

WINTER 2025

# CARDIAC & PULMONARY SUPPORT GROUP NEWSLETTER

**FROM THE DESK OF...**

SEE WHAT IS HAPPENING  
THIS WINTER

**HEALTHY RECIPES**

REFRESH YOUR TASTE BUDS  
WITH THESE HEALTHY RECIPES



An Affiliate of  UnityPoint Health

# FROM THE DESK OF..

Happy New Year!! It's hard to believe that 2024 has come to an end and we are starting a new year. There will be many new experiences in the coming year and many changes. Some of the changes will be good and others maybe not be so good. But change as they say is inevitable.

How many changes have you experienced in the last 12 months? How did that change impact you, your family and your friends? Change can be stressful even if it's good. How can change have an impact on our mental health? This month we are going to talk about things that can impact our mental health, especially when dealing with chronic illness.

Since it's the beginning of the new year and change is expected, I thought I'd take this opportunity just to talk about how change impacts us. Let's start with how we deal with change. Do you try to think of things in a positive light or are you a person who looks for the negative in things? Depending on our natural reaction to change can determine how much it is going to impact our health and wellbeing. It may cause change to be less stressful or more stressful. Some changes are just overwhelming. When we get overwhelmed, it can impact our mental health.

When we are overwhelmed with change, we may not choose the best ways to cope. We can experience physical symptoms which can include:

- Headaches
- Trouble sleeping or insomnia
- Digestive problems and stomachaches
- Muscle tension and backaches
- High blood pressure and heart problems
- Depression or anxiety
- Irritability
- Eating too much or too little
- Alcohol or drug abuse

There is something called uncertainty bias, and this impacts how you deal with change. When you are faced with a major change, your brain automatically sees it as negative. This can influence how you feel and your decision-making process and can increase feelings of depression or anxiety (*Dealing with change: How it affects your mental health and what you can do to cope 2024*).

# FROM THE DESK OF..

What can help us deal with change? While we don't always have control over change, we do have control over how we can view change by:

- Try to be flexible
- Find something familiar
- Understand your perspective
- Find people who understand
- Look for help when you feel overwhelmed from family, friends, or a mental health counselor
- Positive thoughts
- Acceptance
- Humor

These are just a few suggestions that might help you to look at change differently. It's important to get help if we feel overwhelmed as it can impact both our physical and emotional health.

I hope the New Year brings you great joy, renewed spirit, and peace. I look forward to seeing you January 16<sup>th</sup> at 7 pm at Sneakers here at the hospital for the Cardiac/Pulmonary Support Group.

HAPPY NEW YEAR!



**Christine Drake BSN, RN**

Guthrie County Hospital Diabetes Education Coordinator

**Reference:**

WebMD. (2024, February 25). *Dealing with change: How it affects your mental health and what you can do to cope.*

WebMD. <https://www.webmd.com/mental-health/what-to-know-about-how-to-deal-with-change>

# Remembering & Organizing Your Medications

When you have a chronic condition, especially one affecting your heart or lungs, it is very common for your doctor to prescribe multiple medications. For people with heart failure, you may be prescribed up to five different medications with different mechanisms of action (ways your medications work) to help your heart pump your blood better and keep your body from retaining water. For those with hypertension, it is not uncommon to need more than one medication to help lower your blood pressure. For others with COPD or asthma several different types of inhalers may be needed to keep your lungs open and breathing easy. These different medications can add up quickly!

Finding a way to keep your medications organized can also help ease your medication burden. Here are a few ways to help with organizing your medications:

- **Weekly Medication Planners** - Medication planners are a relatively cheap tool you can use to keep your medications organized. There are a variety of medication planners available including daily, twice daily, three times a day, and four times a day options. Pick a medication planner that best aligns with your needs.
- **Pharmacy Medication Packaging** - Many of our local pharmacies in Guthrie Center, Panora and Stuart offer medication packaging services for a small fee. Your pharmacy could fill your medications weekly or monthly to help make organizing your medications even easier. Reach out to your pharmacy for more details if this interests you.
- **Medication Synchronization Programs** - These programs help decrease the number of trips you have to take to the pharmacy each month. By working with your local pharmacy, the pharmacist or pharmacy technician will align all your medication refills to be picked up on the same day. This helps reduce the time you spend requesting refills and helps ensure you don't run out of your medications by accident!

Taking your medications as prescribed can help you feel your best and can also help prevent future complications of your heart or lung disease. If you find yourself forgetting your medications often, try setting an alarm on your phone or placing your medications somewhere you will notice them more easily. Talk to your pharmacist if you are struggling with managing your current medications, they can help find a way that works best for you so that you can receive the most benefit from your prescribed medications.



**Jackie Willms, PharmD**

Director of Pharmacy

*Here are some heart healthy diabetes friendly recipes to try.*

# Chicken and Dumpling Casserole

## INGREDIENTS

- 3 Tablespoons vegetable oil
- 1 cup chopped onion (about 1 medium)
- 1 cup chopped carrot (about 2 small)
- 1 cup chopped celery (about 2 stalks)
- 3 cups low-sodium chicken broth\*
- 3 Tablespoons flour
- 2 cups chopped cooked chicken
- 1 cup frozen peas
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

### Dumplings:

- 1 cup flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 egg
- 1/3 cup 1% or nonfat milk



## PREPARATION

1. Preheat oven to 400 °F.
2. Chicken mixture: In a large skillet, add oil and heat over medium-high heat (350 °F in an electric skillet). Add onion, carrot and celery; cook until soft.
3. Add a small amount of unheated broth to the flour and stir until smooth. Slowly mix in remaining broth and add to skillet. Stir over medium heat as the mixture thickens.
4. Add the chicken, peas, salt and pepper. Heat on low while making dumplings.
5. Dumplings: Mix the flour, baking powder and salt together in a mixing bowl.
6. Add the egg to the milk and beat until well blended. Stir into the flour until well combined.
7. Pour the chicken mixture into a lightly greased casserole dish. Drop dumpling dough by spoonfuls onto chicken mixture (makes about 8 dumplings).
8. Bake uncovered for 15 minutes or until the dumplings are golden brown.
9. Refrigerate leftovers within 2 hours.

### Notes:

\*Broth can be canned or made using bouillon. For each cup of broth use 1 cup very hot water and 1 teaspoon or 1 cube bouillon.

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## NUTRITION INFORMATION

**8 servings per recipe**

**Serving Size: 1 cup**

Calories 220; Total Carbohydrate 22g; Total Sugars 3g; Protein 16g; Total Fat 8g; Saturated Fat 1g; Cholesterol 50mg; Sodium 370mg.

# Crispy Parmesan Baked Fish

## INGREDIENTS

- 1 3/4 cup plain bread crumbs
- 1/4 cup grated parmesan cheese
- 1/4 teaspoon ground thyme
- 1/4 teaspoon onion powder
- 1/8 teaspoon paprika
- 3/4 cup nonfat or 1% milk
- 2 pounds fish fillets (try any white fish)



## PREPARATION

1. Preheat oven to 500 °F. Lightly spray a baking sheet with cooking spray.
2. In a small bowl, mix together bread crumbs, parmesan cheese, thyme, onion powder and paprika.
3. Place crumbs on a flat plate or sheet of wax paper.
4. Dip the fish fillets in milk then press into the crumb mixture to coat all sides. Discard leftover bread crumbs and milk.
5. Place fish on the baking sheet in a single layer. Bake until the fish is opaque and flakes easily in the thickest part, about 15 minutes depending on thickness of fish.
6. Refrigerate leftovers within 2 hours.

### **Notes:**

Use leftover cooked fish to make fish tacos or add to salads.

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## NUTRITION INFORMATION

**8 servings per recipe**

**Serving Size: 1/8 recipe**

Calories 140; Total Carbohydrate 45g; Total Sugars 2g; Protein 21g; Total Fat 2g; Saturated Fat 0.5g; Cholesterol 45mg; Sodium 180mg.

# Classic Macaroni and Cheese

## INGREDIENTS

- 2 cups macaroni
- 1/2 cup onion, chopped
- 1/2 cup fat-free evaporated milk
- 1 medium egg, lightly beaten
- 1/4 tsp ground black pepper
- 1 and 1/4 cups (4 oz) low-fat sharp cheddar cheese, finely shredded
- Cooking spray



## PREPARATION

1. Cook macaroni according to package directions—but do not add salt to the cooking water. Drain and set aside.
2. Spray casserole dish with nonstick cooking spray.
3. Preheat oven to 350 °F.
4. Lightly spray saucepan with nonstick cooking spray. Add onion to saucepan and sauté for about 3 minutes over medium heat.
5. In a bowl, combine macaroni, onion, and the remaining ingredients, and mix thoroughly.
6. Transfer mixture into casserole dish.
7. Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.

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## NUTRITION INFORMATION

**8 servings per recipe**

**Serving Size: 1 cup pasta**

Calories 200; Total Carbohydrate 29g; Protein 11g; Total Fat 4g; Cholesterol 34mg; Sodium 120mg.

# Glazed Carrots and Cranberries

## INGREDIENTS

- 1 pound carrots, peeled and sliced diagonally into 1/4 inch thick slices
- 1/2 teaspoon salt
- 3 Tablespoons sugar, divided
- 1/2 cup chicken broth
- 1 Tablespoon butter
- 1/2 cup dried cranberries
- 2 teaspoons lemon juice



## PREPARATION

1. In a large skillet over medium-high heat, add carrots, salt, 1 Tablespoon sugar, and broth. Bring to a boil. Cover and reduce heat. Simmer, stirring occasionally, until carrots are almost tender, about 5 to 8 minutes.
2. Uncover; increase heat to high. Stir occasionally until liquid is reduced to about 2 Tablespoons, about 1 to 2 minutes.
3. Add butter and remaining sugar to skillet; stir carrots to coat. Add dried cranberries and cook, stirring frequently, until carrots are completely tender and glaze is light gold, about 3 minutes.
4. Remove from heat and stir in lemon juice. Serve warm.
5. Refrigerate leftovers within 2 hours.

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## NUTRITION INFORMATION

**4 servings per recipe**      **Serving Size: 2/3 cup**

Calories 110; Total Carbohydrate 23g; Total Sugars 18g; Protein 1g; Total Fat 2g; Saturated Fat 1g; Cholesterol 5mg; Sodium 250mg.



# Flavorful Green Beans

## INGREDIENTS

- 2 lb fresh green beans
- 1/2 cup cold water
- Nonstick cooking spray
- 1/3 cup chopped onions
- 4 cloves garlic, chopped
- 1/2 tsp ground black pepper
- 1/2 tsp dried basil
- 1/2 tsp dried oregano



## PREPARATION

1. Rinse green beans and snap off tips.
2. Place green beans in a large pot and add 1/2 cup of cold water.
3. Cook green beans on stovetop over medium heat for 10 minutes.
4. Spray a sauté pan with cooking spray, and sauté the chopped onions and garlic for 5 minutes, or until they are tender and very lightly browned.
5. Add onions, garlic, and black pepper to green beans. Spray the cooking spray over mixture, and cook on medium heat for another 20 minutes or until green beans are tender, but not soft. Stir occasionally.
6. Sprinkle dried basil and oregano over green beans. Mix and serve.

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## NUTRITION INFORMATION

**7 servings per recipe**

**Serving Size: 1 cup**

Calories 40; Total Carbohydrate 9g; Protein 2g; Total Fat 0g; Saturated Fat 0g; Cholesterol 0mg; Sodium 12mg.

# Winter Crisp

## INGREDIENTS

### For filling:

- 1/2 cup sugar
- 3 Tbsp all-purpose flour
- 1 tsp grated lemon peel
- 3/4 tsp lemon juice
- 5 cups apples, unpeeled, sliced
- 1 cup cranberries

### For topping:

- 2/3 cup rolled oats
- 1/3 cup brown sugar, packed
- 1/4 cup whole-wheat flour
- 2 tsp ground cinnamon
- 1 Tbsp soft margarine, melted



## PREPARATION

1. Preheat oven to 375 °F.
2. To prepare the filling: In a medium bowl, combine the sugar, flour, and lemon peel. Mix well. Add the lemon juice, apples, and cranberries; stir to mix. Spoon into a 6-cup baking dish.
3. To prepare the topping: In a small bowl, combine the oats, brown sugar, whole-wheat flour, and cinnamon. Add the melted margarine; stir to mix.
4. Sprinkle the topping over the filling. Bake for 40 to 50 minutes, or until the filling is bubbly and the top is brown. Serve warm or at room temperature.

### *Tip:*

To make a Summer Crisp variation, prepare as directed, substituting 4 cups fresh or unsweetened frozen (thawed) peaches and 3 cups fresh or unsweetened frozen (unthawed) blueberries for the apples and cranberries.

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## NUTRITION INFORMATION

**6 servings per recipe**      **Serving Size: 1 and 3/4-inch x 2-inch piece**  
Calories 284; Total Fat 6g; Saturated Fat 1g; Cholesterol 0mg; Sodium 56mg.

# Apple Coffee Cake

## INGREDIENTS

- 5 cups tart apples, cored, peeled, and chopped
- 1 cup sugar
- 1 cup dark raisins
- 1/2 cup pecans, chopped
- 1/4 cup vegetable oil
- 2 tsp vanilla
- 1 egg, beaten
- 2 and 1/2 cup sifted all-purpose flour
- 1 and 1/2 tsp baking soda
- 2 tsp ground cinnamon



## PREPARATION

1. Preheat oven to 350 °F. Lightly oil a 13×9×2-inch pan.
2. In a large mixing bowl, combine apples with sugar, raisins, and pecans; mix well. Let stand for 30 minutes.
3. Stir in oil, vanilla, and egg. Sift together flour, baking soda, and cinnamon; stir into apple mixture about 1/3 at a time, stirring just enough to moisten dry ingredients.
4. Turn batter into pan. Bake 35 to 40 minutes, until a toothpick inserted in the center of the cake comes out clean.
5. Cool cake slightly before serving.

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## NUTRITION INFORMATION

**20 servings per recipe**      **Serving Size: 3 and 1/2-inch × 2 and 1/2-inch piece**  
Calories 188; Total Fat 5g; Saturated Fat 1g; Cholesterol 11mg; Sodium 68mg.

# CARDIAC & PULMONARY SUPPORT GROUP

## • SAVE THE DATE •

January 16<sup>th</sup>, 2025 @ 7:00 p.m.

April 17<sup>th</sup>, 2025 @ 7:00 p.m.

July 17<sup>th</sup>, 2025 @ 7:00 p.m.

October 16<sup>th</sup>, 2025 @ 7:00 p.m.

*Facilitated by Christine Drake, RN, BSN*

Join us at Sneakers Café located in Guthrie County Hospital for the cardiac & pulmonary support group. This is a great way to share your experiences and expand your knowledge about cardiac & pulmonary rehab in a relaxed educational setting.

## CARDIAC & PULMONARY SUPPORT GROUP

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