From The Vice-President

I hope all of our members understand the need that we had to cancel our February 19th meeting. The board attempted to call everyone we could to advise of the cancellation. Some phone numbers were either not current or non-operative but we did the best we could to notify everyone.

If each of us could take a minute and make sure the board has a current working home phone number and or cell number, we can notify you through the call tree when we have important information concerning the chapter.

This winter’s cold and slippery weather has made this year a bit more dangerous than in years past.

Our March 19th meeting is on as planned and hopefully, Mother Nature will cooperate and give us a nice night out. Now that the time has changed to Daylight Savings, we hope to see more of you who stay in when it gets dark early. Everybody be safe and we’ll see you at the meeting.

NEXT MEETING
Our next meeting will be March 19, 2015 at 6:00 pm at CRMC in Education Rooms 1, 2, 3 and 4. Our speaker will be Dr. Michael Lenhart who will be speaking on “managing Chronic Heart Failure.”
Officer Nominations
Submitted by Nominating Committee Chairman, Lou Thomason

The nominating committee was prepared to present our nominations for officers for the next two years but as you know, our meeting was cancelled due to bad weather. In order to stay on schedule for our election, we are presenting them here in the newsletter.

The nominating committee search results are:

For the position of President
- A former 2 term Mended Heart’s treasurer
- 10-year veteran on the accredited visitor team
- Involved in bake sales, silent auctions, many health fairs and AED presentations
- 2-term public relations representative
- 2-term Mended Heart first lady
The committee nominee will be Blanche Smithers

For the position of Vice President
- A 6-year member of the accredited visitor team
- 2-term Mended Heart’s secretary
- Active in bake sales, auctions, many health fairs and AED presentations
- Worked on planning committee for the Christmas party for many years
- Stays in contact with Mended Heart’s National Office about issues concerning Chapter 127
The committee nominee will be Laura Jackson

For the position of Secretary
- A newer member of Mended Hearts
- Was a buyer and customer service rep. for wholesale convenience store chain
- Volunteers at the Cookeville History Museum
- Current Mended Heart’s photographer
- Instrumental in the creation of the latest Mended Heart’s member directory
The committee nominee will be Linda King

For the position of Treasurer
The committee found no interested person to seek that position.
The committee recommends retaining Dot Tomberlin, based on her record as the current 2-term treasurer.
Dot’s other qualifications are:
- Mended Heart’s fundraiser chairperson
- 4 years on the accredited visitor team
- Works on bake sales, auctions, health fairs and AED presentations
- Works with Wendell Kendrick to coordinate memberships between Chapter 127 and the Mended Hearts National Office

Nominations from the floor will be held at the March meeting. Persons being nominated must be aware of and in agreement with the nominations. Also please state the reasons this person would be a good officer. Ballots will then be available at the April meeting at which time the voting will take place and new officers will be elected. Newly elected officers will be installed at the May, 2015 meeting.

Potato Leek Soup
This is a slow-cooker variation of a popular soup featuring potatoes and leeks. Although leeks look strong, their flavor is very mild.

- 3 med potatoes, peeled & chopped
- 1 carrot, peeled & finely chopped
- 2 leeks, washed & sliced crosswise
- 1 teaspoon chopped fresh thyme
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 4 cups chicken broth or bouillon
- 1 cup low-fat sour cream
- ground nutmeg

In a slow cooker, combine potatoes, carrot, leeks, thyme, salt, pepper and broth or bouillon. Cover and cook on low 6 or 7 hours or until potatoes are soft. Stir in sour cream. Spoon into soup bowls; sprinkle with nutmeg. Makes about 8 servings.
Spotlight On

Everett Davis
Submitted by: Blanche Smithers

What have you been doing lately? “I cannot drive anymore, so I have to depend on other people. I don’t go out a lot. I do still go to Cardiac Rehab 2-3 days a week. I have been going to rehab for 16 years.”

One thing that makes you smile? “Jesus, he lives inside me”.

Something most people don’t know about you: “I once owned a farm and had 200 acres of corn. I raised pigs. I guess you could say I was a farmer.”

Tell me about your family: “I have a son and a daughter. My son is a contractor and lives on Brotherton Mountain. My daughter lives in Kingsport, TN and is a nurse practitioner and teaches bible classes. I have four grandkids.”

Words of advice to others: “Live a clean life.”

First car: “I had a 1936 Chevrolet. I would take all my friends for a ride.”

What was the first job you ever had? “I was a brick mason and helped brick the old city school here in Cookeville.”

Were you raised in Cookeville? “Yes, where Fleetguard is today.”

Secret to aging gracefully: “Walking with God.”

Favorite TV Show: “Walker Texas Ranger and I also watch Trinity Assembly.”

Best advice your mom gave you: “Never smoke, never drink and don’t keep bad company.”

Define success: “Hands to the plow - keep pushing, never give up.”

Favorite food: “Anything my caregivers give me.”

What do you like about Mended Hearts? “As I said before, I don’t drive anymore but I attended for 16 years. I always liked the fact that people with heart problems could get together and learn more about heart disease.”

Note: “Before the passing of Everett’s wife, the two of them were accredited visitors at CRMC with Mended Hearts.”

Calorie-count Rules Being Finalized for Use Late This Year

The U.S. Food and Drug Administration is “Making a list and checking it twice.”

The FDA is finalizing plans to require food calorie counts for chain restaurants, movie theater snacks, and vending machine products. The businesses will have to show them to the public by the end of this year. Vending machines are getting an extra year to comply.

The Affordable Care Act required that the counts be shown by the end of 2011, but the rule was delayed for three years because of industry opposition.

Restaurants with 20 or more outlets, cinema concessions, amusement parks, and prepared foods sold in supermarkets, such as sandwiches and salads, must have the calorie counts on the packages by the end of this year, 2015.

Nutritionists at Tufts University say alcoholic beverages listed on restaurant menus must show calorie counts, but mixed drinks sold at the bar do not.

“It’s great to be alive - and to help others!”
Preventing Heart Attack and Stroke After Open Heart Surgery

Open heart surgery doesn’t mean the end of preventive therapies, according to a statement recently released by the American Heart Association about the importance of reducing cardiovascular risk in patients undergoing coronary artery bypass graft (CABG) surgery.

Coronary artery bypass graft surgery is the most common type of open-heart surgery in the United States and has been used to treat coronary heart disease for the last 50 years. Each year, nearly 400,000 CABG surgeries are performed. This treatment has helped millions of Americans affected by heart disease live longer, healthier lives. However, as experts from the American Heart Association explain in their recent statement “Secondary Prevention After Coronary Artery Bypass Graft Surgery”, this surgery isn’t the end of treatment. In many ways, it’s just the beginning.

Although CABG helps treat heart disease by opening up narrowed or blocked arteries, surgery increases risk of complications in the months and years following surgery. Also, since CABG isn’t a cure for heart disease, patients must work with their care team to prevent their condition from worsening and to reduce risk for cardiac events like heart attack and stroke.

As the American Heart Association explains, key therapies following a CABG include blood thinners and cholesterol-lowering medications to reduce risk of complications. Experts also encourage aggressive management of risk factors for heart disease, like diabetes, high blood pressure and overweight or obesity.

After reviewing the latest evidence, authors believe that taking steps to prevent complications and address risk factors can go a long way in improving outcomes after open-heart surgery. Experts also encourage future research on the topic, particularly in areas where information is lacking, including mental health.

How To Cultivate a Positive Exercise Mindset

For most people exercise is a feel-good activity that makes them feel self-confident and in control of their lives. And it’s fun.

Others think it’s just an avoidable task. This negative mindset keeps them in their seats. An attitude adjustment can change their feelings, and here’s how to move toward that goal.

* Remember that you are actually in control of your life. It’s you, not luck or fate, and not what others think. You determine your attitude about exercise as well as other areas of your life.
* It’s important to remind yourself that from an evolutionary standpoint, humans are wired to be active.
* Make choices about what could be healthful, entertaining and fun. Include socializing as an exercise benefit. Take a class, or join a group walk. Schedule it and don’t put it off. Just do it.
* If you hesitate to start in public, work out at home in the beginning or pick a solo activity like cycling.
* Consider counseling to find strategies to help you overcome psychological barriers to exercising.
* Working with a coach or trainer can be a great motivator, as can using a pedometer or wearable activity tracker.
Habitual Caffeine Consumption Does Not Cause Afib

Atrial fibrillation, called afib, is the most common type of heartbeat arrhythmia. It occurs when rapid, disorganized electrical signals cause the heart’s upper two chambers to contract irregularly.

Contrary to concerns about the caffeine sparking atrial fibrillation, a new analysis shows that this may not be the case. In fact, the pooled analysis found that atrial fibrillation risk fell with increasing caffeine intake.

At the Tufts University HNRCA Cardiovascular laboratory, they say coffee drinkers who experience no heart flutters should be reassured. But as a result of the study, those who don’t regularly drink coffee shouldn’t start just to prevent afib.

What the study showed:

Publishing their analysis in the Canadian Journal of Cardiology, researchers reported that low caffeine intake was associated with an 11 percent lesser risk of developing afib.

Participants grouped as high caffeine drinkers, more than 500 milligrams daily, or about six cups of American coffee, were even less likely (16 percent) to develop afib. With additional regular daily intake of 300 milligrams of caffeine, afib risk declined 6 percent more.

It’s not clear why caffeine might help protect against afib. The scientists say one possibility is that caffeine itself is not the protective agent but simply riding along with beneficial phytochemicals found in coffee, tea and cocoa.

They say people should enjoy those beverages, which have shown to have several health benefits.

Make an Easter Egg Tree

An old tradition again popularized in recent years in Germany, the Easter egg tree, has caught on worldwide as a particularly colorful craft of the Easter season.

One of the most well known trees is by the Volker Kraft family in Saalfield, Thuringia, Germany. The tree started with 18 eggs in 1965 and had grown to over 10,000 by 2012.

It is not the biggest egg tree, though. According to the Guinness Book of World Records, the Rostock Zoo in Germany held the record for the most eggs on a tree, a red oak with 79,596 blown and painted eggs.

If you want to try one, start small. Begin with a simple table or hearth arrangement of branches in an appropriately sized vase or urn as the base. If you’d rather not decorate real eggshells, use the plastic ones available in any craft store. Using a fine-point permanent marker in white or silver to create tiny dots will elevate them to something special.

When your eggs are decorated, cut 10-inch lengths of very narrow ribbon in pastel colors to make the hanging loop then tie the ends together in a small bow. Use a glue gun or a dab of Elmer’s glue to the egg tips and attach to the bow ends. When dry, drape the hoops over the branch tips.
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

March 19  Mended Heart Meeting
March 24  Jamestown Meeting
March 25  Health Fair – Pepsi-cola Plant
April  9  Board Meeting
April 15  Health Fair – Fairfield Glade

Expressive Writing Word Search Puzzle

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

ADJECTIVE  NARRATIVE  VOICE

LONG    TELLS    DESCRIPTION

SPEECH  CHECKING  PRONOUN

ADVERB  NEAT    WHEN

MARKS  TITLE    FIRST

STOP CHECKS    QUOTATIONS

ARTICLE PARAGRAPH WORDS

METAPHOR VERB    FULL

STORY COMMA    SENTENCE

CAPITAL PHASE    WRITING

MENDED HEARTS CHAPTER 127 COOKEVILLE

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Vice President  Dennis Guzlas  931-858-0100
Treasurer  Dot Tomberlin  931-526-7535
Secretary  Laura Jackson  931-858-2196
First Past President  Tom Little  931-526-4009

Accredited Visitors
1.  Arlee Freeman  Every other Monday  931-537-9811
2.  Bob Freeman  Every other Monday  931-537-9811
3.  Kathy Pharris  Every other Monday  931-510-8785
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.  Pharoah Smithers  Every other Friday  931-526-4497
19.  Jim Hughes  Every other Friday  931-528-1267
20.  Carl Wingfield  Every other Saturday  931-268-3348
21.  Lorna Wingfield  Every other Saturday  931-268-3348
22.  Louie Thomason  Every other Saturday  931-432-6262
23.  Roberta Thomason  Every other Saturday  931-432-6262

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Carolyn Shanks  931-858-3021
Please join us for an educational session on Understanding and Managing Chronic Health Failure.

Dr. Michael Lenhart will provide important information on chronic heart failure and how best to manage chronic heart failure for optimal health.

March 19, 2015 • 6:00 P.M.
Cookeville Regional Medical Center
Education Rooms 1-4

All are welcome! Sponsored by Mended Hearts, a national and community-based non-profit that offers the gift of hope to heart disease patients, their families and caregivers.

For more information call (931) 526-4497.
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”