From The President
Submitted by Blanche Smithers

Here it is 2016.

When Pharoah and I were married in 1962, I could not imagine the year 2016 much less could I imagine all of what has taken place in 54 years. Certainly I could not even dream of me being president of Mended Hearts in 2016. I did not even know what Mended Hearts was.

Mended Hearts Chapter 127 has come a long way in those years. We are so proud of our achievements in 2015 including our main goal to give away 12 AED’s at $1,300 each per year to schools, churches and law enforcement agencies. We accomplished that goal and participated in eight Health Fairs, 12 Board Meetings, 12 Mended Hearts Meetings, two very successful Bake Sales, our annual and successful Silent Auction and promoted Mended Hearts on two radio programs. A big thank you to Cookeville Regional Medical Center and our members. We look forward to these and many more activities in 2016.

Thank You
I would like to take this opportunity to say thank you for allowing me to be President and I will try very hard to make our chapter proud. Please call or stop by at any time. I would also like to thank the 76 Mended Hearts members who attended our Christmas Party and to thank you for the beautiful vase presented to me. I love it.

Everett Davis
I went by to see our long time friend and Mended Hearts member Everett Davis. He said to tell everyone Happy New Year. If you have a few minutes stop by and see him. He will bless your heart.

Next Meeting
Our next meeting will be Jan. 21, 2016, at 6 pm at Cookeville Regional Medical Center in Education Rooms 1, 2, 3 and 4. Our speaker will be Mary Craft with Medtronic speaking on stents for heart patients. Remember, each family needs to bring a covered dish for our potluck dinner. Thank you in advance for doing this.

Membership
Did you know that you can attend our meetings even if you have not had a heart event? If you are not a member come check us out Feb. 18, 2016 at CRMC in Education Rooms 1, 2, 3 & 4 and see what we are about. Everyone is welcome!

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**Reminder:**
Mended Hearts meets the Third Thursday of each month!

**Important Info:**
Mended Hearts reaches out to people from many surrounding counties.

- Cookeville Regional Medical Center is truly Regional.

<table>
<thead>
<tr>
<th>DECEMBER</th>
<th>YEAR TO DATE</th>
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<tbody>
<tr>
<td>27 Surgeries</td>
<td>368</td>
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<tr>
<td>41 Stents</td>
<td>477</td>
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<tr>
<td>9 Defibs - ICD</td>
<td>88</td>
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<tr>
<td>3 Pacemaker - PPM</td>
<td>123</td>
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<tr>
<td>12 Ablation</td>
<td>67</td>
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<tr>
<td>5 EP Study</td>
<td>47</td>
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<tr>
<td>132 Hrs Worked</td>
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<td>12 Phone Calls</td>
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<tr>
<td>54 Heart Surgery Visits</td>
<td>756</td>
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<tr>
<td>41 Stents Visit</td>
<td>477</td>
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<td>9 ICD Visits</td>
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<td>3 PPM Visits</td>
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<td>12 Ablation Visits</td>
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<tr>
<td>5 EP Visits</td>
<td>47</td>
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<tr>
<td>136 Total Visits</td>
<td>1882</td>
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Visit our website
www.mendedhearts127.org
December Highlights
Submitted by Linda Swack

Our December meeting was held Dec. 17 with a great Christmas party, hosted by our president, Blanche Smithers. We had music, good food, great servers and I believe everyone got a door prize. There were 76 members and guests who attended. A good time was had by all.

Crock Pot Black-Eyes Peas Stew

Ingredients
1 large onion, chopped
2 medium carrots, cut in 1/2 inch dice or thinly sliced
3 celery stalks, cut in a 1/2 inch dice
1 large bell pepper cut in a 1/2 inch dice
1 sweet potato, cut 1/2 inch dice (optional but very tasty)
3 cups black eyed peas, frozen
1 cup pureed tomatoes
1 tsp dried, crumbled sage
2 tsp chili powder
1 chipotle chili in adobo sauce, finely minced
4 cups vegetable stock
salt to taste
coriander to garnish

Directions
1. Place all the ingredients in a crockpot, add the stock and mix well.
2. Cover the crockpot and cook on a high setting for 4 hours or 6-8 hours or until all the vegetables and black-eyed peas are tender.
3. Garnish with coriander and serve hot with brown rice, quinoa, or crusty whole wheat bread.

Minutes from Jamestown
Submitted by Danny Parris

The Jamestown Satellite group attended the Christmas Party in Cookeville this year in lieu of our meeting in December. Eight members from the Jamestown group attended the party and we all had a great time. We would like to thank everyone involved in putting the Christmas Party together and for inviting us. We will be having our first meeting of the New Year on January 25th at 6:00 pm at the Jamestown Regional Medical Center.

Congratulations
Submitted by Blanche Smithers

Congratulations to Sherry Shockley on the 20th Anniversary of her heart transplant. January 10th was the special day. To mark the occasion, Sherry’s special friends, Suzanne Cadwallader and Arthur Raybold, made a donation to Mended Hearts in her honor. Thank You very much. What a thoughtful gift.
Spotlight On Paul Korth
Submitted by: Glee Miller

Where were you born? “Wisconsin.”

What is your current occupation/position? “CEO at Cookeville Regional Medical Center.”

Where did you attend college? “Tennessee Tech University.”

Have you always done this type of work? “I started my career in a local CPA office and later moved to healthcare. I was a Chief Financial Officer for many years working in two other middle Tennessee hospitals.”

Tell us about your family? “My wife Janice and I have two children. Wes is 27 years old and Macey is 23 years old.”

Why did you choose to come to Cookeville? “My family moved to Celina in 1972 and I attended Tennessee Tech University and we have loved the area ever since. So in 1999 when the CFO position came open it was an easy choice.”

When you are not working do you have any hobbies? “I enjoy spending time with my family, playing golf and traveling.”

Tell us something most folks don’t know about you: “I was born in Wisconsin and a die hard Green Bay Packer fan. I’m even a stockholder with the Packers.”

What are your favorite foods? “Cheeseburger and Fries.”

I am most proud of: “My family and being able to live close to family so our children can be close to their grandparents.”

Do you do your own Christmas Shopping for your family? “Yes, that is what is special about gift giving. Being able to pick out that special gift for the ones you care about.”

Is there anything else you would like to say to our readers? “I really enjoy working at CRMC with all the great people. This is a great place with a lot of caring people working together to make this the best hospital.”

AED Update for 2015
Submitted by Lou Thomason

The Mended Hearts AED Program has had another good year. In the year 2015, we donated 12 AEDs to Putnam and the surrounding counties. These 12 units keep our goal of donating one unit per month.

At the beginning of 2015, our program partnered with The Carmen Burnette Fund for the required CPR training before receiving an AED. I would like to say thank you to Charles Jackson, the Mended Hearts AED Coordinator and to Sadie Shadden of the Burnette Fund for making this year a huge success.

Since the beginning of our AED program, Chapter 127 has given out AED units valued at $171,600. The support of this program is made possible with funding from our annual silent auction and two bake sales sponsored by Mended Hearts volunteers and through grants given by community governments, utility companies and local merchants.

Thank you to all who have supported us through the year.

At this time I would like to say a big thank you to all Chapter 127 Accredited Visitors who worked so hard to make our visiting program one of the best in The Mended Hearts across the nation.

Happy New Year and God Bless You All, Lou Thomason
Fake Survey Calls Want Your Money, Not Your Opinion

The Federal Trade Commission is investigating automated calls that claim to want your opinion. Actually, what the really want is your money. You are likely to receive a call because phone surveys are exempt from rules that ban automated “robocalls” and calls to numbers on the National Do Not Call Registry.

Some companies think that beginning an automated sales call with a question makes it legal. It doesn’t. One cruise line recently paid a $500,000 fine to settle claims that it robocalled millions of phone numbers with what seemed to be a political survey.

Those who answered were told they could receive a free two-day Bahamas cruise for their trouble. But they were connected to a salesperson who tried to talk them into paying for parts of the “free” cruise. This fake survey has been shut down, but other unscrupulous companies use similar tactics.

Quoted in Bottom Line Personal, Bikram Brandy of the FTC says if someone tries to sell you something during a phone survey, hang up immediately.

If a robocall asks you to press a button on your keypad to be removed from the call list, don’t do it. Pressing is likely to increase the number of robocalls you receive.

Instead, visit DoNotCall.gov to confirm that your phone number is on the Do Not Call Registry. This will reduce sales calls.

Also, visit Nomorerobo.com to find out if its free robocall-blocking service is available for your landline and/or your mobile phone carrier.

Give Your Heart a Boost with These Beneficial Beverages

Drink to good health this year with robust beverages that can give you a boost of vitamins and antioxidants.

Quoted in Family Circle, Bonnie Taub-Dix, founder of BetterThanDieting.com, says, “What you put in your glass can dictate what your heart looks like today and in the future.”

So, here’s to you. Try these healthy drinks:

**Tomato Juice:** It’s loaded with the antioxidant lycopene and vitamins C, E and K. It helps to decrease bad cholesterol and high blood pressure.

**Coffee:** Regularly consuming a cup or more of coffee reduces the risk of having calcium in your coronary arteries, a sign of vessels hardening and narrowing, which can cause heart attacks.

**Green Smoothies:** A diet packed with produce helps your heart by controlling cholesterol and improving blood flow in your body. Smoothies are a convenient way to get on-the-go fruits and vegetables, especially greens.

**Beer:** Red wine isn’t the only alcoholic beverage that has cardio benefits. Downing one beer a day improves blood flow and artery function, research has found. But benefits can be reversed if you drink more than seven servings of booze a week.

**Matcha Green Tea:** This is powdered green tea that boasts more than double the amount of catechins (antioxidants) in standard green tea. Several studies show these catechins lower the odds of developing cardiovascular disease.

**Pomegranate Juice:** It fights the effects of free radicals, has a blend of antioxidants and polyphenols and helps to regulate heart rhythm. Mix it with ice, sparkling water, and potassium-rich fruits like apples or pears.
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):  Preferred Contact: ☐ Phone ☐ Email ☐ Mail

(Mr/Mrs/Ms) ____________ _____________________ Family Member Email ____________

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 ____________________________  Name of Caregiver ____________________________

Date of Surgery/Procedure ____________________________  Phone ____________________________

Type of Surgery/Procedure ____________________________  Alt Phone ____________________________

☐ 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

☐ Yes ☐ No  Family member signature ____________________________

Optional info: Date of birth ____________________________ Please check below:

Race: ☐ Caucasian; ☐ Black; ☐ Asian; ☐ Am. Indian; ☐ Other

Gender: ☐ Male; ☐ Female ____________________________

Optional info: Date of birth ____________________________ Please check below:

Race: ☐ Caucasian; ☐ Black; ☐ Asian; ☐ Am. Indian; ☐ Other

Gender: ☐ Male; ☐ Female ____________________________

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  Chapter annual dues

Individual $20.00 ☐  Individual $ ________ ☐

Family $30.00 ☐  Family $ ________ ☐

Life – Individual Dues $150.00 ☐  Life – Individual Dues (if applicable) $ ________ ☐

Life – Family Dues $210.00 ☐  Life – Family Dues (if applicable) $ ________ ☐

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
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@crmhealth.org.

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Chapter 127 of Mended Hearts is comprised of many talented individuals. Their specialty areas are varied and very interesting to learn about. Several years ago, it was noted that Tom Tomberlin is an accomplished wood carver. He was commissioned to sculpt a wooden trophy that embodied the symbol of Mended Hearts. Each year this trophy is presented to the member that is elected by our membership that has contributed significant talent and time to our club. After the yearly presentation, the trophy bearing the name of the recipient is displayed in the CRMC CVICU waiting room next to the plaque bearing the names of previous recipients of the award. Thank you, Mr. Tom, for sharing your talent with us.

At the December Christmas Party of Mended Hearts, Charles Jackson was awarded the prestigious Mended Hearts Member of the Year Award. This award is based on the contributions of a member that best represents the volunteer mission of our chapter. After a nomination and voting process, Mr. Jackson was recognized because of his service as Chapter photographer, AED trainer coordinator, Health Fair participant, accredited visitor, and silent auction participant.
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.