From The President
Submitted by: Pharoah Smithers

**EDUCATION TRAINING CONFERENCE**
Pharoah Smithers, Blanche Smithers, Lou Thomason and Roberta Thomason represented Mended Hearts Cookeville Chapter 127 this year at the conference in Indianapolis, Indiana. The Cookeville chapter was presented three of the top awards. Lou Thomason was presented with the Visiting Chairman Excellence Award. Chapter 127 was presented with the President’s Cup award and Cookeville Regional Medical Center was presented with the Hospital of the Year Award. This is the first time in 17 years Chapter 127 has won the Visiting Chairman Excellence Award and the first time for the Hospital of the Year Award. Chapter 127 has won the President’s Cup award in years past and was first runner up numerous times.

**GUEST SPEAKER**
Thank you Dr. Turkewitz for your very informative talk on strokes, and thanks for answering all the questions that were presented to you.

**PHONE CALLS**
If you would like to receive calls concerning special events or know of a member who is sick, please call 931-526-4497.

**THANK YOU CRMC**
We do not say “thank you” enough to CRMC for all the little things you do for Mended Hearts that make our partnership so unique. Of all the 460 hospitals that Mended Hearts is affiliated with, CRMC stands out as No. 1. We think there should be 17 awards on the wall instead of one.

**OUR SYMPATHY**
It is with great sadness that I tell you of the passing of one of our dear members, Ms Julia Boyd. In the past Ms. Boyd served four years as vice-president and was an accredited visitor for as long as her health would allow. She will be sadly missed. Our sympathy goes out to the Boyd family.

**NEXT MEETING**
Our next meeting will be July 17 at 6:00 pm in education rooms 1, 2, 3 and 4. The guest speaker will be Lauren Vantrease from the CRMC Pharmacy. She will be talking about the importance of your relationship with your pharmacist and heart medications.

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**Congratulations! Cookeville Regional Medical Center received the Hospital of the Year Award by The National Mended Hearts, Inc.**

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**REMINDER:**
Mended Hearts meets the Third Thursday of each month!

PLEASE NOTE: The deadline for submissions to Mended Hearts Newsletter for August is July 17, 2014. Please place heart healthy recipes and articles in the box provided. We encourage everyone to submit articles and include the source and your name.

Visit our website www.mendedhearts127.org
Minutes From Tullahoma
Submitted by Molly

The Tullahoma satellite met on Thursday, June 12. At this month's meeting, we held a CPR training class for all members in honor of national CPR/AED awareness month. This June, we ask everyone to remember the importance of CPR. Four simple steps can prevent severe brain damage from lack of oxygen and even save someone's life:

1) Ensure safe surroundings.
2) Ask the patient “Are you okay?” and gently shake them to see if they respond. If they do not, you are okay to perform CPR.
3) Call 911. Do this before you start CPR as you should not stop once you begin. This could be very harmful.
4) Begin compressions. Compress a hundred times a minute (think the beat of the Bee Gee's “Staying Alive”!) and two inches deep until help arrives. Continue until help arrives or the patient wakes up.

Have a wonderful and safe summer. Molly!

New Potato Salad
Submitted by Tracy Galyean

INGREDIENTS:
16 small new potatoes, quartered, cooked, cooled
2 tablespoons olive oil
1 teaspoon dill weed, dried
1/4 cup chopped green onions

Mix all ingredients, chill and serve

Highlights of Chapter 127 June Meeting
Submitted by Laura Jackson

- Warm fellowship during our potluck meal
- Introduction of two new members, Greg and Carol Kokkeler
- Guest speaker, Dr. Jay Turkewitz, presented an entertaining and informative talk concerning “Strokes”
- Great door prizes

Minutes From Jamestown
Submitted by Danny

The Jamestown meeting was called to order on June 24 at 6 pm. Our guest speakers were Katelan Bowden and Jill Jones from Jamestown Regional Medical Center. Their program was about the New Patient Portal Program that is being used for inpatients at the hospital. A question and answer session followed the program and both Katelan and Jill were bombarded with question. The meeting was adjourned at 7 pm. Our next meeting will be held on July 22 at 6 pm. Our guest speaker will be announced at a later date.
Spotlight On Gus Littlefield
National President of Mended Hearts
Submitted by: Blanche Smithers

How long have you been involved with Mended Hearts? “I have been involved since 1998. I had three bypasses. I asked why me Lord? A Mended Hearts visitor came to see me and I was so impressed I joined, became a visitor and I am still a visitor.”

What is your hobby? “I used to play golf a lot, but I have slowed up for awhile.”

Finish the sentence - I am most proud of: “Being a retired Navy fighter pilot. I was a Navy pilot from June 1961 until July 1964.”

Favorite way to spend free time: “Cruises with my wife.”

Something most people don’t know about you: “I have been an airline pilot with Pan Am, flying around the world. I am also a retired attorney.”

Bravest thing you have ever done? “Flying night carrier landings.”

Famous person you would like to invite to dinner? “Ronald Reagan - obviously I have waited too late.”

How would you spend an extra hour in your day? “Reading on my Ipad.”

Best tip to get your day off to a good start: “My morning fix is a good cup of coffee.”

What would you like to say to our Mended Hearts members of Chapter 127? “Thank you for your volunteer spirit and I admire you. Also, thanks to all Chapter 127 for all the work you do. You are great.”

Now to the bad question - what is your salary as Mended Hearts President: “I have a six figure salary - all zero’s.”

Thank you Gus. You are a fine person and president. It was my pleasure to talk to you about Mended Hearts - Blanche

To Live Longer: Eat a Handful of Nuts Every Day
PagesMag 0814

There’s no need to check a list of health problems to see if nuts would be good for you. That’s because eating a handful of nuts every day makes you less likely to die from any cause.

This simple and amazing conclusion is from a study made by Tufts University’s Antioxidant Research Laboratory.

Nuts are good for you because they are rich in healthy unsaturated fats, protein, fiber and vitamin E. Plus, the total antioxidant capacity of that handful is comparable to a serving of broccoli or tomatoes.

Study leader Jeffery Blumberg, PhD, says previous studies have linked nut consumption to improvements in cholesterol, blood pressure and blood sugar control, among other benefits.

Although nuts are also high in calories, the new research found that more-frequent nut eaters tended to be leaner.

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

From left to right are Lou Thomason, Roberta Thomason, Blanche Smithers and Pharoah Smithers representing Cookeville Chapter 127 at the Mended Hearts conference in Indianapolis In.

Lou Thomason (left) receiving the Visiting Chairman Excellence Award presented by Dr. Fredonia Williams.

Gus Littlefield (center) presenting Pharoah (right) and Blanche Smithers (left) the President’s Cup Award for Mended Hearts Chapter 127. The President’s Cup award is the highest award a Chapter can receive.

On behalf of Cookeville Regional Medical Center, Pharoah Smithers (right) accepted the Hospital of the Year award presented by Gus Littlefield (left), National President of Mended Hearts Inc.

Mended Hearts Chapter 127 presented an AED to the Dodson Branch Free Will Baptist Church. Pictured from left to right are Bill Thompson, Marie Thompson, Blanche Smithers, Pharoah Smithers, Pastor Ronnie Dunn and Coordinator Tena Lynn.

Pharoah Smithers (right) presented Paul Korth (left), CEO of Cookeville Regional Medical Center, The Mended Hearts Inc. National Hospital of the year award. Congratulations CRMC.
Dr. Todd Chapman and his wife Wendy hosted another great Father’s Day picnic again this year.

Ana Margot Brantley (left), won third place on her first chocolate pie. Laura Jackson (right) won two first place ribbons. One for presentation in cakes and one for taste in cake division.
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

July 17  Mended Hearts Meeting
July 28  Jamestown Meeting
Aug. 14  Board Meeting
Aug. 14  Tullahoma Meeting

Mended Hearts does not give medical advice. As always, consult your physician before making any changes in medication, food supplements, diets or lifestyle.
Advances in Diagnosis of Heart Disease in Women

Thanks to gender-specific research, we can more readily detect heart disease in women, according to a recent statement released by the American Heart Association.

This statement provided a much-needed update to the 2005 guidelines regarding the diagnosis of heart disease in women. Since 2005, authors state that there has been “abundant evidence” to help guide diagnostic testing in women, which was thoroughly reviewed and included in the update. The goal of their statement was to provide doctors with guidelines for when and how to test women for heart disease, based on the latest evidence.

And here’s what every patient should know about these updates to the 2005 guidelines regarding the diagnosis of heart disease in women:

☐ Historically, heart disease has gone undetected in many women. Compared to men, research now shows that women have a non-obstructive form of heart disease, which can’t be detected using traditional tests.

☐ Women often experience different symptoms from coronary heart disease compared to men. Not only do women experience a broader list of symptoms, like nausea and fatigue, they may experience pain in the arms and neck rather than the chest.

☐ Tests referred to as CMR (cardiac magnetic resonance imaging) and CCTA (coronary computed tomographic angiography) can provide useful and unique information to help detect heart disease in women. While these tests were considered research techniques in 2005, they have become more commonplace in everyday practice in recent years.

☐ Whether a woman should undergo testing for heart disease and what type of test is most appropriate depends on whether the patient is considered low, intermediate or high risk for heart disease. Most women considered low-risk for heart disease should not undergo testing. The AHA recommends that those with low or intermediate risk who warrant testing first undergo a treadmill exercise electrocardiogram and those at high risk may need to undergo cardiac magnetic resonance imaging (MRI) or computed tomography (CT) angiography. However, authors recommend that women always discuss the pros and cons of diagnostic tests with their doctor.

Mayo Clinic Recommends a NEAT Lifestyle

People know they need to “get moving” in order to stay healthy. But they don’t have the time or the inclination to exercise. What can they do?

Doctors at the Mayo Clinic say something as simple as getting out of your chair can improve your health.

The idea is based on the concept of nonexercise activity thermogenesis (NEAT). It includes all of the calories (energy) you burn simply by living, rather than exercising, start by carrying in groceries and sitting less. NEAT activities can lead to reduced body fat, improved cholesterol levels, a healthier heart and reduced risk of common weight-related conditions.

Simple movements you make throughout the day don’t give you the benefits of regular exercise. But if you struggle to fit exercise into your day, or if you have a sedentary lifestyle, increasing your daily NEAT can provide a boost in your physical activity.

To put more NEAT in your day:

* Walk around the house during TV commercials: carry snack dishes to the kitchen; walk to the bedroom to put something away; let the cat in and out.
* Stand while talking on the telephone and stroll around
* Park farther away in the parking lot to add a few extra steps
* Dance around the house while cleaning
* Tackle the yard work: water plants, pull weeds, pick up rocks and sticks
* Tend a garden: hoe a row or carry a basket to collect vegetables
* Buy a movement-based video game such as a Wii
* Wash the outside or the inside of your car by hand
* Organize a closet: make a box of seldom used clothes for charity
* Use a standing desk or stand by the kitchen counter to write a check
* Take up a new craft: walk around the store to find the materials
* Volunteer: help to set up or take down an event, greet people at the door or serve a meal.
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.