



## What are you thankful for this holiday season?

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

### HF Support Group

#### St. Cloud

**The St. Cloud HF Support Group takes place the third Tuesday of the month at 3 p.m. 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 you would like to attend. Email [Nancy Romness](#) or leave a message at 320-470-0760.

**To participate through our WebEx option, go to the CentraCare website and join on the link.**

### December HF Support Group: Bingo

In December we will play **Bingo** at the HF Support Group! Prizes will be related to HF.

**Save the date: Tuesday, Dec. 20, at 3 p.m.**

## 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!**



**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!*

## 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)	1/2 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
1/2 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 saltshaker

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
1/2 c. chopped onion	2½ c. broth, chicken or vegetable, unsalted
1/2 c. diced celery	2-3 cloves garlic
1/2 c. diced mushrooms	

### Preparation:

Preheat oven to 350 degrees. Heat a large saute 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 2g

## 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 CCHVC cookbook

## Orange-Kissed Brussels Sprouts

### Ingredients:

2 lbs Brussels sprouts, trimmed and halved  
2 tsp. graded orange rind  
1 c. fresh orange juice  
1/4 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 CCHVC cookbook

## Cherry Apple Crisp

### Ingredients:

8 cups sliced, peeled Granny Smith or other tart apples (about 5 large)	1/3 c. nonfat dry milk powder
3/8 c. Splenda Sugar Blend for Baking	1/4 to 1/2 tsp. cloves
1/2 c. dried cherries	1 tsp. ground cinnamon
1/2 c. chopped walnuts	5 Tbsp. light margarine, cold
1½ to 2 tsp. graded orange peel	1/3 c. whole-wheat flour
1/4 c. packed Splenda Brown Sugar Blend for Baking	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 CCHVC cookbook

**What do you call a  
turkey the day after  
Thanksgiving?**

**LUCKY**

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 or suggestions? Contact:

Nancy Romness, BSN, CHFN  
Supervisor, Heart Failure Monitoring  
Work cell: 320-470-0760  
Email: [Romnessn@centracare.com](mailto:Romnessn@centracare.com)  
CentraCare Heart & Vascular Center  
1406 Sixth Ave. N.  
St. Cloud, MN 56303

