From The President

Submitted by: Pharoah Smithers

**BAKE SALE**

We wish to take this time to thank each and every one who made our May Bake Sale a success, the ones who baked and the ones who bought. We also want to thank all the employees at CRMC who purchased our goods and contributed to our project.

**GUEST SPEAKER**

Dave Yourell, you did a great presentation on the da Vinci and answered many questions about the robot and the use of it.

**THANK YOU CRMC**

At our last meeting we had the opportunity to visit in an operating room and see the da Vinci robot in action. We want to thank CRMC, Lila Ongaro, Amy Rich, Mark Samples and Dave Yourell. This was something everyone enjoyed and it was very educational.

**FATHER’S DAY PICNIC - TIME CHANGE**

Dr. Chapman will have his annual Father’s Day Picnic, Saturday, June 14 at 5:30 PM. *Note the time change.* As always bring your lawn chairs and any dessert you wish to enter in the dessert contest.

**FLAG**

In 1916 President Woodrow Wilson issued a proclamation officially establishing June 14 as Flag Day. In 1947 an act of congress formally established June 14 as Flag Day but not a federal holiday. By flying the colors, we honor all those who have served our nation over the years.

**NEXT MEETING**

Our next meeting will be held June 19 at 6:00 pm in education rooms 1, 2, 3 and 4. The guest speaker will be Dr. Turkeywitz, a Hospitalist at CRMC. He will be talking about strokes.

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**REMAKE**

Make plans to attend Dr. Chapman’s Father’s Day Picnic

June 14, 2014  5:30 PM at his farm in Granville, TN

Please bring a dessert and your lawn chair.
**Brown Sugar Glazed Salmon**

*Submitted by: Tracy Galyean, Chief Clinical Registered Dietician*

**INGREDIENTS:**
- 4-6 oz. Salmon Fillets
- 3/4 c Brown Sugar (2-3 T per each Salmon Fillet)
- 8-12 tsp White Vinegar (3-4 tsp per Salmon Fillet)

**DIRECTIONS:**
Preheat oven to 400 degrees. Tear 4 sheets aluminum foil and fold into individual “boats” with sides that are large enough to hold a Salmon Fillet. Place each fillet into a “boat” and layer the top with brown sugar. Drizzle 3-4 tsp white vinegar over the brown sugar to moisten into a paste. Place fillets on a sheet pan and cook in over for 12-15 minutes or until fillets flake.

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**Minutes From Jamestown**

*Submitted by Danny*

The May meeting was called to order at 6:00 pm. We welcomed Fred and Deanna Oliver as our newest members and the meeting was turned over to Blanche and Pharoah Smithers. Pharoah reviewed for everyone the history of The Mended Hearts organization, the services provided and how it sustained itself. Directory photos were taken and the meeting was adjourned at 7:00 pm. Our next meeting will be June 23 at 6:00 pm. Our guest speaker will be hospital staff from Jamestown Regional Medical Center speaking about Patient Portal.

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**Minutes From Tullahoma**

*Submitted by Molly Gupta*

The Tullahoma satellite met on May 8. This month’s guest speaker was local cardiologist Dr. Dinesh Gupta. Dr. Gupta spoke about recognizing the symptoms of heart attacks as well as appropriate responses in the event of cardiac arrest. This month also saw the complete CPR training of Tullahoma High School sophomores in their Biology classes with the manikins donated by the Cookeville Chapter 127. All other educational materials were donated by Harton Regional Medical Center. Special thanks to all those who helped with training, including Tim Holton, who supervised all classes.

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**Highlights of Chapter 127 May Meeting**

*Submitted by Laura Jackson*

* Sixty-one members enjoyed a wonderful potluck supper.
* Pictures were made for our new Chapter 127 Directory. Thank you Linda King, photographer.
* David Youell was the guest speaker for our meeting. The topic of his presentation was: The New Generation Robot used at CRMC.
* David Youell, Amy Rich, and Lila Ongaro took groups of ten to the operating room to see the robot in action. While groups toured, Mark Samples held an entertaining question and answer period. A truly exciting learning experience for our members. A BIG THANK YOU to David, Mark, Amy and Lila for giving of their time after a long day of work at CRMC.
* Wonderful support from our members as evidenced by the abundance of yummy baked goods brought for our semi-annual bake sale.

See you next month for another meeting of support, fellowship and information.
Web-Based Program Helps Patients Improve Heart Health
CardioSmart

Web-based programs are more affordable than traditional counseling and help people improve their health, according to a study published in the Journal of the American Medical Association.

This study was the first of its kind to directly compare cardiovascular risk reduction programs delivered by counselors vs. a Web-based program. Although counseling has been shown to help people improve their health, such programs require a substantial amount of time and money. Web-based programs, on the other hand, can be less expensive and allow patients flexibility in completing the course. But are Web-based programs as effective as one-on-one counseling when it comes to improving health?

To compare these strategies, researchers identified 385 patients at high risk for heart disease and randomly assigned them to one of two health interventions. Half of patients were assigned to a Web-based program, while the other half received in-person counseling.

In both cases, participants received four intensive sessions and three maintenance sessions where they learned skills to reduce risk for heart disease through lifestyle changes and medication, when necessary.

After following participants for one year, researchers found that both interventions helped participants reduce their risk for heart disease. However, the Web-based program cost significantly less than one-on-one counseling. Researchers calculated that the counselor-based program cost $207 per person, while the Web-based intervention cost just $110 per person.

Authors hope this study sparks future research on the topic, as Web-based programs are becoming increasingly popular in the medical field. Researchers also point out that most primary care doctors lack the skills and time to dedicate to one-on-one counseling. By offering Web-based programs that can be delivered on a larger scale, patients may have a better chance at improving their heart health and reducing risk for heart disease.

Groups Argue for Experimental Drugs

The frightening, untreatable, ALS or Lou Gehrig’s disease takes its victims from twitch to total paralysis and there is nothing anyone can do about it.

Except that maybe there is. But most all ALS sufferers won’t get the new experimental drug. The new drug is currently in phase 1 trials, the first step in an arduous, bureaucratic process of drug approval. Those fortunate to have gone into the first clinical trial can now walk, when once they could not.

According to Darcy Olsen, president of the Goldwater Institute, about 5,000 ALS patients will die this year. Should they be able to try the new drug, too?

Colorado Gov. John Hickenlooper signed a “Right to Try” bill designed to give terminal patients a chance to try experimental drugs before they are approved by the FDA. And the movement is picking up steam as lawmakers in Louisiana and Missouri recently approved Right to Try bills. Arizona voters will test the issue in November.

It can take 10 years to get FDA approval, something even the FDA knows is too cumbersome. In March it called for comments on ways to streamlines its tangled system that delays drugs and even makes it difficult to add safety warnings for labels.

“It’s great to be alive - and to help others!”
Dr. Chapman’s Father’s Day
CELEBRATION
June 14, 2014 - 5:30 PM
All Mended Hearts members are welcome!
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)___________________________________________  Phone (________)________
Address (line 2)___________________________________________  Alt Phone (________)________
City/State/Zip______________________________________________________________________________
Email address________________________________________________________________________________

Family member (must reside at same address; please name):
(Mr/Mrs/Ms)______________________________________________________________________________  Family Member Email ___________________________

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
☐ Atrial Septal Defect                                    ☐ Pacemaker                               ☐ Valve-Surgery
☐ 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
Patient signature________________________________________

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

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  Chapter annual dues
Individual $20.00 ☐  Individual $ ______  ☐
Family $30.00 ☐  Family $ ______  ☐
Life – Individual Dues $150.00 ☐  Life – Individual Dues (if applicable) $ ______  ☐
Life – Family Dues $210.00 ☐  Life – Family Dues (if applicable) $ ______  ☐

Dues Summary: National dues $ ______  I am joining as a non-heart patient: ☐ Physician  ☐ RN
Chapter dues $ ______  ☐ Health Admin  ☐ Other Interested Party  ☐ Other ________________
TOTAL $ ______  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
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

June 14  Flag Day
June 14  Dr. Chapman’s Picnic
June 19  Mended Hearts Meeting
June 23  Jamestown Meeting
July 4  Independence Day
July 10  Board Meeting
July 10  Tullahoma Meeting

MARK YOUR CALENDAR

FOURTH OF JULY WORD SEARCH

Q I N E M X R T F O E E D D D U P E B K S
J X D M Y N C T O W D P B D G Y L U J C
D K O G A R C S U T A S E R I A S Q M I
E E E A T M O Z R R Y O E B N D N T N X
G D R C U H E E T E Q C X E N E Q S E S
E A P T N U P R H O I H Q O E B G C M E
H Z D B I S K L I T A E I F S S I O D C
D R R S T E N W O C P T L E D M D E S E
S N P S E T S I D A A A Y L U E C O E L
M W R I A S K L E I L G C D T F S D M T
B J I P E U C E B R A B N U I M T M E S
N Q P E L E A E E H E E C R H I P I W
A D S S D S R L D L P T E A W H T P Q R
E R C T S T C M L E G W R I O E U T T C
X B L S Y N E C D N O L E M R E T A W R
D L O C U H R N H R A C A Y L L I T W L
P R J G I S I K R I S H M H S O D A A
P S P D O S F S R A T S J A E U N K F

America  flag  Stars
Barbecue  Fourth  States
Bell  independence  Statue
Betsy  July  Strips
Blue  Liberty  Uncle
Constitution Day  Patriotic  United
Declaration  Red  Watermelon
Firecrackers  Ross  White
Fireworks  Sam

FOURTH OF JULY WORD SEARCH

MENDED HEARTS CHAPTER 127 COOKEVILLE

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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  931-526-4947
18. Pharoah Smithers  Every other Friday  931-526-4947
19. Jim Hughes  Every other Friday  931-526-1267
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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How Well Do You Understand Freedom?

1. According to one patriot, Americans believe some truths are so obvious there is no need to debate them. In one of the first important American documents, this patriot wrote, "we hold these truths to be self-evident that ..." Who was the patriot and what was the first truth he named?

2. The same patriot went on to write that all men enjoyed certain 'unalienable' rights and he named three in particular beginning with 'life' – what are the other two?

3. In what document did this patriot write about unalienable rights and self-evident truths?

4. Where, according to the patriots, did all men get their unalienable rights?

5. What precisely happened on July 4, 1776?

Answers
1. Thomas Jefferson wrote 'We hold these truths to be self-evident, that all men are created equal...'

2. Life, liberty and the pursuit of happiness. 'Unalienable' from Webster’s Revised Unabridged Dictionary referring to 'inalienable'; incapable of being alienated, surrendered, or transferred to another.’ Other sources: incapable of being repudiated and not subject to forfeiture. A right a leader can’t take away from you and which you can’t give up.

3. The Declaration of Independence.

4. They said God ‘endowed’ man with rights that could not be revoked by a king or a politician.

5. On July 4, 1776, the Declaration of Independence was adopted officially by the 56 representatives of the United Stated of America.

You can find all the answers and more at www.dar.org.

Researchers Have More Kudos for Coffee

It’s not big news that drinking two to four cups of coffee a day has a number of health benefits.

Researchers have already proved it reduces the risk of Parkinson’s disease, type 2 diabetes, liver cancer, Alzheimer’s disease and dementia.

New studies published in the Archives of Internal Medicine, show that caffeine is linked to a lower risk of stroke, skin cancer and depression. The researchers say caffeine may be the key protective ingredient, since decaffeinated coffee consumption was not associated with the benefits in these studies.

Dietitians at Weill Cornell Medical College say coffee contains other healthy ingredients that may provide defenses against multiple conditions. It is rich in antioxidants that can protect against cancer, heart disease and other chronic disease. But they can’t just say it’s coffee that makes people healthier because there are so many variables.

The depression study included 50,000 women at about 63 years of age. Those who drank four 8-ounce cups of caffeinated coffee daily were 20 percent less likely to become depressed.

The cancer study found that drinking about four cups a day was associated with the lowest risk of basal cell carcinoma, a type of skin cancer.

A stroke study, reported in the American Journal of Epidemiology, didn’t pinpoint how coffee affected the brain, but three to four cups a day protected it from stroke. Drinking more than that did not increase protection.
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.