From The President
Submitted by Blanche Smithers

The leaves are falling, the days are getting shorter and cold weather is not far behind. I’m saying all this to highlight Mended Hearts Chapter 127 is not falling, we are getting stronger and better.

We have had a very busy month in October. First, we had our accredited visitors training, our monthly board of directors meeting, we were on the radio two times announcing our silent auction and we had our monthly meeting. Then we had our annual silent auction, presented our 12th AED for the year and went to the Jamestown satellite meeting.

Sherry and I attended the Tennessee Hospital Association Conference in Nashville. Seven Chapter 127 members attended the Southern Regional Conference in Huntsville, Alabama. All of this going on plus our regular visitors program. I am so proud of all our Mended Hearts family. Thank you for your love and support.

AWARDS
I received two wonderful surprises this month. First was the prestigious Meritorious Service Award from the Tennessee Hospital Association. Thank you Mr. Korth, Mindy, Melahn and Dr. Brewington for nominating me for this award. The second surprise was Regional Mended Heart of the Year from the Southern Regional Mended Hearts. Although my name is on these awards, they actually belong to Pharoah and all Mended Hearts members. I was just the one who got to receive the awards. I cannot express my thanks enough to each of you.

SILENT AUCTION
So many thanks go out to so many people for helping and supporting our silent auction and making it a huge success. A special thank you to Richard and Glee Miller for being our chairman.

THANK YOU EMS
Thank you Michael Beaty of Jamestown EMS for the presentation to the Jamestown members.

THANK YOU!
Thank you to Brandon Smith of the EMS for the informative talk. I am proud to say Laura used some of Brandon’s pointers in an emergency situation at the Southern Conference.

NEXT MEETING
Paul Korth, CEO of CRMC, will be our November speaker. We will meet November 17 at 6:00 pm at CRMC education rooms 2,3 & 4. It is potluck so please bring a dish.

Happy Thanksgiving to everyone on November 24. Remember to give thanks for all our blessings.

THOUGHT FOR THE DAY
Life is a mystery to be lived, not a problem to be solved.

Visit our website
www.mendedhearts127.org
Tip of the Month:
How to keep lettuce fresh and crisp – just put a paper towel with the lettuce in a gallon size zip lock bag. It absorbs the moisture that causes your lettuce to wilt. Try it!

Jamestown Minutes
Submitted by Blanche Smithers

Jamestown Mended Hearts met on Oct. 25 at 6:00 pm at the Jamestown Regional Medical Center with eight in attendance. Our speaker was Michael Beaty with the Jamestown EMS. Michael gave an interesting talk on what the EMS does for us. Thanks to Michael for coming on such short notice.

Pumpkin Cream Cheese Swirl Muffins

YIELD: 18 MUFFINS  PREP TIME: 12 MINUTES  COOK TIME: 18 MINUTES  TOTAL TIME: 30 MINUTES

Ingredients:
- 1 3/4 cups all purpose flour
- 1 tablespoon pumpkin spice
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 (15 oz.) can pumpkin (pure pumpkin puree)
- 1 cup granulated sugar
- 1/2 cup packed brown sugar
- 2 large eggs
- 1/2 cup vegetable oil
- 1 tablespoon vanilla extract
- 8 oz. cream cheese
- 1/4 cup granulated sugar
- 1 large egg yolk
- 2 teaspoons vanilla extract

Directions:
1. Preheat oven to 375°F. Place paper baking cups into muffin pan. Set aside.
2. In a medium bowl, whisk flour, pumpkin spice, baking soda and salt until well combined. Set aside.
3. In large bowl, whisk together pumpkin, sugar and brown sugar.
4. Beat in eggs, vegetable oil and vanilla extract. Slowly whisk in the flour mixture, until there are no lumps. Fill muffin tins 3/4 full.
5. In a medium bowl, beat cream cheese until smooth. Add in sugar, egg yolk and vanilla extract and beat until well combined.
6. Top each muffin with about 1 tablespoon of cream cheese mixture and use a toothpick to swirl it into the batter. This will not look smooth, but it will bake up much prettier.
7. Bake muffins for 18-20 minutes, or until a toothpick inserted in the center comes out clean.

Reminders
Nominations will be accepted at our November meeting for Chapter 127 Mended Heart of the Year. We will vote and the winner will be announced at the Christmas Party.

Also Christmas Party invitations will be going out on November 28. Please RSVP by December 6. You must be a Mended Hearts member to attend.

Santa’s Workshop

The Cookeville Jr. Woman’s Club is sponsoring their annual Santa’s Workshop, Nov. 18 – 20 at TTU’s Hyder-Burks Pavilion. Hours are Friday 10-7, Saturday 10-7 and Sunday 1-5. Please go out and support them. Some of our members have booths there and you’ll get the holiday spirit. Remember the Cookeville Jr. Woman’s Club supports us with some of the proceeds.

October Highlights
Submitted by Linda King

Laura called the meeting to order in the absence of Blanche. After a potluck dinner, Bradon Smith of the EMS spoke on keeping a list of meds with us and the things we would need in case of an emergency. It was very informative. Laura read our treasurer’s report. A scholarship fund was set up in Pharoah Smithers’ name for MLH of the Cumberland. One nomination was received for Mended Heart of the Year. Nominations will be taken again at the November meeting. Charles Jackson is our AED Chairman.

2016 Conference Highlights
Submitted by Linda King

Registration began at 1:00 pm. Chapters and their members were recognized. Chapter 127 had seven members attending. The convention was Friday and Saturday with lots of speakers. It was very informative. The highlight was Blanche receiving Mended Heart of the Year for this region. We are so proud. It was a great conference.

Mended Hearts Bake Sale
November 18, 2016
7:00 am to 2:00 pm
Education Rooms 2, 3 and 4
Spotlight On Richard Miller
Submitted by: Glee Miller

G What advantages does the visiting program provide for the families of heart patients?

R “This portion of the visiting program is primarily the responsibility of the Caregiver half of the visiting team since they were the ones who had to sit through the surgery in the waiting room, worrying about their loved one. They are able, through their first-hand experience, to possibly alleviate some of the fears and worries that are common to family members.”

G When you see the patients themselves when they move from the CVICU into a step-down room how do you see this program helping them?

R “As a previous patient yourself, you can identify with a person who has just had a CABG procedure, an ICD or PPM implanted, a stent put in or an ablation done. Most of our visitors have not had all these procedures done but are at least able to speak about one or more. We do not deal with any medical questions, but can certainly talk about the aftermath of some of these surgeries and what they might possibly expect over a period of some time. I believe that this information may provide some comfort to an individual who may be concerned about life after their surgery.”

G How do you see heart patients sharing their experiences with other heart patients?

R “I don’t see a great deal of this, but we are in a rather exclusive “club” and it is easy to converse with other heart patients regarding their situations.”

G As the chair person of the visiting program, do you feel that you could use more folks in the program and why?

R “Of course. It would be great to have more people in the program. We have recently lost several folks who have dropped out as visitors and this has created vacancies that are difficult to fill. We have two subs who are former heart patients and one new sub who was a caregiver and is not able to visit a patient alone. It would be fantastic to have three or four folks step up to help out.”

G Can you explain to others why you joined Mended Hearts?

R “I feel that it is a great program and I wanted to try to give back a little by sharing some of my experiences with others.”

G You also led the silent auction in October - explain why it is so important to raise money with this event?

R “I think that everyone knows that we use the auction and our bake sales to support our AED program. We give out 12 units a year at a cost of about $13,000 so without these events it would be difficult to support the program.”

G Anything else you would like to pass along?

R “I would like to take this opportunity to sincerely thank all those members who put so much time and effort into making this year’s auction a success. I also would like to thank all the hospital staff who assisted in the event and came to the auction and spent their money!”

“It’s great to be alive - and to help others!”
Concerns about caffeine consumption in patients with heart failure are largely unfounded, based on a recent study that found no link between caffeine intake and increased risk of abnormal heart rhythms.

Published in JAMA Internal Medicine, this study explored the ongoing controversy around caffeine and abnormal heart rhythms. While studies have linked very high doses of caffeine to an irregular heart rhythm, called arrhythmia, there’s little evidence that moderate caffeine intake has the same effects. Still, many doctors recommend that certain patients avoid caffeine to help prevent arrhythmias or heart events, while others believe these concerns are unfounded.

To help settle the debate, researchers conducted a double-blinded randomized clinical trial, which is considered the gold standard of research studies. This study design randomly assigns participants to an active intervention or inactive placebo, and ensures that both participants and researchers are unaware of which group they’re assigned to.

Conducted from 2013–2015, the study included patients with the most common cause of heart failure, called left ventricular systolic dysfunction, which occurs when the heart loses its ability to contract normally. This condition affects roughly 60% of patients with heart failure and significantly increases risk for an abnormal heart rhythm.

Through the trial, participants were asked to consume five cups of coffee over five hours, which together contained 500 mg of caffeine or no caffeine at all, and then participate in an exercise treadmill test. Participants’ heart rates were monitored over the entire period and blood samples were collected to monitor caffeine levels in the blood. Participants then repeated the process one week later, being assigned to the opposite group they were assigned to on their first visit.

The average age of participants was 61 years and most was male.

After analysis, researchers found no significant differences in abnormal heart rhythms among participants consuming 500 mg of caffeine vs. no caffeine either at rest or during exercise. When analyzing blood samples, researchers also found that higher levels of caffeine in the blood were not associated with a difference in abnormal heart rhythms.

Based on results, authors conclude that consuming high doses of caffeine does not immediately trigger abnormal heart rhythms in patients with heart failure. And combined with past research, authors conclude that there is no solid evidence to support recommendations about limiting caffeine intake to prevent abnormal heart rhythms.

However, it’s important to note that this study only applies to patients with heart failure caused by left ventricular systolic dysfunction. Also, the trial tested the effects of 500 mg of caffeine—the equivalent to 2.5–5 cups of coffee, depending on the strength. Therefore, the study does not suggest that it’s safe for patients at risk for abnormal heart rhythm to consume unlimited amounts of caffeine. Rather, it suggests that moderate caffeine consumption may not be as dangerous as initially believed.
November is National Family Caregivers Month

For families whose elderly members need a little extra attention, caregiving can be rewarding, a labor of love that can be life changing in more than one way.

According to AARP, an estimated 39.8 million Americans cared for an elderly adult in 2015. About 34.2 million Americans have provided unpaid care to an adult age 50 or older in the prior 12 months.

As of 2014, more than 15 million individuals have assumed the role of caregiver for a family member who has Alzheimer’s disease.

Many family caregivers juggle home and work, often shouldering the financial as well and physical tasks of caregiving.

Here are a few tips to ensure that you remember to relax and take care of yourself when you can.

1. Take care of yourself first. If you are not healthy, you won’t be able to provide the level of care you want to provide.

2. Find respite care when needed. You can’t do everything for everyone all of the time. When you need a break, respite care may be available. If you’re not yet interested in respite care, accept help when family members offer.

3. Build a support network including friends, family and other caregivers. Having individuals with a variety of experiences in your life, including those who are also family caregivers can help you to see solutions to issues you’re experiencing and can help to reduce your stress levels as you connect and build relationships.

Caregiver Action Network (caregiveraction.org) offers a variety of resources for family caregivers and spearheads the annual celebration of those individuals.

The Magical Rockefeller Center: Symbol of Hope

Christmas in the US officially begins Nov. 30 when the 45,000 energy-saving LED lights on the Rockefeller Center Christmas tree burst into a dazzling display.

The American event began in 1951 when only 9 percent of Americans owned a television. By the end of the decade 90 percent of Americans owned a television and the New York City Christmas celebration became a holiday tradition.

When NBC broadcasts the one-hour tree-lighting special every year, the cameras emphasize the tree, ice skating rink, and surrounding magical decorations. They don’t reveal the marvel of the Center itself.

Rockefeller Center itself is a complex of 19 commercial buildings, themselves icons soaring up on legendary streets with names such as Avenue of the Americas and Fifth Avenue, and 30 Rockefeller Plaza, headquarters of NBC. The buildings take up 22 acres in Midtown Manhattan and they were part of the largest private building project of all times, a project of glamor wrought in gloomy times.

In 1928, John D. Rockefeller Jr. had already leased land from Columbia University to build a new facility for the Metropolitan Opera when the stock market crashed in 1929. With a global depression underway, the Opera board backed out of its commitment. Other financing fell through. Rockefeller knew if the Art Deco ‘city within a city’ would be built, he would have to finance it himself.

And he did. Although Rockefeller suffered losses himself on Black Tuesday, he pressed ahead with the project that became a symbol of success and hope for the future, a public space where New Yorkers could appreciate art, and a commercial boon for the city.
THANKSGIVING WORD SEARCH

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MENDED HEARTS CHAPTER 127 COOKEVILLE

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16. Dot Tomberlin  Every other Thursday  931-526-7535
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18. Barbara Hughes  Every other Friday  931-528-1267
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Calendar of Events

November 10  Board of Directors
November 17  MH Meeting
November 18  Bake Sale
November 24  Thanksgiving
December  8  Board Meeting
December 15  MH Christmas Party

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.
AED was presented to Engrafted Word Church. Left to right are Charles Jackson, Chris McMichael, Pastor and wife Manda.

AED was presented to Putnam EMT.

Mended Hearts Silent Auction 2016

Blanche Smithers (left), Regional Mended Heart of the Year is presented a plaque by Dr. Fredonia Williams, Southern Regional ARD (right).

Brandon Smith, Mended Hearts October speaker.

First time attendee wins door prize basket. Congratulations Linda.

Don displaying door prize tickets at Southern Regional Conference.
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.