As I sit here on my patio looking at the beautiful colors of leaves, I think of what a beautiful place in Tennessee we live. Here in Putnam County we are so blessed to have good people, good doctors, a good hospital and beautiful scenery. I think I am so fortunate to get to work with the most wonderful and caring people of Mended Hearts, Cookeville Regional Medical Center, and the fine people of the Upper Cumberland.

This fall get out and take a ride in the country and enjoy all that nature has to offer. Everyone deserves to enjoy our beautiful county. Stop and smell the roses with your family. They will love you more for the time you spend with them. Remember November 26th is Thanksgiving, time to count our blessings and be thankful for what we have. HAPPY THANKSGIVING to each of you.

SPECIAL THANK YOU
I would like to thank everyone who came to our silent auction to help make it a great success. Each one of you had a hand in placing 135 AED's out in our community to help save lives. A special THANKS to each of you MH members who took your time to collect donations and help set up, we could not have done it without your help.

THANK YOU
Thank you Jason Wyatt, Director of the Advanced Wound Care Center at Cookeville Regional Medical Center for being our speaker last month. He was very informative and answered many questions.

THANK YOU
A big thanks to Lou Thomason for arranging our re-accreditation certification.

NEXT MEETING
Our next meeting will be November 19, 2015, at 6 pm at Cookeville Regional Medical Center in Education Rooms 1, 2, 3 and 4. Our speaker will be Mike Burnette, Director of Security at Cookeville Regional Medical Center.

FRIDAY, NOV. 20, 2015
7:00 A.M. - 2:00 P.M.
EDUCATION ROOMS
1 & 2

From The President
Submitted by Blanche Smithers

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

PLEASE NOTE: The deadline for submissions to Mended Hearts Newsletter for December is November 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
October Highlights

Submitted by Linda King

The meeting was called to order by President Blanche Smithers. After the meal, Laura Jackson introduced our speaker, Jason Wyatt, Director of the Advanced Wound Care Center at Cookeville Regional Medical Center. He gave a very informative talk and answered questions.

Charles Jackson was nominated for Mended Heart of the Year. The floor will still be open for nominations at the November meeting and the voting will take place.

The Bake Sale will be held on November 20, the day after our meeting. We can bring baked goods to the meeting for the Bake Sale.

The meeting was adjourned to prepare for the Silent Auction.

Jamestown Minutes

Submitted by Danny Parris

Our monthly meeting was called to order at 6 pm, October 26 at the Jamestown Regional Medical Center.

Our speaker for the night was canceled at the last minute so we discussed several topics including a message presented by the hospital chaplain and Mended Hearts member Fred Oliver on prayer and praise.

We then discussed the November and December meetings. It was decided that we would attend the Cookeville meeting in November and attend the Cookeville Christmas Party in lieu of the December meeting. The meeting was adjourned at 7:15 pm. For our November meeting we will be traveling to Cookeville on November 19.

Tip of the Month

How to Steam Clean your Microwave.

1. Fill a microwave-safe bowl ½ full of water.
2. Squeeze a whole lemon into the water.
3. Microwave for 5 minutes. Then let sit for 1-2 minutes (with door closed).
4. Carefully remove the bowl, as well as the glass turn tray. Wipe microwave clean. Everything should lift easily!
5. Wash turn tray in warm soapy water and return to microwave. Try it out.

Last Chance

This is the last chance to nominate someone for Mended Heart of the Year.

Last month at our October meeting, Charles Jackson was nominated by Lou Thomason.

This month we will also be voting on our nominee(s).

The winner will be announced at our Christmas Party.

30 Minute Healthy Taco Casserole

Ingredients
2 cups cooked Brown rice (or white rice)
1 lb. 93% lean ground beef
2-½ Tbs. taco seasoning
1 (15 oz.) can fat-free refried beans
1-½ cup low-fat sharp cheddar or cheddar jack cheese
1 cup your favorite salsa

Directions
1. In a large nonstick skillet, add ground beef, taco seasoning, and 3 Tbs. water. Stir together to incorporate. Brown until cooked through. Remove from heat and set aside.
2. In an 8x8 baking dish, layer cooked rice on the bottom of dish. In a microwavable bowl, combine refried beans and salsa. Microwave until hot, about 2 minutes. Stir and layer mixture over the rice.
3. Layer browned beef mixture over the beans/salsa. Sprinkle half of the cheese over the beef, followed by all the chips (if using) and top with remaining cheese and black olives. Bake 10 minutes at 350F or just until cheese is melted.
4. Garnish with green onions, avocados or tomatoes. Serve Warm
5. Note: This dish can be lightened up even more by using just 1 cup of low-fat cheese and omitting the corn chips.
What is your favorite holiday and why?:
“Thanksgiving, because it provides the opportunity to have visits with and from family members.”

Do you and your wife have a date night?:
“Yes, we try to do this every Friday evening.”

What is something your parents instilled in you that you have passed along to others?
“Good manners, respectful attitude.”

At what age did you decide to become a doctor?
“I was 21 or 22 years of age. At one time I had aspirations to be a high school football coach but the desire to be a doctor won out.”

Do you have a favorite sport?
“College football - Tennessee of course!”

Many folks have asked how many pairs of boots you have and do you have a favorite pair?
“I have seven pairs and my Cabelas Outfitters are my favorite.”

Do you raise livestock or crops on your farm?
“I raise corn, beans and clover for the benefit of the wildlife on my farm.”

What is your favorite dessert?
“My mother’s chocolate pie.”

How many siblings do you have?
“1 sister, 3 nieces and 1 nephew.”

What advice would you give to the grandchildren of Mended Hearts folks who were patients?
“After the age of 50 get plenty of exercise and have regular medical checkups to help avoid cardiac related issues.”

Spotlight On G. Todd Chapman, MD, FACS
Submitted by: Glee Miller

Santa’s Workshop
Nov. 20-22
Hyder-Burks

Cookeville Junior Woman’s Club annual fundraiser will return November 20 – 22 at the Hyder-Burks Agricultural Pavilion. Our Chapter is the recipient of some of the money raised by this fundraiser. Please support Santa’s Workshop. Many of the items sold there are handmade and are one of a kind. Mended Hearts will have a booth there so come by to support our group. Some of our own members will have items for sale at this benefit.

“My great to be alive - and to help others!”
Are You Getting Enough Protein to Protect Your Muscles?

The main factor in preserving or gaining muscle is staying physically active and, in particular, doing strength training, which encourages muscle synthesis from protein. If you are inactive, don’t expect any amount of protein by itself to keep muscles strong.

Still, doctors at the University of California, Berkeley, say consuming adequate protein is crucial for muscle synthesis, now and more so as you age. Short-term clinical trials using supplemental protein have found, in most cases, that strength training plus supplemental protein builds no more muscle than strength training alone, especially in people who have adequate initial protein intake.

The recommended dietary allowance (RDA) for adults works out to 47 grams of protein for a 130-pound person and 67 grams for a 185-pound person and .8 grams for each additional 2.2 pounds of body weight. Here is an example of protein content in various foods.

Four ounces each of these foods and their protein content:
- 35 grams, chicken or turkey breast
- 32 grams, beef or pork, cooked
- 30 grams, salmon, cooked
- 29 grams, tuna, light, canned
- 26 grams, sardines, canned
- 25 grams, shrimp, flounder, or cod

Other sources:
- Yogurt, Greek, plain, 6 ounces 17 gr.
- Milk, cows’ or soy, 1 cup 8 gr.
- Lima or navy beans, ½ cup 8 gr.
- Peanut butter, 2 tablespoons 7 gr.
- Egg, extra large 7 gr.
- Ice Cream, ½ cup 3 gr.
- Bread, wheat, 1 slice 3 gr.
- Breakfast cereal, 1 ounce 3 gr.

Friday, November 20 will be our semi-annual Bake Sale, so ladies and gentlemen be thinking about what you can make and bring to the sale. The sale will be the Friday following our regular Thursday meeting. As always we will accept baked goods at our Thursday night meeting for the bake sale. The bake sale will be held in Education Rooms 1 & 2 from 7:00 am until 2:00 pm. If you have any questions about the sale or what you might bring, you can call Dot Tomberlin at 526-7535.

For Fulfillment, Fun and Better Health, Try Volunteering

People are finding that helping others, doing good deeds and giving some services without pay, for a couple of hours a week, makes them feel good. More than a quarter of Americans ages 55 and older are doing it. It’s called volunteering.

Research by sociologist Eva Kahana, Ph.D., of Case Western University (and colleagues) shows that developing an altruistic orientation and helping others resulted in satisfaction and a more resilient, positive state. Their study was published in the Journal of Aging and Health (2014).

Sometimes a retired couple volunteers together. More often the volunteer is a retired person who wants to be active and involved in the community, or it could be a person who has lost a spouse. The structure, social support and joy of volunteering can help stave off the depressed feelings that may accompany a major role transition or a chronic illness.

“Volunteering can take your mind off your own physical or personal problems,” says Dr. Kahana. “It keeps you mentally stimulated by routinely engaging with others, planning and carrying out your volunteer responsibilities.” It’s proven to have positive mental health benefits. Volunteering two to three hours a week seems to confer the most benefits.

If you feel like trying volunteering, remember Mended Hearts always needs more volunteers for many different things. Check us out!
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):
(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 ___________________ No. of Heart Patients: _____
Date of Surgery/Procedure__________________________
Type of Surgery/Procedure__________________________
☐ 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

Optional info: Date of birth ___________ Please check below:
Race: ☐ Caucasian; ☐ Black; ☐ Asian; ☐ Am. Indian; ☐ Other
Gender: ☐ Male; ☐ Female

Patient signature ____________________________

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

Family member signature ____________________________

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 ☐
Family $30.00 ☐
Life – Individual Dues $150.00 ☐
Life – Family Dues $210.00 ☐

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
Autumn Word Search Puzzle

LONGERNIGHTSNAAUCNTORUESTUNYROKCIHRIMSOAYQENISIAOTRWOKRCYHNUESTERFHEOPPCEAACGIASNOAABRSMNKNNDSERNEERSNMCOUNCYNLORULPMKEECPQRAKIERETXGISVRTSUYDTMJANTSAPFNGOAOPESNRNGYWEHOEENVWSETHIELPPAESPASHIVO'REBWYLLLIGHTESPNRFLMFTSEBVRAHYELOGCREBAUHALLOWEENEFIOSETALSEVAELWOLLEYSLRLOBLWECHESTNUTSSTR\n
MENDED HEARTS CHAPTER 127 COOKEVILLE

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Vice President   Laura Jackson      931-858-2196
Treasurer        Dot Tomberlin      931-526-7535
Secretary        Linda King          615-830-6070

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1. Arlee Freeman   Every other Monday  931-537-9811
2. Bob Freeman     Every other Monday   931-537-9811
3. Joe Carter      Every other Monday   931-260-4816
4. Glee Miller     Every other Tuesday  931-261-5619
5. Richard Miller  Every other Tuesday  931-261-5619
6. Charles Jackson Every other Tuesday   931-858-2196
7. Laura Jackson   Every other Tuesday  931-858-2196
8. Dennis Guzlas   Every other Wednesday 931-858-0100
9. Karen Guzlas   Every other Wednesday 931-858-0100
10. Debbie Greene  Every other Wednesday 931-372-0513
11. Jim Greene     Every other Wednesday 931-372-0513
12. Mona Neal      Every other Thursday  931-526-9398
13. Louise Davies  Every other Thursday  931-432-0277
14. Tom Tomberlin  Every other Thursday  931-526-7535
15. Dot Tomberlin  Every other Thursday  931-526-7535
16. Blanche Smithers Every other Friday  931-526-4497
17. Lou Thomason   Every other Friday    931-432-6262
18. Jim Hughes     Every other Friday    931-528-1267
19. Barbara 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. Kathy Pharris  Every other Saturday  931-510-8785

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24. Craig Kokkker  Substitute         931-858-4919
25. Billy McElhaney Substitute        931-651-1288
26. Bill Thompson  Substitute         931-526-5389
27. Marie Thompson Substitute         931-526-5389
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Carolyn Shanks  931-858-3021

MARK YOUR CALENDAR

Nov. 19 - Mended Hearts Meeting
Nov. 20 - Bake Sale
Nov. 20, 21 & 22 - Santa’s Workshop
Mended Hearts workers needed on the 20th
Nov. 21 - Thanksgiving Day

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

Mended Hearts does not give medical advice. As always, consult your physician before making any changes in medication, food supplements, diets or lifestyle.
Blanche speaking at the EMS meeting.

Dr. Womack discusses new program for the area.

Charles and Laura Jackson at Fairfield Glade Health Fair.

Pleasant Hill Baptist Church receives an AED.
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 families and caregivers

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