



Mended Hearts

FROM THE HEART

St Charles County
Mended Hearts
Newsletter
Chapter 369

www.MendedHeartsStCharles.org

Issue No.31

Spring 2018 Newsletter – April, May, June.

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 66 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

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

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.**

Spring Heart Event Anniversaries

Bill Fix May 2012, Neal Fix May 2008, Jack Wittman April 2011.

Spring Birthdays

Bill Fix 5/31, Grace Jones 5/21, Bill Vehige 4/10

Please consider becoming a visitor it is a rewarding experience, patients are encouraged by your success in overcoming heart disease.

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

Meetings at St Josephs will be at 5:00 pm. All other meetings will be at 6:30 pm.

The upcoming meetings are:

April 10th @: Barnes-Jewish St Peters in the medical building #6 Jungermann Circle. We meet in the Health Wise room. Subject: Tour of the Cardiac Cath lab.

May 9th@: St. Joseph’s St. Charles. In the Doctors Dining Room on the ground floor. Subject: Possible tour of an operating room.

June 12th. @ Barnes-Jewish St Peters in the medical building #6 Jungermann Circle. We meet in the Health Wise room. Subject: BJC ICU.

Multi-Meeting Program Series

The subject of the July meeting will be St Joseph’s Rehab.

Medical Terms you might hear.

Cardiac enzymes – Complex substances capable of speeding up certain biochemical processes in the heart muscle. Abnormal levels of these enzymes signal heart attack.

Cardiac output – The amount of blood the heart pumps through the circulatory system in one minute.

Cardiomegaly – An enlarged heart. It is usually a sign of an underlying problem, such as high blood pressure, heart valve problems, or cardiomyopathy.

Cardiomyopathy – A disease of the heart muscle that leads to generalized deterioration of the muscle and its pumping ability.

Cardiopulmonary bypass – The process by which a machine is used to do the work of the heart and lungs so the heart can be stopped during surgery.

Cardioversion – A technique of applying an electrical shock to the chest to convert an abnormal heartbeat to a normal rhythm.

Carotid artery – A major artery (right and left) in the neck supplying blood to the brain.

Cerebral embolism – A blood clot formed in one part of the body and then carried by the bloodstream to the brain, where it blocks an artery.

Cerebral hemorrhage – Bleeding within the brain resulting from a ruptured blood vessel, aneurysm, or head injury.

Cerebrovascular – Pertaining to the blood vessels of the brain.

Cerebrovascular accident – Also called cerebral vascular accident, apoplexy, or stroke. Blood supply to some part of the brain is slowed or stopped, resulting in injury to brain tissue.

Cerebrovascular occlusion – The blocking or closing of a blood vessel in the brain.

Cholesterol – An oily substance that occurs naturally in the body, in animal fats and in dairy products, and that is transported in the blood. Limited amounts are essential for the normal development of cell membranes. Excess amounts can lead to coronary artery disease.

Cozy Beef Stew

Ingredients

12 Servings

4 lbs boneless sirloin steak (all visible fat discarded, cut into 1-inch cubes)

4 cups baby red potatoes (halved)

4 cups baby carrots

2 medium onions (chopped)

2 cups chopped celery

1, 15-oz can no-salt-added tomato sauce

1 10-oz package dried lima beans, sorted for stones and shriveled beans, rinsed, and drained

2 Tbsp brown sugar

1 Tbsp plus 1 tsp quick-cooking tapioca

2 tsp pepper

1 tsp celery salt

1 tsp dried parsley (crumbled)

1 tsp dried thyme (crumbled)

1 cup water

Directions

In a large bowl, stir together all the ingredients. Divide the stew between two 1-gallon resealable plastic

freezer bags. Place the bags flat in the freezer and freeze.

Directions for Cooking

Thaw the bags overnight in the refrigerator. Pour the contents of the bags into a slow cooker. Pour in 1 cup water, stirring to combine. Cook, covered, on low for 4 to 6 hours, or until the vegetables are tender.

Nutrition Facts

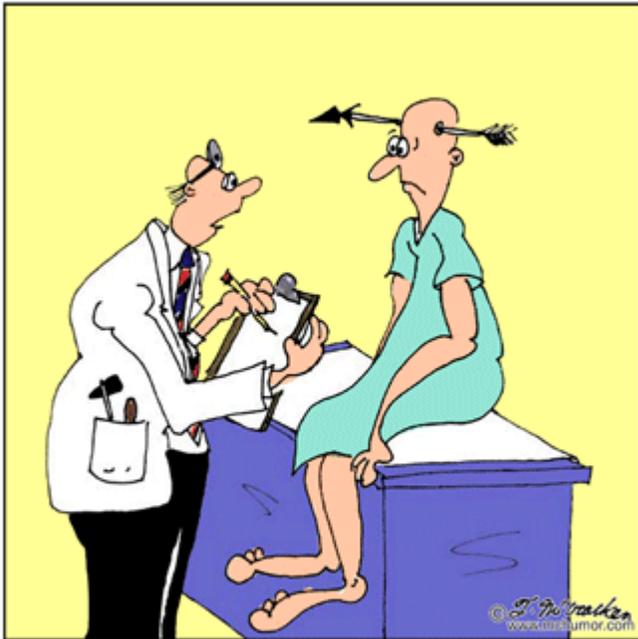
Calories	326
Total Fat	5.9 g
Saturated Fat	2.1 g
Trans Fat	0.1 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	2.2 g
Cholesterol	75 mg
Sodium	182 mg
Total Carbohydrate	34 g
Dietary Fiber	8 g
Sugars	10 g
Protein	35 g
Dietary Exchanges	
	2 starch, 1 vegetable, 3 lean meat

Medical Humor



MCHUMOR

by T. McCracken



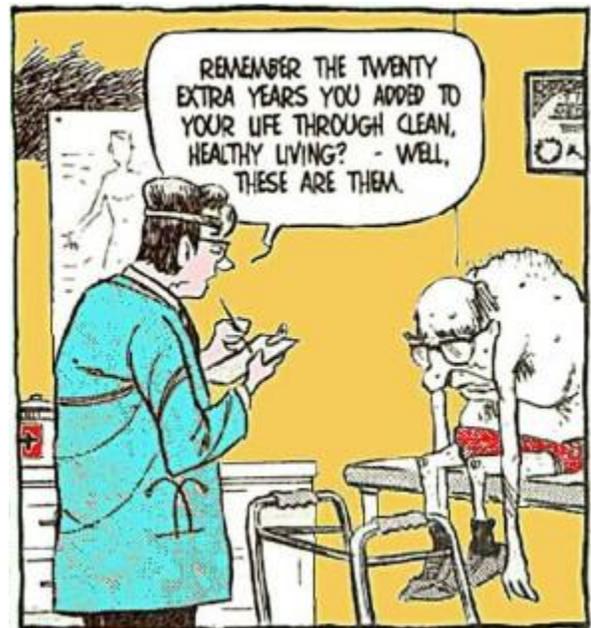
"Off hand, I'd say you're suffering from an arrow through your head, but just to play it safe, I'm ordering a bunch of tests."



"I believe that laughter is the best medicine. Now, if you'll bend over, Mr. Happy will perform your prostate exam."



"You may experience irritability and pain in the hands and wrist...and that's just from trying to get the cap off."



REMEMBER THE TWENTY EXTRA YEARS YOU ADDED TO YOUR LIFE THROUGH CLEAN, HEALTHY LIVING? - WELL, THESE ARE THEM.

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.