BECOME A MEMBER
We invite you to become an active member of our chapter. Would you like to give your life experiences new meaning as a member of Mended Hearts? We invite you to visit with us at our upcoming monthly chapter meeting. Meetings are always on the third Thursday of each month at 6 pm at Cookeville Regional Medical Center. To join, simply fill out the application that’s included in this newsletter, write a check and mail. You may also give your check and application to Dot Tomberlin, our treasurer.

GUEST SPEAKER
Thank you Dr. Fredonia Williams for enlightening our chapter about Mended Hearts, Mended Little Hearts and the younger adult groups pilot program in California. Also, thank you Lincoln Williams for your time and effort you freely gave to attend our meeting.

BAKE SALE
Just a reminder. We have a month to think and prepare for our semi-annual bake sale, so ladies and gentlemen mark your calendar for Friday, May 16. The bake sale will be held in the Algood and Baxter rooms next to the cafeteria from 7 am until 2 pm. The sale will be the Friday following our regular Thursday meeting. As always we will accept baked goods at our Thursday night meeting for the bake sale.

NEXT MEETING
Our next meeting will be April 17 at 6 pm in education rooms 1, 2, 3, and 4. The guest speaker will be Randy Porter, Director of the EMS/911 program and the county coroner. He will be talking about the services and responses of the EMS and 911. He will also address the difference between an EMT and a Paramedic.

2014 Mended Hearts Annual Education and Training Conference
June 19 - 22, 2014 • Westin Indianapolis
Indianapolis, Indiana
INGREDIENTS

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>green peppers</td>
</tr>
<tr>
<td>2</td>
<td>cups ground turkey</td>
</tr>
<tr>
<td>1</td>
<td>chopped onion</td>
</tr>
<tr>
<td>1</td>
<td>cup fine bread crumbs</td>
</tr>
<tr>
<td>½</td>
<td>cup brown rice</td>
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<tr>
<td>1</td>
<td>cup grated cheese</td>
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<tr>
<td>2</td>
<td>tbsp. olive oil</td>
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<tr>
<td>2</td>
<td>tsp. Salt</td>
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<tr>
<td>½</td>
<td>tsp. Pepper</td>
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</tbody>
</table>

DIRECTIONS:

Remove stems and seeds from peppers; 
Cook in boiling water until tender; 
Cook onions in olive oil until tender; 
Add turkey, rice, crumbs, salt and pepper. 
Cook until meat is done. 
Stuff peppers with mixture; 
Place peppers in baking dish. 
Sprinkle with cheese. 
Bake at 350 degree for 20 minutes or until done. 
Yields 6 servings

March 2014 Regular Meeting Highlights
Submitted by Laura Jackson

• GREAT attendance with a 52 member turn-out.

• An abundance of the very best food ever and heart-warming fellowship. THANK YOU to all of our members for everything you did to make this a special 17th Anniversary of the formation of Chapter 127.

• Our special guest speaker was Dr. Fredonia Williams, Mended Hearts Southern Regional Director and National Visiting Chair. Her presentation was: Mended Hearts, Mended Little Hearts, and Generational Outreach. She was very complimentary of our attendance, our active membership, our many programs, and our hospitality.

• Announcement of the awarding of a grant from UCEMC Cares.

• Let’s make our next meeting (April 17th) another special time together.

A New Way To Call For Help After A Fall
PagesMag 0414

What happens if you fall to the floor and you are knocked unconscious?

An alert pendant can’t help if you can’t press the button or if you aren’t wearing it at the time. But a new system uses smart wireless technology to sense if a person has fallen.

The safe@home system, being tested by tech companies now, addresses falling, a common problem among seniors: falling. According to German statistics, about 30 percent of those over age 65 and living at home experience a fall at least once a year. For those over 80, the number is more than 80 percent. When seniors do fall, they are sometimes unable to call for help for hours.

The new system uses sensors the size of smoke detectors on the ceiling of every room. These sensors use both optical and acoustic methods to determine where a person is in the room and if the person is well. A fall can be detected within seconds. If the sensors detect no movement or cries for help, then the system calls the person. If the person is well, the alarm can be cancelled. If no one answers, family members or neighbors can be notified.

The safe@home system should be ready later in 2014.

A Tip for Speedy Eaters
Submitted by Blanche Smithers

When you eat quickly, our bodies think they need more food to be satisfied. It takes approximately 20 minutes for your brain to get the message that you are feeling full. Fast eaters should slow down to give their brains times to get the message that they are no longer hungry.
Spotlight On
Roberta Thomason
Submitted by: Blanche Smithers

Occupation before retiring: “I was in banking at Regions and Putnam 1st Mercantile Bank. Also with Prudential Life Insurance as a underwriter.”

On thing that makes you smile? “I always like a good, clean joke. Most of all when I get up in the morning, I thank God for a good night. That always puts a smile on my face.”

Hobbies: “I am just learning to crochet. I also love to do stained glass windows.”

Prettiest place you have visited: “Burlington, Vermont. I visited Burlington when Lou almost took a job there.”

Favorite TV Show: “Charles Stanley.”

If you could put Lou in the Olympics, what class would it be? Roberta laughed at this question, after a thought she said, “special olympics.”

Pet Peeve “Fingerprints.”

Three words to describe your husband Lou: “Laid back, dog lover, caring.”

Most thankful for: “My salvation.”

What do you know about love, you wish you had known earlier? “That true love is everlasting.”

Something most people don’t know about you? “I have a very sensitive side.”

What do you like best about MH? “The speakers and the interaction among the members.”

Three things you could not live without: Coffee, pets, Lou.”

What does home mean to you? “A place for retreat and comfort.”

Tell me about your pets: “We have three dogs; Gracie is 10 1/2, Buddy is 4 and Lucy is 3.”

How do you deal with gossip? “I do not get involved - that is other peoples business, not mine.”

We are very grateful to Roberta. She gets all the door prizes and keeps up with the tickets. Thank you Roberta. The man she talked about in this interview is Lou, her husband, who is our visiting chairman.

Take Charge of Lowering Your High Blood Pressure
CardioSmart

Did you know that one in three adults – about 68 million Americans – has high blood pressure? Many people don't even know they have high blood pressure (also called hypertension). That’s because there are often no warning signs. But having high blood pressure makes a stroke or heart attack much more likely.

Why? High blood pressure is the force of your blood moving against the walls of your arteries. So when your blood pressure is too high, your heart is on overdrive in a sense. A patient has high blood pressure if their readings are above 140 over 90. Over time, elevated blood pressure can weaken your heart, blood vessels, kidneys and other parts of your body.

Remember, though, there are many steps you can take to lower your blood pressure. It’s important to work together with your health care team to set your blood pressure goal - the reading you’d like to consistently see when your blood pressure is taken – and how you can best reach it. If you have coronary artery disease, diabetes or chronic kidney disease, managing high blood pressure is especially important. With medication, the right diet, and a few lifestyle changes, however, hypertension can be managed.

“It’s great to be alive - and to help others!”
Pharoah Smithers and Laura Jackson at a Health fair in Fairfield Glade.

Blanche and Pharoah Smithers of Mended Hearts spoke to the Cookeville Lions Club. From the left is Blanche Smithers, Mended Hearts; Pharoah Smithers, Mended Hearts; and Gene Kline, Cookeville Lions Club.

Chapter 127 Executive Board members at a board meeting and preparing to get the newsletters ready for distribution.

Chapter 127 members have just finished eating a good meal and are now enjoying the speaker.
MEMBER ENROLLMENT

Member Information (please print or type)  
Name (Mr/Mrs/Ms) ___________________________  
Address (line 1) ___________________________  
Address (line 2) ___________________________  
City/State/Zip ___________________________  
Email address ___________________________  
Family member (must reside at same address; please name): (Mr/Mrs/Ms) ___________________________  
Family Member Email ___________________________  
Date ____________

Chapter ________  Member-At-Large ________

Phone ( ________ ) ___________________________
Alt Phone ( ________ ) ___________________________
Retired: ☐ Yes ☐ No
Occupation ___________________________

Preferred Contact: ☐ Phone ☐ Email ☐ Mail

May Mended Hearts staff or volunteers contact you regarding local chapter opportunities? ☐ Yes ☐ No

Medical Info/Demographics (Optional for Mended Hearts reporting purposes in aggregate only)

Name of Heart Patient ___________________________  
Date of Surgery/Procedure ___________________________
Type of Surgery/Procedure ___________________________
☐ Angioplasty ☐ Heart attack ☐ Diabetes
☐ Atrial Septal Defect ☐ Pacemaker ☐ Valve-Surgery
☐ Aneurysm ☐ Transplant ☐ Valve Transcath
☐ CABG (Bypass) ☐ AFib arrhythmia ☐ ICD (Defibrillator)
☐ Stent ☐ Other arrhythmia ☐ Other ________

Name of Caregiver ___________________________
Phone ___________________________
Alt Phone ___________________________
☐ Check here if also Heart Patient
☐ Procedure- specify: ___________________________

Add my email to monthly national email updates? ☐ Yes ☐ No

Optional info: Date of birth ____________ Please check below:
Race: ☐ Caucasian; ☐ Black; ☐ Asian; ☐ Am. Indian; ☐ Other
Gender: ☐ Male; ☐ Female

Add my email to monthly national email updates? ☐ Yes ☐ No

Optional info: Date of birth ____________ Please check below:
Race: ☐ Caucasian; ☐ Black; ☐ Asian; ☐ Am. Indian; ☐ Other
Gender: ☐ Male; ☐ Female

National Membership Dues: Includes subscription to Heartbeat magazine and one insignia pin for an individual or two pins for a family membership (must reside in same household). Select type of membership and include chapter dues (unless you wish to become a member-at-large). National dues are tax deductible less $10.00; Chapter and Lifetime dues are 100% tax deductible.

In U.S. National Member-at-Large annual dues  
Individual $20.00 ☐
Family $30.00 ☐
Life – Individual Dues $150.00 ☐
Life – Family Dues $210.00 ☐

Dues Summary: National dues $_______
Chapter dues $_______
TOTAL $_______

☐ I am joining as a non-heart patient: ☐ Physician ☐ RN
☐ Health Admin ☐ Other Interested Party ☐ Other ________

☐ Donation to national $________
☐ Donation to chapter $________ To chapter #________ Chapter Name: ____________ City, ________ State ________

I would like to make a tax-deductible contribution of $________

Please send payment with enrollment form to MH chapter Treasurer or for national member-at-large, send to:

Dot Tomberlin
1420 Yorktown Circle
Cookeville, TN 38501

Inquiries: info@mendedhearts.org
Understanding and Treating Arthritis Pain

In his new book, The New Science of Overcoming Arthritis, C. Thomas Vangsness (with Greg Ptacek) says many people with arthritis are “on a slow train to more pain.” Vangsness is a professor of orthopedic surgery at USC’s Keck School of Medicine.

About 54 million American adults have arthritis right now. The CDC estimates that number will rise to 67 million by 2030.

Arthritis includes many different diseases but the most common are osteoarthritis, rheumatoid arthritis, lupus, fibromyalgia and gout. Arthritis is the most common cause of disability among adults, the government says.

It’s a huge public health problem says rheumatologist Patience White of the Arthritis Foundation. The condition is caused by a breakdown of the joint’s cartilage, the part of the joint that cushions the ends of the bones. The bones rub together, causing stiffness, pain and loss of movement in the joint.

The causes of arthritis include obesity, lack of physical activity, age, injury or overuse, and muscle weakness.

**What can you do?**

* Lose weight: increased body weight adds stress to the lower body joints, a factor in developing osteoarthritis. For every pound you gain, you add 4 pounds of pressure on your knees and six times the pressure on your hips.

Quoted in USA Today, Vangsness says his overweight patients who lose 10 to 20 pounds decrease their pain.

* Exercise. It makes the muscles stronger so they can absorb some of the force on the joints. He recommends swimming, riding a stationary bike, and joining a health club to get access to weight training and professional advice. For some people, walking is a great exercise.

* Take the right meds. Over-the-counter drugs that can relieve both pain and inflammation include ibuprofen (Advil, Motrin), naproxen (Aleve) and aspirin. Prescription COX-2 inhibitors (Celebrex) work, but may cause stomach pain or discomfort.

Heart Attack Survival Rates Poorest in the South

Through advances in prevention and treatment, more Americans now survive heart attacks than ever before. Still, Southerners are more likely to die from heart attack than anywhere else in the country, according to research presented at the American College of Cardiology’s 63rd Annual Scientific Session.

Using data from a national hospital registry, researchers investigated heart attack survival trends in different regions of the country from 2000 to 2010. After identifying more than 12.9 million heart attack cases, researchers found that heart attack deaths significantly declined over this time period. However, death rates were highest in the South, where heart attack survival rates varied greatly by race. In the South, African-Americans had a 50% higher risk of heart attack death compared to whites and Hispanics had a 15% higher risk.

Lead study investigator, Sadip Pant, MD, says that this gap in outcomes is unacceptable. “We’ve made great strides in the way we treat our heart disease patients in this country,” says Pant. “Especially with [advances in] new medication, technologies and treatment protocols.”

Study analysis also showed that Southerners had a lower median income and were much more likely to have risk factors for heart disease, such as obesity and high blood pressure, compared to other areas in the country. “Lower household income in the region may play a role by affecting the type of care people receive, how well they are able to manage their risk factors, how often they see their doctors and whether they have access to the proper medications,” says Pant.

Pant hopes this study will raise awareness for the significant healthcare disparities that exist depending on where one lives in the United States. He also hopes that experts can develop a system that helps better serve patients in the South to improve heart attack survival rates. By increasing access to quality healthcare and helping Southerners reduce their risk for heart disease, authors believe we can improve survival rates and help eliminate gaps in health care disparities in the South.
Spring Flowers Word Search Puzzle

**MENDED HEARTS CHAPTER 127 COOKEVILLE**

**Officers**
- President: Pharoah Smithers 931-526-4497
- Vice President: Dennis Guzlas 931-858-0100
- Treasurer: Dot Tomberlin 931-526-7535
- Secretary: Laura Jackson 931-858-2196
- First Past President: Tom Little 931-526-4009

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1. Arlee Freeman Every other Monday 931-537-9811
2. Bob Freeman Every other Monday 931-537-9811
3. Kathy Pharris Every other Monday 931-510-8785
4. Marie Thompson Every other Monday 931-526-5389
5. Glee Miller Every other Tuesday 931-261-5619
6. Richard Miller Every other Tuesday 931-261-5619
7. Charles Jackson Every other Tuesday 931-858-2196
8. Laura Jackson Every other Tuesday 931-858-2196
9. Dennis Guzlas Every other Wednesday 931-858-0100
10. Karen Guzlas Every other Wednesday 931-858-0100
11. Debbie Greene Every other Wednesday 931-372-0513
12. Jim Greene Every other Wednesday 931-372-0513
13. Mona Neal Every other Thursday 931-526-9398
14. Louise Davies Every other Thursday 931-432-0277
15. Tom Tomberlin Every other Thursday 931-526-7535
16. Dot Tomberlin Every other Thursday 931-526-7535
17. Blanche Smithers Every other Friday 931-526-4497
18. Pharoah Smithers Every other Friday 931-526-4497
19. Jim Hughes Every other Friday 931-528-1267
20. Carl Wingfield Every other Saturday 931-268-3348
21. Lorna Wingfield Every other Saturday 931-268-3348
22. Louie Thomason Every other Saturday 931-432-6262
23. Roberta Thomason Every other Saturday 931-432-6262

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Debbie Baker 931-783-2786

**PUBLIC RELATIONS**
Blanche Smithers 931-526-4497

**SUNSHINE CHAIRMAN**
Carolyn Shanks 931-858-3021

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**MARK YOUR CALENDAR**

- **April 17** Mended Hearts 127 Monthly Meeting
- **April 22** Jamestown Meeting
- **May 6** County Election
- **May 8** Mended Hearts Board Meeting
- **May 8** Tullahoma Meeting
- **May 15** Mended Hearts 127 Monthly Meeting
- **May 16** Bake Sale

If you would like to receive the Mended Hearts newsletter by email please send your email address to: Angie Boles at aboles@crmchealth.org.

Mended Hearts does not give medical advice. As always, consult your physician before making any changes in medication, food supplements, diets or lifestyle.
To New Heart Patients

Our monthly newsletter, Heart News, will be sent to you for three months.

We hope that your recovery is progressing well and would like to invite you and your family to visit our monthly meetings. We have speakers and programs designed to be of interest to heart patients. As heart patients we know what you are experiencing and are available to answer non-medical questions.

Join Today!

RECEIVE A FREE T-SHIRT
Individual (First Year Dues) - $20.00
Family (First Year Dues) - $30.00
Individual (Life) - $150.00
Family (Life) - $210.00

Mended Hearts is a non-profit service organization of persons with heart disease, including persons recovering from heart attacks, angioplasty or open heart surgery, and their families.

Members give hope and encouragement to others by providing living proof that persons with heart disease can live full, productive lives.

Encouragement & Hope to heart patients...
families and caregivers

Mended Hearts Chapter 127

“It’s great to be alive - and to help others”