CONGRATULATIONS
Mended Little Hearts of the Upper Cumberland in Tennessee had their first meeting Sat., Feb. 8 at Cookeville Regional Medical Center. Membership is free of charge and open to caregivers of CHD (Congenital Heart Disease) children, as well as anyone interested in the support of Mended Little Hearts. Nicole Brim at 931-239-1742 is the Group Lead Coordinator, Amanda Bond at 931-510-9548 is the Outreach Coordinator and Allison Lee at 931-267-3041 is the Education Coordinator. For more information call any of the three numbers above.

THANK YOU
Andrea Burkhardt and Tammy Ragsdale from New York Life spoke to our Mended Hearts group about long term care planning.

SURPRISE GUEST SPEAKER
Thank you Paul Korth on your informative talk about the changes at the hospital and most of all about the additions and what to look forward to in the future as the hospital expands. Thank you for keeping Mended Hearts informed.

NEXT MEETING
Our next meeting will be Feb. 20 at 6 p.m. in education rooms 1, 2, 3, and 4. The guest speaker will be Dr. Sullivan Smith. The subject will be the emergency department.

February is
Love Your Heart Month!
Wear your red dress pin all month.
Celebrate your healthy heart.
HAPPY VALENTINE’S DAY!
The Division of Sleep Medicine at Harvard University reports:

* Drowsy driving causes 1 million crashes, 500,000 injuries and 8,000 deaths in the United States each year.

* One sleepless night can impair performance as much as a blood-alcohol level of 0.10.

* Staying awake for 17 to 19 hours straight slows reaction time by about 50 percent compared to a well-rested driver.

**Hamburger Supreme**
Submitted by Murray Antonyshyn

Oven: 350º 20 minutes  
Yield: 6 to 8 servings  

**INGREDIENTS**  
1 pound ground beef  
1/2 cup chopped onion  
1 (10 3/4-ounce) can cream of mushroom soup  
1/2 cup milk  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1/4 teaspoon thyme  
1 (4-ounce) can mushrooms (optional)  
4 ounces (2 cups) noodles or macaroni, cooked  
8 ounces sharp Cheddar cheese, grated  

**DIRECTIONS:**  
Brown meat. Add onion; cook until tender. Stir in soup, milk, seasonings, and mushrooms. Layer half of noodles, meat sauce, and cheese in 2-quart casserole. Repeat layers of noodles and meat sauce. Reserve last half of cheese. Bake at 350º for 20 minutes. Sprinkle with remaining cheese. Return to oven until cheese melts.

**January 2014 Regular Meeting Highlights**
Submitted by Laura Jackson

- President Smithers called the meeting to order and introduced Paul Korth, CEO of CRMC. Mr. Korth gave the group an overview of major accomplishments of 2013 and a look forward to 2014. Last year several new doctors in varied practices were recruited and joined the medical community. Technical advancements include a new MRI (3T) and a new da Vinci robot surgical system for single site surgery. Several awards placing us in the top hospitals in the nation. One of the areas of top achievement is cardiac care in several areas. (We already knew we were and now the nation will know that also.) Because we are a regional hospital, community outreach has become a goal for CRMC. Clinics are being opened in various sites.

2014 presents the challenge of continue growth, recruitment of medical staff, new computer system and a new wound center. There is also a commitment to continue the high standard of service to the community that is in place.

- Vice President Guzlas introduced our guest speakers: Tammy Ragsdale and Andrea Burkhardt from New York Life. They spoke to the membership of the importance of “long-term health care” planning. With all the changes in health care, this was a very important topic for all of us. We were given information, options, and an offer to consult with any that wanted more information.

- During the business meeting, reports were made by various officers and committee chairs. It was noted that Chapter 127 has been instrumental in the formation of a Mended Little Hearts Chapter here in this area. Nicole Brim heads up the group that will begin meeting in February 2014.

- Cookeville Regional’s “A Woman’s Heart” event will be held at the Leslie Town Centre on Thursday, February 13th at 5:00 p.m. The cost for the evening is $30.00. Tickets or reservations may be obtained through The Foundation of CRMC.
Spotlight On
Murray & Dessie Antonyshyn
Submitted by: Blanche Smithers

Why do you live in Cookeville?
“By mistake but I love it. I came from California looking for somewhere to retire. I thought I was in Crossville, but instead I found out I was in Cookeville.”

Three words to describe you: “Busy - Talkative - Meticulous.”

Murray, what makes you smile? “I love animals and babies. When I see them I always smile. A good plate of food also makes me smile.”

Dessie, what are you most thankful for? “Most thankful for my Lord, my health and my husband.”

Things I never do around the house: Murray said “Housework, especially vacuuming.”

Four items always in your fridge: “Milk, eggs, some kind of meat and salad items.”

Most rewarding part of being a senior? Murray said, “I am in control. The day is mine. If I want to sleep until 10 that’s ok.” Dessie said, “If I want to clean house all day or work in the yard that is ok too. Nobody tells us what to do.”

What do you like best about our community? “Lots of good people. Also, the size, not to big or too small.”

Where did you two meet each other? Dessie told me “Thru her deceased husband’s sister. We have been married 10 years.”

Favorite restaurant in Cookeville? “Nicks for dinner with their prime rib and IHOP for breakfast.”

What is your best tip for getting your day started right? “By getting up early.”

Murray, was it love at first sight with Dessie? “I sure liked what I saw. We dated one year to the day and got married.”

What are your hobbies? Murray said, “woodworking and cooking” and Dessie said, “yard work, but not in the heat of the summer.”

Favorite food: Dessie said “Spaghetti and Filet Mignon” and Murray said “seafood.”

Something most people don’t know about you: “I am a Canadian and I love to do woodworking”, said Murray.

One word to motivate you in 2014: “Travel.”

Anything else you would like to say to our readers? “Yes, I have been in several hospitals and CRMC is at the top of them all. When I had heart surgery, I could not ask for any better care or nice, friendly nurses. My doctor was excellent. Thank you to everyone.”

Note: Please come by and get to know Murray and Dessie. Murray has made many pieces of furniture in their home. Beautiful pieces. Dessie seems to be a quiet lady but just get to know her.

“It’s great to be alive - and to help others!”
The first meeting of Mended Little Hearts of the Upper Cumberland.

Pharoah and Blanche Smithers talking with Vickie in the Cardiac Rehab Center at a Membership drive.

Pharoah Smithers representing Mended Hearts Chapter 127 accepts a grant check from the Upper Cumberland Electric Membership Corp.

Bill and Marie working a Health Fair at the Cookeville Pepsi Cola Plant.

**Mended Hearts Chapter 127 - New Members**

Joe Carter

Tommy Hay.
The Mended Hearts, Inc.
National Office
Phone: 888-HEART-99 (432-7899)
www.mendedhearts.org

MEMBER ENROLLMENT

Member Information (please print or type)                  Date ____________
Name (Mr/Mrs/Ms)_________________________________________Chapter ________ Member-At-Large________
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

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 ___________________________________________ Name of Caregiver __________
Date of Surgery/Procedure _______________________________________ Phone __________________________
Type of Surgery/Procedure _______________________________________
☐ Angioplasty ☐ Heart attack ☐ Diabetes ☐ Check here if also Heart Patient
☐ Atrial Septal Defect ☐ Pacemaker ☐ Valve-Surgery ☐ Procedure- specify: _____________________________________________
☐ Aneurysm ☐ Transplant ☐ Valve Transcath
☐ CABG (Bypass) ☐ AFib arrhythmia ☐ ICD (Defibrillator)
☐ Stent ☐ Other arrhythmia ☐ Other ______________

Many chapter newsletters include surgery/procedure anniversaries of members. Please indicate here if you are agreeable to having your name published in this way.
☐ Yes ☐ No

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
☐ 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

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Dues</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual</td>
<td>$20.00</td>
</tr>
<tr>
<td>Family</td>
<td>$30.00</td>
</tr>
<tr>
<td>Life – Individual Dues</td>
<td>$150.00</td>
</tr>
<tr>
<td>Life – Family Dues</td>
<td>$210.00</td>
</tr>
</tbody>
</table>

Dues Summary:

National dues $_____

Chapter dues $_____

TOTAL $_____

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

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

☐ Donation to national $_____________

☐ Donation to chapter $_____________

To chapter #__________ Chapter Name: ____________ City, ____________ State ____________

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
New Report Adds Grim Facts About Smoking

PagesMag 0314

In the 50-year history of surgeon general reports, from 1964 to 2014, facts on the dangers of smoking have become more worrisome. Now, a new report shows that smoking is a factor in causing diabetes, liver cancer, and colorectal cancer.

It causes more physical and financial damage than previously believed, killing 480,000 Americans a year from diseases.

For the first time, the new report concludes that smoking is linked to rheumatoid arthritis, erectile dysfunction and macular degeneration, a major cause of age-related blindness.

It also causes inflammation, impairs immune function and increases the risk of death from tuberculosis. Smoking harms pregnant women and causes their babies to have birth defects.

Exposure to secondhand smoke, previously linked to cancer and heart attacks, is now known to cause strokes.

Surgeon General Boris Lushniak says, “We still have 18 percent of the population smoking; 5.6 million kids who are alive today will die early unless we take immediate action.”

The actions will include educational campaigns, tax increases and bans on smoking in public places.

Frozen Foods Get Respect for Nutrients, Convenience

PagesMag 0314

The problem with buying a pack of fresh broccoli; you don’t eat it all the same day. The longer it stays in the fridge, the more nutrients it loses.

In one recent study, frozen broccoli had much more vitamin C content than broccoli that was refrigerated for five days. Another concern is how long it was refrigerated in transportation and at the store before you bought it.

Frozen food makers are taking products’ convenience another step. Recently, Birds Eye introduced Recipe Ready frozen vegetables that are pre-cut for specific dishes. It has sliced peppers and onions for fajitas and chopped carrots, onions and celery for chili, soup or stew. They say one of their goals as an industry is just getting people to eat more vegetables.

One New York chef says corn is especially good frozen. Add cheese for a kid-friendly dish. For cooking frozen peas, beans and other vegetables, he recommends adding them to a skillet on medium-high heat with oil, seasoning, and add 2 tablespoons of water. Cover until heated through and the moisture is evaporated.

Sales of frozen fruits are rising every year. They are boosted by the use of juicers, the popularity of smoothies and the use of fruits in compotes.
Mended Hearts does not give medical advice. As always, consult your physician before making any changes in medication, food supplements, diets or lifestyle.

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

MARK YOUR CALENDAR

Feb.  All February is Heart Month
Feb.  20   Mended Hearts Meeting
Feb.  24   Jamestown Meeting
Mar. 13  M.H. Board Meeting
Mar. 13   Tullahoma Meeting

Valentine’s Day Word Search Puzzle

Amour
Beau
Beloved
Candy
Cards
Champagne
Chocolate
Cupid
Darling
Dearest
Flowers
Gifts
Hearts
Love
Paramour
Poems
Romance
Romeo
Sweetheart
Truelove
Valentine

MARK YOUR CALENDAR

Feb.  All February is Heart Month
Feb.  20 Mended Hearts Meeting
Feb.  24 Jamestown Meeting
Mar. 13 M.H. Board Meeting
Mar. 13 Tullahoma Meeting

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

Accredited Visitors
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

ACCREDITED SUBSTITUTES
24. Ray Savage Substitute 931-761-4336

NEWS LETTER COMMITTEE
Sherry Shockley, Editor email: sshockley1@frontiernet.net 931-537-3182
Angie Boles Publisher 931-528-2541
Linda King Photographer 931-830-6070

ACCREDITED VISITORS CHAIRMAN
Lou Thomason 931-432-6262

FUND RAISER CHAIRMEN
Dot Tomberlin Bake Sale 931-526-7535

TELEPHONE COMMITTEE
Jo Carr 931-526-4239

TAXES AND ADDRESS LABEL COMMITTEE
Wendell & Amelia Kendrick 931-526-6650

JAMESTOWN SATELLITE
Danny and Sharon Parris 931-397-5960

TULLAHOMA SATELLITE
Joan Gambino 931-588-9432

REHABILITATION
Debbie Baker 931-783-2786

PUBLIC RELATIONS
Blanche Smithers 931-526-4497

SUNSHINE CHAIRMAN
Carolyn Shanks 931-858-3021

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