



Volume 10 – Summer 2021

“The Beat”

Clinic Announcements

Warm Welcome

Taylor Boyd, RN has joined as our clinic nurse. Many of you may have met her already as she previously worked at Winchester Cardiology. Taylor will be out on leave, as she just was blessed with the birth of her first child.

Amber Schiavone, RN joined the team as Heart Failure nurse navigator. She will be helping in the clinic while Taylor is out and then will transition to her role as the nurse navigator.

Fond Farewell

Dr. Nikolas Krishna will be departing our team at the end of July 2021. While we will miss him, we wish him the best of luck as he transitions to his new practice as medical director of an active LVAD program in Richmond, VA.

COVID-19 Vaccine

Vaccines have been developed to decrease the community spread of COVID-19 and reduce the severity of illness. Please call your local health department to find out when vaccine clinics are available in your area. Your team at the heart failure clinic continues to recommend vaccination.

Managing your stress

It is common to experience stress throughout the HF journey.

- Do fun things that you like to do such as reading or hobbies.
- Listen to peaceful music.
- Allow yourself to put your feet up and take a rest every day.
- Go for a walk and get some activity.
- Don't try to do too much in one day.

Protect your heart in the heat

During hot weather, it is important to take precautions when outside:

- Avoid being outdoors in the early afternoon because the sun is usually at its strongest.
- Choose well-ventilated footwear.
- Dress for the heat and wear lightweight light colored clothing in breathable fabrics. Add a hat and sunglasses.
- Before you get started, apply sunscreen with at least SPF 15 and reapply every two hours
- Take regular breaks find some shade or a cool place to stop for a few minutes.

Oven-Fried Chicken with Roasted Potato Wedges

Ingredients

Oven-Fried Chicken

- Cooking spray
- 1 cup low-fat buttermilk
- 1 large egg, lightly beaten with a fork
- 1/2 cup whole-wheat flour
- 1 teaspoon paprika
- 1/2 teaspoon pepper
- 1 4-pound whole chicken, all visible fat, neck, and giblets discarded, cut into 8 pieces (2 breasts, 2 thighs, 2 drumsticks, and 2 wings)

Roasted Potato Wedges

- Cooking spray
- 2 large baking potatoes, peeled if desired and cut into 1-inch wedges
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dried parsley, crumbled
- 1/2 teaspoon pepper

Directions

Oven-Fried Chicken

1. Preheat the oven to 425°F. Lightly spray a large wire rack with cooking spray. Place the rack on a large baking sheet.
2. In a shallow dish, whisk together the buttermilk and egg.
3. In a separate shallow dish, stir together the flour, paprika, and 1/2 teaspoon pepper.
4. Dip each chicken piece in the buttermilk mixture, then in the flour, turning to coat at each step and gently shaking off any excess. Transfer to the wire rack on the baking sheet.
5. Lightly coat the chicken pieces with cooking spray. Bake for 30 minutes. Turn over the chicken. Bake for 20 minutes, or until the chicken is no longer pink in the center and all pieces register 165°F.

Roasted Potato Wedges

1. While the chicken is baking, lightly spray a second large baking sheet with cooking spray.
2. Arrange the potato wedges on the baking sheet in a single layer. Lightly spray with cooking spray.
3. In a small bowl, stir together the garlic powder, 1/2 teaspoon pepper, and the parsley. Sprinkle over the potatoes.
4. Once the chicken has baked for 20 minutes, place the baking sheet with the potatoes in the oven. Bake for 15 minutes. Turn over the potatoes. Bake for 15 minutes, or until the wedges pierce easily with a fork.

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Online advanced heart failure resources:

www.mylvad.com

www.togetherinhf.com

