From The President
Submitted by Blanche Smithers

Fathers Day has come and gone, Fourth of July has come and gone, Mended Hearts National Conference in Orlando, Florida has come and gone. Our new Mended Hearts Chapter 127 officers are getting adjusted to their new positions. I hope everyone had a safe and fun Fourth of July.

Mended Hearts National Conference
The conference was held June 24-27. The four of us, Sherry Shockley, Dot Tomberlin, Laura Jackson and Blanche Smithers had an enjoyable time attending all the workshops and sessions. You will hear more about these ideas in our next meeting.

Thank You
Thank you to Michelle Parrott from the UT Extension Office, who presented an interesting talk and quiz on summer time food preparation at our meeting in June.

Attention Mended Hearts Accredited Visitors
Have you noticed anything new in our Mended Hearts waiting room on the third floor? A new phone charging station has been placed on the wall. This is great for our families who are with patients who have forgotten their phone chargers. This will accommodate all phones. Several have been placed throughout the hospital. Thank you CRMC.

Next Meeting
Our next meeting will be July 16, 2015, at 6:00 pm at CRMC in Education Rooms 1, 2, 3 and 4. Our program will be about the conference in Orlando. Please try to attend. You do not have to have had a heart event to attend our meeting.

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

PLEASE NOTE: The deadline for submissions to Mended Hearts Newsletter for August is July 16, 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

SILENT AUCTION
We need some volunteers for the upcoming Silent Auction.
If you would like to help with collecting items, please call Denny or Karen Guzlas at 858-0100.

Important Info
Reaching Out....
Mended Hearts reaches out to people from many surrounding counties.
Cookeville Regional Medical Center is truly Regional.

JUNE YEAR TO DATE
35 Surgeries 183
37 Stents 231
5 Defibs - ICD 48
14 Pacemaker - PPM 66
14 Ablation 77
0 EP Study 8
118 Hrs Worked 665
20 Phone Calls 107
70 Heart Surgery Visits 366
37 Stents Visit 231
5 ICD Visits 48
14 PPM Visits 66
14 Ablation Visits 77
0 EP Visits 8
160 Total Visits 908

Submit by Blanche Smithers
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Highlights of June Meeting
Submitted by Linda Swack

- The meeting was called to order by President Blanche Smithers.
- Birthdays were recognized and Tom Tomberlin led us in prayer.
- After our meal, Vice-President Laura Jackson introduced the speaker, Michelle Parrot of the University of Tenn. Extension Program. She discussed the importance of temps for food.
- The Mended Hearts Convention was discussed.
- Lou Thomason told us we would join forces with the Burnett Group. They would do the training.
- The Silent Auction will be held Oct. 16, 8 am to 5 pm with pickup on Saturday.

Farm-Fresh Summer Succotash

Ingredients
3 cups fresh corn kernels (4 ears)
1 cup zucchini, coarsely chopped
1 cup diced yellow or red onion
1 cup fresh green beans, blanched and cut in half-inch pieces
1 cup grape tomatoes, halved
3 tablespoons chopped fresh basil
3 tablespoons chopped fresh cilantro
2 teaspoons salt
1/4 teaspoons ground black pepper
Butter or oil for sautéing

Directions
In a large skillet over medium-high heat, sauté onion in butter about 2 minutes. Add chopped zucchini and sauté 3 minutes. Stir in corn, green beans and tomatoes. Add basil, cilantro, salt and pepper. Heat until mixture is hot.

That’s it! Total time is a mere 20 minutes. Serve it from the skillet and keep it hot on a corner of the grill for second servings.

Jamestown Minutes
Submitted by Danny Parris

The meeting was held at the Jamestown Regional Medical Center. Sonja South, Director of the Wound Care and Hyperbaric Center, was the guest speaker. Sonja talked about arterial disease and ulcers. There were lots of questions during the question and answer session. The Annual Picnic will be July 28th at 5:00 pm at the Jamestown Community Park. Bring a covered dish or dessert.

Tips on How to use Your Blood Pressure Monitor
PagesMag 0715

Doctors at the Mayo Clinic say that when using your home blood pressure monitor you can get more consistent blood pressure readings, using these steps.
- Be consistent. Measure your blood pressure at consistent times, such as mornings and evenings. Always use the same arm.
- Take your blood pressure between 5 am and 9 am and before taking blood pressure medication. Generally, this is when blood pressure is the highest. If your blood pressure is well-controlled, however, it will be well-controlled at other times of the day as well.
- Plan around eating. Take a blood pressure reading before you eat, smoke, or use caffeine or alcohol. Or wait at least half an hour after you do.
- Go to the bathroom. A full bladder slightly increases your blood pressure.
- Sit correctly. Sit with both feet flat on the floor. Stretch out your arm with the palm upward on a table or arm of a chair, so your arm is even with your heart.
- Attach the cuff properly. Place the cuff on your bare arm. Don’t roll up a sleeve so it constricts the upper arm.
- Calm yourself. Sit quietly for three to five minutes before taking a reading. Then rest quietly for about one minute and take a second reading, or even repeat the process for a third reading. The first reading will often be higher than subsequent readings.

If your doctor has requested that a record of readings be kept, post the numbers right away so you won’t be guessing about them later.

Tip of the Month

Nail polish as a key coder. Tired of fumbling at the front door? ID each key with its very own shade of nail polish so that you can grab the right one in a flash.
“It’s great to be alive - and to help others!”

Spotlight On
Blanche Smithers
Submitted by: Glee Miller

What three words describe you?
“Friendly, happy, mischievous.”

A word of advice to others!
“Always be kind and have a good word to say about others.”

What are your hobbies?
“Quilting, reading, Mended Hearts and my family.”

Pet Peeves?
“People who talk ugly about other people and complain all the time about everything.”

What matters most to you in a leader?
“Someone who is always fair and not ugly or talks about people. Someone who is willing to help others when they have a need.”

Do you have a bucket list?
“Yes, when my daughter and her family move to South Africa, I want to visit them.”

What person had the most influence in your life and how?
“Pharoah. We were married very young and in many ways we grew up together learning to share a life of joy, love and laughter.”

What saying do you repeat most often like “OH” or “My Word”?
“Oh my word” all the time.

What gift would you give to someone who has everything?
“The gift of love and the gift of understanding.”

Inherited Heart Disease

If there is heart disease in your family, are you at risk for it? Some people think they’ll die young because of an “inheritance,” and others think they’ll live long because relatives did in spite of their bad habits.

Experts at the University of California, Berkeley, say it’s possible to compensate for bad genetic legacies, but it’s also possible to dim the effects of even the heartiest genes, because they are only part of the story.

Genes interact with environmental and lifestyle factors, like diet and smoking, to determine when and if you will develop certain diseases and when. The inherited tendencies may never manifest themselves, depending on your lifestyle and environment.

Obesity, a contributing factor for many chronic diseases, is an example of how genes interact with weight regulation.

Scientists have a growing list of genes that may explain why some people easily stay thin while others struggle with weight gain.

And genetics also influence preferences for foods and exercise and how your body responds to them.

Every week there are reports about genes being linked to the risk for various diseases. The science is very young and its promise unfulfilled. But you don’t have to be a scientist to make your own health and lifestyle plan, one that will protect you from diseases, whether the risk is inherited or not.

Eat well, rest well, exercise, don’t smoke, handle stress, you get the idea. As “Mr. Spock” said, “Live long and prosper!” It’s mostly up to you.

“PagesMag 0815

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“It’s great to be alive - and to help others!”
Recognizing the signs of a genetic disorder called familial hypercholesterolemia (FH) could be life saving, according to a paper recently published in the “European Heart Journal.”

FH is a common genetic disorder that causes dangerously high levels of LDL or ‘bad’ cholesterol, beginning at birth. Passed down through families, FH leads to the premature development of heart disease and can take years, even decades, off one’s life. The good news is that with early detection and treatment, individuals with FH can live healthy, long lives.

As experts explain, FH is wildly under diagnosed. It’s estimated that 35 million individuals worldwide currently have this condition, one-quarter of whom are children or teens. However, FH is often overlooked, as it usually doesn’t cause symptoms until later in life.

In their most recent paper, authors highlighted the need for increased awareness of FH. Children or any individuals with a close relative that developed heart disease early in life should talk with their doctor about FH. With a simple review of family history, doctors can determine whether a patient is at risk for FH and should undergo further testing. With blood tests and genetic testing, doctors can readily diagnose FH and provide treatment options to prevent complications. In fact, simple lifestyle changes and medications can go a long way in helping patients with FH live normal, healthy lives.

However, the key is identifying patients with a family history of premature heart disease. It’s important that doctors ask the right questions to identify patients at risk for FH as early in life as possible. Patients also need to become more aware of FH and whether they are at risk for this genetic condition. For example, if a child’s parent died of heart disease at the age of 30, patients or their parents should discuss family history with a doctor. It’s also important to recognize the telltale signs of FH, which include fatty shin deposits by the hands, elbows, knees, ankles and cholesterol deposits on the eyelids.

As authors explain, it’s never too early to discuss concerns about FH and family history of heart disease. The earlier doctors are able to diagnose patients with FH, the earlier they can provide effective treatments to promote better health and reduce risk of complications. With future research, experts hope to better understand FH and the best possible treatments to help patients affected by FH live long and healthy lives.
**Member Information** (please print or type)  
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): (Mr/Mrs/Ms) ________________ Family Member Email ___________________________  
Preferred Contact: ☑ Phone ☐ Email ☐ Mail  
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 ___________________________________________  

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  
Add my email to monthly national email updates? ☐ Yes ☐ No  
Patient signature ___________________________ Family member signature ___________________________  
Optional info: Date of birth ________ Please check below:  
Race: ☐ Caucasian; ☐ Black; ☐ Asian; ☐ Am. Indian; ☐ Other  
Gender: ☐ Male; ☐ Female  
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**  
| 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 $ ______  
Chapter dues $ ______  
TOTAL $ ______  
I am joining as a non-heart patient: ☐ Physician ☐ RN  
☐ Health Admin ☐ Other Interested Party ☐ Other ___________________________  
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

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<th>Date</th>
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<tr>
<td>July 16</td>
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<td>Mended Hearts Meeting</td>
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<tr>
<td>Sept 17</td>
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SUMMER FUN WORD SEARCH

Barbecue Fish Skateboard
Baseball Frisbee Slide
Bike Garden Snorkel
Birdwatch Hike Spelunk
Boating Hopscotch Surf
Camp Jumprope Swim
Canoe Makesandcastles Swing
Climb Picnic Vacation
Collectbugs Ridehorses Volleyball
Dive Rollerblade Wade
Eatingcream Rollerskate Waterski
Findshells Seesaw

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

Accredited Visitors
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 931-526-9398
14. Louise Davies Every other Thursday 931-432-0277
15. Tom Tomberlin Every other Thursday 931-526-7353
16. Dot Tomberlin Every other Thursday 931-526-7353
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

ACCREDITED VISITORS CHAIRMAN
Lou Thomason 931-432-6262

FUND RAISER CHAIRMEN
Dot Tomberlin Bake Sale 931-526-7535
Denny and Karen Guzlas Silent Auction 931-858-0100

TELEPHONE COMMITTEE
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Lou Thomason, Chairman 931-432-6262
Charles Jackson, Coordinator 931-858-2196

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Debbie Baker 931-783-2786

PUBLIC RELATIONS
Blanche Smithers 931-526-4497

SUNSHINE CHAIRMAN
Carolyn Shanks 931-858-3021
AED presentation at West End Church of Christ. Left to right are Pastor Kerry Duke, Mended Hearts representatives Blanche Smithers and Lou Thomason with Elder Tim Smith.

AED presentation at Algood Church of Christ. Left to right are Elders Bobby Rothfus and Deuel White with Mended Hearts representatives Charles and Laura Jackson.

MENDED HEARTS BAKE SALE

MENDED HEARTS NATIONAL CONFERENCE

Blanche Smithers, Sherry Shockley, Laura Jackson, Dot Tomberlin

Laura Jackson, Dot Tomberlin, Sherry Shockley and Blanche Smithers pose with Marvin Keyser, National Conference Chairman.

Dot Tomberlin, Sherry Shockley, Blanche Smithers and Laura Jackson attend the National Conference held in Orlando, Fl.
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.