From The President
Submitted by: Pharoah Smithers

DIRECTORY
Mended Hearts Chapter 127 will be taking pictures at our May meeting so comb your hair and brush your teeth because we want to take a picture of you to go in our new directory.

BAKE SALE
Friday, May 16 is the day for our semi-annual bake sale. It will be in the Algood and Baxter rooms at CRMC next to the cafeteria from 7 a.m. until 2 pm. As always you may bring your baked goods to our Thursday night meeting and we will hold them for the bake sale on Friday.

GUEST SPEAKER
We want to thank Randy Porter for his informative talk about the EMS, the 911 system and how the EMS has developed over the years. He also told us how Putnam County compares to the other counties in the U.S.

SPECIAL EVENT
At our May 15 meeting, Mended Hearts has been given the opportunity to suit up in protective clothing and go into the operating room and see a demonstration of the da Vinci Robot in action.

NEXT MEETING
Our next meeting will be May 15 at 6:00 pm in Education rooms 1, 2, 3, and 4. The guest speaker will be Dave Yourell. He will be talking about the robot.

BAKE SALE
MAY 16, 2014 • 7 A.M. - 2 P.M.
Algood and Baxter Rooms

REMEMBER: Mended Hearts meets the Third Thursday of each month!

PLEASE NOTE: The deadline for submissions to Mended Hearts Newsletter for June is May 15, 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
Apple Cake
Submitted by: Fred Oliver

INGREDIENTS:

In a large bow mix:
- 2 cups sugar
- 3 eggs

In warm water:
- 1 1/2 cup vegetable oil
- 1/4 cup orange juice

Spray a bundt pan with non-stick spray with flour. During the pre-heat time place the Bundt pan in the oven to warm. Add ingredients to the warm pan and set the timer for 1 1/2 hours. When only 10 minutes remain on the time, start the topping in a sauce pan:

- 1 cup sugar
- 1/4 cup buttermilk
- 1/2 tsp baking soda

Mix together and bring to a boil for one minute. When timer is complete, remove the cake from oven and pour topping over the cake. Let set for an hour before removing cake from the pan. Enjoy!

Keep Your Kidneys Healthy
PagesMag 0514

For people looking to keep their blood pressure low and kidneys healthy, low salt snacks are the way to go. The experts at Northwest Kidney Centers have come up with a list of 100 tasty, low salt snacks. You might be surprised by some.

For example, if candy is your thing, try Twizzlers licorice, Junior Mints, Malt Balls, caramel chews, gummy candy, hard candy or salt free Tootsie Rolls.

If you prefer to smack on cookies, you can find some that come with a lot of pleasure with a lot less guilt. Try animal crackers, Nilla Wafers, shortbread cookies, fortune cookies, gingersnaps, and Fig Newtons.

There are plenty of low-salt cracker type snacks too. Caramel rice cakes are good. For a crunchy snack, try unsalted tortilla or potato chips, Melba toast, bagel crisps, rice crackers, low-sodium Triscuits, water crackers or wasa crackers.

In the fruit category, applesauce makes the low salt grade along with fruit leathers, frozen fruit bars, fruit cocktail, and frozen grapes or berries.

Minutes From Tullahoma
Submitted by Molly

Tullahoma Mended Hearts held its meeting on Thursday, April 10. This month's featured topic was recognizing the symptoms of a heart attack and appropriate means of response, led by Dr. Rimda Gupta and ultra-sonographer Betsy Mackay. Over the course of the next few months, we will hold CPR training workshops to train members and their family to ensure we are prepared should duty call.
Bob Hibbs
Submitted by: Blanche Smithers

One thing that makes you smile: “My wife, Eleanor. She takes me for lots of rides and cooks a lot of good food for me.”

Advice for grandchildren: “Get a good education. Plan for the future while you are young.”

Occupation before retiring: “I worked in the grocery business for 40 years in Pennsylvania.”

Two words to describe you: “Good personality, friendly.”

What pets do you have? “My wife has a dog, Red and I have a cat named Kitty Witty that sleeps with me.”

Most rewarding part of being a senior? “I really don’t know if reward is the right word. Not much good to getting old except you get some discount coupons for seniors. Ha!”

Best part of being married: “Companionship.”

Favorite place to eat? “Many, but I guess we eat at Captain D’s the most.”

Define success: “For me I guess it is living this long.”

Something most people don’t know about you: “I had rheumatic fever when I was little and stayed in bed for two months.”

Hobbies: “I once tried to make birdhouses, not very successful. I do not have a hobby now.”

Most important lesson you have learned? “My dad lost a leg in the war. I believe that taught me you can do anything you want to do.”

Tell me about your wife, Eleanor: “We have been married 20 years. Eleanor is a good wife, good mother, good cook and much more.”

Talk about Mended Hearts to me: “I love coming to the meetings. Our president is doing a good job.”

Bob used to be one of our accredited visitors and was once vice president and a great help with our AED program. Bob had to slow down some because of health reasons.

Coronary Artery Disease

Coronary artery disease (called CAD for short) is the leading cause of death in men and women.

It happens when your coronary arteries – which act like fuel lines to supply blood to the heart – become damaged or diseased. The main culprit? A build-up of fat and cholesterol in the blood that sticks to the inner walls of the arteries (this is also called atherosclerosis). As this happens, the arteries can narrow or become blocked. Keep in mind, CAD typically develops over decades, so many people don’t even know they have it until it starts causing problems.

When you have CAD, your heart muscle may not be able to get the blood and oxygen it needs. This can result in chest pain (angina) or heart attack. For many people, this may be the first sign they have CAD. CAD is often to blame for heart failure and arrhythmias, too.

Although you don’t have control over all of your risk factors for CAD – gender, age and family history – there are some things you can do to protect yourself. You are more likely to develop CAD and other heart problems if you are overweight; smoke; have diabetes, high blood pressure or high cholesterol; or don’t exercise regularly. Luckily, heart-healthy choices can make a big difference.

The sooner you can make positive changes to support your heart health, the better. The goal is to reduce your risk of heart problems down the line. Use this condition center to learn more about coronary artery disease. You can also chat online with other people like you, keep up with the latest research, and get tips to help you feel your best.

“It’s great to be alive - and to help others!”
Pharoah Smithers representing Mended Hearts receiving a check from the Upper Cumberland Electric Membership Corporation.

Pharoah Smithers speaking to the Algood Lions Club on behalf of Mended Hearts.

Pharoah Smithers, Bill Thompson, Blanche Smithers, Nancy Strohm, Richard Strohm, working a health fair at Tennessee Tech University.

Glee Miller, Richard Miller and Blanche Smithers attend a Health Fair at Cookeville Regional Medical Center.

Mended Hearts presented Baxter Police Department with an AED. From left to right are Police Chief, Danny Holmes; Blanche Smithers, Laura Jackson, Charles Jackson of Mended Hearts and Tray Allison, of the Baxter Police Department.

NEW MEMBERS
Fred and Deanne Oliver
ANSWER:
Do you know what this is??

It was the large blue spruce tree that once stood near the hospital's main entrance. It is now a beautiful wood sculpture in the main lobby of the North Patient Tower. The sculpture is entitled *Peace, Wellness, Hope, Strength* and depicts a family composed of a mother, father and two children. The sculpture was created by local artist Brad Sells, nationally known for his artwork, using wood from the large blue spruce tree. The photo on page 5 is where the actual tree originally stood. The sculpture's location now is very near the spot where the tree actually stood.

Indoor Smoking Ban Saves Lives

Statewide smoking bans help save lives, according to a new study on the impact of Michigan's smoke-free air laws passed in 2010.

Presented at the American College of Cardiology's 63rd Annual Scientific Session, this study compared the number of heart attack, stroke and heart failure cases in Michigan a year before and after the smoking ban was passed. Michigan's new laws prohibit smoking in all indoor areas to help protect nonsmokers from secondhand smoke, which causes close to 50,000 deaths per year in the United States. In 2010, Michigan became the 38th state to enact a smoke-free indoor air law, which bans smoking in all worksites, including bars and restaurants.

After reviewing data from the Nationwide Inpatient Sample, researchers found that hospitalizations related to heart disease decreased by more than 2% between 2009 and 2011. This translated to nearly 1,400 fewer hospitalizations after Michigan passed indoor smoking bans in 2010. Researchers also found a significant decrease in in-hospital deaths from 2009 to 2011 in Michigan.

These findings add to a wealth of evidence suggesting that smoke-free air laws help protect the heart. In 2011, a study found that Arizona's indoor smoking bans decreased hospital admissions for heart attacks, chest pain, stroke and even asthma. Since the benefits of eliminating secondhand smoke are well known, experts now hope to investigate whether smoke-free air laws help lower health care costs.

“There is no nationwide federal policy banning indoor smoking, even though such a policy might improve public health and potentially reduce health care costs,” said Sourabh Aggarwal, MD, the lead investigator of the study. Although further research is needed to understand the impact of smoking bans on health care costs, it’s possible that smoke-free air laws could be a win-win, helping save both lives and money.
Memorial Day

We all know of someone. Someone who died in service of our country. That someone could be in our generation, a cousin, friend, brother or sister.

There are families who had a father or son killed in the Civil War, a long time ago, or a grandfather who fought in World War I or II. That someone we know could be a cousin or friend who died in Korea or Vietnam. And in our own time, hearts are still aching for those lose in Iraq, Afghanistan or in another distant assignment.

The centuries and generations come and go, seemingly with little regard for those they take with them, the young men and more recently the young military women.

But now comes Memorial Day. Some of our loved ones are buried far away, and for them all we can offer is a memory and a prayer.

Those who are buried in close by may have a friend or family member visit their graves and leave a flower or two in remembrance. But for all of these through time, we can at least remember them and honor their sacrifice. Though some type of memorial day is celebrated in other countries, our Memorial Day has a special history. It began after the Civil War. Some say it was first held in the Sough when confederate soldiers were honored in a ceremony, often in the mountains.

In almost the same year, memorial services began in churches of the North. Now the country stands together on Memorial Day to honor all who gave their lives in the military.

Heart Failure Hospitalizations: A National Challenge

Heart failure hospitalizations remain high despite advances in care, according to a paper published in the “Journal of the American College of Cardiology”.

Led by researchers at the Vanderbilt University School of Medicine, this paper analyzed national hospitalization trends for heart failure – a chronic condition affecting approximately 5 million Americans. Using data from U.S. hospitals from 2006-2010, researchers were able to assess trends in heart failure hospitalizations and the results were staggering.

Each year, heart failure patients made almost 1 million emergency room visits between 2006 and 2010. Most heart failure patients were officially admitted to the hospital for treatment and stayed for an average of three and a half days. Researchers found that heart failure patients from U.S. regions and patients without health insurance were more likely to be discharged without admittance. However, when patients without health insurance were admitted into the hospital, they were more likely to need and receive a major procedure.

But what researchers really wanted to know is if we’ve made any progress in keeping heart failure patients healthier and out of the hospital in recent years. Unfortunately, they didn’t observe any changes in the number of heart failure hospitalizations, which means just as many heart failure patients continued to seek emergency treatment in 2010 as they did four years earlier. And not surprisingly, emergency room charges also increased, from $1,075 in 2006 to $1,558 in 2010.

But there is some good news. Between 2006 and 2010, we made some progress in shortening hospital stays for heart failure patients. By 2010, patients had an average hospital stay of just two and a half days compared with a three and a half day stay in 2006. Not only does a shorter hospital stay help save money, it indicates that patients are receiving more effective treatment for their condition once hospitalized.

Still, the national burden of hospitalizations from heart failure is huge. Authors hope their research will help inform future initiatives designed to improve heart failure treatment and reduce hospitalizations from this chronic condition. Although patients with heart failure require close care, especially as their condition worsens, the goal of treatment is to keep patients as healthy as possible and avoid frequent trips to the emergency department.
Mended Hearts does not give medical advice. As always, consult your physician before making any changes in medication, food supplements, diets or lifestyle.

MARK YOUR CALENDAR

May 15  Mended Hearts Meeting
May 16  Bake Sale
May 27  Jamestown Meeting
June 12  Mended Hearts Board Meeting

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.

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”