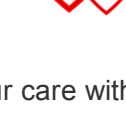


November 2022

What are you thankful for this holiday season?



The CentraCare Heart & Vascular Center wishes to thank you for choosing your care with us. We strive to be a resource for patients with heart failure and their loved ones. Our goal is to help you lead a healthy lifestyle, better adhere to medical advice and receive heart failure information.

Heart Failure (HF) Support Group

St. Cloud

The St. Cloud HF Support Group takes place at 3 p.m. the third Tuesday of the month at:

CentraCare Southpoint, Todd Steinke Auditorium
3001 Clearwater Road, St. Cloud
Please park on the south side of the building. Face masks are required.

Willmar

The Willmar HF Support Group meets at the same time with the speaker presenting via WebEx from the St. Cloud location.

CentraCare - Rice Memorial Hospital, Board Room, Lower Level
301 Becker Avenue SW, Willmar

Next meeting: Tuesday, Nov. 15. Patients and family/friends are welcome.

If attending in person, please RSVP by the day before the scheduled meeting to allow for enough supplies and snacks. Indicate number of guests and the location where you would like to attend. Email [Nancy.Romness](mailto:Nancy.Romness@centracare.com) or leave a message at 320-470-0760.

To participate through our WebEx option, [join online](#).

December HF Support Group: Bingo

Save the date for Tuesday, Dec. 20 at 3 p.m. when we will play Bingo. Prizes will be related to heart failure.

Do you know about the Senior LinkAge Line?

Are you looking for help getting to appointments, understanding your insurance plans, finding financial programs, getting your groceries, locating volunteer opportunities or anything else? See the information below for a free Minnesota program.

Need help?

Call us! It's free!



www.MinnesotaHelp.info

We'll get you **connected** to the services you need in your community...

Transportation • Housing
Prescription Assistance Programs
Medicare Part D • Home Health Care
Housekeeping (Chore) Help • Hospice
Caregiver Support • Legal Assistance
Financial Assistance • Minor Home Repair
Medicare Health Insurance Counseling
Home Delivered Meals & Senior Dining
Food Shelves • Volunteering
Assistance Applying for Programs
and much more!

Funded in part by the MN Board on Aging & United Way of Central MN

Savory Roasted Turkey

Ingredients:

12 lb. turkey, not injected with a basting solution, thawed if frozen	Pan spray
2 Tbsp. herb seasoning (see recipe below)	½ medium onion, sliced
1 celery rib, cut into 1-inch pieces	1 small lime, quartered
1 medium carrot, cut into 1-inch pieces	4 sprigs fresh rosemary
½ c. low-sodium chicken broth	

Preparation:

Preheat oven to 325 degrees. Rinse turkey and pat dry with paper towels. Lightly spray rack of roasting pan with pan spray. Don't spray bottom of pan. Remove giblets and neck from turkey cavity; save for another use or discard.

Rub turkey with herb mixture. Put turkey with breast side up on rack in roasting pan. Lightly spray surface of turkey with pan spray. Put vegetables, lime and rosemary in turkey cavity. Roast for 3.5 to 3.75 hours, basting once every hour with pan juices. Turkey is done when meat thermometer registers 180 degrees.

Let stand 15 minutes before carving. Discard vegetables. Remove skin before serving.

20 servings. Calories: 150, fat: 5 g, sat. fat: 2 g, trans fat: 0 g, sodium: 57 mg, carbohydrates: 0 g, fiber: 0 g, protein: 25 g

Recipe from: American Heart Association

Herb Seasoning: An all-purpose replacement for the salt shaker

1 Tbsp. garlic powder	1 tsp. dried marjoram, crumbled
1 tsp. ground mace or nutmeg	1 tsp. pepper
1 tsp. dried basil, crumbled	1 tsp. dried thyme, crumbled
1 tsp. onion powder	1 tsp. sage, rubbed or crumbled
1 tsp. dried parsley, crumbled	1 tsp. dried savory, crumbled
½ tsp. cayenne (optional)	

In a small bowl, stir together all ingredients until well blended. Store in a jar with a tight-fitting lid in a cool, dry, dark place for up to six months. Makes ¼ cup. Serving size = ½ tsp.

Healthy Stuffing

Ingredients:

1 Tbsp. olive oil	Pepper to taste
14 oz. stuffing (plain bread, no seasoning)	2 tsp. poultry seasoning
½ c. chopped onion	2½ c. broth, chicken or vegetable, unsalted
½ c. diced celery	2-3 cloves garlic
½ c. diced mushrooms	

Preparation:

Preheat oven to 350 degrees. Heat a large sauté pan; add oil. Add vegetables and garlic; cook until vegetables are tender. Remove from heat; transfer to bowl and allow to cool slightly.

In a large bowl, toss bread stuffing and vegetables together with pepper and poultry seasoning. Add broth, mixing until moist but not soaking.

Spray dish with cooking spray and put stuffing mixture into dish. Cover with foil and bake 20-25 minutes. Uncover and cook additional 10 minutes or until slightly crisp on top.

16 (½ c.) servings: Calories: 95, fat: 1 g, sodium: 164 mg, carbohydrates: 17 g, fiber: 0.5 g, protein: 2 g

Apricot Sweet Potatoes

Ingredients:

4 medium sweet potatoes, cut into chunks

2/3 cup apricot spreadable fruit

Preparation:

Spray a slow cooker with nonfat cooking spray. In the slow cooker, mix together the potatoes and apricot fruit. Cook on low for 6 hours.

6 servings: Calories: 131, fat: 0, sodium: 7 mg, carbohydrates: 35 g, fiber: 7 g, protein: 1 g

Note: You can use sugar-free apricot spreadable fruit for fewer carbohydrates.

Recipe from: Heart to Heart CentraCare Heart & Vascular Center cookbook.

Orange-Kissed Brussels Sprouts

Ingredients:

2 lbs. Brussels sprouts, trimmed and halved

2 tsp. grated orange rind

1 c. fresh orange juice

¼ tsp. pepper or to taste

Preparation:

Cut the bottom of each Brussels sprout with a shallow X. Steam the Brussels sprouts, covered for 6 minutes, or until tender. Drain and return to pan. Add orange rind, orange juice and pepper. Cook over medium heat 1 minute, stirring occasionally.

8 servings: Calories: 53, fat: 0, sodium: 28 mg, carbohydrates: 11.5 g, fiber: 4.5 g, protein: 3.6 g

Recipe from: Heart to Heart CentraCare Heart & Vascular Center cookbook.

Cherry Apple Crisp

Ingredients:

8 cups sliced, peeled Granny Smith or other tart apples (about 5 large)

3/8 c. Splenda Sugar Blend for Baking

½ c. dried cherries

½ c. chopped walnuts

1½ to 2 tsp. grated orange peel

¼ c. packed Splenda Brown Sugar Blend for Baking

1/3 c. whole-wheat flour

1/3 c. nonfat dry milk powder

1 tsp. ground cinnamon

¼ to ½ tsp. cloves

5 Tbsp. light margarine, cold

1/3 c. quick-cooking oats

Preparation:

In a bowl, combine the first six ingredients; toss to coat. Transfer to a 9x13-inch pan coated with nonstick cooking spray. Topping: In a bowl, combine brown sugar, flour, milk powder, cinnamon and cloves. Cut in margarine until mixture resembles coarse crumbs. Stir in oats. Sprinkle over apples.

Bake, uncovered, at 350 degrees for 40-45 minutes or until golden brown.

Serves 15: Calories: 143, fat: 5 g, sodium: 51 mg, carbohydrates: 22 g, fiber: 2 g

Recipe from: Heart to Heart CentraCare Heart & Vascular Center cookbook.

What do you call a turkey the day after Thanksgiving?



LUCKY

For more information and resources, please visit CentraCare.com.

To contact the Heart Failure Clinic, call 320-656-7020.
Operating hours are 8 a.m. to 4:30 p.m. Monday - Friday.
Closed nights, weekends and major holidays.

Questions, comments or suggestions? Contact:

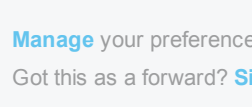
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