From The President

Submitted by Blanche Smithers

Now we find ourselves in the middle of August. (Can you believe it?) That means the County Fair with all the blue ribbons and funnel cakes are a thing of the past for another year. Our days are getting shorter and you know what that means.

Thank You

Mended Hearts would like to say thank you to everyone at CRMC for making our new board of directors and myself welcome. We will continue to work hard and help our heart patients to our full ability. We have 25 accredited visitors and each one is very committed and dedicated to our service. We are always open to suggestions to our organization.

Help Needed

The Cookeville Chapter of Mended Little Hearts needs our help. They are asking for items for their bravery bags for children with heart disease when they have their surgery. These items are pocket size tissue, travel hand sanitizer, small size deodorant and crossword puzzles for parents. We will have a basket at the door to collect these items.

Health Department Meeting

On July 23, Mona Neal and I attended a meeting for the Putnam Co. Health Council. At this meeting we learned about health activities taking place in our community. We told about our silent auction coming up in October and handed out copies of our newsletter.

Speaker for August

Casey White of CRMC Pharmacy will be our speaker for August talking and answering questions about different medicines. Do not miss this!

Next Meeting

Our next meeting will be August 20, 2015, at 6:00 pm at CRMC in Education Rooms 1, 2, 3 and 4. Fresh vegetables are now in the garden so please bring plenty. Everyone is welcome to come and mingle with fellow heart patients. Please be safe and hope to see you at our next meeting. Also bring a friend with you.

MENDED HEARTS ANNUAL PICNIC

THURSDAY, SEPTEMBER 17 - 6:00 PM
CANE CREEK PARK - SHELTER #1 (ON THE HILL)
BRING YOUR LAWN CHAIR AND A DESSERT.
Highlights of July Meeting
Submitted by Linda Swack

* The meeting was called to order by President Blanche Smithers. Birthdays were recognized and Ray Savage led us in prayer.

* After a delicious covered dish meal, Vice-President Laura Jackson introduced the four attendees of the Mended Hearts National Conference in Orlando, Fl. They are Blanche Smithers, Dot Tomberlin, Sherry Shockley and Laura Jackson. They presented a very informative and sometimes comical program telling us what they learned. And what happened in Orlando stays in Orlando.

* President Blanche Smithers reminded us that we need more help getting things for our Silent Auction, which will take place October 16. If you can volunteer some time please call Denny or Karen Guzlas, phone #858-0100.

* Our annual Picnic will be September 17 at Cane Creek Park at 6:00 pm. If you can, please bring a dessert. We hope to see you there.

Tip of the Month
How to clean a Foreman Grill in two steps. Cleaning a Foreman can be super tough. When you’re done cooking, unplug it, and press a couple of damp paper towels between the lid and the surface. The leftover heat will steam clean the grill. Wipe it dry with another paper towel and you’re done.

Is Frozen Fruit As Healthy As The Fresh Stuff?
PagesMag 0915

Frozen fruit is gaining fans and experts say freshness is the reason.

Frozen fruit is picked at the peak of the season and immediately frozen, while fresh fruit is picked several days before ripeness and then shipped. After that, it stands on the grocery store shelf for a day or two.

Shoppers are rediscovering frozen fruit, say doctors at Tufts University. Dollar sales were up 13.4 percent in 2014 compared with the previous year. It’s the top category in frozen food and fourth fastest-growing category in the whole supermarket.

A report published in “Food Navigator-USA” shows that frozen-fruit sales topped $1 billion, more than triple the $300 million level of just a decade ago. Leading the growth are sales of frozen mixed berries, mixed fruit, tropical fruit, mango and pineapple.

Part of the trend, according to a survey by Dole Packaged Foods, is an increasing awareness that frozen fruits are typically at least as nutritious as fresh.

The dole survey showed that, “Trying to eat healthier” was cited by 63 percent of consumers who reported buying more frozen fruit. More than half of respondents said they were making more smoothies.

When buying frozen fruit, check the label on the bag to see if it contains sugar. Some people are OK with a little sugar, but some are not.

Spiced and Herbed Quinoa With Green Onions

Ingredients
1 cup quinoa
2 cups vegetable stock or water
1/2 cup cucumber, diced
1/2 cup tomato, diced
2 tablespoons red onion, diced
2 green onions, thinly sliced
2 tablespoons chopped cilantro
1 teaspoon chopped jalapeno
3 tablespoons extra-virgin olive oil
1 tablespoon fresh lemon juice

Directions
1. In a small pot, combine the quinoa and stock (or water) and bring to a boil. Reduce the heat to a simmer and cover. Cook for 10 to 15 minutes or until the liquid has been absorbed. Let cool completely.

2. In a large bowl, combine the quinoa with the remaining ingredients. Toss to mix thoroughly. Serve chilled.
Where were you born and do you have any siblings? “I was the first child born at Mills Clinic in Baxter, TN and I have one younger sister.”

How and where did you meet Charles? “A best friend set me up with a blind date on a Friday the 13th.”

What did you retire from and when? “Public schools, Principle, 32 years. State facilitator specialist for Southern Association of Colleges and Schools. TTU in December as adjunct professor.”

Where did you go to college and what did you major in? “Three times to TTU for a BS, MA, Administrator and supervisor certification, 15 semester hours.”

What risks are you glad that you have taken? “After our third date Charles asked me to marry him. The rest is history.”

Something that is always on your mind? “My duties as a wife, mother, nana, Sunday school teacher and Mended Hearts member.”

Oddest job that you have ever had? “Cheer leading coach at an all-male military academy.”

What does being a grandmother mean to you? “Knowing our line will continue on.”

What do you want your legacy to be? “That I was and am a good Christian lady.”

“The Big Question: How Much Exercise, or How Little is Enough for You?”

You probably know how much exercise is recommended by the federal government: It’s 150 minutes a week of moderate activity (about 21 1/2 minutes a day) or 75 minutes per week of vigorous exercise (less than 11 minutes), or some equivalent combination of them.

The time involved isn’t prohibitive, but many people don’t even consider exercising. Finding the time and dedication is a problem, as well as a person’s present health capacity. But rather than address these problems, they avoid activity altogether.

Getting a handle on it.
The National Cancer Society looked at 661,137 men and women, average age 62 for 14.2 years. Other studies, published in JAMA Internal Medicine, include people ages 21 to 90.

They all show that leisure-time physical activity was much better than being sedentary. Those who reported some activity saw a 20 percent lower risk of mortality than those with none.

With ever-increasing activity levels, even 37 percent to 39 percent lower than guidelines, mortality levels dropped.

There were no additional mortality benefits for more exercise, but there were no negatives either. Moderate activities included some sports, gardening, housework, walking, cooking, or whatever kept them moving.

Doctors conclude that they should encourage inactive adults to take part in leisure-time activities and not discourage those who already participate.
Think About It: Know Why Hydration is So Important
PagesMag 0915

The human body is composed of 75 percent water and 25 percent solid matter. To provide nourishment and conduct all the activities in the body, we need water.

To ward off dehydration, Dr. Julian Seifter, a professor at Harvard Medical School, says healthy people should get 30 to 50 ounces of water per day, but not all at once. He recommends drinking water or juices and eating water-rich foods such as melons, salads, fruits and applesauce.

“An easy way to stay hydrated gradually is by getting fluids at meals, with medicine, and socially,” says Dr. Seifter. If you drink too much at once, the kidneys lose some of their ability to eliminate water, especially as we age.

It’s also possible to take in too much water if you have health conditions such as thyroid disease or kidney, liver or heart problems. If you take medications that make you retain water, such as pain medications, including over-the-counter pain relievers, and some antidepressants, check with your doctor to be sure you’re getting the right amount of fluids.

Older people may not get enough because they don’t sense thirst as much as when they were younger, and they could be taking medications, such diuretics, that cause fluid loss.

We All Scream for Ice Cream!
PagesMag 0715

Summer is the time for frozen treats, but whether you prefer ice cream, gelato or frozen yogurt, what you slurp has the same basic ingredients.

Milk and cream are the basis of all three frozen treats.

Yogurt is made with milk fermented with yogurt cultures with a base of cream, milk and sweetener.

From Italy, we get gelato, meaning frozen, and this treat is made entirely of milk. Since cream is mostly left out, it has enhanced flavor. The exceptionally creamy texture of gelato comes from the process. It is churned with very little air so it is dense and sweet.

Frozen custard is different from ice cream mainly because it contains a dash of egg yolk and more butterfat. The lecithin in the yolk gives the frozen cream a richer and creamier texture.

Sherbet has an ice cream base sweetened with fruit juice.

Today we can thank refrigeration for making frozen treats widely available. More than 2,000 years ago, ice desserts were popular with the powerful. But even they had to run up to the top of the nearest mountain to get ice in the summer. King T’ang of Shang in China had 94 icemen to do the dirty work.

By the 1950s nearly every American had refrigeration and finally we could eat ice cream while watching Andy Griffith eat ice cream.
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 ______________________________________________ Retired: ☐ Yes ☐ No
Email address ______________________________________________ Occupation ______________________________

Family member (must reside at same address; please name): Preferred Contact: ☐ Phone ☐ Email ☐ Mail
(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 ___________________________ Alt Phone ________
☐ Angioplasty ☐ Heart attack ☐ Diabetes
☐ Atrial Septal Defect ☐ Pacemaker ☐ Valve-Surgery
☐ Aneurysm ☐ Transplant ☐ Valve Transcath
☐ CABG (Bypass) ☐ AFib arrhythmia ☐ ICD (Defibrillator)
☐ Stent ☐ Other arrhythmia ☐ Other ___________________________

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

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

Optional info: Date of birth ___________ Patient signature ___________
Race: ☐ Caucasian; ☐ Black; ☐ Asian; ☐ Am. Indian; ☐ Other
Gender: ☐ Male; ☐ Female

Optional info: Date of birth ___________ Family member signature ___________
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  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.

**MENDED HEARTS CHAPTER 127 COOKEVILLE**

**Officers**
- President: Blanche Smithers 931-526-4497
- Vice President: Laura Jackson 931-858-2196
- Treasurer: Dot Tomberlin 931-526-7535
- Secretary: Linda King 615-830-6070

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1. Arlee Freeman Every other Monday 931-537-9811
2. Bob Freeman Every other Monday 931-537-9811
3. Bill Thompson Every other Monday 931-526-5389
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 931-526-9938
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. Lou Thomason Every other Friday 931-432-6262
19. Jim Hughes Every other Friday 931-528-1267
20. Barbara Hughes Every other Friday 931-528-1267
21. Carl Wingfield Every other Saturday 931-268-3348
22. Lorna Wingfield Every other Saturday 931-268-3348
23. Kathy Pharris Every other Saturday 931-510-8785
24. Ray Savage Substitute 931-761-4336
25. Craig Kokkler Substitute 931-858-4919
26. Joe Carter Substitute 931-260-4816
27. Billy McElhaney Substitute 931-651-1288
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**Sunshine Chairman**
- Carolyn Shanks 931-858-3021

**Mark Your Calendar**
- Aug 20: Mended Hearts Meeting
- Aug 25: Jamestown Meeting
- Sept 10: Board Meeting
- Sept 17: Mended Hearts Picnic
- Sept 22: Jamestown Meeting
- Oct 16: Silent Auction

If you would like to receive the Mended Hearts newsletter by email please send your email address to:
Angie Boles at aboles@crmchealth.org.
Tom and Dot Tomberlin presenting their grandson the scholarship awarded him at the Mended Hearts Convention.

Lou Thomason accepting the award for Regional Accredited Visiting Chairman.

Sherry Shockley and Dot Tomberlin not having a speaking part in the presentation.

Left to right are Sherry Shockley, Dot Tomberlin, Laura Jackson and Blanche Smithers beginning their presentation about the 2015 Mended Hearts convention.

Laura Jackson (right) asking for help from the silent ones; Sherry Shockley (left) and Dot Tomberlin (center).

Lou Thomason accepting a service award from Blanche Smithers, Mended Hearts President on behalf of his wife, Roberta.
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...

Mended Hearts Chapter 127

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