Warm Welcome

Please join us in welcoming Julie Wert, CNA, to our team. Julie has been working for Valley Health for 17 years. She is working to help Dr. Krishna and Marie stay on schedule in clinic. She is a wonderful asset to our team, and we know each of you will enjoying meeting her.

Congratulations!

Lindsay Wilkins, RN, BSN, and Marie Amico, FNP-C, attended the American Association of Heart Failure Nurses annual meeting in Austin, Texas. During the meeting, they both successfully passed the AAHFN National Certification Exam. We are very proud to recognize both of them on their certification. This recognizes their specialized knowledge in heart failure to better serve our community. Please join us in congratulating both Lindsay and Marie! Our team continues to strive to care for each of you.

Try to Exercise, Little by Little:

1. The goal is to exercise for a total of 30 minutes each day. You can exercise for 10 minutes three times per day to be successful.
2. Exercise can help to decrease your heart failure symptoms and improve your quality of life.
3. Try a short walk with your family or your pet. When it is too hot outside, consider walking in a large store like Walmart or at a mall.

Are you looking for resources or an online community?

The American Association of Heart Failure Nurses has a free online community for heart failure patients and caregivers. Please go to www.togetherinhf.com and explore their resources.

To contact us:
Advanced Heart Failure & Cardiomyopathy Center
Winchester Medical Center
Heart & Vascular Center
1840 Amherst Street
Winchester, VA
Phone: 540-536-4555
Fax: 540-536-5529
Online advanced heart failure resources: www.myvad.com
Recipe from: Don’t Pass the Salt! Recipes for Success by American Association for Heart Failure Nurses

Call the Heart Failure Clinic if you have questions.  
540-536-4555

Recipe Name: **Low Sodium Barbecue Sauce**

Recipe category: Sauces  
Submitted By: Nancy Gerwe  
Number of servings: 16  
Prop. Time: 10 min

tsp = teaspoon, tbsp = tablespoon, c = cup, pt = pint,  
oz = ounces, lb = pounds, sq = square, min = minute(s), hr = hour

**Ingredients**

- 1/2 cup low-sodium ketchup  
- 1/2 cup vinegar  
- 1/2 cup honey  
- 1/4 cup molasses  
- 1 tablespoon chili powder  
- 1 tablespoon onion powder  
- 1/2 teaspoon garlic powder  
- 1 tablespoon dry mustard  
- 1/4 teaspoon cayenne powder

**Directions**

Combine all ingredients and mix well. Store in a covered container in the refrigerator. Yield 2 cups.

**Nutritional Info.**

Serving Size: 2 Tablespoons  
Serving per Recipe: 16  
Saturated Fat:  
Cholesterol: 7 mg  
Sodium: 25 mg

This will keep for a long period of time and is delicious