

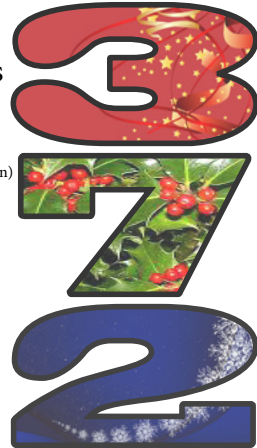
Keep on Tick'n

Inspiring hope and improving the quality of life for heart patients and their families through ongoing peer-to-peer support.



It's great to be alive...and to help others!
Mended Hearts™
 of Charlotte

Volume 7 - Issue No. 7
 December 2017
 Chapter #372



We support Carolinas HealthCare Systems and we visit:
(click on the links for maps and information)

[CMC - Main](#)
 1000 Blythe Ave.
 Charlotte, NC 28203

[CHS - Pineville](#)
 10628 Park Road
 Charlotte, NC 28210

October 2017	Patient	Cath Lab	Phone	Family	Internet
CMC - Main	27	0	0	7	0
CMC - Pineville	31	0	7	4	0
Total for October	58	0	7	11	0
TOTAL FOR 2017	633	0	13	111	0

National website: <http://mendedhearts.org/>

Chapter website address: <https://mendedhearts.gnosishosting.net/Chapters/Home/372>

CHARLOTTE FIRE DEPARTMENT KEEPING CHARLOTTE SAFE

by Christine Jordan

We had a great speaker at our last meeting, Chief Jackie Gilmore from the Charlotte Fire Department. Chief Gilmore served our country in the Navy and has been in the CFD since 2003.

Since most of us in our Mended Hearts chapter are survivors of an emergency event, it was really interesting to learn just how the people who save our lives are trained and placed. In 2016, 50% of cardiac arrest cases that the Charlotte Fire Department responded to went from unresponsive to having pulse/breathing; that exceeds the state average of 35% and the national average of 15.5%.

The Charlotte Fire Department's primary mission is to preserve life and property through rapid response, code enforcement, education and planning.

The CFD is a leader in providing educational programs to meet the needs of our diverse community. In 2016, 100% of the thirds graders in the CMS system were taught the fire education program. The Explorer program currently serves 48 young men and women ages 14 to 20 with an interest in learning more about a career in fire and emergency services. The hands-on



Chief Jackie Gilmore and MH President Kent Clow

program exposes participants to career experiences, leadership opportunities and community-service activities. 12 former Explorers now work for the CFD.

The Charlotte Fire Department is an important member of the Charlotte-area community. Their employees live and work in Charlotte, in Mecklenburg County, in nearby towns and cities, always working with the community.

We really appreciate Chief Gilmore making the time to speak with our group and we wish him and all the CFD safety and peace in the upcoming holiday season.

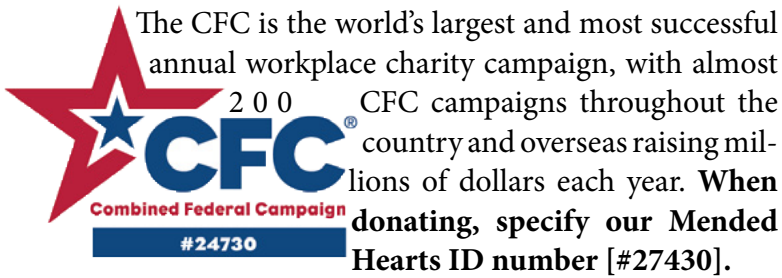
As we give thanks for all the people in the CFD, please keep in mind the "Move Over" law North Carolina has in place to aid emergency responders on their way to emergency situations!

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BOLO! If you see these silly people, turn around and go the other way! (l to r) Gregg Bonar, Chris Jordan, Bill Voerster, Barbara Nachman, Joel Nachman.

<http://www.opm.gov/combined-federal-campaign/>

PLANT BASED PROTEINS PUT THE PULSE IN YOUR DIET

Pulses are in the nutritional spotlight, and we aren't talking heart beats.

Pulses -- a branch of the legume or pea family -- are harvested for their seeds. Pulses include chickpeas (also called garbanzo beans), lentils, and dried peas and beans like kidney, navy, black and lima. Some legumes are not pulses: soybeans, peanuts, peapods and green beans, for example.

What makes pulses important are their protein and fiber content, important qualities especially for those on meatless diets.

Besides being inexpensive, pulses also have a low glycemic index, so they raise blood sugar levels less than other carbohydrates, according to the Harvard Health Letter.

Pulses are easily added to salads and stews to increase the protein punch, but food makers are increasingly providing new products that make it easy to add pulses to the diet. Among the new products are flours used in mixes for brownies and pancakes. Pulse flour made from garbanzo beans or peas can be used as a coating for food you would typically drench in white flour before sauteeing.

Pulse pastas made from red lentil or black beans are also new, replacing semolina or durum wheat.

There are even new pulse-based snacks such as crackers and chips made with black beans, safflower oil and sea salt.

You can also add pulses to your diet through soups. White bean, lentil chili, and pea soup are just a few.

www.pagesmag.com



LOW BLOOD PRESSURE CAN BE RISKY FOR THE HEART

Everyone knows that high blood pressure is dangerous for the heart, but so is low pressure.

A recent study in the Journal of the American College of Cardiology focused on what happens as the systolic blood pressure (SBP), and diastolic blood pressure (DBP) change.

For instance, most experts agree that if these numbers should go above 140 mmHg or 90 mmHg (hypertension), respectively, then they should be treated with medication. On the other end of the spectrum, levels that are too low, less than 60 mmHg (hypotension), could result in the heart muscles not receiving enough oxygen and eventually becoming damaged. These levels indicate an increased risk for heart disease and even death. Taking medication for high blood pressure could lead to a situation in which pressure becomes too low as well as highlighting the fact that doctors must monitor these cases closely.

Symptoms of low blood pressure can come in many forms, and The American Heart Association highlights dizziness, nausea, fainting, dehydration, blurred vision, clammy skin, and fatigue as possibilities. There isn't a specific level of blood pressure that causes these symptoms and each person will measure slightly differently. Noticing any of these symptoms, regardless of whether or not they are related to blood pressure, is an excellent time to seek the advice of a medical professional.

Pregnancy is one of the most common causes of low blood pressure as a woman's circulatory system expands for the growing child.

Underlying heart problems, endocrine issues, diabetes, blood loss, anemia, and certain types of infections and allergies can also be the culprit.

Age, as well, can lead to one form of low blood pressure called orthostatic hypotension that causes big drops after standing or eating. www.pagesmag.com

EYE FLOATERS ARE ANNOYING, BUT USUALLY HARMLESS

Many people, especially as they age, will notice what looks like something faint floating in their field of vision.

WebMD explains that these 'floaters' are quite common and they can appear as dots, squiggly lines, webs, and rings.

They develop over time as collagen in the gel-like fluid in the back of the eye clump together and cast shadows on the retina. This fluid is called the vitreous, and it creates these clumps as it shrinks during the aging process. They are not usually dangerous and can come and go over time, but severe cases can be quite frustrating if they affect vision in a meaningful way.

In rare cases, these floaters can be a sign of a more serious condition such as eye disease, diabetic retinopathy, tumors, or injury. Harvard Medical School warns that as the vitreous shrinks it can begin to tug on the retina it is attached to as it pulls away. In some cases, this will tear the retina and can lead to retinal detachment and permanent vision loss. This situation will require immediate medical attention to avoid losing vision, and in most cases, the tear can be treated with either laser or cold therapies.

Treating the floaters themselves is not always a realistic option, and over time, most people seem to notice them less often. For those severe cases, the Mayo Clinic explains that there are two main ways to eliminate eye floaters: lasers and surgery. Using lasers, an ophthalmologist can pinpoint specific floaters and try to break them up into less noticeable pieces. Unfortunately, results with this treatment are mixed, and there is some risk of retina damage. The other option, surgery, involves removing the vitreous entirely and replacing it with a similar fluid to support the eye's shape. Like the laser treatment, results are mixed, and new floaters can develop later. There are also risks of retinal tears and bleeding.

www.pagesmag.com

Pearl Harbor Remembrance Day 2017

Dec 7 - Thursday Observance

Human Rights Day 2017 Dec 10 - Sunday Global

Hanukkah/Chanukah - Starts 2017

Dec 13 - Wednesday Jewish

Hanukkah/Chanukah - Final Day 2017

Dec 20 - Wednesday Jewish

Winter/Summer Solstice 2017

Dec 21 - Thursday Season

Christmas Eve 2017 Dec 24 - Sunday Christian

Christmas Day 2017 Dec 25 - Monday National holiday

Kwanzaa - thru Jan 1 2018 Dec 26 - Tuesday Observance

New Years Eve 2017 Dec 31 - Sunday Observance

SUPPORT GROUP & MEETINGS SCHEDULE

PINEVILLE - JANUARY 11, 2018

MAIN - FEBRUARY 8, 2018

Mended Hearts Prayer

by Herbert G. Maedl

We ask for your blessings 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.



Remember to go to: smile.amazon.com and select Mended Hearts!

Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice. (Please pick us!!!)

ACTIVE ACCREDITED VISITORS:

Thanks to each of these accredited visitors that took time out of their lives to visit new heart patients or their families during December:

John Bertrand

Gregg Bonar

Kent Clow

Laura Diviney

Judy Duke

Andy Graven

Joel Nachman

Sandara Scherrman

Bill Voerster

Bruce White

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CHRISTMAS EVE TOURTIERE IS THE TOAST OF CANADIAN TABLES

Tourtiere, or meat pie, is a traditional part of French Canadian Christmas and New Year's Eve fare, although the dish is enjoyed throughout Canada.

Like many traditional dishes, the exact ingredients vary by family with recipes handed down throughout generations.

Typically, the meat pie consists of tiny cubes of pork, veal and beef, slow cooked and served in a pie shell. Meats vary often differ based on availability by location. You'll find fish served in some meat pies in coastal areas, for example.

Spices also vary. Some tourtières feature a festive spice combination of cinnamon, cloves and all spice. Others feature sage and thyme, or a combination of spices.

This recipe from hiddenponies.com features ground pork plus bread crumbs. Many recipes call for mashed potatoes instead of bread crumbs.



THE NUT THAT IS NEVER SOLD IN A SHELL

It may never have crossed your mind: In the bags of mixed nuts in the shell, none of the nuts are cashews.

In fact, cashews are never sold in the shell -- for a very good reason.

The cashew nut is actually a seed surrounded by a double shell. The shell contains oils related to the same chemical in poison ivy that causes skin rashes, according to The Nutcracker Museum. The toxic oils are easily roasted off, usually in outdoor settings since, like poison ivy, inhaling the burning oils causes severe lung irritation.

The toxic exterior of the cashew is not the only thing that makes it unique.

A cashew tree first flowers with a small, delicate green, then pink, five-petaled flower, less than an inch long. The cashew nut grows on the flower. Above the nut grows a juicy, pear-shaped, red or yellow pseudo-fruit

Ingredients

1 tablespoon vegetable oil
2 pounds ground pork
1 1/2 cups beef stock
3 onions, finely chopped
3 cloves garlic, minced
2 cups finely sliced mushrooms
1 cup finely chopped celery
3/4 teaspoon salt
1/2 teaspoon cinnamon
1/2 teaspoon pepper
1/2 teaspoon summer savory or thyme
1/3 teaspoon cloves, ground
1 cup bread crumbs
1/2 cup fresh chopped parsley
Pastry for a double crust 9-inch pie
1 egg, beaten
1 teaspoon water

In large skillet, heat oil over medium-high heat and cook pork, breaking it up, until no longer pink. Drain fat.

Stir in stock, onions, garlic, mushrooms, celery, salt, cinnamon, pepper, savory and cloves. Bring to boil, reduce heat and simmer 45 minutes or until 2 tablespoons of liquid remains. Stir in bread crumbs and parsley.

Refrigerate to allow the flavors to meld.

Spoon filling into bottom shell, situated in deep pie plate or iron skillet. Cover meat mixture with top pastry and press edges to seal. Cut vents in top crust.

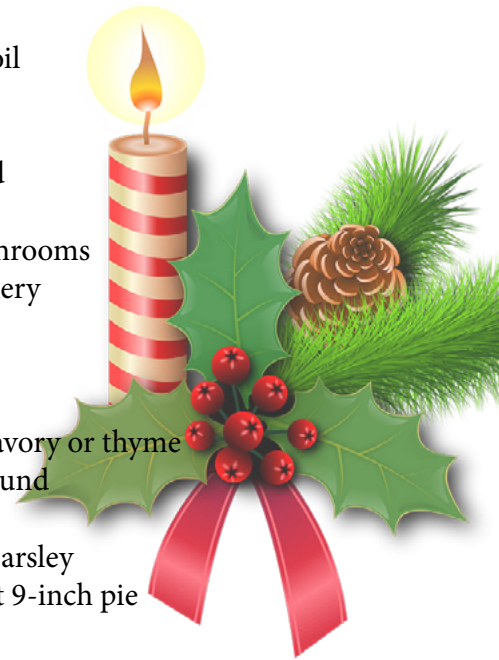
Brush top crust with egg and water.

Bake at 375 for 40 to 45 minutes or until golden brown. Let cool at least 10 minutes before serving. www.pagesmag.com

up to four inches long. The cashew apple is popular in tropical countries where the cashew tree grows, but its waxy outer layer does contain skin irritants that must be steamed off then washed.

The cashew apple has never been suitable for export since its skin is easily damaged.

The evergreen cashew tree can grow up to 46 feet tall. The oldest and largest cashew tree in the world is found in Brazil. It covers an area of about 2 acres. The branches of the tree bend to the ground under an immense canopy of leaves. Each branch takes root where it touches the soil, making it difficult to see the main trunk of the tree. Thought to be about 1,000 years old, the ancient cashew tree produces about 60,000 fruits each year. www.pagesmag.com



HAPPY 5TH SURGIVERSARY!

CHRIS JORDAN 12/15/12

