Can you believe it is December 2015? I know we all are saying, "where has this year gone"? Now that we all have given our thanks for our many blessings not only at Thanksgiving but all year long, we move on to Christmas. My beautiful family and I will be spending Christmas in Texas, where we hope the weather is warm.

Thank You
My thanks to Richard and Nancy Strohm for their help at the Santa's Workshop. I would also like to thank the CRMC employees and everyone who helped make our bake sale a huge success. You are helping us to be able to give back to our community with our AED program and in helping to make our community more heart smart.

New Members
Welcome new members Marilyn Howard, Margaret Arseniadis and Barney Smithers.

Thank You Mike
Mike Burnett, Director of Protective Services, presented an informative program on security at CRMC.

Christmas Party
We will be having our annual Christmas Party on Dec. 17 at 6 pm at CRMC in Education Rooms 1, 2, 3 & 4. You will not want to miss this party. Good food, good company and a surprise or two!! Jay Peterson will be back with his wonderful music. Did you RSVP? The Board of Directors of Chapter 127 and I wish each of you a very Merry Christmas and a Happy New Year. Thanks for all your support of Mended Hearts throughout the past year. Love to each of you.
November Highlights
Submitted by Linda King

Blanche called the meeting to order, welcomed guest and then turned the meeting over to Laura Jackson. Laura recognized those having birthdays. Ray Savage said the blessing. After the meal, Laura introduced the speaker, Mike Burnette, Director of Protective Services at CRMC. It was very informative. The secretary and treasurer’s reports were read and approved. We discussed Santa’s Workshop and our Christmas Party to be held in December. Door prizes were given out. We dismissed the meeting early so we could setup for the Bake Sale to be held the following day.

Tip of the Month
Soak a piece of paper in baby oil and run it through the shredder to keep things running smoothly.

Crockpot Turkey Wild Rice Soup

Ingredients
2 cups chopped cooked turkey (or store-bought rotisserie chicken)
8 cups chicken broth
2/3 cup uncooked wild rice
1 cup diced white onion
1 cup chopped celery
1 cup chopped small carrots
1 teaspoon sage
2 tablespoons balsamic vinegar
2 cups baby spinach leaves

Directions
In a 6.5 quart crockpot, add all the ingredients except the spinach. Stir. Top the pot with the baby spinach. It will shrivel into the broth while cooking. Cover and cook on low for 8-10 hours or on high for 4-6. The soup is ready when the vegetables are tender. Can’t be ruined by “overcooking.” Makes 6 generous servings.

Christmas Time 1914: Soldiers Paused War For a Day of No Hate
PagesMag 1215

It was December 1914, the first night before Christmas of World War I. Troops were in high spirits. German and English soldiers were in trenches that slashed parallel lines across thousands of miles. Neither side could advance and neither side would retreat.

Across the narrow strip of no man’s land, sometimes only a matter of yards, they could hear each other sloshing about in knee-deep water. One English soldier wrote that “We used to shout remarks at each other, sometimes rude ones, but generally with less venom than a couple of London cabbies after a minor collision.”

The two sides settled down as neighbors, though they regularly took shots at each other. The Germans decorated scrawny bushes with candles and put them atop their parapets. A few soldiers on both sides poked their heads up, then shakily stood up and showed themselves to be unarmed. In spots up and down the lines in Belgium and northern France, enemy soldiers began to approach each other and unofficial cease-fires were agreed to.

Corporal John Ferguson was among the first to venture out. To find where he was in the dark, soldiers kept calling out “Fergie.” The Germans, thinking it was a holiday greeting, called “Fergie” back to them. But singing was a way enemies spoke without a common language.

When Germans finished a carol, the English sang “The First Noel,” the Germans sang “Tannenbaum,” and so it went. When the English started “O Come All Ye Faithful,” the Germans joined in with “Adeste Fideles.”

They gathered together and souvenirs were exchanged, like coins, buttons, badges and pipes. Canned beef and jam were traded for sausage and chocolate. English cigarettes bought German cigars. They raised their cups and pledged to each other’s health.

On the same day, both sides gathered their dead and buried them in one place. The joint burial service was held with prayers in both German and English as the troops faced each other. The next day, shots rang out again.
Spotlight On Judy Phillips
Submitted by: Glee Miller

Ms. Phillips is the person who gets things ready for our Christmas party. She manages the folks who will serve our meal. This year her son's group from the T.E.S.T. club will be working with the other helpers for our meal.

Have you always lived in Tennessee? “Yes. I was born in Nashville and moved to Cookeville when I was 7.”

Tell us something about your family: “My husband, Darrin is a truck driver for PFG in Lebanon. My daughter Rachel is married to Zach Green. My son Daniel is a Junior in high school and is the VP of the Test Club.”

What are your favorite foods? “Good ol’ hamburgers and Ralph’s jelly donuts.”

If you could go anywhere in the world, where would it be? “Hawaii.”

Where did you go to school? “Cookeville Park View and Cookeville Senior High School.”

Did you come from a large family? “Small family. One sister.”

What are you most thankful for? “Family, friends, good food.”

Four things you always have in your refrigerator? “I love breakfast - always have milk, eggs, juice and bacon (yum)”

Best thing about your marriage? “I have known Darrin since 1st grade at Park View and we both attended the same church. He has always been my best friend growing up and still is today.”

What do you especially like about the holiday? “I enjoy watching the Hallmark Christmas movie channel.”

What makes you smile? “I enjoy helping others and meeting new people each day.”

Do you have a favorite song? “I am a Tennessee girl, so “Rocky Top.”

Any accomplishments you are proud of? “I attended school for 12 years without missing a day. I made it to the big “50” and went to my first Tennessee Volunteer football game!”

Winter ‘true or false’ Quiz
PagesMag 1215

1. Heart attacks increase in winter. True
2. Drinking alcohol is a good way to warm yourself when you are outside in the cold. False
3. Mittens are warmer than gloves. True
4. If you don’t wear a hat, you could lose half your body heat through your head. True
5. You should opt for cotton clothing in cold weather. False

Answers:
3-True, mittens keep fingers together so they lose less heat.
4-True: next to your skin should be a thin, long-sleeved layer made of soft wool, silk or synthetic material.
5-False: alcohol robs you of heat causing blood vessels near the skin’s surface to dilate.
1-True especially in older people with cardiovascular disease.
2-False, alcohol is also an anti-coagulant.

“It’s great to be alive - and to help others!”
Doctors at the University of California, Berkeley, say vitamin D may help reduce age-related muscle loss.

In a clinical trial recently reported in Osteoporosis International, 160 postmenopausal Brazilian women, ages 50 to 65, took 1,000 IU vitamin D capsules or a placebo.

After nine months, those taking the vitamin experienced a significant increase in leg muscle strength compared to the placebo group. They lost less lean body mass, muscle and bone.

The women initially had relatively low blood levels of vitamin D. Most people lose muscle after age 50, typically 1 to 2 percent a year.
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): Prefered Contact: ☐ Phone ☐ Email ☐ Mail

(Mr/Mrs/Ms) ___________________________________________ Family Member Email __________________________

Family member (must reside at same address; please name): Prefered 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 ☐ 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

☐ Yes ☐ No

Optional info: Date of birth ___________ Please check below:

Race: ☐ Caucasian; ☐ Black; ☐ Asian; ☐ Am. Indian; ☐ Other

Gender: ☐ Male; ☐ Female

Patient signature _______________________________ Family member signature __________________________

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   Chapter annual dues

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

Mended Hearts does not give medical advice. As always, consult your physician before making any changes in medication, food supplements, diets or lifestyle.
Tom and Connie Banker were awarded a certificate for their yearly collection of baked goods from Boma Church of God for our bake sale.

Dennis and Karen Guzlas were awarded a certificate for organizing our Silent Auction and our pot luck meals.

Mike Burnett, Director of Protective Services at Cookeville Regional Medical Center.

Portion of membership at November meeting

Mike and his son.

Dot Tomberlin and Mitch Stonecipher getting ready for the Bake Sale

Charles Jackson, Mended Hearts AED Training Coordinator presents an AED to Paul Cunningham, minister, at the Temple Baptist Church in McMinnville.
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”