From The President
Submitted by Blanche SmITHERS

What can I say? Snow and cold, warm and cold. I think Mother Nature is playing a trick on us. As you know, we cancelled our January meeting because of the weather. I hope each of you understand why we did that. We didn’t want to take a chance on anyone falling. I don’t know but we may have had a record snowfall. I know the biggest one since 1993. Now we are into February. Did you know February is the month of LOVE? If you have a sweetie, please remember them with flowers, candy or whatever they like. Also, remember life is short so be sure and tell them how you feel. Don’t let Valentine’s Day pass you by. Punxsutawney Phil didn’t see his shadow so let’s get ready for spring.

Next Meeting
Our next meeting will be February 18, 2016, at 6 pm at Cookeville Regional Medical Center in Education Rooms 1, 2, 3 and 4. Remember to bring food for our potluck meal. However, if you are a first timer you do not bring anything. I will not be at this meeting, as I will be visiting my daughter and her family in South Africa. Laura Jackson, our Vice-President, will be presiding over the meeting, please come and support Laura.

Speaker
We are so pleased to announce our February speaker will be Alison Browning, Clinical Educator. She works with the Cath Lab at CRMC. Her company, Abiomed, manufactures cardiac support, recovery and replacement devices. Abiomed, Recovering hearts, Saving lives.

New Cardiologist at Cookeville Regional Medical Center
Dr. Brian Dulin brings his extensive knowledge and skill to provide quality care to our patients. Prior to joining Tennessee Heart, he worked as a Cardiologist at the Wellmont CVA Heart Institute in Greeneville, TN. Dr. Dulin has been published in many medical journals and publications. He joined Tennessee Heart in 2015

Education and Fellowship:
Medical degree from Ohio State College of Medicine and Public Health; Internal Medicine Residency at the University of Kentucky; Fellowship in Cardiovascular Disease at Yale University; Fellow of the American College of Cardiology.

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

PLEASE NOTE: The deadline for submissions to Mended Hearts Newsletter for March is February 18, 2016. 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
Recently, Bob Freeman gave me an article on the Blue Zones. Not being familiar with this, I did a little research to find out more about it. Basically the Blue Zones refer to places where a higher than average percentage of the population live to be 100 or more. The only place in the U.S. is Loma Linda, California. Other places are Japan, Italy, Greece and Costa Rica.

Several studies have been done to find out why they live so long and still have sharp minds, are healthier and are still physically active. Several common denominators include a mostly vegetarian diet with wine and occasional meat. They have a purpose in life and are socially interactive. They have a faith-based life and are physically active which is not a regimented exercise program. The two things that stood out the most was their diet, which was rich in beans, vegetables, nuts, fruits, olive oil, little meat and no dairy except for goat’s milk, tea, coffee and wine, no sodas. And the other was their social network. They saw their friends on a daily basis. Also noted was none of them were trying to reach 100.

Dan Buettner, a National Geographic Explorer, has studied these people and authored a book “The Blue Zones” if anyone is interested in learning more about this very interesting topic. You can also visit www.bluezones.com and hear one of his talks on this subject.

**Tip of the Month:**

To keep the mosquitoes away in the summertime, put Listerine in a spray bottle and spritz the area. The store brand will work as well.

**January Highlights**

Submitted by Linda Swack

Our meeting was cancelled due to the bad weather.

**Minutes from Jamestown**

Submitted by Danny Parris

Our meeting was cancelled due to the bad weather.

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**The Blue Zones**

Submitted by Sherry Shockley

**Blue Zone Red Beans and Rice**

**Ingredients**

11 Tablespoon olive oil  
2 large cloves garlic minced  
1 large red onion, diced  
1 stalk celery, diced  
1 green bell pepper finely diced  
2 (1-pound) cans red kidney beans  
1-teaspoon onion powder  
1-teaspoon salt  
¼ teaspoon ground black pepper  
1-tablespoon hot sauce  
2 ½ cups chicken stock  
1 cup white rice  
1-tablespoon butter  
Garnish: 1 tablespoon minced fresh cilantro or green onions

**Directions**

Heat olive oil over medium-high heat in a large saucepan. Saute garlic, onion, celery, and bell pepper until tender. Stir in kidney beans, onion powder, salt, pepper, and hot sauce. Reduce heat to low and let mixture simmer slowly while you cook the rice.

Bring the chicken stock to a boil and stir in rice and butter. Return to a boil, reduce heat to low, cover and cook for 20 minutes without removing the lid.

Remove from heat and let stand for 5 minutes.

Fold rice and beans gently together and transfer to a serving dish. Serve garnished with cilantro.
Spotlight On Angie Boles
Submitted by: Glee Miller

Where were you born and have you lived all your life in Cookeville? “I was born in Cookeville. In the 80s I lived in Dallas, TX; Nashville and then Lebanon for 12 years before returning home.”

What was your first job and at what age? “I took classified orders over the phone at The Dispatch newspaper. I began at the age of 16 and worked there many years.”

What famous person would you like to have dinner with? “George Clooney. What girl doesn’t?”

Your best childhood memory? “Santa walking down the street to my grandmother’s house while gathered around the living room with my cousins, sisters and brothers. It turned out that Santa was Uncle Johnny!”

Can you play any instruments? “I play the piano although don’t ask me to play… it has been awhile.”

How many grandchildren do you have and what are their ages? I have four granddaughters - ages 14, 12, 11 and 9. (Two of my granddaughters were born in the same year Jan. 14 and Dec. 14).”

Tell us a little about working for the CRMC printing department - what are some of the things you do? “I do the graphics design for forms, brochures, newsletters, postcards and posters to just name a few. There is always a machine running, whether it be the presses, copiers, platemaker, folder or plotter. We are always busy and it is something new each day!”

How many children do you have? “I have a son age 28, and a daughter age 33. I am getting old.”

What is something we don’t know about you? “I had a letter written about me to Dear Abby that was published after I returned a baby book that I had found in a box that I bought at a auction. The gentleman had never seen it and was really touched seeing what his mother had written in his baby book.”

What are some things that you enjoy doing in the summer? “I love camping, gardening, boating, and attending concerts.”

What are your top two favorite concerts? “The Eagles and Elton John at Bridgestone Arena.”

If you hadn’t chosen graphics design as a career, what would have been your other choice? “Social Work”

What is your favorite food? “It is a toss up between pasta and cheeseburgers. Dipsy Doodle makes the best cheeseburgers.”

Do you have any pets? “No. A long time ago I raised Rottweilers and I kept one of them named Destiny. She was the sweetest dog ever. When she died it broke my heart and I swore I would never get another pet. I did however get fish for my fish tank but they died too.”

Benefit for Judy Phillips

There will be a benefit bake sale and silent auction for Judy Phillips on Friday, February 26, 2016, 6 am – 2 pm in Education rooms 3 & 4. Judy had a sledding accident during our big snow. Judy was our spotlight in the December newsletter. She manages the people who prepare the food for our Christmas Party. If any of you would like to bake something for this benefit, you can take it to Christy Kinnard on the fourth floor of the Physicians Office Building the afternoon before the sale. We hope you can come out to support this sale and auction.

“It’s great to be alive - and to help others!”
Congratulations
Submitted by Sherry Shockley

This year’s Martin Coffey Cardiovascular Service Award was awarded posthumously to our former Mended Hearts President, Tom Little. Accepting on his behalf was Lucile Little. This is only the second time this annual award has been given. Congratulations to his family who were in attendance at A Woman’s Heart where the award was presented. Tom spent many hours volunteering at Cookeville Regional Medical Center on behalf of Mended Hearts.

Optimism Protects Patients from Hospital Readmission After Heart Attack
CardioSmart

Attitude impacts more than just mood, based on a recent study that found optimistic patients are less likely to be readmitted to the hospital after a heart attack. Published in the journal “Circulation: Cardiovascular Quality and Outcomes”, this study analyzed the association between mental health and key outcomes after heart attack.

Heart attack is a leading cause of death in the United States, affecting roughly 735,000 Americans a year. Many studies have found that factors like depression, anxiety and even pessimism increase risk for heart events like heart attack and stroke. Poor mental health has also been linked to worse outcomes after a heart attack. However, experts wonder if the reverse is true. Could having a positive attitude actually protect patients from complications after a heart attack?

To learn more, researchers analyzed data from the GRACE study (Gratitude Research in Acute Coronary Events). Conducted between 2012 and 2014, this study tracked the heart health of 164 patients hospitalized for acute coronary syndrome. Acute coronary syndrome is an umbrella term used to describe situations where there is sudden, reduced blood flow to the heart. Acute coronary syndrome includes conditions like unstable chest pain and heart attack and requires immediate treatment, as it can be life threatening.

At the start of the study, participants completed questionnaires about their mental health and lifestyle choices. Researchers then followed participants for six months, tracking hospitalizations and complications associated with heart attack.

After analysis, researchers found that patients who were optimistic were less likely to be rehospitalized in the six months following their heart attack than those with negative attitudes. Optimistic patients were also more likely to be more physically active than pessimistic ones.

As authors explain, findings are encouraging when it comes to improving outcomes after heart attack. Each year, over 2.5 million people worldwide are hospitalized for acute coronary syndrome. Experts estimate that 20% of patients hospitalized for acute coronary syndrome are re-hospitalized or die within the following year.

The good news, however, is that optimism may help protect patients from complications and reduce hospital readmissions. Studies continue to suggest that mental health has an impact on heart health, especially after heart events. Having a positive attitude may be an important part of recovery after heart attack.

The next step, as authors explain, is to assess interventions to increase optimism in patients. If programs can improve attitude and mental health, they may help boost outcomes after heart events.
When it comes to atrial fibrillation (AFib), medications are often viewed as the most helpful treatment for patients. Medications can help promote a normal heart rhythm and reduce the risk for complications like stroke. However, research continues to show that simple lifestyle choices may be just as important to both the prevention and management of AFib.

In a paper published recently in the“Journal of the American College of Cardiology”, experts recently highlighted the many ways patients can both prevent and manage AFib based on the latest evidence. First, research continues to stress the importance of maintaining a healthy weight. Obesity and overweight increase the risk for developing AFib and can worsen outcomes for patients already affected by this condition. In fact, one study found that overweight and obesity are to blame for 17% of Afib cases in the United States.

The good news, however, is that physical activity and a healthy diet can improve outcomes. When patients are overweight or obese, exercise can help reduce risk for complications. Exercise and a healthy diet also help promote a healthy weight and reduce risk for AFib. Among patients with atrial fibrillation, staying active and eating healthy improves both outcomes and quality of life.

In addition to healthy lifestyle choices, authors also stress the importance of addressing any existing cardiovascular risk factors. High blood pressure and high cholesterol can both increase risk for atrial fibrillation and increase risk for complications in patients with AFib. Diabetes is also a well-known risk factor for atrial fibrillation and can worsen outcomes.

However, addressing these conditions can help significantly reduce risk for AFib and complications. For example, stroke is one of the biggest complications associated with atrial fibrillation. A recent study found that blood pressure medication helps cut stroke risk in half for AFib patients with hypertension.

In addition to traditional risk factors, the authors mention a few additional factors related to AFib. Obstructive sleep apnea is a common sleep disorder that occurs when breathing repeatedly starts and stops during sleep. Sleep apnea has been linked to increased risk for atrial fibrillation and can worsen outcomes for patients with AFib. However, treatment for sleep apnea can improve survival rates and prevent abnormal heart rhythms. The authors also point out that tobacco and excessive alcohol consumption may be linked to atrial fibrillation, although further research is needed on these topics.

Although medication remains important for the treatment of atrial fibrillation, the authors hope these recommendations help educate patients and providers about the importance of lifestyle choices. Although we can't control things like family history, there are many cardiovascular risk factors we can control, such as weight, blood pressure and diabetes. Addressing risk factors and making healthy lifestyle choices can not only help prevent AFib but improve outcomes and quality of life for patients already living with this condition.

The good news is:  You can get the benefits of cardiovascular and aerobic exercise in just 60 minutes a week.

Here's how to do it. You exercise intensely for one minute and leisurely for another minute. Work up to a total of 20 minutes three times a week.

The American College of Sports Medicine recommends getting moderate exercise for 30 minutes five days a week. But that comes to two-and-a-half-hours!

The good part of the One-minute deal is that after 30 to 60 seconds of pushing yourself, you keep moving but at a leisurely pace. If you want to do more, you can rest for between 30 and 60 seconds, then push toward the intense phase again.

New studies show the program is as effective as more minutes of exercise and can be equally safe.
Mended Hearts does not give medical advice. As always, consult your physician before making any changes in medication, food supplements, diets or lifestyle.

**HEART WORD SEARCH**

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**MARK YOUR CALENDAR**

- **Feb. 13**: Health Fair CRMC Richard & Nancy
- **Feb. 14**: Valentine’s Day
- **Feb. 18**: MH Meeting
- **March 9**: Health Fair Fairfield Glade Charles & Laura
- **March 10**: MH Board Meeting
- **March 12**: TTU Vendors Fair
- **March 17**: MH Meeting

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

**MENDED HEARTS CHAPTER 127 COOKEVILLE**

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A Woman’s Heart - 2016

Lucile Little

Mended Heart members

2016 Snow Storm
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.