The Opening Page - David Richards (editor)

OK, we are now in November and the start of the holiday season. I want to wish everyone a good season and a merry Christmas coming up soon. This month of November is also Caregivers Month, so I want to thank all the caregivers out there truly. I have met a lot of caregivers over the years, and they are the backbone of patient rehab.

I have made the recipe of the month Turkey Tetrazzini to use up that leftover turkey on thanksgiving. One of my favorite dishes, and it is easy to prepare.

We will not be publishing The PULSE in December, nor will we have a monthly chapter meeting. So we will be getting ready for a new year; I am full of hope for a great 2022. See you all in the new year!

November is National Family Caregivers Month.
by David Richards (editor)

Being a caregiver is a demanding but rewarding job. In November, we recognize the people who lovingly give help to heart patients. They do whatever they need to make sure the patient is looked after. This is an excellent month to celebrate this because it is the Thanksgiving month.

So, you are a caregiver if you offer help or services to someone in need. You can be family, a friend, or a professional nurse. According to the AARP, over 53 million Americans are taking care of a loved one today, which is expected to increase as the aging population grows.
In most cases, the caregiver is unpaid; they volunteer out of love. They are the person that steps up for their loved one, and this is something we need to celebrate, so we are celebrating all caregivers in November. So, this month is for anyone who devotes time and effort to providing care for a relative or other close friend.

The Mended Hearts visiting teams all have the pleasure of talking with caregivers and doing what they can do to help them perform their daily caregiving activities. We should take the time to honor caregivers; National Family Caregivers Month is a unique chance to shine a light on this remarkable endeavor.

So thanks, caregivers. You are special people.

The Next Monthly Meeting - 17 November.
Get the latest news. We will have an interesting speaker, which will be announced soon you will receive an email in the mail.

Where & When: The 3rd Floor PCU Classroom in the FWB Medical Center. Staring at 2:30 pm

THE NEWSLETTER ARCHIVE WEBPAGE

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FOR BETTER HEALTH: GET UP, STAND UP, MOVE AROUND

Researchers are studying the negative effects of sitting for extended periods, both at the office and by the TV.

Dr. Allan Hedge, a professor at Cornell University, says for every half-hour working in an office, people should sit for 20 minutes, stand for eight minutes and then move around and stretch for two minutes.

Health experts, including Dr. Hedge, have guidelines that say people should get a combined two to four hours of standing and light activity spread throughout the workday. And research from NASA, reported in The Wall Street Journal, shows that standing up to two minutes 16 times a day while at work is an effective strategy for maintaining bone and muscle density.

Scientific evidence shows that when people have occupations, they are on their feet for more than two
hours a day. As a result, there is a reduction in the risk of developing critical chronic diseases, says John Buckley, a professor of applied exercise science at the University of Chester in England and lead author of the guidelines.

Some ergonomics experts warn that too much standing can create greater risk for varicose veins, foot problems, and artery disease. But, Dr. Hedge says, "The key is breaking up your activity throughout the day. Sitting and standing all day is both bad for you."

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**CREAMY TURKEY TETRAZZINI**

Creamy Turkey Tetrazzini that can be made with leftover turkey from Thanksgiving or store-bought rotisserie chicken! My recipe for turkey tetrazzini is super easy because I take a huge shortcut. Whenever I make turkey tetrazzini, I usually use leftover turkey or chicken, or you can use store-bought rotisserie chicken! Those steps alone cut my cooking time in half!

**Ingredients**

- 2 cups cooked turkey shredded
- 2 Tbsp all-purpose flour
- ½ cup yellow onions, chopped
- 1 ½ cups reduced-fat milk
- 1 Tbsp garlic cloves, finely chopped
- ½ cup Mozzarella cheese, shredded
- ½ cup Parmesan cheese, shredded
- 8 oz. whole-wheat spaghetti
- ½ Tbsp Italian Seasoning
- 3/4 cup button mushrooms, sliced
- ½ tsp salt substitute ½ tsp black pepper

**Directions**

Heat oven to 350 F.

In a pot on the stove, cook the pasta al dente at medium heat.

Melt butter in a large saucepan on low heat. Stir in flour and lightly brown, taking about 3 minutes. Gradually blend in the milk, stirring until well blended. Stir in garlic, onions, and Italian seasoning. Cook until thickened, stirring constantly.

Stir in the Mozzarella cheese. Stir until the cheese is melted. Add the pasta, turkey, and mushrooms mix well.

Put the mixture in a baking dish and bake for 10 minutes; after Baking, top with Parmesan cheese. Continue to bake for an additional 2 minutes.
TRIVIA!

1. Which of these U.S. Presidents was named after his father? a-John Kennedy, b-Jimmy Carter, c-Richard Nixon, d-Ulysses S. Grant

2. In which U.S. state was Martin Luther King Jr. born? a-Alabama, b-Mississippi, c-Georgia, d-Illinois

3. Max Baer Jr. was a cast member of which 1960s sitcom? a-"Petticoat Junction," b-"F Troop," c-"Green Acres," d-"The Beverly Hillbillies"

Burgess Meredith and Lon Chaney Jr. played a pair of intinerant farmhands in which 1939 film? a-"The Grapes of Wrath," b-"Of Mice and Men," c-"The Adventures of Huckleberry Finn," d-"Gone with the Wind."

Trivia Answers 1-b, 2-c, 3-d, 4-b