients:

4 boneless, skinless chicken breast halves, about 4 oz each, all visible fat discarded
1/4 tsp. salt
Pepper, to taste
1/4 cup all-purpose flour
PLUS 1 Tbsp. all-purpose flour, divided use
1 1/2 tsp. olive oil, extra virgin preferred
PLUS 1 Tbsp. olive oil, divided use
12 oz. button mushrooms, sliced
1 medium shallot, minced
2 medium garlic cloves, minced
1/2 tsp. dried thyme, crumbled
1 cup dry white wine, regular OR nonalcoholic
1/2 cup fat-free, low-sodium chicken broth
1/4 cup fat-free sour cream
2 Tbsp. finely chopped, fresh parsley

Directions:

1. Put the chicken on a large plate. Sprinkle both sides with the salt and pepper. Using your fingertips, gently press the seasonings so they adhere to the chicken.
2. Put 1/4 cup flour in a shallow dish. Dip one piece of chicken at a time in the flour, turning to coat and shaking off the excess.
3. In a large nonstick skillet, heat 1 1/2 teaspoons oil over medium-high heat, swirling to coat the bottom. Cook the chicken for 4 minutes, or until golden brown on the bottom. Turn over and cook for 2 to 4 minutes, or until no longer pink in the center. Transfer to a separate large plate. Cover to keep warm.
4. Pour the remaining 1 tablespoon oil into the hot skillet, swirling to coat the bottom. Reduce the heat to medium. Cook the mushrooms and shallot for 5 minutes, or until the mushrooms are golden brown, stirring frequently.
5. Stir in the garlic and thyme. Cook for 1 minute. Sprinkle the remaining 1 tablespoon flour over the mushroom mixture. Cook for 2 minutes, stirring constantly. Gradually pour in the wine. Cook for 2 minutes, stirring constantly to prevent lumps.
6. *Stir in the broth. Bring to a simmer and simmer for 2 minutes, or until the sauce is thickened, stirring frequently. Reduce the heat to low.*

7. Stir in the sour cream. Don't let the *mixture come to a boil*, or the sour cream will curdle. Stir in the parsley. Remove from the heat and set aside.

8. Cut the chicken diagonally. Pour the sauce over the chicken.

Nutritional Info

Nutritional Analysis Per serving

Calories Per Serving 291
Total Fat 8.5 g
Saturated Fat 1.5 g
Trans Fat 0.0 g
Polyunsaturated Fat 1.0 g
Monounsaturated Fat 4.5 g
Cholesterol 75 mg
Sodium 306 mg
Carbohydrates 15 g
Fiber 1 g
Sugars 3 g
Protein 29 g

Dietary Exchanges

1 starch, 3 lean meat

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.