Hello to all Mended Hearts members and families, caregivers, hospital staff and everyone else who reads our newsletter. WELCOME!

It’s finally spring with all the beautiful trees and flowers blooming. As the old saying goes “April showers bring May flowers.”

AED PROGRAM
Mended Hearts Chapter 127 is proud to announce we have given our 139th AED in the Upper Cumberland area. I would like to recognize four special people that work with our AED program. Lou Thomason our AED Chairman arranges all the churches and schools for the giveaways and presentations. Roberta, his wife, does all the paper work for us. Charles Jackson is our AED/CPR Co-Chairman and his wife Laura have multi jobs with Mended Hearts. These four people work many hours behind the scenes that no one knows about. Thank you so very much for all your help and hard work. Our AED program would not be such a success if it were not for you. If you would like to help, please see any of our officers. Remember, “It’s great to be alive - and to help others.”

BARN SALE
You will not want to miss a huge event that will be taking place at 903 South Dry Valley Road, Cookeville on May 6 & 7. This is “Till the Cows Come Home Barn Sale.” There will be live music plus a little bit of everything else. If you have not experienced a barn sale, you are in for a treat. NO, they are not selling the barn. We are so thrilled that the Mullins family has chosen Mended Hearts to partner with on this great event. We will have a booth set up there and are in need of volunteers to help us. Please contact one of the officers if you are willing to help. I thank you in advance.

JAMESTOWN
Mended Hearts Cookeville will be traveling to our Mended Hearts satellite in Jamestown on April 26. If you would like to go, please contact me at 526-4497. Let’s show our support for our Jamestown satellite.

THANK YOU
We would like to thank Upper Cumberland Electric Membership Corp. for the wonderful grant we received for our AED Program.

NEXT MEETING
Our next meeting will be April 21 at 6 pm in Education Rooms 2-3-4 at CRMC. Our speaker will be Caliyah Conner from Upperman Middle School who is doing a school project on heart health. Come and support our young people!

Remember, Kindness is one of the greatest gifts you can bestow upon another. If someone is in need, lend a hand. Do not wait for a thank you. True kindness lies within the act of giving without expectation of something in return.
Tip of the Month:

*Keeping Your Sponges Clean*

Here are 3 different ways to clean your household sponges. 1. Bleaching your sponges. Mix ¾ cup of bleach in one gallon of water and soak for five minutes. This will absolutely eliminate the germs in your sponges. 2. Microwave your sponges. In the microwave heat the wet sponge on high for one minute or two minutes for cellulose sponges. 3. Wash your sponges in the dishwasher. Put a sponge into a regular dishwasher load using the heated dry setting. You can put them where the utensils go to keep them from bouncing around.

March Highlights

WELCOME BACK BLANCHE!

- Visitors and special guests were introduced. Our members with birthdays from the last month were honored in song.
- Everyone enjoyed a variety of food at our potluck meal.
- John Bell of the CRMC Foundation was introduced as our guest speaker. He spoke of the Foundation purpose and varied activities. He also informed the group of up-coming events.
- Reports were heard from Blanche and other chairpersons regarding activities during the past month.
- Several members were happy to be drawn for door prizes at this meeting.

Hope to see all of you in April.

Bake Sale

Friday, May 20, 2016, 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 in May. 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 2 and 3 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.

Cauliflower Nuggets

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
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<tbody>
<tr>
<td>1 head of cauliflower</td>
<td>1. Steam the cauliflower until tender enough to mash with a fork.</td>
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<tr>
<td>1 egg</td>
<td>2. Squeeze all the liquid out of the cauliflower.</td>
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<tr>
<td>½ cup seasoned breadcrumbs</td>
<td>3. Mix cauliflower, salt, seasonings, breadcrumbs, egg, mozzarella and grated cheddar until a ball is formed.</td>
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<tr>
<td>1 tsp. garlic powder</td>
<td>4. Form ball into nuggets.</td>
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<tr>
<td>1 tsp. salt</td>
<td>5. Roll nuggets in extra breadcrumbs.</td>
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<tr>
<td>½ cup shredded cheddar cheese</td>
<td>6. Heat about 1 tbsp. extra virgin olive oil and fry nuggets until golden.</td>
</tr>
<tr>
<td>½ cup shredded mozzarella</td>
<td>Note: Parmesan can be used in place of cheddar.</td>
</tr>
<tr>
<td>Extra breadcrumbs to roll nuggets on</td>
<td></td>
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Note: Parmesan can be used in place of cheddar.
“It’s great to be alive - and to help others!”

Spotlight On
Blanche Smithers & Laura Jackson
Submitted by: Glee Miller

G Tell me how hard has it been to take over the job that Pharoah was doing and the joy you have had in doing this?

B “At first it was very hard. I feel like he would be proud of me doing this job. I feel like he is still beside me as I do the job and I have had a lot of encouragement from others.”

G What is it like learning everything that has gone on behind the scenes as VP and working so closely with the president?

L “Well, I was on the board and was the secretary and worked with Pharoah so the transition into my present position was much easier.”

G How do you and Laura approach companies and others for funding to provide AEDs?

B “We put in for grants from various places. The process involves providing a lot of information about Mended Hearts and how the grant money is being used. Of course we also have our bake sales and silent auctions.”

G How hard is it to get a guest speaker and do you ever get a “no, not me” response from any of them?

L “Most of our guest speakers are professional people, making it difficult to work around their schedules. These folks frequently can’t plan a month or more in advance. Many of our speakers are “last minute” guests.”

G How closely do you as president of Chapter 127 work with the overall heads of the Mended Hearts organization?

B “I have a close working relationship with Dr. Fredonia Williams our regional director, Lynn Frieson the assistant regional director and with Donnette Smith, Mended Hearts president.”

G Has working in an officers position changed how you see Mended Hearts?

L “It’s an eye-opener when you see how many little things get done and also how bigger matters get taken care of behind the scenes.”

G Do you feel that everyone should at some time do a health fair or possibly take an officers position? Explain

B “Yes, health fairs are very easy to get set-up and run. You need to be interested in working with other people.”

G Do you as a volunteer sometimes feel that other folks don’t help enough?

L “We have a lot of talent in our group. More folks need to step out of their comfort zone and get involved. We would love to train folks to do visiting and health fairs.”

G You and Charles have stepped up to help in many different areas. What has been the most rewarding thing that you have had the pleasure of seeing or doing?

L “Everything we do is rewarding! When you enter a room where folks are apprehensive or fearful of the situation they are in and you are able to talk to them and explain what they can expect to happen, in many cases when you leave that room those folks now have a smile on their faces.”

G What has been the most rewarding thing you have seen or experienced since you took over as president?

B “Even before my time as president, a very rewarding time for me was visiting families downstairs in the surgery waiting room and easing their concerns about their loved ones that were in the operating room.”

G How closely do you work with the people at CRMC and how have they helped Mended Hearts Chapter 127 grow?

B “I can not say enough about CRMC and how all the staff help us. We have help and support from the CEO to the cleaning staff and from the nursing staff to the department directors. Everyone supports us with our bake sales and silent auctions and we just can't thank all the staff at CRMC enough for all that they do. Thank you again.”

G Approximately how many hours a day or week do you both spend working on things for Chapter 127?

B “Charles, Laura, Blanche, Lou, Dot and others follow up on Chapter 127 matters every day.”

G Are there more things that Mended Hearts Chapter 127 could get involved in, and if so what would they be?

B “Till the Cows Come Home Barn Sale, sponsored by Dr. Ralph Mullins, partnerships with other groups, sharing the profits with the Jr. Woman’s Club and many other groups that support us. Mended Hearts would like more people to know about our organization and let people know that you don’t have to have a heart problem to be a member.”

G What do you see Chapter 127 doing in the future?

B Getting more members and getting them involved.

G Is there any thing we need to emphasize to heart patient families?

B We would like to encourage heart patient caregivers to ensure that they take care of themselves so that they are able to provide care to the patient when they return to their homes.
Donate Life Tennessee?
Submitted by Sherry Shockley

April is National Organ and Tissue Donor Awareness Month. Donate Life Tennessee administers and promotes the Tennessee Organ & Tissue Donor Registry, an electronic, *first-person consent Registry in which individuals can designate their desire to be an organ and tissue donor through an internet (donatelifetn.org/signup) website, at their Tennessee Dept. of Safety (DOS), or by paper enrollment.

*First-Person Consent: Legislation that allows an individual to designate their full legal consent to donate their organs or tissues upon death. The individual’s consent cannot be overridden by another person.

When you renew your automobile registration, the county clerks across Tennessee accept donations for Tennessee Donor Services. You may donate $1, $5, or whatever you wish and have that added to the cost of your tags. This money is used to help promote organ donation.

Right now, nearly 1900 Tennesseans wait for vital organ transplants. They are among the nearly 100,000 people across the U.S. hoping for a second chance at life. Tragically, one third of them will die waiting.

For more information about organ and tissue donation, go to Tennessee Donor Services website: tds.dcds.org.

Tracking Vegetable Trends
PagesMag 516

Nutritionists at Tufts University say that, although American farmers who are responsible for four-fifths of the vegetables we eat, produced 5% more last year. American consumers aren’t eating more vegetables. A US Department of Agriculture report says vegetable consumption was about the same last year as the year before.

The report did reveal a few encouraging shifts in consumption. There was a small decline in the popularity of fresh white potatoes and processed potatoes, iceberg lettuce and sweet corn. Among the more nutritious vegetables trending up are Romaine lettuce, sweet potatoes, cauliflower, carrots, asparagus and artichokes.

The Best Foods for Memory, Problem Solving, Brain Health
PagesMag 416

Scientists at Johns Hopkins Medicine say these key foods have various brain-boosting benefits:

1. Olive oil, green tea and leafy greens: These antioxidant superfoods help fight inflammation, which can damage the brain. Before inflammation starts, eating them can protect brain function.

2. Beets, tomatoes and avocados: Studies show these foods help ensure that your brain receives the blood it needs to stay sharp. That promotes neuron growth in the area of the brain associated with learning and memory.

3. Nuts (especially walnuts): They work deep in the brain to fight amyloid plaques. When amyloid accumulates beyond normal levels, its plaques kill neurons while creating inflammation, which kills even more neurons.

4. Fish, blueberries, grapes, coffee and dark chocolate. These powerhouses increase the level of brain-delivered neurotrophic factor, (BDNF), a protein that supports the growth of new neurons.

The scientists quoted in the AARP Bulletin say BDNF is like Miracle-Gro for the brain. These foods stimulate the release of BDNF to prompt the brain to make more neurons.
Study Confirms Benefits of Tight Blood Pressure Control

Until recently, guidelines recommended that patients with heart disease kidney disease, diabetes or a history of stroke achieve blood pressure levels of 130/85 mmHg. Having high blood pressure significantly increases risk for heart events. Tight blood pressure control is key to preventing heart events, especially for those with increased cardiovascular risk.

However, some studies found that tighter blood pressure control provides little or no benefit for high-risk patients. In response guidelines have since reversed previous recommendations, raising target blood pressure levels to 140/90 mmHg in high-risk populations. Additionally, some guidelines further raised target blood pressure levels to 150/90 mmHg in adults over 60. But there's still disagreement over the risks and benefits of tight blood pressure control in these populations.

To help settle the debate, a recent study published in "The Lancet" analyzed past trials that compared intensive versus less intensive blood pressure-lowering treatments. Researchers analyzed 19 trials. Nearly 45,000 patients were included in these studies and were followed for an average of 3.8 years.

Overall, researchers found that patients with intensive treatment had an average blood pressure of 133/76 mmHg, compared to 140/81 mmHg in the less intensive treatment group. Patients in the intensive treatment group had 13% lower risk for heart attack and 22% lower risk for stroke.

Authors also note that strict blood pressure control had clear benefits across the board. The greatest benefits were seen in patients at highest risk for heart events, such as those with heart disease, kidney disease and diabetes. The risk of complications was similar in both treatment groups.

Unfortunately, it’s unlikely that findings will solve the dispute over tight blood pressure control. However, authors hope their study prompts future research on the issue. While findings confirm the benefits of intensive blood pressure-lowering treatment, more evidence is needed to refine current blood pressure guidelines.

A New Harvard Study Links Coffee Drinking to Longevity

The results of a questionnaire published online by the journal Circulation shows that coffee drinking is associated with a lower risk of early death.

Three studies analyzed the answers of 208,000 men and women over a 30-year period. The investigators found that, compared with people who don’t drink coffee, those who drank three to five cups of caffeinated or decaffeinated coffee per day had a lower risk of death of type 2 diabetes, cardiovascular disease, neurological diseases such as Parkinson’s, and suicide.

Dr. Ming Ding, the first author of the study at Harvard T.H. Chan School of Public Health, says it could be that certain compounds in coffee, such as chlorogenic acid, may help reduce insulin resistance, and inflammation, which are associated with many diseases.

The study conclusion: If you drink a moderate amount of coffee, it’s fine to keep the habit. But there isn’t enough evidence that you should drink more for the sake of longer life expectancy, according to the study.
Spring Flowers Word Search Puzzle


April  fog  puddle  storm

baseball  garden  rainbow  sunshine

bird  grow  raincoat  thaw

bloom  hatch  rainy  tulip

butterfly  insect  roots  umbrella
caterpillar  kite  season  violet

chick  leaf  seed  warm
cloud  lilac  shovel  water
daffodil  March  shower  weed
dig  May  soil  wind
earth  nest  spring  worm
egg  picnic  sprout

flower  plant  stem

MARK YOUR CALENDAR

April 9  Training at New Beginning Church
April 10  Presentation of AED
April 14  Mended Hearts Board Meeting
April 18  Income Tax Due – HaHa
April 21  Mended Hearts Meeting
April 26  Jamestown Meeting

May 6-7  Till the Cows Come Home Barn Sale

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.
Representatives of Short Mountain Bible Camp receive an AED after their training.

Welcome new members Mr. and Mrs. Philip Godsey

John Bell speaks to the group.

Charles and Laura Jackson at the Fairfield Glade Health Fair.

White County Board of Education receive an AED (l to r): Blanche Smithers, Lou Thomason, Marcie Kinnard, Stephanie Brown.

Assembly of God in Cookeville, TN received an AED. Left to right are Blanche Smithers, Pastor Myron Greer and Lou Thomason.
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.

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.