Hello everyone! Can you believe it is June already? That means 2015 is at the halfway mark…it also marks the time for the installation of new Mended Hearts officers for 2015-2016. First, I would like to thank everyone for electing me as your new Mended Hearts Chapter 127 President. I look forward to working with all of you. I know I will never fill the shoes of our wonderful previous President, Pharoah, but I pledge to do my very best for our chapter.

New Officers Here For You
I speak for the entire Board when I say we could not do this job without your help and support. Please don’t hesitate to contact me or another Board member in person or by phone with your suggestions or concerns. We are available and always open to discuss your ideas about how to continually improve our service to heart patients and their families.

Thank You
Thank you also for a wonderful New Officer Installation ceremony in May. Your kind words of encouragement and show of support – not to mention the fantastic food – meant so much to each new Board member and was a wonderful start to our term.

Thanks also to CRMC for generously donating their education rooms for our monthly meetings, as well as providing refreshments. Your staff has been remarkable and is always available to lend us a helping hand.

Special Guest
A very special thanks goes to Donnette Smith, the national Mended Hearts President-Elect, who joined us for the installation of new officers. We were honored to hear that she considers Chapter 127 one of the most successful Mended Hearts chapters in the country.

Upcoming Event
On June 24-27, four of us will see Donnette Smith again when we represent Chapter 127 at the national Mended Hearts Conference in Orlando, Florida. Laura Jackson, Sherry Shockley, Dot Tomberlin and I will attend informational sessions and learn as much as we can so that we can come back to Chapter 127 with new ideas for fulfilling our mission of helping others with heart disease.

Next Meeting
Our next meeting will be June 18 at 6:00 pm in CRMC Education Rooms 1, 2, 3 and 4.

Happy 100th Birthday Auxiliary Volunteer, Anna Belle Pruett!
Highlights of May Meeting
Submitted by Linda King

- Attendance – Fifty-one present with several visitors in attendance.
- Our installation of officers was the highlight of the meeting.

Blanche Smithers – President
Laura Jackson – Vice-President
Dot Tomberlin – Treasurer
Linda King – Secretary

- The speaker was Donnette Smith, President-Elect of National Mended Hearts. She also conducted the installation of officers.
- Nicole Brimm of Mended Little Hearts spoke.
- Items for the bake sale were brought to the meeting to be ready for early morning.
- The food was outstanding. The chocolate fountain was a big hit.

Firecracker Slaw

Ingredients
1/2 cup sugar
1/2 cup cider vinegar
1/2 cup olive oil
1 teaspoon each mustard and celery seeds
1/4 teaspoon ground turmeric
1/2 teaspoon salt
1 tablespoon Dijon mustard
4 cups finely shredded red cabbage
4 cups finely shredded white cabbage (or center portion of green cabbage)
2 red bell peppers, as thin slivers
1 medium red onion, finely diced

Directions
For the dressing, whisk and then microwave first 7 ingredients in a 1-quart glass bowl on HIGH for 2 – 4 minutes, stirring once. Taste, adjust, and set aside.

Place the shredded cabbages, bell pepper and onion in a large serving bowl. Add the firecracker vinaigrette dressing until ingredients are just coated. Toss well. Option: add red with radishes on top.

Great for two or a crowd, served with fried chicken or piled onto your buffalo burgers, pulled pork or barbecued beef sandwiches. Easily doubled. Travels safely in hot weather.

AED Program News
Submitted by Lou Thomason

We are proud to announce that the Mended Hearts AED Program has joined with the Carmen Burnette Fund. They will offer the CPR and AED training required by Mended Hearts for the donation of AED units to churches and other non-profits in the Upper Cumberland and Middle Tennessee area.

This union will allow both charities to showcase our dedication to making the community more aware of heart disease.

On May 31, 2015, two AED units, number 123 and 124, were donated. One unit went to Algood Church of Christ and the other went to West End Church of Christ in Livingston. Our thanks to Mike Burnette and Sadie Shadden of the Burnette Fund for helping to make this possible.

Since the inception of Mended Hearts AED Donation Program, the investment for units given is $161,200. These funds are the result of exceptional fund raising as well as grants from the community, businesses and government agencies.

Mended Hearts is proud to be promoting heart health awareness in our community. Our commitment to this cause is reflected in our mission statement.

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

Our Condolences

We are sorry to report the passing of Marvin Sigersma. He was a long time member of Mended Hearts. He previously served as our visiting co-chairman.

Tip of the Month

Soften Cuticles: No time for a full manicure? Soak your fingertips in a bowl of mayo for 5 to 10 minutes, then rinse with warm water to hydrate and smooth the nail and cuticle.
What Does ‘Take With Food’ Actually Mean?

The brief instruction on a pill label can leave you guessing whether it means before, after or during eating. And how much food do you have to take with it?

Doctors at the University of California, Berkeley, say the instruction is given if a drug is better absorbed when accompanied by food or if the drug is less likely to cause stomach upset when there’s food in the stomach at the same time. Many pain relievers and some antibiotics have this instruction, but other kinds of medications do too.

For absorption, you may take the drug right before, right after, or while you are eating any amount of food. But taking the drug right after a full meal is usually most effective for the prevention of stomach upset.

You can make it simple by always taking such drugs right after a full meal. Or you can see which timing and amount of food works for you, which can differ for different drugs.

Your pharmacist is prepared to advise you about the best way to take a particular drug.
Five Myths About High Blood Pressure

These are the top five mistakes, the myths about high blood pressure.

**Myth #1:** It's No Big Deal. The problem with high blood pressure initially is there are no symptoms. You don't feel bad, so how could anything be wrong?

The truth is, when your blood flow begins to push too hard against your blood vessels, it leads to damage of your heart, kidneys, and other organs in your body. High blood pressure is a very big deal indeed.

**Myth #2:** There Is No Good Treatment. Many people feel there's nothing they can do about their high blood pressure.

The truth is if you follow a sensible plan, you can manage your high blood pressure.

**Myth #3:** A “Little” High Blood Pressure Is Okay. When you take your blood pressure readings, you probably notice they vary somewhat. You probably also notice there are two numbers, one on top and one on bottom.

Normal readings are: 119 or below for the top number, and 79 or below for the bottom number. Some people believe that as long as one of these numbers is normal, you’re okay.

The truth is if either of your blood pressure numbers is above normal, you need to do something right away.

**Myth #4:** High Blood Pressure Cannot Be Prevented. This idea is dead wrong. Even if everyone in your family has higher blood pressure, this doesn't mean there is nothing you can do.

Simple changes such as eating a healthy diet, limiting salt intake, and keeping your weight under control, can help you prevent high blood pressure.

**Myth #5:** Treatment Is Difficult. Most people think that treating high blood pressure requires giving up all your favorite foods, engaging in some crazy exercise plan, or taking dangerous and expensive drugs.

While you do need to make changes to get your blood pressure under control, those changes do not have to be difficult or unpleasant.

Physical Fitness Keeps Cholesterol Under Control

Being fit could delay the development of high cholesterol by up to fifteen years. High cholesterol currently affects one-third of American adults, putting millions at increased risk of heart disease, heart attack and stroke. Because cholesterol gradually builds up in the arteries over time, most individuals will develop high cholesterol at some point in life. But simple steps like eating healthy and staying active can go a long way in preventing or delaying this potentially serious condition.

To learn more about the impact of regular exercise on cholesterol levels, researchers analyzed data from the Aerobics Center Longitudinal Study, which followed nearly 11,500 healthy men for 36 years. Throughout the study period, patients underwent blood tests and exercise treadmill testing, which helped assess their fitness levels.

After analyzing results, investigators found that the least fit men developed high cholesterol levels 15 years earlier than men with high fitness levels. However, the relationship between fitness and a delayed increase in cholesterol was strongest in young and middle-aged men. As authors explain, this suggests fitness is most effective in delaying high cholesterol earlier in life. By the time men are older, regular exercise can only do so much to ward off high cholesterol, although fitness will help promote healthier cholesterol levels and a healthy heart.

Published recently in the “Journal of the American College of Cardiology”, these findings highlight the importance of regular exercise in reducing cholesterol. Not only can exercise help lower bad cholesterol called low-density lipoprotein (LDL), physical activity has been shown to increase the good type of cholesterol called high-density lipoprotein (HDL). The trick, however, is to engage in physical activity on a regular basis. Fitness is an indicator of regular exercise. The more consistently you exercise, the greater your fitness level will be.
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  ☐ 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

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
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
**Fathers Day Word Search Puzzle**

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S O Y A D N U S N O R A F D D
O D D D O R G A N I Z E A D T
H E F P D I R G S T F U T A T
S O N O R A D O D D G H H R
S S E D A E D L Y H R E E V G
O E T N T I S F T N A S R P I
N O N K E A N E E W N A S H F
S I E N N G R T N O D R I H T
E N E F O S O R E T F J E U N
I E T N H I N N N T A E V N
T N E M P I U Q E S T R O P S
K T N H N J D I N E H T L E E
C N I T E N H R E R E O W N D
E F N T S A F K A E R B A T A
N H E R S B I R T C H D A Y D
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**MARK YOUR CALENDAR**

- **June 18**: Mended Hearts Meeting
- **June 23**: Jamestown Meeting
- **July 9**: 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.

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**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  931-526-7535
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

**ACCREDITED SUBSTITUTES**
- Ray Savage  Substitute  931-761-4336
- Craig Kokkler Substitute  931-858-4919
- Joe Carter  Substitute  931-260-4816
- Billy McElhaney Substitute  931-651-1288
- Roberta Thomason Substitute  931-432-6262

**NEWS LETTER COMMITTEE**
- Sherry Shockley, Editor  email: sshockley1@frontiernet.net
- Angie Boles  Publisher/Designer  931-528-2541
- Charles Jackson  Photographer  931-858-2196

**CHAPLAIN**
- Ray Savage  931-761-4336

**ACCREDITED VISITORS CHAIRMAN**
- Lou Thomason  931-432-6262

**FUND RAISER CHAIRMEN**
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- Denny and Karen Guzlas  Silent Auction  931-858-0100

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**AED PROGRAM**
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- Charles Jackson, Coordinator  931-858-2196

**TAXES AND ADDRESS LABEL COMMITTEE**
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**GRANT WRITER**
- Linda Whitaker  931-265-5316

**JAMESTOWN SATELLITE**
- Danny and Sharon Parris  931-397-5960

**REHABILITATION**
- Debbie Baker  931-783-2786

**PUBLIC RELATIONS**
- Blanche Smithers  931-526-4497

**SUNSHINE CHAIRMAN**
- Carolyn Shanks  931-858-3021

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Mended Hearts does not give medical advice. As always, consult your physician before making any changes in medication, food supplements, diets or lifestyle.
Installation of Officers
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.