

NEWS FROM THE

Advanced Heart Failure Clinic



Volume 5 – Summer 2019

“The Beat”

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 enjoy 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
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Phone: 540-536-4555
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Online advanced heart failure resources:
www.mylvad.com

Recipe category : Sauces

Submitted By : Nancy Gerwe (nancy.gerwe@chesapeakearegional.com)

Number of servings : 16

Prep. Time : 10 min

Recipe Name

Low Sodium Barbeque Sauce

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

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