From The President
Submitted by Blanche Smithers

“We will never see this day again, don’t waste it. Get up each morning and make it a new beginning, By looking as good as you can, By doing your very best in whatever you do And living each day to its fullest. Your Happiness depends on your ability To pick up the pieces of your life ~ And move on.”

Lucile Little 2006

Lucile Little was a classy lady. For those of you who did not get to know Lucile, you missed a treat. Lucile was the wife of Tom Little who was our Mended Hearts president for several years. Lucile was always by Tom’s side helping him whether it was Mended Hearts or something else. She was a quiet spoken lady but you always knew her presence. I worked with Lucile for several years while Tom was president. Our condolences go out to the Little family. The above poem was in Lucile’s own words and a tribute to life. This fine lady will be missed.

THANK YOU
Thanks to Allison Browning for her very interesting presentation of cardiac devices.

NEXT MEETING
Our speaker for July will be Karen Hanson, PT-DPT from Tennessee Therapy and Balance Center. We will meet July 21, 2016 at 6:00 pm in Education Rooms 2-3-4 at CRMC. It is potluck so please bring a dish.

SMILE
I would like to talk about something most of us do without much thought. That is smiling. How many times a day do you smile? Smiling is a natural response that shares our happiness with others. Have you ever been in Wal-Mart and watched people? Most of them seem as if they have the weight of the world on their shoulders. Try smiling at them and most of them will smile back. We have all heard the expression “misery loves company”. Choose to smile and the world smiles back. If someone is trying to give you stress, smile. It will make you feel better.

THOUGHT FOR THE DAY
Anyone can show up when you’re happy. But the ones who stay by your side when your heart falls apart, they are your true friends.
**Summer Tip:**

Mosquito Yard Spray

Take one big bottle of cheap blue mouthwash, 3 cups of Epson salt, 3 stale 12 oz. cheap beer and mix those three ingredients together until the salt is dissolved. Spray anywhere you sit outside and around pools. It will not harm plants or flowers. Mosquitos are gone from that area for approximately 80 days. The stronger you mix, the longer it will last. Mosquitos and bugs hate it.

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**Highlights from June**

Submitted by Linda King

The meeting was held June 16, 2016 with Allison Browning, Clinical Educator at ABIOMED, who manufactures cardiac support, recovery and replacement devices, speaking. It was a very informative and interesting program.

The convention in October is in Huntsville and as of now we have 12 going.

Our annual picnic will be September 15 at Cane Creek Park.

Blanche and Laura gave out 5 and 15-year pins.

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**Jamestown Minutes**

Submitted by Sharon Parris

Jamestown Mended Hearts met on June 28 at Jamestown Regional Medical Center. We had 9 in attendance. We had a very informative meeting. Next meeting will be July 26, 2016 at 6:00 pm at Jamestown Regional Medical Center.

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**Cherry Almond Oatmeal Cookies**

You can eat healthy and still indulge in some sweets. This cookie is a perfect example.

**Ingredients:**
- ¼ cup dates
- 2 ripe bananas
- 1-cup old-fashioned oats
- ½ cup dried cherries
- ½ cup almond meal
- ½ cup almonds, crushed

**Directions:**
Preheat the oven to 325 degrees F.
In a processor or mini chopper, make a paste out of the dates. In a large bowl, mash the bananas then mix in the dates, oats, cherries, almonds and almond meal. Prepare a baking pan lined with baking paper. Then scoop some batter on it giving them space in between. Bake for 15-20 minutes or until desired texture.
**Spotlight On Linda Kreis**

**New Member**

Submitted by: Glee Miller

G Where were you born?
L “I was born in Washington, D.C. to James and Marie Paris. I am the youngest daughter of six children.”

G Where did you live before coming to Tennessee?
L “My husband, George and I moved to Cookeville in 2006. Before that we lived in the Tampa Bay area of Florida for 17 years. We are both originally from the Baltimore, MD area. We moved to Tennessee to slow down and take advantage of the lower cost of living. Prior to retiring, George worked for Kroger as a merchandiser. I currently work for TTU as an administrative assistant in the physics department. I really enjoy my job.”

G How many years were you and your husband married?
L “George and I were married almost 46 years before he passed away on February 14, 2016 with a very weak heart and other complications.”

G Do you have children?
L “We never had children; however, we have four kitties that keep me company. I consider them my babies. Like human babies, they are very spoiled.”

G Do you like to cook?
L “I enjoy cooking, trying new recipes and entertaining. Since my husbands passing I have not done as much entertaining, but instead have helped to plan several parties for our friends. I do enjoy getting together with my friends from church and the neighborhood. I hope to make additional friends that are part of the Mended Hearts organization. I also enjoy gardening and watching the wildlife near our home.”

G What are you most proud of?
L “I am most proud of the number of years George and I were together (45 plus years married and six years we went together). Although we will never truly celebrate our 50th wedding anniversary - I feel we have already done so! We had over 50 great years together. George was a very devoted and loving husband.”

G Where did you meet your husband?
L “I met George at a friend’s junior prom on a double date. I did not see George until the following school year. We started dating at the time and the rest is history.”

G What are your favorite TV shows?
L “My favorite TV show is NCIS - I really enjoy how Gibbs and his team work so well together to solve the crimes. I will really miss Tony DiNozzo. I was surprised the last show ended the way it did.”

G What type of music do you listen to?
L “I like lite rock and doo wop music. George and I enjoyed watching the public TV doo wop tapes we purchased. Many times, we planned get-togethers around watching doo wop and a casual dinner with our friends that like doo wop music.”

G If you won the lottery what would you do first?
L “I would like to be in a position to pay off all my debts. Most of all, I wish I could have George back with a healthy heart able to enjoy more good times together.”

G If you could go anywhere in the world to visit, where would you go?
L “I would love to travel. I have not had much opportunity because George didn’t care to fly. However, we were able to enjoy several cruises to the caribbean. They were a lot of fun. I think I might like to visit Switzerland or Germany as that is where my parents’ families came from. Local trips in Tennessee in the surrounding areas would be a good start.”

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**Heart Disease Patients Undertreated for Depression**

Heart disease patients who develop depression after diagnosis are more likely to have heart attacks, according to a study presented at the American College of Cardiology sessions in April 2016.

While previous research has shown that depression following surgery is associated with worse outcomes, this study shows that depression following diagnosis also predicts worse outcomes.

In the study of 23,000 patients at 19 medical centers in Canada, patients diagnosed with coronary artery disease who were depressed were 83 percent more likely to die of any cause compared to patients who were not depressed.

Women were the majority of patients suffering depression after diagnosis.

A Swedish study has found that heart attack patients with depression are less often prescribed anti-depressants than people who have not had heart attacks.

Researchers found that only 16 percent of heart attack patients with depression received antidepressants compared to 42 percent of those without heart attacks.

“**It’s great to be alive - and to help others!”**
Many patients with atrial fibrillation are not on optimal therapy, according to a recent study that found one-third of patients are not prescribed the gold standard for blood thinners.

Published in the Journal of the “American College of Cardiology”, this study looked at blood thinner use among patients with atrial fibrillation. Atrial fibrillation (or Afib) is the most common type of irregular heart rhythm, affecting up to 6 million people in the United States.

Since atrial fibrillation increases risk of stroke, blood thinners are recommended to prevent clots and reduce risk for heart events. Current guidelines recommend prescription blood thinners like warfarin for Afib patients at moderate to high risk of stroke, rather than aspirin alone. But how well are we meeting guidelines in the real world?

To learn more, researchers analyzed data from the American College of Cardiology’s PINNACLE Registry, which tracks heart patients to improve care and treatment. More than 505,000 Afib patients were included in the analysis, all of whom enrolled in the registry between 2008 and 2012 and took some form of blood thinner as part of therapy. Patients also had moderate to high risk for stroke based on risk factors like age and blood pressure.

Based on current guidelines, prescription blood thinners should have been recommended for all patients included in this study, rather than aspirin alone. However, only 60-62% of patients were treated with warfarin or non-vitamin K antagonist drugs, while the remaining 38-40% took aspirin only.

After analysis, researchers found that patients with high blood pressure, high cholesterol and heart disease were more likely to take aspirin only than those without. In contrast, patients taking prescription blood thinners were more likely to be male, overweight or obese and have a history of stroke or heart failure.

Based on findings, it’s clear that treatment recommendations are not being consistently applied to patients with atrial fibrillation. Among patients eligible for prescription blood thinners, one-third of patients do not receive optimal therapy. This gap in care is especially prominent among patients with Afib and heart disease, who are at particularly high risk for heart events.

To address this issue, experts highlight the need to increase appropriate prescription of prescription blood thinners in patients with atrial fibrillation. Authors also encourage future research to better understand the factors that drive sub-optimal therapy in Afib patients.
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 ______________________
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 ☐ Check here if also Heart Patient
☐ Atrial Septal Defect ☐ Pacemaker ☐ Valve-Surgery ☐ Procedure- specify: __________________________
☐ 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
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

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

Patient signature ____________________________________________ 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 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: __________________________

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
SUMMER FUN WORD SEARCH

Barbecue  Fish  Skateboard
Baseball  Frisbee  Slide
Bike  Garden  Snorkel
Birdwatch  Bike  Spelunk
Boating  Hopscotch  Surf
Camp  Jumprope  Swim
Canoe  Makesandcastles  Swing
Climb  Picnic  Vacation
Collectbugs  Ridehorses  Volleyball
Dive  Rollerblade  Wade
Eaticecream  Rollerskate  Waterski
Findshells  Seesaw

MARK YOUR CALENDAR

July 9  Training for AED & CPR
July 10  Presentation to Clay Co. Church of Christ
July 14  Board Meeting
July 21  M.H. meeting
July 26  Jamestown meeting
July 28  Health Council meeting
Sept 15  Picnic

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.
June Meeting - Presenter Allison Browning, Clinical Educator of ABIOMED

Nurse Burnette teaching training

Celina Church of Christ AED training

Charles Jackson, AED trainer presents AED to Caleb Burnette, minister of Celina Church of Christ.
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.