October 16th Mended Hearts Gathering at YMCA

Lynn McKensie spoke on the benefits of those over the age of 18 having an Health Care Directive and assigning a Health Care Agent as part of the process ... “A Gift to the Family If one could Not speak for themselves.”

Fillable Forms can be found on: www.honoringchoices.org/health-care-

Michelle Jaskolka, Manager Centra Care Pallitive Center, spoke to the Group on Pallitive Care options in our Area to provide adults and children with relief from the symptoms, pain and stress of a serious illness. Also gave reference to End of Life Care options and services. Such as Quiet Oaks and Medicare approved Hospice Care. Pictured is President Mike Klein thanking Lyn and Michelle for their presentations.

Sept 18th Mended Hearts Gathering at YMCA

Speaker on Stroke Awareness, Melissa Freese - Stroke Program Coordinator for CentraCare Health, spoke of the 3 Rs.

**REDUCE:** Healthy Living (no smoking, Limited alcohol, diet & Exercise), keeping Cholesterol, Blood Sugar & Blood Pressure Levels in check. Up to **80%** of Strokes can be Prevented!

**RECOGNIZE:** Facial weakness, Arm weakness, Speech difficulty (Note the **Time** of Onset)

**RESPOND:** Act **FAST**, SEEK IMMEDIATE MEDICAL ATTENTION.

Thanks goes to Melissa for taking of her time to speak with our gathering and for making available pertinent materials available to those in attendance.
Torn between work and family?
It may not be good for heart health

When family demands affect work performance or work demands undermine family obligations, the resulting stress may contribute to decreased heart health, particularly among women, a new study finds.

The study adds another factor for doctors and patients to evaluate in treating cardiovascular problems, said the study's senior author, Dr. Itamar Santos, a professor at the University of São Paulo and a researcher in the Brazilian Longitudinal Study of Adult Health.

"There are very consistent results showing that people under higher stress have more cardiovascular disease," he said. "We wanted to specifically study the effect of work-family conflict."

Santos and his colleagues studied more than 11,000 workers in Brazil between ages 35 and 74. The workers filled out questionnaires based on a model that measures the impact of work on family life, and vice versa.

Their heart health was scored using questionnaires, clinical exams and laboratory results for health metrics, including smoking, body mass index, diet, physical activity, cholesterol, blood pressure and blood sugar level.

The study found lower cardiovascular health scores most evident in women who reported a variety of frequent work-family conflicts.

Experts warn chronic stress can affect the heart by increasing inflammation in the body. That can affect blood pressure and cholesterol, as well as lead to unhealthy lifestyle behaviors such as lack of sleep and exercise, poor diet and weight gain.

Although both genders were affected, Santos said, the impact on women was greater.

"This was interesting because in our previous study, job stress alone affected men and women almost equally," he said. "But we found that for work-family conflict, women are more affected than men. They seem to be especially susceptible to this kind of stress."

He suggested the disparity might be explained, at least for some women, by the importance they place on family life.

Article taken from:

Sept 18th Board Meeting — Phyliss presented the Treasurer’s Report. Joel Vogel reported on the 2019 MH Golf Tournament. Joel also discussed the help the nonprofit Advocates for Health was in this years money raiser for placing AEDs in central Mn. Advocates for Health is using “Save Stations” to successfully follow thru with the actual installation/monitoring of the AEDs housed in Save Stations both inside buildings and outside in rural areas. Fun to see the momentum created by our Mended Hearts Branch fund raiser, that was started in 2012 to help save Lives in Central Mn. It was moved and seconded to approve and carried to transfer $12,000. 00 to “Take Heart” from the 2019 Zipper Open Golf Tournament through a electronic board meeting.

It’s Great to be Alive and Help Others!
Our Mended Hearts Visitors have Visited with nearly 600 patients so far this year. This is only accomplished by the dedicated individuals who give of their time month in and month out making themselves available to those on the CentraCare Cardiac Care Unit who are either awaiting their surgery or have had their respective surgeries. Your dedication so appreciated!

November 20, 2019 at YMCA Meeting time 1:00 p.m.
The YMCA will be our guest speaker in November. They will discuss what the YMCA has to offer for your health.

December 4, 2019 Christmas Party 5:00 p.m. till 8:00 p.m. Location will be at the Hughes / Matthews Room in the CentraCare Plaza

**RSVP Needed to mlklein@meekercoop.net or 320-221-1943 by November 26. Space in this room is limited.

February 19, 2020 Speaker to be determined, March 18, 2020 Speaker to be determined
April 15, 2020 Speaker to be determined, May 20, 2020 Speaker to be determined.
All meeting will be at the YMCA located at 2001 Stockinger Dr. St Cloud MN unless noted otherwise.
The American Heart Association Diet and Lifestyle Recommendations


A healthy diet and lifestyle are your best weapons to fight cardiovascular disease. It’s not as hard as you may think! **Remember, it's the overall pattern of your choices that counts.**

Make the simple steps below part of your life for long-term benefits to your health and your heart.

1. Use up at least as many calories as you take in.
2. **Eat a variety of nutritious foods from all the food groups.** whole grains, low-fat dairy products, skinless poultry and fish, nuts and legumes, non-tropical vegetable oils
3. **Eat less of nutrient-poor foods.**
4. As you make daily food choices, base your eating pattern on these recommendations:
   - **Eat a variety of fresh, frozen and canned vegetables and fruits** without high-calorie sauces or added salt and sugars. Replace high-calorie foods with fruits and vegetables.
   - Choose fiber-rich whole grains for most grain servings.
   - Choose poultry and fish without skin and **prepare them in healthy ways** without added saturated and trans fat. If you choose to eat meat, look for the leanest cuts available and prepare them in healthy and delicious ways.
   - Eat a variety of fish at least twice a week, especially fish containing omega-3 fatty acids (for example, salmon, trout and herring)
   - **Select fat-free (skim) and low-fat (1%) dairy products**
   - Avoid foods containing partially hydrogenated vegetable oils to reduce trans fat in your diet. Limit saturated fat and trans fat and replace them with the better fats, monounsaturated and polyunsaturated.
   - Cut back on beverages and foods with added sugars.
   - Choose sodium and prepare foods with little or no salt.
   - If you drink **alcohol**, drink in moderation. That means no more than one drink per day if you’re a woman and no more than two drinks per day if you’re a man.
   - **Follow the American Heart Association recommendations when you eat out, and keep an eye on your portion sizes.**
5. **Live Tobacco Free**
   Don’t smoke, vape or use tobacco or nicotine products — and avoid secondhand smoke or vapor.
From the desk of Michael Klein, Chapter 10 President

Mended Hearts Chapter 10 has a new Hospital Liason Her name is Blaire Thielen. I wish to Thank Blaire for coming to our rescue to help us recruit new guest speakers for our Monthly Gathering. We are looking forward to working with Blaire in the upcoming years.

With a New Year comes New Annual Dues. National is currently no longer collecting annual membership dues for our chapter. Currently on page six of this newsletter, the lower right corner has a place that you can mail the $5.00 membership to for Chapter 10. National has many different levels of memberships for individuals including a Associate Member which has zero cost. Their goal is to increase their membership many folds. This would allow them to find more funding from other corporations.

The current board will be completing the 2 year term in May of 2020. If you would like to be involved with Mended Hearts and donate some time as a Board member, please let us know

Baked Sweet Potatoes and Apples —Serves 8 (1/2 C)

* Cooking spray
* 1/4 cup sugar
* 1/2 tsp ground cinnamon
* 3 medium sweet potatoes (peeled, cut crosswise into 1/4 inch slices)
* 2 medium sweet apples (such as Rome Beauty or Gala) peeled, each sliced into 10 wedges
* 3 Tbsp light tub margarine

1. Preheat the oven to 350°F. Lightly spray a 1 1/2-quart glass casserole dish with cooking spray.
2. In a small bowl, stir together the sugar and cinnamon.
3. In the casserole dish, layer in order half each of the sweet potatoes, apples, and cinnamon-sugar. Dot with about half the margarine. Repeat.
4. Bake, covered, for 1 hour to 1 hour 15 minutes, or until the sweet potatoes and apples are soft

<table>
<thead>
<tr>
<th>Nutrition Information Per Serving:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
</tr>
<tr>
<td>101</td>
</tr>
</tbody>
</table>
Member Information (please print or type)

Name (Mr/Mrs/Ms)__________________________________________________________
Address (line 1)___________________________________________________________
Address (line 2)___________________________________________________________
City/State/Zip____________________________________________________________

Family member (must reside at same address; please name):
(Mr/Mrs/Ms)_______________________________________________________________

Retired: ☐ Yes ☐ No
Occupation_______________________________________________________________

Preferred Contact: ☐ Phone ☐ Email ☐ Mail

Date ______________

Date of Surgery/Procedure

Name of Heart Patient

Name of Caregiver________________________________________________________

Type of Surgery/Procedure

☐ Angioplasty ☐ Heart attack ☐ Diabetes
☐ Atrial Septal Defect ☐ Pacemaker ☐ Valve-Surgery
☐ Aneurysm ☐ Transplant ☐ Valve Transcath
☐ CABG (Bypass) ☐ AFib arrhythmia ☐ ICD (Defibrillator)
☐ Stent ☐ Other arrhythmia ☐ Other ________________________________

Many chapter newsletters include surgery/procedure anniversaries of members. Please indicate here if you are agreeable to having your name published in this way.

☐ Yes ☐ No

Add my email to monthly national email updates?

☐ Yes ☐ No

Optional info: Date of birth ________________ Please check below:

Race: ☐ Caucasian; ☐ Black; ☐ Asian; ☐ Am. Indian; ☐ Other
Gender: ☐ Male; ☐ Female

Family member signature

Optional info: Date of birth ________________ Please check below:

Race: ☐ Caucasian; ☐ Black; ☐ Asian; ☐ Am. Indian; ☐ Other
Gender: ☐ Male; ☐ Female

Date of Surgery/Procedure

Type of Surgery/Procedure

☐ Angioplasty ☐ Heart attack ☐ Diabetes
☐ Atrial Septal Defect ☐ Pacemaker ☐ Valve-Surgery
☐ Aneurysm ☐ Transplant ☐ Valve Transcath
☐ CABG (Bypass) ☐ AFib arrhythmia ☐ ICD (Defibrillator)
☐ Stent ☐ Other arrhythmia ☐ Other ________________________________

Many chapter newsletters include surgery/procedure anniversaries of members. Please indicate here if you are agreeable to having your name published in this way.

☐ Yes ☐ No

Add my email to monthly national email updates?

☐ Yes ☐ No

Optional info: Date of birth ________________ Please check below:

Race: ☐ Caucasian; ☐ Black; ☐ Asian; ☐ Am. Indian; ☐ Other
Gender: ☐ Male; ☐ Female

Family member signature

Optional info: Date of birth ________________ Please check below:

Race: ☐ Caucasian; ☐ Black; ☐ Asian; ☐ Am. Indian; ☐ Other
Gender: ☐ Male; ☐ Female

National Membership Dues: Includes subscription to Heartbeat magazine and one insignia pin for an individual or two pins for a family membership (must reside in same household). Select type of membership and include chapter dues (unless you wish to become a member-at-large). National dues are tax deductible less $10.00; Chapter and Lifetime dues are 100% tax deductible.

In U.S. National Member-at-Large annual dues

Individual $20.00 ☐
Family $30.00 ☐
Life – Individual Dues $150.00 ☐
Life – Family Dues $210.00 ☐

Dues Summary:

National dues $______ I am joining as a non-heart patient: ☐ Physician ☐ RN
Chapter dues $______ ☐ Health Admin ☐ Other Interested Party ☐ Other ________________________________

TOTAL $______

I would like to make a tax-deductible contribution of $__________________

☐ Donation to national $__________________
☐ Donation to chapter $__________________ To chapter # __________ Chapter Name: __________________________ City, ______________ State ________

Please send payment with enrollment form to:
The Mended Hearts, Inc.
National Office, 8150 N. Central Expwy, Ste M2248
Dallas, TX  75206

Inquiries: info@mendedhearts.org

MH2050C 2014