



# St Charles County Mended Hearts Newsletter Chapter 369

Issue No.8

Summer 2012 Newsletter – June, July, August

Welcome to Mended Hearts, Chapter 369! This new 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* - Kelly Burkett, *Treasurer* - Charlotte Mantle, *Secretary* – Becky Sachs, *Visiting Chairpersons* – Larry Mantle, John Hillman, *Facilitators* - Susan Dreckshage RN (BJC), Kathi Richarz RN (SSM), Donna Feuerstine RN (SSM) *Newsletter Editor* - Jim Sachs, *Media Chairperson*-Paul Balogh, *Membership* – Neal and Marla Fix

## *Look Us Up!*

Information about our chapter is available online on the St Peters/ St Charles Patch and will soon be on the countywide Patch [www.stcharles.patch.com](http://www.stcharles.patch.com) and search Mended Hearts. The BJC Calendar of Events also has info about upcoming meetings. Take a look at our website for member profiles, newsletters, and more. [www.MendedHeartsStCharles.org](http://www.MendedHeartsStCharles.org)

## *Summer Heart Event Anniversaries*

Sue Dreckshage 6/96, John Hillman 7/10, Larry Mantle 8/08, Carl Thorby 6/11, Mary Williams 6/04

## *Summer Birthdays*

Kelly Burkett 8/4, Nancy Burkett 8/10, Sue Dreckshage 7/12, Nina Harris 8/14, Darrell Lackey 7/25, Bob McGee 6/20, 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 Josephs in St Charles. Join us for a light meal before the meeting. The upcoming meetings are

June 12<sup>th</sup> at BJC: Larry and Neal will go over what they learned at National Convention.

July 10<sup>th</sup> at St Joseph's: SSM Behavioral Medicine Dept Emotional side of heart disease

August 14<sup>th</sup>: our 2 year anniversary as a chapter! Our meeting will be at a restaurant to be announced.

## *Contact Information*

Interested in finding out more information about Chapter 369? Contact our Chapter President, Larry Mantle @ 636-332-6703.

## ***Mended Hearts Visitor Training***

Training for Hospital Visits: SSM (St Joseph in St Charles and Joseph West) and BJC St Peters give training classes for members who would like to start hospital visits. These classes include certain immunizations required by the hospitals, HIPPA rules and hospital regulations. If you would like to volunteer for this service, or have questions, please call Larry Mantle or John Hillman, our volunteer coordinators.

## ***National Convention News***

Mended Hearts Chapter #369 officers, President Larry Mantle and Membership Chairman Neal Fix attended the Mended Hearts national convention, which was held in Dallas, TX from May 16-20.

Mended Hearts was celebrating its 60th anniversary.

Larry and Neal attended several workshops covering different topics regarding chapter operations and heard several speakers regarding heart related topics. Also participating in the convention was the Mended Little Hearts organization.

Larry and Neal will be giving the program at the June 12th meeting and sharing more information regarding their trip.

## ***Happy Heart***

I overheard two EMT volunteers talking about the time they went to the aid of an elderly man. As one took down his information, the other opened his shirt to attach EKG cables.

"Any history of heart trouble?" asked the first volunteer.

"None," said the patient.

Looking at the telltale scars of bypass surgery, the second volunteer wasn't so sure. "In that case," he said, "do you remember when the lion attacked you?"

## ***Heart Healthy Cooking***

Imitation Crab Salad  
By Charlotte Mantle

1.5 lb package imitation crab flakes  
1/2 cup lite sour cream  
1/3 cup lite mayo or Miracle Whip  
1/2 tsp minced garlic  
1/4 cup finely chopped green onions  
1/2 cup diced celery stalks  
1-2 tbsp lemon juice  
1 tsp sugar  
1/4 tsp salt  
dash or two of ground pepper

Hand knead imitation crab in mixing bowl until large pieces are broken down into shreds.

Add remaining ingredients and mix well. Cover and refrigerate at least one hour to infuse flavors.

This makes a wonderful light meal all by itself served on a bed of lettuce or on whole wheat bread as a sandwich. This can also be used as an appetizer when spread on a variety of crackers .

## ***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.

## ***Name our Newsletter***

Help us name our newsletter. We are looking for ideas for a catchy name for our chapter's quarterly newsletter. Send ideas to email:

[lmantle@centurytel.net](mailto:lmantle@centurytel.net)