From The Vice-President

Submitted by Denny Guzlas

Thanks to all who ventured out on our meeting night in January. We were treated to a very informative presentation by Mark Samples who took the time to come and speak to us. He brought with him, many of the instruments and items used in his world, the heart surgery area of our wonderful hospital. As a support group such as we are, we are so fortunate to have professionals like Mark take their time to come share with us, information and knowledge that we likely would never get anywhere else.

Over the years we have had many great speakers and our hats are off to them for the knowledge they have shared with us. Our meetings are a wonderful time to see our membership together, to break bread, to fellowship, and to learn and share some of the many things we have learned as members of our chapter of Mended Hearts.

Thank you all for being the beating heart of our chapter.

A WOMAN’S HEART EVENT

Members from Chapter 127 attended the Woman’s Heart event last week. The food was delicious, the entertainment was hilarious and Dr. Case was very entertaining with his talk on a heart healthy diet. There were lots of items to bid on in the silent and live auction. A quilt that had been given to Chapter 127 by the Double Springs Church of Christ was donated and brought $525.00.

NEXT MEETING

Our next meeting will be February 19, 2015 at 6:00 pm at CRMC in Education Rooms 1, 2, 3 and 4. Our speaker will be Danette Gardenhire, Director of Respiratory Services.

PATIENT ADVOCACY COMMITTEE

By now Chapter 127 members should have received a letter from CRMC about plans to form a Patient Advocacy Committee. Hopefully you will give this some serious thought. Keep in mind the deadline for nominations is February 20, 2015. Please refer to your letter for details.

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

PLEASE NOTE: The deadline for submissions to Mended Hearts Newsletter for March is February 19, 2015. 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

Celebrate your heart. Wear your red dress pin all month.
Happy Valentine’s Day!

DECEMBER YEAR TO DATE
28 Surgeries 28
34 Stents 34
11 Defibs - ICD 11
12 Pacemaker - PPM 12
11 Ablation 11
2 EP Study 2
114 Hrs Worked 114
13 Phone Calls 13
56 Heart Surgery Visits 56
34 Stents Visit 34
11 ICD Visits 11
12 PPM Visits 12
11 Ablation Visits 11
2 EP Visits 2
139 Total Visits 139
Highlights of the January Meeting
Submitted by Laura Jackson

- Visit from Cherry (CVICU) to offer their cookbook to our membership. The proceeds will fund continuing critical care education.
- Vice President Guzlas introduces Mark Samples as our speaker for the evening. Mark presented a program on “Beating Heart” surgery. The membership enjoyed an entertaining and very information presentation. We watched video and examined actual instruments that are used.
- Lou Thomason advised the group that the next three months we will be involved in our election of new officers.
- Linda Whitaker presented to the Chapter as our new Grant Writing Chair.
- Blanche presented a check received from the Junior Women’s Club from Santa’s Workshop.
- Health Fair Volunteers are needed. Blanche tells us we need 2 per event. If you wish to volunteer see Blanche for instructions.
- See you in February for a GREAT meeting.

2015 Election of Officers
Submitted by Sherry Shockley

The nominating committee met in January to come up with a possible slate of officers for 2015-16. The nominating committee, made up of Lou Thomason, Marie Thompson and Sherry Shockley, was appointed by Pharoah Smithers in September, 2014 in accordance to our bylaws.

The list of nominees will be announced at our February meeting. Nominations from the floor will be taken at the March meeting. Before nominating someone, you must have asked that person in advance and get their approval.

The actual voting will take place in April and the installation of the officers will be in May.

Sympathy

Our condolences go out to the family of Tom Little, a past president of Mended Hearts. Tom passed away on Jan. 28, 2015. Tom and his wife, Lucile, were lifetime members of Mended Hearts. Tom made many contributions to Chapter 127. He will be greatly missed.

Also our condolences go out to the family of Dr. Ken Garry, Jr. who passed away on Jan. 23, 2015, in Effingham, Ill. Ken was a former vice-president of Mended Hearts, Chapter 127. Ken and his wife, Janice, were very active in our chapter.

Chocolate Truffles

Instead of relying on store bought confections this year, try making these dark chocolate truffles. They are quick, easy to prepare and have just a few ingredients. While most recipes call for heavy cream or butter, these truffles get their creaminess from a healthy ripe avocado. If you don’t care for the flavor of avocado, don’t worry – all you’ll taste is the chocolate.

Easy Dark Chocolate Avocado Truffles

6 oz. dark chocolate chips
1/3 cup mashed avocado (about 1 small avocado)
1/2-teaspoon vanilla
Pinch of salt
2 tablespoons cocoa powder, for rolling

Combine the chocolate, vanilla and pinch of salt over a double boiler and melt until completely smooth. (You can use an oven safe bowl over a small saucepan for this.) Mash the avocado with a fork until no lumps are visible, then stir it into the melted chocolate mixture until smooth and thickened. Place in the fridge to set for 20 minutes or until slightly firm to the touch.

Once the mixture has been chilled and is slightly firm, use a tablespoon to scoop the chocolate into 12 balls. Place them on a pan lined with parchment paper and roll the balls between the palms of your hand to create a smooth surface. Place the 2 tablespoons of cocoa powder in small bowl and roll each truffle into the cocoa to coat. Serve at room temperature but store in the fridge for a lasting shelf life.
Spotlight On
Joe Carter
Submitted by: Blanche Smithers

Occupation at Retirement: "I worked at Cape Canaveral in Florida for 23 years. I was a communications tech and sometimes I rubbed shoulders with the astronauts."

Hobbies: Joe is a pilot and a amateur radio operator.

First job out of college? "I went to Freed-Hardeman college with a degree in electronics. My first job was with Motorola."

Best part of your day: "I have to have my coffee first thing in the morning. My best time of day is mid morning to afternoon."

Joe, I know you are single, what is your favorite food to cook? "I cook a lot of baked chicken. Although I do eat out a lot, plus a lot of pizza."

Who is your favorite country music artist? "Brad Paisley, Tennessee Ernie Ford, Roy Acuff."

What do you like about Mended Hearts? "I like the fellowship with the people who have had heart surgery. I am also looking forward to being a regular accredited visitor."

Favorite TV Show: "Axe Men and Myth Busters."

Famous person to invite to dinner: "Clint Eastwood."

What brought you to Cookeville? "I was raised here in Cookeville and moved away in 2001. I have one brother in Cookeville and one brother in North Carolina."

Best thing about retirement? "Not having to be on the clock. I can set my own time."

Most thankful for: "My new lease on life after my heart surgery."

What do you like best about our community? "The size of Cookeville. It still has the small town appeal."

Something most people don’t know about you? "I have an airplane I keep at Sparta. I have my private pilot’s license."

Define success: "Finding a vocation you truly like and finding someone to settle down with and have children."

Something to say to all: "Anyone who has had a heart procedure should get involved with Mended Hearts. We have a lot of great speakers on different procedures, and you can learn a lot. Please come and give us a try."

Presidents Day: Is it Washington’s or Lincoln’s?

Most of our calendars state that the third Monday of February is Presidents Day. It is a federal holiday. Government offices close. Schools close. No mail is delivered. Supposedly, this annual event is meant to celebrate the combined birthdays of George Washington and Abraham Lincoln. But their birth dates are on the 22nd and 12th respectively and the 22nd can never be on a Monday.

Confused? There’s more. By combining these once separate events that honored two important presidents, a 1968 Uniform Holiday Bill gave federal employees another 3-day weekend along with Memorial Day and Columbus Day.

But state governments don’t have to observe federal holidays. So some don’t. Most do because their employees want those long weekends too. But businesses stay open and hold big sales, so their retail employees still work.

Some states continue to call the holiday Washington’s Birthday to this day. After all, he is the Father of Our Country, the general who led the Continental Army to victory in the Revolutionary War and then became our very first president. That’s why our 1888 Congress created the very first national holiday that honored an important individual.

What about Lincoln? His birthday has never been designated a federal holiday, but some states observed it as such. Some never did, but most were willing to lump it into a Presidents Day recognition. Not all.

So although our calendars have said it’s Presidents Day since 1971, the name has never been officially authorized by Congress. It is still Washington’s Birthday.

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

PagesMag 2015
The History of Open Heart Surgery
PagesMag 2015

Sixty years have passed since the first successful heart-lung machine was used in surgery and generations of people have little memory of what a diagnosis of heart problems once meant.

In those days, there were no real therapies for heart problems. A patient could possibly have an operation, but it wasn’t likely that he would survive it.

That is, until May 6, 1953, when an 18-year-old woman survived open-heart surgery and recovered. Uneventfully.

Her surgery was an experiment 23 years in the making and the result of the singular vision and struggle of Dr. John H. Gibbon, Jr.

The struggle began in 1931 when, as a surgical resident, Gibbon was assigned to monitor a young woman who, two weeks after surgery, developed a blood clot that went to the heart. During a long night, Gibbon watched as she progressively became worse. Her heart and lungs could no longer provide oxygen to the blood. That morning, Gibbon observed as the surgeon attempted to remove the blood clot during open-heart surgery. According to the Jefferson University archives, the operation was an act of pure desperation. Open-heart surgery prior to 1953 could occur only two ways, either by placing the patient into a hypothermic freeze, or by stopping the heart (and respiration) and working fast. Surgeons could make repairs in six minutes or so, but patients rarely survived. Prior to 1953, no patient in the U.S. had ever been known to survive the removal of blood clots, according to the archives of Thomas Jefferson University, and neither did the sick young woman on the operating table that day in 1931.

But in this moment, Gibbon had an insight: Blood must be circulated and oxygenated by a machine outside the body while the surgeon worked inside the body. But what would serve as the pump? How would you provide the blood to the patient?

During the next 23 years, Gibbon and his wife/assistant worked on the idea, solving all the major problems associated with using a mechanical pump to bypass the heart. They had no big government grants but they had plenty of opponents and naysayers.

Following the operation, Dr. Gibbon told his biographer he felt exhilaration, relief and joy but, for the first time in his career, he was unable to bring himself to write his own notes on the operation. He did four more operations, all on children, and all the patients died.

A man with a deep regard for humanity, Gibbon was crushed and he declared a moratorium on the procedure. He never again went back to heart surgery.

Happily, there were doctors whose names are now written large in the history of heart surgery who took the idea and made it work: Clarence Dennis of Downstate University in Brooklyn; John Kirklin of the Mayo Clinic; and C. Walton Lillehei (known as The Father of Open Heart Surgery) at the University of Minnesota.

The stunning truth is that in 1953, nearly 100 percent of the patients died in open-heart surgery and in 2014 more than 98 percent thrive. One example, 250,000 heart valve replacements are done every year and 98.3 percent of the patients recover. Some hospitals report they have never lost a heart valve patient on the operating table.

In the period of 61 years, an entire category of lifesaving medicine developed, sparked by the lonely efforts of one doctor.

John H. Gibbon, Jr., the descendant of four generations of doctors, died in 1973 of a heart attack.

A Germ-free Kitchen Sponge
PagesMag 0215

Even if you wash your kitchen sponge regularly, by hand or in the dishwasher, it can still be full of bacteria, more bacteria than anywhere else in your home. Those germs can migrate to dishes, glasses and countertops.

The good news: the best way to decontaminate it is also the easiest.

Rinse it, wring it out, and microwave it for 30 seconds to kill those germs.
Experts Emphasize the Importance of Cardiac Rehabilitation

CardioSmart

Despite its value and importance, cardiac rehabilitation is vastly underutilized by patients recovering from heart events, according to a paper published in the “Journal of the American College of Cardiology” that advocates for a new model of cardiac rehab delivery.

Cardiac rehab was first created in the 1930s for patients recovering from heart attacks, allowing for bed rest and restricted physical activity. It has since evolved into a comprehensive program that helps patients not only physically recover from a heart event but also teaches individuals the skills needed to improve heart health. As such, there is strong evidence showing the importance of cardiac rehab in helping patients make healthy lifestyle changes, improve quality of life and reduce risk of a future heart event.

The problem, as the study authors explain, is that cardiac rehab is underutilized for a number of reasons. To start, patients are not consistently referred to cardiac rehab, even when they could benefit greatly from such support – especially women, the elderly, ethnic minorities and individuals with lower income. Among those who are referred to a program, barriers like transportation, work schedules and affordability prevent many individuals from enrolling. In fact, studies show that fewer than half of heart attack patients who receive referrals to cardiac rehab enroll within six months following their event.

Experts hope to address these barriers by rebranding cardiac rehab and using innovative strategies to address barriers to enrollment. For example, internet-based and community-based programs may provide useful alternatives to the standard delivery of cardiac rehab, especially for patients at low or intermediate risk for a second event. Efforts to increase referrals to such rehab programs are also essential, as most patients can benefit greatly from education and support in improving their cardiovascular health. By addressing barriers and better meeting the needs of patients, experts hope that increased uptake of cardiac rehab will connect more patients with the care they need.

Chest Pain, Labored Breathing, Fatigue: Call 9-1-1 Now!

This is the only era in history that heart attacks do not have to be fatal, but much depends on speed.

To survive a heart attack, you must know the symptoms and get yourself into the hands of a medical professional as quickly as possible.

Many people having a heart attack will know immediately that the problem is serious but some might delay getting help – a dangerous move. Undue fatigue, rapid heart beat, difficulty breathing and chest pain are all symptoms that you might be having a heart crisis.

Call 911 immediately. This, in effect, brings a hospital to your door and, if you are having a heart attack, this increases your chances of survival dramatically.

According to the American Heart Association, someone suffers a heart attack every 34 seconds.

In fact, according to Johns Hopkins, about 84 million people in the U.S. have some form of cardiovascular disease. About 15 million U.S. adults have coronary heart disease. Every year about 600,000 people die of heart diseases.

You are at risk for a heart attack if you have high blood pressure, high blood cholesterol, and obesity. Smoking increases your risk along with a low activity lifestyle and diabetes.
Vanette’s Day Word Search Puzzle

KOCXDLECNHFFRIMTE
GBAIUWSVAMOIRJW
WGUPPPARRPUPVBBK
KFISPIVADESOGUUBG
SULFDXDSAWDMBWOLX
SDFSTSORSFEGMBS
SOEDASSILLANFLOAEW
WMWASPKIOFCWOTRJQ
EXMGRBNENNENFVZAIN
ELSYSZEFGIFIEFPCO
TIXGTSSQCKJADFCUW
HQAWSUTZTUPCRSNUF
EPHTLENGAPMACHCVR
ARQSEREZVEOECFKJKLP
RPANEJBOPTCIUCXYI
TEUOAJWNRVJNAHOCV
HCHOCOLATEMNAXBVWF
F VALENTINEADCAMTBO
VEVOLBJANYTKFROQFP
PXITNRFREVOLUERTRE
HCNOWSMEOPYXEKWJDJO
Amour Darling Poems
Beau Dearest Romance
Beloved Flowers Romeo
Candy Gifts Sweetheart
Cards Hearts Truelove
Champagne Love Valentine
Chocolate Paramour
Cupid Passion

MARK YOUR CALENDAR

Feb. 19 Regular Mended Heart Meeting
Feb. 24 Jamestown Meeting
March 12 Board Meeting
March 19 Mended Heart Meeting
March 25 Health Fair - Fairfield Glade

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

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Cherry Ramsey selling cookbooks at Mended Hearts January meeting.

Dick and Glee Miller attend a CRMC health fair.

Tom Tomberlin presenting Laura Jackson with the Mended Hearts of the Year Award.

Mark delivering presentation at the January Mended Hearts meeting

A WOMAN’S HEART EVENT
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”