

**Winter  
2020**



**Mended Hearts™**  
of Boise Chapter 380

*"It's great to be alive - and to help others!"*

## **President's Message**

### **Surviving the Winter by Keeping Active**

- ♥ How do you stay fit and survive the winter? Cold weather, car issues, hectic times, it can be hard to squeeze in a workout. Yet it's important to keep physical activity on your daily to do list during this time of the year. Remember exercise boosts mood and helps manage the mental stress of the holidays. It burns calories and can be fun with activities such as ice skating and winter events. Why not get outside and walk instead of sitting on the couch? Being physically active instead of sitting and resting may cut your risk of feeling tired nearly in half. You may feel fatigued after physical activity, but regular exercise gives you more energy throughout the day and helps you feel focused and able to complete tasks more efficiently. Make it a daily habit to move more, if you have an exercise routine make it a little more challenging, cannot go outside, march in place for minute. Small, consistent efforts will help you feel rejuvenated and focused. Making the effort to move regularly during the winter season may seem like a challenge, however, it will help you feel better, avoid weight gain and could prevent added stress.



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## **Save the Dates!**

### **MENDEd HEARTS MONTHLY MEETING** (see location below)

- ♥ MH Chapter Meeting Wednesday, 01/15/2020 3:00-5:00 PM  
Guest Speaker: Meredith Campbell, Physical Therapist with First Choice Home Health and Hospice, Boise. 'Surviving the Cold, Winter Months in a Safe and Healthy Way.'
- ♥ MH Chapter Meeting Wednesday, 02/19/2020 3:00-5:00 PM  
Guest Speaker: Dr. Wade Bateman, PCP with St. Luke's Clinic, Family Health. Will be talking on 'Listen To your Body, A Personal Account.'
- ♥ MH Chapter Meeting Wednesday, 03/17/2020 3:00-5:00 PM  
Guest Speaker: LeAnn Johnson, an RN in training at Dr. Andrew Chai's office, will talk to us about 'Know and Manage Your Medications.'

## **Please Note the Change in the Monthly Meeting Time!!**

### **Cardiac Rehab Education Sessions:**

- ♥ Tuesday, January 21, 2020
- ♥ Wednesday, February 12, 2020
- ♥ Tuesday, March 24, 2020

### **MENDEd HEARTS MONTHLY MEETING**

**When:** Chapter meetings occur on the **THIRD WEDNESDAY** of each month at 3:00-5:00 PM

**Where:** St. Luke's Cardiac Rehab Conference rm 3525 E Louise Dr., Suite 500, Meridian

## Mended Hearts Chapter 380 Awarded Grant

The Saint Alphonsus Regional Medical Center (SARMC) Auxiliary has awarded a \$10,000 grant to our Mended Hearts Chapter 380 to be used for educational purposes for our visitors and callers to provide even better support to cardiac patients. The funds granted must be expended on the approved project within one year of the grant award date.

A special thanks must be given to Becky Newberry, our Chapter 380 Treasurer for researching the requirements and applying for the grant. The following excerpt from the application reflects the purpose of the grant:

*The increased opportunities to fund attendance to regional and national conventions would be a valuable opportunity for educational growth of the delegates as well as return dividends in more informed visiting support of cardiac patients locally. Participation at these levels also can open up leadership opportunities for members to serve in Mended Hearts positions regionally and nationally. With these added opportunities we would anticipate an increase in number of accredited visitors to support the cardiac patient population locally.*

## Thanks Becky!!!!



Becky Newberry (center) and Ray Trapp (right) receive a check for \$10,000 from Theresa Nakashima, President of the Finance Committee for the Saint Alphonsus Auxiliary Board of Directors.



Local Mended Hearts Members clockwise from left: Dennis Shiedlak, Chris Catherman, Adriane Shiedlak, Wini Trapp, Ray Trapp, Becky Newberry, and Jack Marr.

**Mended Hearts Mission Statement:** “To inspire hope and improve the quality of life of heart patients and their families through on-going peer-to-peer support, education, and advocacy.”

**Vision Statement:** “To be the premier nationwide resource and peer-to-peer support network for all heart patients and families affected by Heart Disease across the life span.”

**About Mended Hearts:** “Mended Hearts is a national and community-based non-profit organization that has been offering the gift of hope to heart disease patients, their families and caregivers. To offer this hope Mended Hearts provides a variety of programs.”

The Non-Profit number for **Mended Hearts Chapter 380** is: **45-4381348**





### Topic: Nicotine Addiction — August 21, 2019

**ADDICTION:** Nicotine is an addictive substance. It is more addicting than heroin. It is the number one cause of preventable deaths. It causes a slower death than opioids. Chew has 80 milligrams of nicotine which is four times more than a pack of cigarettes. Vaping doses are higher than chew.

#### NICOTINE INTERFACES (OR DELIVERY SYSTEMS):

**Smoking; electronic nicotine delivery system (ENDS); Chewing tobacco or SNUS; Hookah, pipe; miscellaneous such as IQOS (I QUIT ORDINARY SMOKING).**

- ♥ **E-cigs** are electronic cigarettes that are battery operated and people use these devices to inhale aerosol. The product being inhaled typically contains nicotine, flavoring and other chemicals. Many e-cigs have battery-powered heating devices which turns the liquid into vapor. Then the person can inhale the vapors, which is where the word "vaping" comes from. There are several types of e-cigarettes on the market, but one popular brand is JUUL. JUUL is becoming more prevalent with teens because of its small size, and it looks like a USB device. Flavors are being added to e-cigarettes to attract young users.
- ♥ **SNUS** is a moist powder smokeless product originating from a variant of dry snuff. It is placed under the upper lip for extended periods of time. Although similarly to dipping tobacco, SNUS does not typically result in the need for spitting.
- ♥ **Hookah** is a single or multi-stemmed instrument for vaporizing and smoking cannabis, flavored tobacco or sometimes opium, whose vapor or smoke is passed through a water basin (often glass base) before inhalation.
- ♥ The **IQOS** is a cigarette-like device into which tobacco heat sticks are inserted. One of the big things about the IQOS is that it needs a charging dock that doubles as a carrying case because it must be recharged after each use.

#### FURTHER FACTS REGARDING THE USE OF NICOTINE:

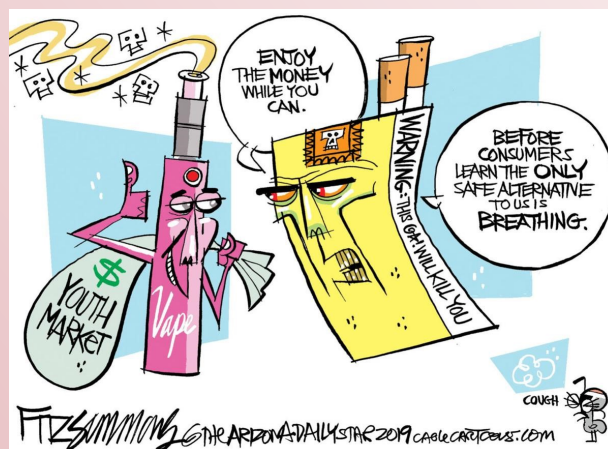
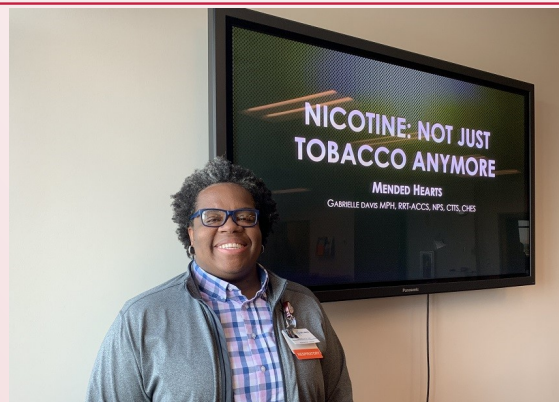
- ♥ The nicotine from smoking a cigarette reaches the brain in ten seconds or less and the pleasure center is activated. The effects of pleasure last for two hours before wearing off. 90% of lung cancer is attributed to smoking. There are one to two milligrams of nicotine per cigarette (depending on the brand and domestic versus international import). There are approximately twenty to forty milligrams of nicotine per pack.
- ♥ With ENDS, the amount of nicotine varies. There is no scholarly evidence that the use of this leads to nicotine cessation (as is so falsely advertised). The use of e-cigs shows an increase in oral infections. It causes a condition called 'popcorn' lung in users and this is from the chemicals used to flavor the product. ENDS is marketed predominately to youth.
- ♥ Chewing tobacco and SNUS has eighty milligrams of nicotine per can. Users show high instances of head and neck cancers and an increase in oral infections. It is popular among farmers in Idaho. Chew contains fiberglass which nicks the gums and allows for quick entry into the body.
- ♥ Hookahs are not regulated so the nicotine levels will vary. They are often used without filters.

**EFFECTS OF NICOTINE:** Vasoconstriction, tachycardia, hypertension, dry mouth, vomiting, high likelihood of cancer when ingested or inhaled.

**WITHDRAWAL:** Shaking, insomnia, increased appetite, irritability, decreased alertness, social anxiety.

**TREATMENT OPTIONS:** Nicotine Replacement Therapy: 1. Nicotine patches at 21, 14 or 7 milligrams. (Can get these for free for eight weeks per year through Project Filter. Contact is [projectfilter.org](http://projectfilter.org) or call 1-800-QuitNow. Can continue this past the eight weeks with a prescription from your MD). 2. Nicotine gum at 2 and 4 milligrams. 3. Nicotine lozenges at 2 and 4 milligrams. Another treatment option includes medication from an MD - Chantix or Zyban.

**Helping others to quit:** Try including the following opportunities: 1. Listening to the person seeking help with this addiction; 2. Using the 2As & 1R (ask, advise and refer); 3. Refer to Project Filter; 4. Self disclosure (briefly



### Topic: Gratitude and Mindfulness

October 16, 2019

- ♥ **Mindfulness** and Meditation are interchangeable. They both represent 'being present in the moment'. They are a practice and/or training which involves focusing your mind on your experiences (emotions, thoughts, sensations) in the present moment.
- ♥ To focus your mind practice the 4-7-8 breathing activity: sit comfortably in a chair (or lie on a comfortable surface); breathe in through the nose for a count of 4, hold this breath for a count of 7, breathe out through the mouth for a count of 8. This activity, when done in repetition, stimulates the parasympathetic nervous system which, in turn reduces the fight or flight response. This brings about relaxation, is calming and can be done before sleep, when anxious, during a 'frazzled' moment.
- ♥ What are the benefits of Mindfulness? It increases positive emotions and decreases negative emotions and stress; it boosts the immune system's ability to fight off illnesses; it changes our brain to include an increase in density of gray matter in the brain region linked to learning, memory, emotions and empathy; fights obesity by encouraging healthier eating habits through a slow, savoring of food as we eat; heightens ability to focus; regulates emotions; fosters compassion; improves relationship satisfaction; benefits parents and parents-to-be by recharging a person; reduces the symptoms of veterans struggling with PTSD; helps people with heart disease by decreasing blood pressure by reducing stress as well as reducing the risk of heart disease by maintaining heart healthy habits. In fact, outcomes are improved when added to a cardiac rehabilitation program.
- ♥ Realize that it takes time to learn these skills and to build confidence in your ability. Begin small and give yourself space to progress at your own speed. Devote 5 minutes a day over a few days/weeks to meditation. Set up a schedule to help establish a routine. Try to meditate at the same time each day. There are Apps to guide you through the steps of meditation. There are Transcendental Meditation teachers but they are costly.
- ♥ **Gratitude** can have profound and positive affects on our health, our mood, and even the survival of our relationships (as in marriage); a grateful person sleeps better; expressing gratitude leads to more satisfaction in a person's life; the act of recognizing and speaking of gratitude is like a natural antidepressant with a proven increase in the production of dopamine and serotonin. It frequently creates the same affect as certain antidepressant medications. Gratitude creates a feeling of contentment, well-being, happiness. Gratitude unshackles us from toxic emotions such as resentment and envy. It can decrease trauma.

♥ To practice Gratitude, journal what you are grateful for. Spend 15 minutes a day jotting down a grateful sentiment before bedtime and you might sleep better. Give gratitude to one another by writing a thank you card, bringing food to someone in need, spending time with a friend or acquaintance. When you journal, be specific, focus on people, focus on intentions, look at things as 'gifts', such as strengths, health, etc., outline 'what went well' and not 'what went wrong'.

We all enjoyed the teaching and learned some valuable lessons to make our lives better. Thanks to Lauren for her time and expertise.

Contributed by Pat Toshcoff





## Why should people get vaccinated against flu?

Influenza is a potentially serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently, but millions of people get flu every year, hundreds of thousands of people are hospitalized and thousands to tens of thousands of people die from flu-related causes every year. An annual seasonal flu vaccine is the best way to help protect against flu. Vaccination has been shown to have many benefits including reducing the risk of flu illnesses, hospitalizations and even the risk of flu-related death in children.

## How do flu vaccines work?

Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are used to make the vaccine.

The seasonal flu vaccine protects against the influenza viruses that research indicates will be most common during the upcoming season. Most flu vaccines in the United States protect against four different flu viruses ("quadrivalent"); an influenza A (H1N1) virus, an influenza A (H3N2) virus, and two influenza B viruses.

There are also some flu vaccines that protect against three different flu viruses ("trivalent"); an influenza A (H1N1) virus, an influenza A (H3N2) virus, and one influenza B virus. Two of the trivalent vaccines are designed specifically for people 65 and older to create a stronger immune response.

## What kinds of flu vaccines are available?

CDC recommends use of any licensed, age-appropriate influenza (flu) vaccine during the 2019-2020 influenza season. Options include inactivated influenza vaccine [IIV], recombinant influenza vaccine [RIV], or live attenuated influenza vaccine (LAIV). Different vaccines are licensed for different age groups, and some vaccines are not recommended for some groups of people. But where more than one suitable vaccine is available, no preference is expressed for any influenza flu vaccine over another.

Both trivalent (three-component) and quadrivalent (four-component) flu vaccines will be available for 2019-2020. Most vaccines will be quadrivalent.

## Trivalent flu vaccines include:

- ♥ A high-dose trivalent flu shot, approved for people 65 years and older, which contains a higher dose of antigen (the part of the virus the immune system develops antibodies against), to help create a stronger immune response.
- ♥ A trivalent flu shot made with adjuvant, (an ingredient that helps create a stronger immune response), approved for people 65 years and older.

## Quadrivalent flu vaccines include:

- ♥ Standard-dose quadrivalent flu shots without adjuvant that are manufactured using virus grown in eggs. Several different brands of this type of flu shot are available, and they are approved for different age groups. Some are approved for children as young as 6 months of age. Most flu shots are given in the arm (muscle) with a needle. One quadrivalent flu shot can be given either with a needle (for people aged 6 months and older) or with a jet injector (for people aged 18 through 64 years only).
  - ♥ A quadrivalent cell-based flu shot containing virus grown in cell culture, which is approved for people 4 years and older.
  - ♥ A recombinant quadrivalent flu shot (a flu shot that is made without influenza viruses or eggs) approved for people 18 years and older.
  - ♥ A quadrivalent live attenuated influenza nasal spray vaccine (LAIV4) made with attenuated (weakened) live flu viruses, approved for use in people 2 years through 49 years of age. This vaccine is not recommended for use in pregnancy or for use among people with some specific medical conditions.

## IT'S FLU SEASON.



PROTECT YOURSELF.  
PROTECT OTHERS.  
GET A FLU SHOT.

## The Flu



## Heart Healthy Leftover Turkey Burritos

### Ingredients

#### For the Burritos:

4 Toufayan Bakeries Low Carb/Low Sodium Wraps  
2 cups cooked leftover turkey breast, shredded  
1 cup Bush's® Reduced Sodium Pinto Beans, drained  
1 cup brown rice, cooked  
1-4.5 oz can Old El Paso™ Green Chiles  
2 cups low sodium taco sauce (recipe below)  
1 cup mozzarella cheese, shredded

#### For the Sauce:

15 oz can of no salt added tomato sauce  
1/3 cup water  
1/2 tsp chili powder  
3 tsp cumin  
3 tsp onion powder  
2 tsp white vinegar  
2 tsp garlic powder  
1 tsp paprika  
1/2 tsp sugar  
1/2 tsp cayenne  
1 tsp red pepper flakes, optional for heat

### Instructions

To make the sauce:

Combine all ingredients to sauce consistency. Set aside.

To make the burritos:

Preheat oven to 350°F.

Cook rice according to package instructions.

Shred your leftover turkey.

Add turkey, rice, drained pinto beans, 1 cup of sauce, and green chiles, and combine to make your burrito filling.

Lay the tortillas out on a flat surface, fill with 1 cup of the chicken mixture, and burrito roll to close, then place in a baking dish.

Repeat until you've made the four burritos.

Cover with the remaining sauce and sprinkle with the mozzarella cheese.

Bake at 350°F for 20 minutes.



**Prep Time:** 10 minutes, **Cook Time:** 20 minutes, **Total Time:** 30 minutes

**Yield:** 4 burritos

From: <https://sofabfood.com/heart-healthy-leftover-turkey-burritos/>

## Fred Meyer Donation Reward Program

**You can help Mended Hearts Chapter 380 earn donations just by shopping with your Fred Meyer Rewards Card!**

Is your Fred Meyer Rewards Card linked to Mended Hearts? The re-enrollment period for customers who did not relink their card with a nonprofit ended in June and they were dropped from the Community Rewards System. Please visit the [Fred Meyer Community Rewards](#) website to link your Rewards Card with Mended Hearts Chapter 380!

Fred Meyer is donating \$2.5 million per year to non-profits in Alaska, Idaho, Oregon and Washington based on where their customers tell them to give. Here's how the program works:

Sign up for the Community Rewards Program by linking your Fred Meyer Rewards Card to Mended Hearts Chapter 380 on the Fred Meyer Community Rewards website. You can search for us by name or our non-profit number, MJ804.

Then, every time you shop and use your Rewards Card, you are helping Mended Hearts earn a donation!

You still earn your Rewards Points, Fuel Points and Rebates, just as you do today.

If you do not have a Rewards Card, they are available at the Customer Service desk of any Fred Meyer store.



## 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: <https://medicalxpress.com/news/2019-10-torn-family-good-heart-health.html>

## Tomato Basil Soup from the American Heart Association

Serves 6 (1 cup serving).

### Ingredients:

3 can no-salt-added, diced tomatoes  
2 cups skim milk  
1/2 teaspoon garlic powder  
1/8 teaspoon salt  
1/2 teaspoon ground Black pepper  
1 1/2 cups fresh basil leaves, plus more to garnish if desired  
1/2 teaspoon baking soda

**Per Serving:** 62  
Calories; trace Fat;  
6g Protein; 9g Car-  
bohydrate; trace  
Dietary Fiber; 3mg  
Cholesterol;  
383mg Sodium.



- ♥ In a medium or large heavy-duty pot, add tomatoes, milk, garlic powder, salt, and pepper.
- ♥ Bring mixture to a boil over high heat; reduce heat to medium or low so mixture is at a simmer. Let soup simmer for 15 minutes. Stir in basil leaves; cook another 5 minutes.
- ♥ Remove soup from the heat. Stir in baking soda (which will make the soup foam for a minute). Using a handheld immersion blender, carefully puree the hot mixture until smooth. (Alternatively, very carefully add hot mixture into a food processor or blender in batches to puree) Ladle soup into bowls, garnishing with extra basil, if desired.

**Cooking Tip:** Don't have fresh basil? Just stir in 2 teaspoons dried basil at the start of the recipe, along with the garlic powder.

**Keep it Healthy:** Many canned tomatoes are packed with extra sodium; make sure to look on the label for tomatoes with no salt added.

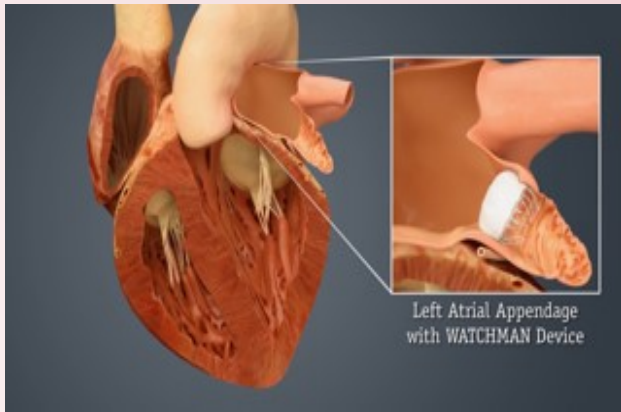
**Tip:** Stirring in a touch of baking soda into the soup once it is off the heat is a trick to reduce the acidity from the tomatoes—just a tiny step that greatly improves the soup's flavor.

From: <https://recipes.heart.org/en/recipes/tomato-basil-soup>



### Lowering stroke risk in AFIB patients by removal of Left Atrial Appendage September 18, 2019

- ♥ The Left Atrial Appendage (LAA) is a naturally growing pocket or pouch growing off the top left chamber or atria.
- ♥ Atrial fibrillation (AF) is a disease of the heart characterized by irregular and often faster heartbeat. AF is a prevalent and growing condition and is a leading cause of stroke. There is a five times increased risk of stroke for AF patients. One in six strokes occur in patient with AF. In the United States the number of people with AF is expected to more than double by 2050.
- ♥ There is a connection between a non-valvular AF-related stroke and the left atrial appendage. AF creates an environment for blood clot formation in the left atrium. To reduce the formation of clots, an anticoagulant is often prescribed to patients
- ♥ Despite anticoagulant adoption and the medical ability to switch anticoagulants, adherence to anticoagulation remains a challenge. Approximately 30% of anticoagulant patients stop taking any drug at 2 years; therefore, the risk for a stroke increases.
- ♥ Boston Scientific, a manufacturer of medical devices, has created the WATCHMAN LAAC (Left Atrial Ap-



pendage Closure) Device. This device is used to reduce the risk of blood clots forming in the left atrial appendage for AFIB patients. WATCHMAN is proven to be a minimally invasive and safe device that is used to reduce the risk of stroke that comes as a result of AF and allows the majority of patients to discontinue warfarin.

- ♥ Factors which determine consideration for the placement of a WATCHMAN: test results, inability to tolerate anticoagulants (for example, a gastrointestinal bleed), and life styles (for example high risk life styles through work or sports which could cause injuries and bleeds).
  - ♥ The WATCHMAN is implanted via a catheter through the groin and placed at the opening of the **left atrial appendage**
- ♥ In time, the device is covered by the body's own tissue lining. A WATCHMAN cannot be placed if there is a clot in the appendage at the time of planned implant or if the appendage or pocket is too big or too small.

Our thanks to Dana for her time and for all the wonderful information she presented!!!

Submitted by Pat Toshcoff

### 5 Fast Facts on Lean Protein

We all know proteins are essential to good health. Problem is, not all proteins are created equal. Often, they're full of fat. Fortunately, lean proteins can make your taste buds, and your heart, just as happy.

- ♥ Protein plays a crucial role for almost every part of your body. It helps build bone, muscle, skin, and blood. Protein also helps your body repair tissue, fight infection, and regulate your hormones and lean protein provides all these benefits without the extra fat.
  - ♥ Meat isn't the only source of lean protein. There are plenty of plant-based sources, including nuts, beans, legumes, soy products, and whole grains.
  - ♥ Lean meats have less fat and cholesterol than other meats. For the carnivores, skinless poultry, grass-fed beef, and fish, like salmon and tuna, are healthier options than their higher fat counterparts.
  - ♥ Eating plenty of beans, low fat meat, nuts, and soy can help you lose weight. Lean protein makes you feel fuller for longer, so you're less likely to snack.
  - ♥ Experts recommend that about a third of your daily calories should come from lower fat proteins.
- There are endless ways to make delicious meals with lean proteins. Try skinless chicken kebabs, turkey and quinoa meatloaf, spicy baked tofu, and more.

From: <https://healthguides.healthgrades.com/diabetes-video-center>



## Frozen Peanut Butter Pie

Normally peanut-butter pie is a recipe for a diet disaster, but the fat-free dairy products keep this pie's fat count in check. For cholesterol-conscious guests, use egg whites to give this dessert less than 2 grams per serving. Dig in!

### Ingredients

- 1 2/3 cups chocolate graham cracker crumbs (about 8 1/2 cookie sheets)
- 7 tablespoons sugar, divided
- 2 large egg whites, lightly beaten
- Cooking spray
- 1 1/4 cups fat-free milk
- 2/3 cup reduced-fat crunchy peanut butter
- 1/2 teaspoon vanilla
- 1/2 cup (4 ounces) fat-free cream cheese, softened
- 1 (8-ounce) container frozen fat-free whipped topping, thawed
- 3 tablespoons finely chopped salted, dry-roasted peanuts
- 1/4 cup shaved milk chocolate (about 1 ounce)

### How to Make It

Preheat oven to 350°.

Combine crumbs, 3 tablespoons sugar, and egg whites; toss with a fork until moist. Press into bottom and up sides of a 9-inch deep-dish pie plate coated with cooking spray. Prick crust with a fork before baking. Bake at 350° for 10 minutes. Remove from oven; cool on a wire rack.

Combine milk and remaining 1/4 cup sugar in a heavy saucepan over medium-low heat. Cook 2 minutes or until sugar dissolves, stirring constantly; transfer mixture to a bowl. Add peanut butter and vanilla, stirring with a whisk until combined. Cover and chill 30 minutes.

Place cream cheese in a large bowl, and beat with a mixer at medium speed until light and fluffy. Add milk mixture, beating on low speed until combined. Fold in whipped topping; pour mixture into prepared piecrust. Freeze, uncovered, 8 hours or overnight or until hard. Sprinkle with peanuts and shaved chocolate. Transfer pie to refrigerator 30 minutes before slicing.

**Nutritional Information:** Calories per serving 259, Fat per serving 8.7g, Saturated fat per serving 1.9g, Protein per serving 9.4g, Carbohydrate per serving 35.5g, Fiber per serving 1.6g, Cholesterol per serving 2mg, Sodium per serving 249mg

**Yield:** 10 servings (serving size: 1 wedge)



From <https://www.health.com/health/recipe/0,,10000001646405,00.html>

## Salt FREE Taco Seasoning - Home Made

Finally, a wonderful and easy HOME MADE Taco Seasoning Recipe

Yields: 9 TBSP Approximately

- 1/4 C Paprika
- 1 TBSP Garlic Powder
- 1 TBSP Cayenne Pepper (less if you do not like a bit of kick)
- 1 TBSP Onion Powder
- 1 TBSP Oregano
- 2 Tsp Cumin (I add a little more cuz I LOVE cumin)
- 1 Tsp Black Pepper

Mix them all together and add as much or as little as you like to your taco and chili recipes

- Preparation time: 5 Minutes

- Total time: 5 Minutes

**Nutrition:** Carbs: 10 grams, Protein: 5 grams

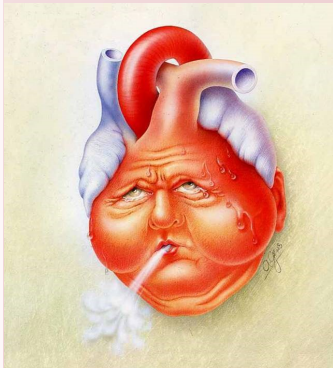


From: <https://slapdashmom.com/home-made-salt-free-taco-seasoning/>

#### Topic: Recognizing symptoms of HF and how to manage the symptoms — Nov. 20, 2019



- ♥ Heart failure is not a condition, it is a syndrome. The heart's function is to contract and squeeze the blood out to the body, and to relax and allow the filling of the heart chambers. The volume of blood pumped by the heart is determined by these two actions. Heart failure is a condition in which the heart muscle is unable to pump enough blood to meet the body's nutrition and oxygen needs.
- ♥ There are two types of heart failure: 1.) Reduced ejection fraction (HFrEF) is referred to as systolic heart failure. The heart muscle does not contract effectively and, therefore less oxygen-rich blood is pumped to the body. 2.) Preserved ejection fraction (HFpEF) is referred to as diastolic heart failure. The heart muscle contracts normally but the ventricles are too stiff and cannot relax as they should during ventricular filling. Diastolic heart failure can lead to systolic heart failure. Two out of every three heart failure patients have preserved heart failure.
- ♥ The following medical conditions, especially if left untreated, can contribute to heart failure: Obesity, Hypertension (high blood pressure), Diabetes mellitus, Coronary artery disease, Atrial fibrillation (HOWEVER, NOT EVERY PERSON WITH ATRIAL FIBRILLATION DEVELOPS OR HAS HEART FAILURE), Chronic kidney disease, Chronic obstructive pulmonary disease (COPD), Obstructive sleep apnea, Anemia, Smoking, Cardiomyopathy, Heart valve disease, Heart attack. While not always the case, patient with heart failure often has one or more of the above diseases. 61% of heart failure patients have added comorbidities (secondary diseases or conditions). These diseases are thought to gradually change the structure and function of the heart over time.
- ♥ The symptoms of heart failure are: Shortness of breath (due to fluid build-up in the lungs), decreased exercise tolerance, fatigue, weakness, loss of appetite and a feeling off being full early in a meal, chest discomfort, swelling in the abdomen and legs due to water from blood seeping into the tissues, confusion and forgetfulness. It is important that patients not rationalize away their symptoms as being 'something else'. When symptoms occur, call the doctor early. In other words, recognize early and react early. DON'T PUT IT OFF! For example, a patient who has heart failure and chronic obstructive pulmonary disease might think he or she is short of breath because of the lung disease and fails to make an appointment with the cardiologist.
- ♥ Treatments for heart failure: Medications, diet and activities as allowed by doctor, medical intervention through pace maker and/or defibrillator implants, pumps, heart transplants.
- ♥ Strategies for managing heart failure: Take ordered medications (for example, diuretics) and seek medical advice if medications appear to be ineffective; strictly adhere to taking all ordered medications; never stop taking a medication without medical advice and direction; monitor your symptoms and pay close attention to (and report) sudden, random changes; regularly visit cardiologist(s); take daily weights first thing in the morning and record (if you gain 3 pounds overnight or 5 pounds in a week, seek medical advice immediately); restrict sodium



intake as outlined by doctor or dietitian; monitor exercises or activities as approved by doctor; seek counselling (and include the caregiver) to manage the stress and anxiety of the unpredictable symptoms and the changes in your quality of life; learn how to cope through pleasurable interest or activities you can comfortably tolerate and refrain from strategies, such as unhealthy eating (food types or amounts); understand that memory loss is to be expected because the blood supply is not getting to the brain (so write a master list to help you remember appointments, medication times, exercise, events, etc.); have an appointed person or your doctor check you medications to check drug interactions and expiration dates; organize medications in a daily pill dispenser (check on a voice activated pill box to remind you of medication times, if this is needed) and, if your vision is poor and you cannot read the information on your pill bottle, ask someone for help; if you cannot afford your medications, tell someone (assistance is



## Continued from Page 1 (President's Message)

- ♥ Remember, don't back down from your 2020 goals. If something is tempting, that's ok, don't be too hard on yourself. Is the scale moving in the right direction? Do not slip back into old habits, it is never too late to get back on track. Try to focus on three to four week goals instead of daily changes. It is normal to hit plateaus. Recommit to your goals, review them to make sure they are still realistic. The key to sticking to your goals is to maintain a positive attitude.
- ♥ After you exercise, take a few minutes to sit down and relax. Think about what you just accomplished and review the positive feelings that exercise gives you.
- ♥ You are not alone on your recovery, the focus of Mended Hearts is to help you on this journey. Knowledge, support, suggested solutions, help in life style changes and volunteering is all part of the Mended Heart mission.
- ♥ Remember deaths from heart failure are the nation's biggest killer and are surging as the population ages and the health of the younger generation worsens. We can win this battle with smart choices and commitment.

*Ray Trapp, President*

## Continued from Page 3 (Meet our Guest Speaker- Gabrielle Davis)

and with sensitivity share any personal experience you have had with smoking or a smoker which might be of help to the person). 5. Validation. 6. Encourage them to chat with their physician about cessation. **BUT** avoid: stigmatizing, insisting that what worked for you or someone you know is the only way to overcome the addiction, or using fear-based conversation or guilt.

**LEGISLATION:** Tobacco 21 is a legislative effort to bring control of nicotine use. However, there is not enough research yet to support legislative efforts. Legislative efforts are underway to change the age of nicotine use from eighteen to twenty one years old. The hope is that this age difference will give more time to educate regarding smoking and allow more time for a person to make the decision whether or not to begin this addiction.

\*\*\*\*\*This was a highly educational and very well-presented talk. Thank you, Gabrielle! \*\*\*\*\*

*Contributed by Pat Toshcoff*

## Continued from Page 10 (Recognizing symptoms of HF and how to manage the symptoms)

often available in these cases); if purchasing healthy food is unaffordable tell someone; if your doctor orders Cardiac rehabilitation, sign up and attend the classes regularly (where there is a team to monitor and educate you, to work on your transition back into society). Remember, you are not alone. There is a whole team of people who are knowledgeable and who care and who are happy to step up beside you for support.

Thanks you, Justin for a very well presented and informative talk!

*Contributed by Pat Toshcoff*



## HeartGuides Patient and Family Education The Journey to a Healthy Heart Starts Here

The Mended Hearts *HeartGuides* is an innovative, informative resource for heart patients and their families, friends, and caregivers. The Mended Hearts *HeartGuides* provides comprehensive detail on all aspects of heart disease in an attractive, modern format, and serves as a trusted companion for readers along the journey to heart health. The digital *HeartGuides* can be viewed on a wide range of devices and features integrated search and handy topic dividers to allow quick reference to precise topics of interest.

The Mended Hearts *HeartGuide* is available to view online by following this link. <http://myheartguide.org/>

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**Mended Hearts Web Pages:** Local – [www.MHBoise.org](http://www.MHBoise.org) National  
– [www.mendedhearts.org](http://www.mendedhearts.org)

**Mended Little Hearts Web Page:** [www.mendedlittlehearts.org](http://www.mendedlittlehearts.org)



We welcome new visitors who want to find out more about becoming a Mended Hearts or Mended Little Hearts member. Our volunteers make a difference in providing cardiac patients & caregivers, peer to peer support, education, and most of all hope as we have all experienced a cardiac event.

Have you or someone in your family had a recent heart surgery or another heart event during the last few months? If so, Mended Hearts, a support group for heart patients and **their families is available to provide support and encouragement.** Mended Hearts members are patients like you who have recovered from a heart event and have chosen to give back. Most of the members in our chapter have had a heart event of some type or are caregivers. If you just want to talk, give us a call on our voice mail, 208-706-7056 and we will get together. If you have a question about Mended Hearts or would like to speak to a member, please leave your name, phone number and a brief message. A member from this chapter will call you as soon as possible.

### VISITOR and CALLER'S CORNER

#### Sep-Nov 2019 Year to Date

Hospital Visits:	361	1348
Patients	294	1049
Follow-up Calls:	186	731

#### Welcome our newest Mended Hearts Members:

Brenda Raaen, Dee Hartman, Chris Hill, Susan Stenstrom, Rob Herndon, Bonnie Capell, and Tory Hebdon.

We are now serving four (4) hospitals in the Treasure Valley. St. Luke's in Boise, Meridian and Nampa, and Saint Al's in Boise (Saint Al's in Nampa is on hold as their census is low). If you are interested in becoming an accredited visitor or caller, please call or email Jack Marr, the training coordinator of our visiting program, at 229-269-8161 [jack\\_marr@hotmail.com](mailto:jack_marr@hotmail.com).

#### Accredited Visitors:

Fred Bernier	Becky Newberry
Chris Catherman	Tom & Evalyn Nichols
Kelly Clifton	Bruce Parks
Bob Courval	Jim & Marilyn Pettingill
Odee Gordon	Dennis & Adrienne Shiedlak
Bill Hielscher	Pat Toshcoff
Jack Marr	Ray & Wini Trapp
Wilson "Bill" Miller	

#### Accredited Callers:

Cynthia Guarino	Susan Multanen
Ray Hady	Chris Toshcoff
Jewel Magney	Mary Ellen Voshell
Wilson "Bill" Miller	Marcia Warne

### To New Heart Patients

We hope that your recovery is progressing well and would like to invite you and your family to visit our monthly meetings. We have speakers and programs designed to be of interest to heart patients. As heart patients we know what you are experiencing and are available to answer non-medical questions.

For more information check out our web site:  
[www.MHBoise.org](http://www.MHBoise.org) or call: (208) 706-7056

#### Newsletter by email Renewal Policy

Mended Hearts Chapter 380 will send the newsletter to subscribers for two (2) years. Those wishing to continue may request to do so by emailing [mendedheartsofboise@gmail.com](mailto:mendedheartsofboise@gmail.com). This is a free subscription and subscribers may *unsubscribe* at any time. NO response from a subscriber after the 2-year limit has passed, signifies cancellation.