



# FROM THE HEART

St Charles County  
Mended Hearts  
Newsletter  
Chapter 369

Issue No.9

Fall 2012 Newsletter –September, October, November

Welcome to Mended Hearts, Chapter 369! This 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* – Marla Fix, *Visiting Chairpersons* – Larry Mantle, John Hillman, *Facilitators* - Susan Dreckshage RN (BJC), Kathi Richarz RN (SSM), Donna Feuerstine RN (SSM) *Newsletter Editor* – Becky 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)

## Fall Heart Event Anniversaries

Jim Sachs 9/6, Nina Harris 9/10

## Fall Birthdays

Dan Holden 10/1, Bill Vehige 10/4, Jack Wittman 10/10, Joyce Brooks 10/25, John Hillman 11/9, Mary Williams 11/16

## FYI

Cardiologist Dr. Snitzer will be speaking to the Defibrillator/Pacemaker support group at St. Joseph's in the St Charles Room on October 17<sup>th</sup> at 6:15pm. This may be of interest to some of our members!

## 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:

Sept. 11<sup>th</sup> at St Joseph's: John Cornett RN, BSN, MSN Nurse Practitioner will give the program.

Oct. 9<sup>th</sup> at BJC: Mended Hearts CD on topic of Atrial Fibrillation

Nov. 13<sup>th</sup> at St Joseph's: SSM Rehab Center (Harmon Bldg) Steps of Cardiac Rehab

## Contact Information

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

## Health Tip

If you haven't stopped smoking, listen up! Smokers have a 70% higher risk of death from heart disease than non-smokers! If you quit, your risk of heart disease decreases within two years!

## ***Golf Tournament***

The 2<sup>nd</sup> annual Mended Hearts Chapter 369 golf tournament will be held at Bear Creek Golf Course on September 29<sup>th</sup> at 1pm. It is a 4 person scramble and the cost of \$60/person includes green's fees, cart, dinner and awards. Proceeds benefit our chapter. Please contact Larry Mantle @ 636-357-5798 or Darrell Lackey @ 314-941-5513 for more information.

## ***Visitor Report***

Every visit to patients and families are recorded. Our visiting members go to St Joseph's in St Charles and Lake St Louis, as well as BJC in St Peters. For the months of January through June there were 385 visits made at St Joseph's in St Charles, 90 visits to St Joseph's in Lake St Louis, and 171 visits to BJC in St Peters for a grand total of 657 visits! These visits are what Mended Hearts is about...showing that there is life with heart disease!

## ***Get Your Flu Shot!***

The flu shot contains dead virus and is approved for use in people older than six months, including healthy people and those with chronic medical conditions. It takes about 2 weeks for the antibodies to provide protection against the influenza viruses. Get your flu shot as soon as it becomes available to you!

## ***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!

## ***Heart Healthy Cooking***

Red and White Chili by Dan Holden

1 pound dry great northern beans, rinsed and soaked overnight

6 cups chicken broth

4 cloves garlic, minced

2 T chopped red jalapenos

1.5 lb. pork, julienned

2 large onions, chopped

2 t. oregano

2 t. cumin

½ t white pepper

1 t hot pepper sauce

1 red bell pepper, chopped

2 cups pepper cheese, shredded

3 tomatoes, chopped for garnish

Drain beans and place in a dutch oven and cover with chicken broth. Bring to a boil. Add garlic and jalapenos, cover and simmer until beans are almost tender, about 40 minutes. Saute onion, then add pork and sauté until pink disappears. Add seasonings and sauté for another minute. Add mixture to beans and bring to a boil. Simmer for 10 minutes until beans are tender. Saute bell pepper and add to beans. Add hot sauce. Serve hot garnished with cheese and tomatoes.

## ***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.