

## Happy Fall Y'all!

The CentraCare Heart & Vascular Center wishes 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 the latest in heart failure information.



## Heart Failure Support Group

The Heart Failure Support Group will be changing days starting in September, to the third Tuesday of the month at 3 p.m.

There was little interest shown in the 6 p.m. session of the Heart Failure Support Group over the summer, so at this time, we will only be running the 3 p.m. session. If there is more interest in the future, we will reconsider adding another session time. Location will continue to be at:

**CentraCare Southpoint, Todd Steinke Auditorium**  
3001 Clearwater Road, St. Cloud, MN 56301  
Please park on the south side of the building. Face masks are required.

The first meeting will be held at **3 p.m. Tuesday, Sept. 20**. Patients and family/friends are welcome. Our speakers will be staff from the St. Cloud Senior Linkage Line (Laura Sakry) and Whitney Senior Center (Lee Meyer). The session also will include table-talk discussions, low-sodium drinks and snacks and door prizes (must be present to win). Room occupancy is 49. Please RSVP to [Nancy Romness](mailto:Nancy.Romness@centracare.com) or leave a message at 320-470-0760.

## Willmar: Heart Failure Support Group

We are excited to announce the launching of the Heart Failure Support Group at the Willmar location, starting Sept. 20!

Roxie has reserved the Lakeland Auditorium for patients and families who live in the Willmar area to come and enjoy low-sodium snacks, discuss heart failure topics and listen in via WebEx to the St. Cloud speaker of the month. The room occupancy is 30. Please RSVP to the contact below. Location will be at:

**Lakeland Auditorium, lower level of CentraCare - Willmar Lakeland Clinic**  
502 Second St. Southwest, Willmar. Face masks are required.

The Heart Failure Support Group is about health and disease awareness, education, resources, fellowship and community. We want to know what you, as the patients, are looking for in the support group, so please bring your ideas and share them with our staff. With all of your help, we hope this will be a great experience where we all can learn from each other and walk this journey together.

Please RSVP by the day before the scheduled meeting to allow for enough supplies and snacks. Indicate which session you would like and how many will be attending by emailing [Nancy Romness](mailto:Nancy.Romness@centracare.com) or leave a message at 320-470-0760 if wanting to attend in person.

There also is a WebEx option. If you wish to join online, [click here](#).

Hope to see many of you there in person or via WebEx!

## Missed the August Heart Failure Support Group?

In August, we had Registered Dietitian Hannah Warzecha speak at the Heart Failure Support Group. This was requested by many patients and there is a recording of the session on WebEx. If you are interested in listening to that session and have email, please email [Romnessn@centracare.com](mailto:Romnessn@centracare.com) or call 320-470-0760.

## Tips to Help with the Low-Salt Diet

**Plan for get-togethers, potlucks or eating out:** Think of it as a new 2,000 mg bank of sodium every day. If you are going to eat out or be somewhere where you are not cooking the food or are unaware of how much salt is in the food, eat fresh the rest of the day and the following day with fresh fruits, veggies, poultry or beef that is unseasoned or only seasoned with salt-free seasonings. This will allow your body to compensate for times when you do not know how much salt is in the food.

**When you are out and about,** ask for food unsalted and have a small container of your favorite salt-free seasoning in your purse or pocket.

**If there are certain foods you absolutely need salted,** place a small amount in the palm of your hand and sprinkle just a few pieces with your fingertips on the food, rather than using a shaker.

**"Thinning out the salt":** If there are items, like nuts, that you like salted, buy the small can that has sodium and then buy the large bulk size in unsalted and mix them together. You then can add the number of servings for both items and divide the total amount of salt between all of the servings.

**Make your own low-salt seasonings.** Find herbs and spices that you like. Keep them completely salt-free or add a small fraction of salt to a bottle of homemade mixed seasoning.

**Measure out the salt for recipes or make the recipes completely salt-free:**

- 1/8 teaspoon salt = 288 mg
- 1/4 teaspoon salt = 575 mg
- 1/2 teaspoon salt = 1,150 mg
- 1 full teaspoon salt = 2,300 mg

## Low-Salt Recipe

### Roasted Tomato & Pumpkin Soup

**Author:** Purely Ally

- 6 medium-sized tomatoes
- 1-2 TBSP olive oil
- 2 cloves garlic, minced
- 1 can pumpkin puree
- 3 C vegetable broth
- 1 C water (optional)
- 1 tsp paprika
- 1/4 tsp smoked paprika (optional)
- 1 tsp maple syrup (optional)
- 1/2 tsp cinnamon
- 1 tsp oregano
- 1/2 tsp thyme
- 1/2 tsp sage
- 1/4 tsp nutmeg
- 1 can full-fat coconut milk

#### Instructions

1. Preheat the oven to 350 degrees F.
2. Cut tomatoes horizontally about 1/2 inch thick. Use a knife to remove the stems.
3. Place on a baking sheet and drizzle with olive oil, salt and pepper.
4. Bake on middle rack for approximately 30-35 minutes until tomatoes are soft but not burning.
5. Remove from oven and set aside to cool.
6. While tomatoes are cooling, brown garlic for 1-2 minutes in a small saucepan with oil or water over low to medium heat, being careful not to burn it.
7. Add garlic to blender with tomatoes, pumpkin, vegetable broth, maple syrup (if using) and all spices. Blend on high until completely smooth.
8. Add soup mixture to heavy pot or Dutch oven. Bring to a boil, then reduce heat to medium low and simmer, covered, for 30 minutes.
9. If soup is too thick, add water.
10. Adjust the pepper and spices to your taste, adding more if desired.
11. Once soup has simmered for 30 minutes, remove from heat and stir in coconut milk.
12. Serve immediately with bread, pumpkin seeds, parsley or other desired garnishes.
13. Refrigerate unused portions once soup has cooled. It tastes even better reheated the next day.

## Nutrition Facts

Fall For Pumpkin and Roasted Tomato Soup	
Serves 7	
<b>Amount Per Serving</b>	
<b>Calories 191.2kcal</b>	
	<b>% Daily Value*</b>
<b>Total Fat</b> 16.3g	<b>25%</b>
Saturated Fat 12g	<b>60%</b>
Trans Fat 0g	
Polyunsaturated Fat 0.6g	
Monounsaturated Fat 2.8g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 32.3mg	<b>1%</b>
<b>Potassium</b> 539.2mg	<b>15%</b>
<b>Total Carbohydrates</b> 12.1g	<b>4%</b>
Dietary Fiber 3.6g	<b>14%</b>
Sugars 5g	
<b>Protein</b> 3.1g	
Vitamin A	6.3%
Vitamin C	20.6%
Calcium	5.2%
Iron	19.2%

\* Percent Daily Values are based on a 2000 calorie diet.

Purely Ally

## Upcoming Newsletters

In our upcoming newsletters, we will give more information about heart failure-related subjects, and helpful tips for your day-to-day living with heart failure as a chronic condition.



For more information and resources, please visit [CentraCare.com](http://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, BSN, CHF? Contact:  
Nancy Romness, BSN, CHFN

Heart Failure Monitoring Core Charge Nurse  
Work cell: 320-470-0760

Email: [Romnessn@centracare.com](mailto:Romnessn@centracare.com)  
CentraCare Heart & Vascular Center

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St. Cloud, MN 56303

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