From The Vice-President

Submitted by Denny Guzlas

After what seemed like a long and unforgiving winter, we have finally made it to our mild and gentle spring. Thanks to all the members who braved some of the tough weather to attend our monthly meetings and who helped us get through our recent election process.

Congratulations
Congrats to our newly elected board members who are to be installed at our May 21 meeting. Please try to attend this meeting so we can show our strong support for the installation of our officers.

Thank You
I also would like to thank all of our members for your unfaltering support during the past four years of my term as Vice-President. It has been truly a pleasure and an honor to have served beside such a President as Pharoah Smithers and with our past board members. Thank you all again for that opportunity.

Guest Speaker
Thank you to our guest speaker Monika Bowman. We really enjoyed your story and the important message you shared.

Meeting and Bake Sale
Please bring a dish to share at the meeting and bring baked goods for our bake sale on Friday morning, May 22. We’ll see you at the meeting.

Next Meeting
Our next meeting will be May 21 at 6:00 pm at CRMC in Education Rooms 1, 2, 3 and 4. Donnette Smith, our national Mended Hearts President Elect, will be at our meeting to install our new officers and tell us about some of the things happening on the national level. This is a very important meeting. Please make plans to attend and show your support.

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

PLEASE NOTE: The deadline for submissions to Mended Hearts Newsletter for June is May 21, 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

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May 22, 2015 • 7:00 am until 2:00 pm
Algood and Baxter Rooms at CRMC
Highlights of Mended Hearts Chapter 127 April Meeting
Submitted by Laura Jackson

• Great attendance. We had forty-one members present.
• Monica Bowman was our speaker for the evening. Mrs. Bowman (AKA) “She Who Must Be Obeyed,” told us of the survival of her husband the day he had a major heart event. Her story was humorous but carried a very important message to patients and caregivers that could save a life.
• Blanche Smithers, President-elect, recognized all the volunteers of Chapter 127 in celebration of Mended Hearts National Volunteer Week.
• Remember that our next meeting will be the installation of officers for the next two-year term. Our very special guest is the President-elect of our national organization.
• PLEASE remember that our semi-annual Bake Sale will be the day after our meeting. Because of our special meeting on Thursday, we will have a special dessert table prepared for the membership. We hope that this will allow some of you to make baked goodies for the sale. You may bring your homemade cakes, pies, cookies, breads, candy, and even homemade jellies to the meeting and we will gladly take them down to be sold the next day. We truly have people come to buy goodies from particular cooks for special events that are coming up during the next week. If you would like to bring your dessert the next morning, we will open just after 6:00 a.m. to receive baked goods during the morning.

Tilapia Stars

Tilapia is a star on many seafood menus, and it is a good nutritional choice, according to UC Berkeley nutritionists. Available in North America for only about a decade, tilapia is now the fourth most consumed seafood. It is a white-fleshed freshwater fish that’s mild in flavor, which makes it appealing for people who don’t want a fishy taste.

It’s low in calories (130 per 3.5-ounce serving, cooked) and rich in protein (26 grams). It has very little fat, about three grams per serving. But if you’re looking for omega-3 fats, tilapia is not a good choice. It contains less than 0.2 grams of omega-3s per serving. Farmed tilapia has less because it’s fed corn and soybean meal, no algae and other aquatic plants wild tilapia feed on.

In contrast, both wild and farmed salmon have more than 1.5 grams of omega-3s per serving.

Strawberry Shortcake Tiramisu

Ingredients
1 pint fresh strawberries, sliced
3 tablespoons granulated sugar
1 tablespoon fresh lemon or lime juice
1 8 oz. package low-fat cream cheese softened
1/2 cup sifted powdered sugar
2 teaspoons strawberry preserves melted
2 drops red food coloring (optional)
1 1/2 (12 oz. total) container frozen whipped dessert topping, thawed
2 teaspoons pure vanilla extract
1 package of ladyfingers
1/4 cup orange juice

Instructions
1. In a large bowl, add sliced strawberries, granulated sugar and lemon juice. Toss together and set aside until natural juices develop.

2. For filling, in a large bowl combine the cream cheese, powdered sugar, and the melted strawberry preserves; beat with an electric mixer on medium speed until blended and smooth. Stir in 1/2 cup of the whipped dessert topping. Set aside.

3. For the topping, in another bowl whisk together full whipped dessert topping with pure vanilla extract. Set aside.

4. Place ladyfingers in a small bowl add orange juice; drizzle over all layers. Place half of the ladyfingers in container. Spread the first pink layer with half of the filling. Add a layer of macerated strawberries then top with whipped cream layer. Repeat the steps again and refrigerate overnight or for at least 6 hours (also freeze for one hour to firm up berries). Makes 16 servings.
Spotlight On Sharon Parris
Submitted by: Blanche Smithers
Hobbies or special interest: “I love to cook, sew and especially talk.”
Two words to describe you: “Collector of good things, creative”.
Hobbies or special interest: “Riding the cycle and just getting up to see what I can get into that day.”
What makes you feel special? “When someone tells me I have done a great job. Also, when Danny compliments me.”
Families favorite meal at home: “Spaghetti.”
What is your worst habit according to Danny? “Collecting stuff.”
Favorite candy bar: “Baby Ruth”
Biggest problem facing our education system today? “I find children to be lazy, they do not apply themselves. They don’t want to work their mind. They are technology driven.”
Favorite way to spend free time: “As I said before I love to sew and do crafts. I have several sewing machines including embroidery machines.”
Finish this sentence - I am most thankful for: “God’s protection - his direction in my families life.”
Four items always in your fridge: “Milk, butter, Duke’s mayo, eggs.”
How do you celebrate your birthday? “Danny takes me out to eat and he lets me pick where to eat.”
What matters most to you in a leader? “Courteous, kind and fair.”
What does home mean to you? “Not fussing and fighting and being able to relax in your own environment.”
One thing that makes you smile? “Hugs from Spencer.”
What is your occupation? “I am a school nurse at Alvin C. York Inst. I am also a Nurse Practitioner.”
Favorite TV Show: “The History Channel and Law and Order - Special Victims Unit.”
Something people don’t know about you: “At one time I was very shy and backward and would not talk.”
NOTE: Sharon and Danny are our Mended Hearts Jamestown Satellite coordinators. They do a great job. Sharon says she cannot understand why people don’t realize the importance of talking to other people with heart problems.

Exercise Pumps Happiness Into The Brain
PagesMag 0615

If you feel like your life is like a treadmill and nobody really cares, you need to do something. Get yourself back on the right track with physical movement (exercise), even if you don’t want to.

Scientists say feeling bad is linked to low levels of neurotransmitters in the brain. Low levels of norepinephrine, dopamine and serotonin contribute to feelings of sadness, loss of interest in normal activities, tiredness, anxiety, and difficulty thinking.

One way antidepressants work is by increasing the levels of these brain chemicals. But exercise does the same thing. It works your heart and releases feel-better chemicals in the brain, and can normalize their levels.

Some depressed feelings could be caused by reduced blood circulation in the brain. Exercise can improve that circulation as well.

Working out, whether on exercise equipment, walking, or doing yard work, also decreases levels of the stress hormone cortisol.

In another discovery, scientists have found that exercise not only works against stress at the brain level, but in the muscles as well.

In addition to biological effects, exercise has positive emotional and social effects.

• It helps you get the mental tools you need to cope with life and gain confidence.
• Focusing on exercise gets you away from negative thoughts and worries.
• Physical activity may bring you more social interaction. Just exchanging a smile while you walk in the neighborhood can help your mood.
• You will cope in a healthy way. It’s something positive you can do to manage anxiety or depression.
• Even short one-time bouts of exercise elevate your mood for a time.

“It’s great to be alive - and to help others!”
Detecting Clogged Arteries to Potentially Prevent Heart Disease

The PESA (Progression of Early Subclinical Atherosclerosis) study was first started in Spain in 2010 to learn more about subclinical heart disease – heart disease that exists but has yet to cause symptoms. More than 4,100 healthy adults aged between 40 and 54 years enrolled in the study, recently published in the journal “Circulation”, undergoing 3-D tests to assess the build-up of plaque in their arteries. Plaque build-up in the arteries, referred to as atherosclerosis, is a form of heart disease and is the leading cause of heart attacks in the United States. Computed tomography scans (CT scans) use a special X-ray to find the build-up of fat, cholesterol and calcium on the walls of the arteries to diagnose heart disease.

Based on results of imaging tests, researchers found that 63% of otherwise healthy participants had heart disease, even though they showed no symptoms. Plaque build-up was more common in men, affecting 71% of men and 48% of women.

Perhaps most concerning, a common test called the Framingham Heart Study 10-year risk, which estimates an individual’s risk of developing heart disease in the next ten years, may underestimate cardiovascular risk in healthy adults. Among participants with a low 10-year risk, 58% actually had heart disease based on 3-D scans. Fortunately, the 30-year risk calculations were more accurate, as 83% of participants considered high-risk did, in fact, have signs of heart disease.

The build-up of plaque in the arteries develops gradually over time, so it’s not surprising that many adults show signs of disease. Atherosclerosis usually doesn’t cause symptoms until it’s so severe that it stops blood flow completely, potentially triggering a heart attack or stroke.

That’s why, as authors point out, 3-D ultrasounds of the arteries are useful for recognizing early signs of heart disease. It’s better to treat narrowing arteries before they cause life-threatening heart events. Catching early signs of plaque build-up could also motivate patients to take the steps needed to improve their heart health and reduce cardiovascular risk. However, since atherosclerosis can develop slowly over time, determining when detailed heart testing is most effective requires further investigation.

Those Born with Heart Defects Living Longer, Healthier Lives

Individuals born with heart defects are living longer than ever thanks to advances in treatment and technology, according to a statement recently released by the American Heart Association.

This statement addresses congenital heart disease – an abnormality of the heart that’s present at birth. It is meant to complement 2008 guidelines released by the American College of Cardiology and American Heart Association by providing an overview of congenital heart disease and recommendations for managing these heart defects in adults over 40 years old.

As authors explain, there are more Americans living with congenital heart disease than ever before. Not only are we better equipped to recognize signs of heart defects at birth, improving diagnosis, but also advancements in treatment have helped patients live longer, healthier lives.

However, it’s important that patients with congenital heart disease work closely with their health care providers, even as adults. Experts explain that due to advances in treatment, patients may believe their condition has been fixed. However, lifelong management of congenital heart disease is the key to preventing complications and improving outcomes.

In their most recent statement, experts also highlight the broad range of defects. There are many different types of congenital heart disease, some of which are more serious than others. Many types of heart defects require little or no treatment and can resolve on their own, while others may call for medication and surgery. The key is for patients to work closely with their doctors to determine the best treatment plan based on their unique condition.

As authors point out, we still have plenty to learn about managing congenital heart disease, particularly in older adults. Since the first surgery on congenital heart defects in the 1950s, much of the research on the issue has been in younger patients. Since those born with heart defects are living well into adulthood, it’s important to track outcomes of older patients as well. With further research, experts hope to both increase diagnosis of congenital heart defects and continue to improve treatments.
How Do You Observe Memorial Day?

Americans have honored their war dead since the late 1800s, but the official national holiday, which occurs the last Monday of May (May 25, 2015), wasn’t designated by an act of Congress until 1971. Many families, especially those with ties to the military, attend ceremonies and visit cemeteries on this day.

Most of us, however, use the long weekend for a family reunion. We might catch a glimpse of our President placing a wreath at the Tomb on the Unknown Soldier at Arlington Cemetery, which inspires our own love of country.

For a special group of Americans, the meaning behind Memorial Day is observed in a totally different manner. Sunday, May 24, will mark the 25th Anniversary of the Rolling Thunder “Ride for Freedom” motorcycle parade in Washington, D.C. It moves from the Pentagon to the Vietnam War Memorial Wall, a tribute that started in 1988 with just an idea for a one-time rally in remembrance of all Prisoners of War (POW) and those Missing in Action (MIA).

An increasing number of war veterans, who were Harley riders and from all walks of life, learned of the rally and wanted to join. The original 2,500-participant demonstration has increased to 900,000 this year, the world’s largest single-day motorcycle ride and the most attended Memorial Day event in the nation.

The low rumble of Harley engines reminds many attendees of the sound created in the 1965 bombing campaign against North Vietnam named Operation Rolling Thunder.

Rolling Thunder has over 100 chapters throughout Canada, Australia, Europe and the United States. Members actively promote legislation regarding POW/MIA issues from all wars. They also spend many hours collecting and providing food, clothing and other essentials for veterans and their families, and support for veterans’ groups and women’s crisis centers.

Here They Are! The Winning Numbers

They won’t give you a cash payout, but you will get something better: lifelong health.

2.7: Days to stay home with the flu. Sixty percent of workers go back when they’re still sick, spreading the flu or making themselves sicker.

2: Hours you can safely watch TV each day. More hours increase triglycerides in your blood and lower good cholesterol, which can harm your heart.

7+: Ideal daily servings of fruits and vegetables. The extra servings can reduce your risk of early death by 42 percent, according to a British study.

60 to 100: Heartbeats per minute at rest. A gain of 10 beats per minute over normal increases your risk of dying from heart disease by 10 to 18 percent, a new study finds.

7: Hours of sleep per night you need to control weight. Healthy people who slept five or fewer hours per night were 50 percent more likely to become obese compared with those who get a full night’s rest.

20: Miles you should commute each day. Longer commutes are associated with higher blood pressure, worrying and stress, one study shows.

1,500: Maximum amount of sodium, in milligrams, an average adult should consume daily. Most of it comes from processed foods, so substitute fresh whole foods to lower blood pressure.

1.2: Healthiest ratio waist to height. A larger waist increases the risk of metabolic syndrome, a cluster of factors including high blood pressure and high cholesterol, which raises the chances of heart disease and stroke.

The numbers were provided by experts writing in AARP The Magazine.
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.

May 21  Mended Heart Regular Meeting
May 22  Bake Sale
May 26  Jamestown Meeting
June 11  Mended Heart Board Meeting

MEMENTHEARTS CHAPTER 127 COOKEVILLE

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Vice President  Laura Jackson  931-858-2196
Treasurer  Dot Tomberlin  931-526-7535
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MARK YOUR CALENDAR

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CIVIL  CEREMONIES  KOSOVO
AMERICAN  KOREA  MEMORIAL
PARADES  LEGION  WAR
FLOWERS  MAY  SCOUTS
BANDS  REMEMBRANCE  GULF
CEMETERIES  VIETNAM  GRAVES
WORLD  MARCHING  HALF MAST
CASUALTY  TAPS  SPEECHES
FLAGS  MONDAY

MEMORIAL DAY WORD SEARCH PUZZLE

CIVIL  CEREMONIES  KOSOVO
AMERICAN  KOREA  MEMORIAL
PARADES  LEGION  WAR
FLOWERS  MAY  SCOUTS
BANDS  REMEMBRANCE  GULF
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CASUALTY  TAPS  SPEECHES
FLAGS  MONDAY

If you would like to receive the Mended Hearts newsletter by email please send your email address to: Angie Boles at aboles@crmchealth.org.
AED presentation at New Beginning Church. Left to right are Blanche Smithers, Pastor Randy Hill, Don and Sherry Shockley.

Laura and Charles Jackson attended the Fairfield Glade Health Fair.

Guest Speaker Monika Bowman

Henry and Monika Bowman

April Jamestown Meeting
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”