Well, here we are in the spring. The weather is getting better, and for me, it's outside cooking one of my favorite pastimes. So, I have put a potato salad as the recipe for this edition. It goes well with whatever you are barbecuing or grilling on the day.

Hope to see you at the Health Fair at the Niceville Senior Center this month; we will have a booth. We want to talk with you, and we will work with plenty of interesting info publications for everyone.

The other day, I was in the grocery store and found a beverage that interested me. The name was kombucha. I researched it and found this out; The liquid is made with tea, sugar, and living bacteria. It suggested that it improves stomach health. When you drink, the bacteria contribute to a diverse microbiome which helps your body stay balanced.

Proponents claim kombucha tea helps prevent and manage serious health conditions, from blood pressure to cancer. These claims are not backed by science. At present, however, valid medical studies of kombucha tea's role in human health are minimal.

For more information about Kombucha, click on the button below. https://health.clevelandclinic.org/what-are-kombuchas-health-benefits-and-how-much-can-you-safely-drink/

NOT ALL DIETS ARE BEST FOR HEART-HEALTHY WEIGHT LOSS.

Even though weight loss comes down to a simple formula -- eat fewer calories than you burn -- dieters should exercise caution when choosing how to eat. Not all diets are created equal when it comes to protecting or improving heart health.

According to the Harvard Heart Letter, all older adults should pay attention to their heart health, and for people who want to lose weight, low-carb diets may not be the best choice. Dieters who stick to a ketogenic or Atkinsstyle diet tend to eat lots of red meat and high-fat, high-salt processed meats, like
bacon -- not exactly heart-healthy choices. But low-carbohydrate diets aren't entirely off-limits -- for dieters who prefer to avoid carbohydrates, doctors recommend choosing unprocessed or minimally processed foods and high-quality fats, such as those found in nuts.

But in general, experts caution, dieters should think twice about any diet that restricts a specific category of food, such as carbohydrates or fats, because they are less sustainable for people who want to lose weight and keep it off. Instead of restrictive diets that eliminate entire food groups, experts urge dieters to eat various heart-healthy foods. According to the American Heart Association (AHA), many whole fruits and vegetables, whole grains, low-fat dairy products, skinless poultry and fish, nuts and legumes, and non-tropical vegetable oils (such as olive oil) are all excellent choices for heart health.

In addition, the AHA recommends that dieters limit saturated fats (such as butter), trans fats, sodium, red meat, sweets, and sugary drinks.

MENDED HEARTS INFO BOOTH AT THE SENIOR CENTER

Mended Hearts Chapter 399 will have an Information booth at the Passport to health event on April 7 at the Senior Center in Niceville. We would like to see all members and former members attend.

If you would like to help us operate the booth, please let me know. Call 850-582-6026.

The Senior Center will open to attendees at 10:00 am and open to 2:00 pm. We will have a door prize to give away at the event. For more information on the Senior Center, click on the button below.


MENDED HEARTS CHAPTER 399, MONTHLY MEETING - 20 APRIL

2:30 pm in the 3rd floor Classroom, Fort Walton Bch Medical Center.

Every month, we gather together with our volunteers, patients, caregivers, and families to make a real difference. We share stories, educational experiences and have interesting speakers.

Join us and be a part of the Mended Hearts Family.
Pet owners have yet another reason to appreciate their animal companions — and kids everywhere can add one more point to their pitches for their families to get one: Pets are good for the heart even among those whose hearts aren't particularly healthy.

Researchers studied 191 patients (aged from the early sixties to late seventies, on average), all of whom had lifestyle-related conditions such as diabetes, hypertension, and high cholesterol. They concluded that participants who owned pets had higher heart rate variability than those who didn't, which means their hearts coped better to the body's changes by, for example, beating faster during a stressful situation. Low heart rate variability can heighten one's risk of dying from heart disease.

"Among patients with coronary artery disease, pet owners exhibit a greater one-year survival rate than non-owners," wrote lead author Naoko Aiba, MS, from Kitasato University in Kanagawa, near Tokyo.

For the study, published in the American Journal of Cardiology, participants wore heart-rate monitors so researchers could observe them at home, something which makes these findings especially important in further connecting the dots between owning a pet and protecting heart health.

"Here we're moving into people's daily lives, and that's what's so exciting … it goes beyond what happens in 10 minutes in the lab," Erika Friedmann, Ph.D., a professor at the University of Maryland School of Nursing, who wasn't involved in this research, told Reuters.
Mended Hearts® is excited to announce that for the third year in a row, we are partnering with the National Lipid Association and the Foundation for the National Lipid Association to bring back the popular webinar series Beyond the Numbers. Join us for the four-part series on controlling your cholesterol as we take a deep dive into some new topics. Register for each webinar and mark your calendars! On the internet website, download by clicking on the button below.

MH WEBINAR SERIES

MUSTARD BACON POTATO SALAD

With the summer and good weather coming many of us are going to have cookouts. Here is a good side for the meats you will barbecue. Potato salad and a BBQ go together like a horse and carriage, as the ole’ song states. And with bacon ole' well you’re in barbecue heaven.

Total: 40 min Prep: 10 min Cook: 30 min Yield: 6 to 8 servings

Ingredients

- 5 pounds of potatoes
- 1 pound of medium cooked lean sliced bacon (Chopped)
- 1 cup of Hellman’s mayo
- 2 Tablespoons prepared mustard
- 2 Tablespoons cider vinegar
- 1 cup celery diced
- 2 red onions finely chopped
- 1/4 cup of chopped parsley
- 3/4 teaspoon salt
- 1/4 teaspoon pepper

Directions

Boil potatoes in saltwater for 15 minutes or until tender and then drain and put in a bowl, let cool. After cooling, slice potatoes into small cubes.

Fry the bacon in a saucepan to medium done.

Add potatoes, bacon, chopped red onions, celery, salt, pepper and cider vinegar to the bowl. Stir together mayonnaise the mustard until blended. Cover and chill at least 1 hour. Garnish with parsley.
JOIN CHAPTER 399 TODAY!

When you join, you become part of something bigger, and you help us give voice to the many issues heart patients face throughout their lifespan.

You will join the nation’s largest cardiovascular disease peer-to-peer support network and help us support even more people.

DOWNLOAD THE PDF APPLICATION*
https://mendedhearts399.files.wordpress.com/2019/05/membership-form-w-chapter-info-2.pdf

---

1. Which First Lady of the Philippines was noted for her enormous collection of shoes? a-Evita Peron, b-Jiang Qing, c-Aung San Suu Kyi, d-Imelda Marcos.

2. Rosa Klebb, played by Lotte Lenya, hides a poisoned blade in her shoe in which James Bond movies? a-"Diamonds Are Forever," b-"For Your Eyes Only," c-"From Russia With Love," d-"Goldfinger."

3. Who starred as George Armstrong Custer in the 1941 film "They Died with Their Boots On"? a-Errol Flynn, b-Gary Cooper, c-Henry Fonda, d-George Montgomery.


5. Which musical ends with the line "Eliza, where the devil are my slippers?" a-"Cinderella," b-"My Fair Lady," c-"Brigadoon," d-"Gigi."

6. Which fictional character stored his tobacco in the toe of a Persian slipper? a-Popeye, b-Frosty the Snowman, c-Scrooge McDuck, d-Sherlock Holmes.

7. Which of the Beatles is pictured without shoes on the cover of the "Abbey Road" album? a-Paul McCartney, b-Ringo Starr, c-George Harrison, d-John Lennon.

8. The men who died fighting in the Gunfight at the OK Corral were buried in Boot Hill in which city? a-Deadwood, South Dakota, b-Dodge City, Kansas, c-Tombstone, Arizona, d-Little Falls, Minnesota.

9. Boots the Monkey is the companion of which adventurous cartoon girl? a-Kim Possible, b-Pippi Longstocking, c-Dora the Explorer, d-Peppa Pig.

10. Who featured birds as newspapermen in his comic strip "Shoe"? a-Will Eisner, b-Darby Conley, c-Frank Cho, d-Jeff MacNelly.