

Hello to Summer!

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.

To assist with this goal, we created this newsletter for patients seen in our heart failure clinic, especially in leu of COVID-19.



We Have Exciting News!

The Heart Failure Support Group will be starting again!

We have a new location where the meeting will be held:

CentraCare Southpoint in the Todd Steinke Auditorium.
3001 Clearwater Road, St. Cloud, MN 56301

Please park on the south side of the building. Face masks are required.

We will be offering the support groups on **Wednesday, June 8** at two different times, one in the afternoon at **3 p.m.** and one in the evening at **6 p.m.** to better serve the varying schedules of our patients. Our speaker will be Dr. David Miranda, the new heart failure director from St. Cloud Hospital. Drinks and snacks will be provided.

Please RSVP which session you would like to attend and how many will be attending. We are limited to 49 people in the room with having drinks and snacks. This will be based on first-come RSVPs. **Please send RSVP to Nancy Romness at romnessn@centracare.com** or leave a message at 320-470-0760 if wanting to attend in person. Please RSVP one week prior to the scheduled meeting to allow for enough supplies and snacks.

There also is a Webex option if you wish to join online.

- **Join the 3 p.m. meeting by clicking the link below.**

<https://centracare.webex.com/centracare/j.php?MTID=mc6e4efc69b9624546d2b0111d2f9cd6d>

- **Join the 6 p.m. meeting by clicking the link below.**

<https://centracare.webex.com/centracare/j.php?MTID=m2ee5fbb3b9da348e3cb1f65a6535edf>

Hope to see many of you there in person or via Webex.

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.

Heart Failure Support Group: Save the Dates:

July meeting: Wednesday, July, 13 Sessions available at 3 p.m. or 6 p.m.

August meeting: Wednesday, Aug. 24 Sessions available at 3 p.m. or 6 p.m.

Getting to Know Your Heart Failure Nurse Practitioners (NP)



Abigail Hartin, APRN, CNP

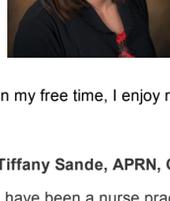
My background in cardiology began as a registered nurse caring for heart failure, transplant and post-surgical patients. I was a registered nurse for 14 years prior to becoming a nurse practitioner in 2018. I have been with CentraCare for three years and see patients in St. Cloud.

It is a privilege to be a partner in a person's health and I enjoy meeting each person and those close to them. In my spare time, I spend time with my family and children who keep me busy with their activities and sports.

LaRae Lymer, APRN, CNP

I was a stay-at-home mom when my 7-year-old son was diagnosed with brain cancer. Throughout his treatment, his nurses provided medical expertise, comfort, a listening ear and the silly playfulness my son needed. They inspired me to become a nurse. (My son is now 30 years old and doing well!)

I received my bachelor's degree in nursing in 2007 and became a nurse practitioner in 2015. My entire nursing career has been with CentraCare. I enjoy working with people who have heart failure and helping them build the skills to manage their disease. I strive to provide the same comfort and compassion shown to my family when we went through our own journey with a serious illness. I see patients in St. Cloud, Monticello and Willmar (telehealth). In my time off, I enjoy gardening, hiking, camping and spending time with my family. One of my goals is to hike in each of the National Parks.



Milissa McDuffee, APRN, CNP

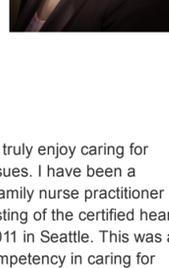
I began working as a nurse practitioner in the Heart Center in 2014. Prior to this, I worked as a registered nurse within CentraCare for 10 years. Taking care of patients with heart failure has been very rewarding. I believe in creating a partnership with my patients and their families while providing them with the knowledge and tools to assist in managing their health.

I currently see patients in St. Cloud and Willmar via telehealth. In my free time, I enjoy reading, cooking, traveling and spending time with my family.

Tiffany Sande, APRN, CNP, DNP

I have been a nurse practitioner for seven years and was a registered nurse for 10 years prior to that. I have been with CentraCare for six years. I love taking care of heart failure patients because I get a chance to help them manage their health and empower them to take care of themselves. I see heart failure patients in St. Cloud. I also go to Melrose, Glenwood and Long Prairie.

In my spare time, I keep very busy with my twin daughters who are toddlers!



Rebecca Wirtz, APRN, CNP

My passion is cardiovascular care. I truly enjoy caring for patients that have cardiovascular issues. I have been a registered nurse since 2002 and a family nurse practitioner since 2005. I sat for the very first testing of the certified heart failure nurse examination in June 2011 in Seattle. This was an honor to show the importance of competency in caring for patients with heart failure. I see heart failure and general cardiology patients in Baxter. In St. Cloud, I see structural heart clinic patients.

I enjoy my time off spending it with my family which includes my husband, four kids and three dogs!

Palliative Care, What is This Truly?

Information provided by: Michelle Jaskolka, Director, Palliative Care, and Senior Transitions

You or your loved one's journey through a serious illness like heart failure (HF) can be compared to a road trip. Your trip begins the moment you or your loved one is given the diagnosis of HF. Medical care can be very complicated. When you are seriously ill or injured, this becomes even more complex. There are many people involved in your care and many paths you can take. The "big picture" can sometimes get lost in the details. This is where Palliative Care comes in.

Planning for your future with Palliative Care keeps you in the driver's seat of your care.

Palliative Care staff will spend time with you or your loved ones to help understand what the care journey might involve and provide options based on you or your loved one's wishes and values. Palliative Care can assist in choosing the smoothest, most desirable pathway for you, and help navigate any detours along the road by:

- Focusing on helping you or your loved one live their highest quality of life.
- Capturing your goals and wishes for your treatment.
- Managing symptoms or treatment side effects.
- Providing emotional or spiritual support for you and your family.
- Assisting in communicating with primary doctors and specialists.

Low-Salt Recipe

Bean and Cheese Tostadas

Ingredients:

- no-salt-added pinto beans (rinsed and drained)- 1 (14.5-oz) can
- water- 1/4 cup
- chili powder- 2 tsp
- ground cumin- 1 tsp
- garlic (minced)- 1 clove
- hot sauce- 1/4 tsp
- 6-inch corn tortillas- 4
- Reduced-fat shredded cheddar or Mexican-style cheese- 1/2 cup
- shredded romaine lettuce- 2 cups
- grape or cherry tomatoes (halved)- 4 oz
- finely chopped red onion- 1/3 cup
- chopped fresh cilantro- 1/4 cup
- lime juice- 1 tbsp
- olive oil- 2 tsp
- salt- 1/4 tsp

Directions:

Preheat the oven to 350°F.

In a food processor or blender, process the beans, water, chili powder, cumin, garlic and hot-pepper sauce until smooth. Put the tortillas on a baking sheet. Spread the bean mixture on the tortillas. Sprinkle with the cheddar cheese. Bake for 10 minutes, or until the cheese has melted and the bean mixture is hot.

Meanwhile, in a medium bowl, gently toss together the lettuce, tomatoes, red onion, cilantro, lime juice, oil and salt. Top the tortillas with the lettuce mixture. Serve immediately.

Serving size: 1 tostada: 210 calories, 4.5g fat, 260mg sodium, 31g carbohydrates, 13g protein, 610mg potassium, 310mg phosphorus

Retrieved from <https://www.diabetesfoodhub.org/recipes/bean-and-cheese-tostadas.html>

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. Search: Heart Failure

To contact the Heart Failure Registry, 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

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

Email: Romnessn@centracare.com
CentraCare Heart & Vascular Center
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