From The President
Submitted by Blanche Smithers

I hope each of you had a safe and happy Memorial Day. I would like to say “Thank You” to all veterans who have served our country.

MENDED HEARTS FACTS
I am sure there are some of our readers who do not know a lot about our Mended Hearts organization. Mended Hearts is a national organization with over 300 chapters in the U.S. Our chapter #127 is one of the top and most active with 150 members. We have 28 accredited visitors all of whom have gone through several training sessions. Our accredited visitors are at the hospital six days a week assisting patients and families. We try to visit with each heart patient and family who come through our hospital.

First we visit with the family while the patient is in surgery. We take the family to the CVICU unit and talk with the nurse who will be taking care of the patient and also talk about the importance of the caregiver. An accredited visitor visits with the patient if they haven't gone home already.

Accurate records must be kept. At the end of the day, accredited visitors fill out a record for the day’s work. Everything we do is done through HIPAA. Information does not go outside the hospital, everything is private. Each of our accredited visitors is very dedicated to helping people. To be an accredited visitor you have to have had a heart event or the spouse of a heart event person. We are always looking for new members.

Our chapter has won many awards from National Mended Hearts in Dallas, Texas. We have given 141 AED’s in the Upper Cumberland area at a cost of $1300.00 each and we publish a Mended Hearts Newsletter each month.

You are always welcome to come by our CVICU waiting room on the 3rd floor at Cookeville Regional Medical Center.

Our motto is “It’s great to be alive - and to help others.”

THANK YOU
Many thanks to Lynn Frierson, Assistant Southern Regional Director for Mended Hearts, for the great presentation she brought to us on heart healthy living.

Also we had a great Bake Sale in May. Thanks to everyone who helped make it a success.

NEXT MEETING
Our speaker for our June 16 meeting will be Allison Browning, Clinical Educator at ABIOMED, who manufactures cardiac support, recovery and replacement devices. We will meet in Education Rooms 2, 3 & 4 at CRMC. Potluck dinner. Bring a dish.

THOUGHT FOR THE DAY
Everyone you meet is fighting a battle you know nothing about. Be kind.
Summer Tip:

1. Use cupcake liners to cover drink glasses. It keeps bugs, dirt and other icky things from falling into your drink. Make a small hole in the center and insert a straw.
2. To keep flies from bothering you and your food when eating outside, put several pennies in a glass of water, actually several of these glasses will work better. That’s all there is to it.

May Highlights

The meeting was called to order by President Blanche Smithers. Our chaplain, Ray Savage led us in the blessing followed by a delicious potluck dinner.

Our speaker Lynn Frierson, Assistant Southern Regional Director of Mended Hearts, gave a program based on Dr. Pradip Jamnadas, MD in Interventional Cardiology in Orlando, Fl, about lifestyle changes after a heart event.

Some of the food for thought she gave us was:
- Out of 100 women, 4 will die of breast cancer; 44 will die from heart disease.
- Only foods with a brain have cholesterol.
- Don’t drink a glass of orange juice; eat an orange instead.
- Eat natural sugar instead of artificial sugars.
- Eat for your gut.
- Recommended book “Wheat Belly” by Wm. Davis, MD.

After some brief announcements, door prizes were drawn and the meeting was adjourned. We then arranged tables in preparation for our Bake Sale.

Sympathy

Submitted by Blanche Smithers

Our sympathy goes out to the Danny Parris family. Danny was our Jamestown satellite coordinator. I just cannot say enough good things about Danny. He was a good Christian man who helped everyone he came in contact with. We will forever miss him. I am sure he and Pharoah are in heaven talking about all of us.

Summer Grilled Chicken

Instructions

1. In a medium bowl, whisk together balsamic vinegar, lemon juice, olive oil, Dijon, brown sugar, Worcestershire, garlic, thyme, oregano and rosemary; season with salt and pepper, to taste. Reserve ¼ cup and set aside.
2. In a gallon size Ziploc bag or large bowl, combine balsamic vinegar mixture and chicken; marinate for at least 1 hour to overnight, turning the bag occasionally. Drain the chicken from the marinade.
3. Preheat grill to medium high heat. Add chicken to grill and cook, flipping once and basting with reserved ¼ cup marinade until cooked through, about 5-6 minutes on each side.
4. Serve immediately, garnished with parsley, if desired.

Ingredients

- 2 Cloves garlic
- Juice of 1 lemon
- ½ tsp. dried oregano
- ¼ tsp. dried rosemary
- ½ tsp. dried thyme
- ¼ cup Balsamic vinegar
- 2 tbsp. Dijon mustard
- 1 tbsp. Worcestershire sauce
- 2 tbsp. brown sugar
- Kosher salt and freshly ground black pepper
- 2 tbsp. Olive oil
- 4 boneless, skinless chicken breasts
- Garnish: 2 tbsp. chopped fresh parsley

Chicken breasts are high in protein but low in fat. You can buy pre-marinated chicken but they are high in sodium. When you prepare your own marinade, you are in full control over the ingredients!
Spotlight On **Crystal Walker**
Submitted by: Glee Miller

**G** Tell us about your job here in the hospital?
**C** “I am a PCA/Surgical hostess in Same Day Surgery. I have been at the hospital for eleven years. I started out in house-wide transport and ended up in Same Day Surgery which I enjoy very much. I work with a great group of people.”

**G** What makes you feel special?
**C** “My girls; Christina 18, Taylor 13, McKinlee 5. They sometimes leave me notes or draw and color me pictures. These things are priceless to me.”

**G** Three things you could not do without and why?
**C** “Coke which is my morning coffee. Music makes me happy and sunshine. I hate cold weather and it totally changes my mood when the sun is shining.”

**G** Three words to describe you as a mother - explain?
**C** “Affectionate - I never want my daughters to feel unloved. I am always hugging, giving kisses and always saying I love you. Supportive - I have always been and always will be my daughters’ biggest cheerleader and fan no matter what the occasion may be, if it is at a t-ball game or my older daughter’s high school graduation. Attentive - I always want my daughters to feel that no matter what they say or do, they have my full attention.”

**G** What is the best part of your days off?
**C** “Not have to wake up at 4 a.m.”

**G** What qualities do you like about yourself and why?
**C** “Treating others as I wish to be treated. Being humble and always remembering I am no better than the next person.”

**G** What is your favorite restaurant and your favorite food?
**C** “Chinese and my favorite restaurant is The Mandarin Palace.”

**G** Best childhood memory?
**C** “Holidays are always special. My family celebrates big and and together.”

**G** What person had the most influence in your life and how?
**C** “My dad taught me and showed me how to be a good parent and how important family is.”

**G** Last movie you saw at a theater?
**C** “The Revenant” with Leonardo Dicaprio.”

**G** Do you like to cook and if so, what is your favorite dish?
**T** “I like to grill chicken and vegetables. Love vegetables.”

**G** What habit would you like to get rid of and why?
**C** “Road rage - Driving up and down the mountain everyday, I tend to get a little frustrated with the truckers. It puts me in a bad mood and raises my blood pressure.”

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**Why is June 14 Designated National Flag Day?**

If you were stopped on the street by a reporter, how would you answer this question? With a shrug? Sadly, you’re not alone. Our veterans and current military are the most knowledgeable because they have fought to protect what it represents.

This June, we have the opportunity to proclaim our respect and honor for our country by flying the flag, attending a Flag Day parade or teaching our children why we’re doing it.

President Woodrow Wilson established June 14, 100 years ago, as a day to fly our flag with pride. His speech could be proclaimed in 2016 as well as in 1916. “I suggest and request that throughout the nation and in every community, the 14th day of June be observed as Flag Day.”

On June 14, 1777, the design of our first national flag was approved by Congress. It has been modified 27 times since then. Old Glory, the star-spangled banner, has flown since 1959, when President Eisenhower ordered the 50th star for Hawaii, the last state to join the USA.

“God bless America, land that I love,” Irving Berlin’s 1938 song of personal thanks, is still worthy of being our personal sentiment of patriotism.

“**It’s great to be alive - and to help others!**”
Hypertension is thought to be responsible for 50 million deaths per year nationwide. It's a major risk factor for stroke, heart attacks, heart failure and peripheral vascular disease.

Many studies have shown that patients with systolic blood pressures (the top number) below 140 have a lower risk of heart disease and death than those above 140.

Results of the Systolic Blood Pressure Intervention Trial (SPRINT) represent a game-changer in the field of hypertension. The study, presented to the American Heart Association, shows that patients who maintained a blood pressure of 120 or less had a 25 percent lower risk of heart failure, heart attack, stroke and cardiovascular death than those whose blood pressure was maintained at 140.

They had a 43 percent lower risk of cardiovascular death and 27 percent lower risk of death from any cause than those whose target systolic blood pressure was 140.

Lowering blood pressure can be difficult. In order to reach the 120 systolic level, some patients could need more than one medication.

In the SPRINT trial some patients who were able to reach 120 suffered adverse effects, such as fainting and kidney problems. But the trial has been called “One of the most important achievements of 2015.”

Researchers at Duke Medicine say the 120 number is no magic bullet. It was chosen because it was significantly lower than 140.

What the trial did show was that bringing systolic blood pressure levels down below 140 can be beneficial in many ways as long as it’s done safely.

Note that no diabetic patients were included in the trial.

Chinese Study Confirms the Health Benefits of Fresh Fruit

Despite the significant health benefits of fruit only 1 in 5 consume fresh fruit on a regular basis, according to research recently published in the “New England Journal of Medicine.” There’s no question that fruits and veggies are key to a healthy diet. Current U.S. guidelines recommend that we fill half of our plate with fruits and vegetables at every meal. In doing so, we can improve our health, promote a healthy weight and reduce risk for chronic diseases like heart disease. But consumption of fruits and veggies differs from country to country, often varying by culture. Fruit consumption is especially low in China, causing concern about its impact on heart health.

To learn more, researchers surveyed more than 512,000 Chinese adults about their health, diet and lifestyle choices. The study was conducted between 2004 and 2008 and the average age of participants was 51 years old. For the purpose of analysis, researchers excluded anyone with a history of heart disease or who was on blood pressure medication, leaving 451,665 adults in the final analysis.

Overall, researchers found that only 18% of participants consumed fresh fruit (not including frozen, dried or canned fruit) on a regular basis. Less than 10% reported fruit consumption on 4-6 days a week and more than 6% reported no fresh fruit consumption at all. Adults were more likely to consume fruit if they were younger, female, lived in urban areas or had a higher level of education and higher income.

Not surprisingly, researchers found that adults consuming fresh fruit had better health outcomes over the ten-year period. Adults consuming fresh fruit daily had significantly lower blood pressure and blood sugar levels than those with no fruit consumption. Participants who ate fresh fruit daily also had 25-36% lower risk for heart attack and stroke compared to adults with no fresh fruit consumption. Daily fresh fruit consumption reduced risk for heart-related death by 40% compared to no fresh fruit consumption.

Researchers also found a strong relationship between the amount of fruit adults consumed and their risk for heart events and death. In other words, the more fruit adults consumed regularly, the lower their cardiovascular risk.

Findings confirm that in China where fruit consumption is low, daily fruit consumption helps protect against heart disease. Since stroke rates are especially high in China, findings suggest that low fruit consumption may be to blame for some of the increased burden. Therefore, authors conclude that increasing fruit consumption may be one way to improve heart health and prevent heart disease particularly in China.
Heart-Healthy Lifestyle Reduces Risk for Kidney Disease

Heart-healthy choices like staying active and managing blood pressure help prevent chronic kidney disease, according to results of a large national study published in the “Journal of the American Heart Association.”

The American Heart Association recently established a set of recommendations to prevent heart disease, known as “Life’s Simple 7.” They include factors related to cholesterol, blood sugar, blood pressure, smoking, body mass index (BMI), physical activity and diet. With these guidelines, experts hope to significantly improve heart health and reduce heart-related deaths in the next few years. But it’s also possible that Life’s Simple 7 may do more than simply improve heart health.

Chronic kidney disease, which causes a gradual loss of kidney function, currently affects more than 4.5 million Americans. Heart and kidney disease share similar risk factors, such as high blood pressure, smoking, obesity, diabetes and high cholesterol, leading experts to wonder if Life’s Simple 7, which address these risk factors, also helps protect against kidney disease.

To learn more, researchers analyzed data from the ARIC study (Atherosclerosis Risk in Communities), which followed more than 14,000 U.S. adults to learn about trends and risk factors related to heart disease. Participants came from four U.S. communities in North Carolina, Mississippi, Minnesota and Maryland and underwent up to six medical exams between 1987 and 2013 to assess health and lifestyle choices.

During the study period, 18% of participants developed chronic kidney disease. However, those adhering to Life’s Simple 7 had significantly lower risk for kidney disease than those who didn’t. Five of the seven heart health factors were linked to lower risk for kidney disease, including smoking, body mass index, physical activity, blood pressure and blood sugar. Researchers found that the more ideal health factors a participant had, the lower their risk for kidney disease.

Researchers also found that when estimating risk for developing kidney disease, estimations were more accurate when including Life’s Simple 7 rather than typical models that only consider age, sex, race and markers of kidney function.

Authors conclude that following Life’s Simple 7, which was developed to promote heart health, is also linked to lower risk for chronic kidney disease. By making simple heart-healthy choices like managing cholesterol levels and eating healthy, we may also help reduce our risk for kidney disease. With future research, experts hope to better explore strategies like Life’s Simple 7 for the prevention of heart disease and kidney disease.

Smart Watches for Seniors

Unlike an emergency button worn around the neck, a smart watch doesn’t look like an alarm device; it looks just like a watch, but it does much more.

The Burg Smartwatch Phone is a complete phone in a watch, allowing three programmable phone numbers and GPS tracking. It can connect to a smartphone if you wish, but it is not necessary.

New on the market in Europe is the Omate Wherecom 3 and it is specially built for seniors, according to Gizmag. The watch is designed for simplicity, offering only essential features to the user. First, it has a simple watch face, but it is also an emergency phone with an SOS button. A GPS located is built in so the wearer can be located. And it has a pill reminder that first vibrates and then issues a tone, which can be turned off for concerts or church services. The Wherecom 3 will be available in Europe in September, but will soon be offered in the U.S.

Available now is the Caref GPS Phone Watch. Priced at just under $100, it also looks and functions like a watch, but it is also a phone that sends and receives calls.

The Medical Alert SmartWatch by Sharper Image gives time, day, date, temperature, and battery level, all displayed on a large two-inch screen with jumbo digits. It will give up to 10 reminder alerts for medication, doctor’s appointments or meetings. Priced under $100.

The Lively watch is a system and activity hub for independent seniors. Plug in the hub in any outlet and then attach sensors to important things: a pillbox or the reminders, too. A new feature planned this year automatically detects when a person has fallen.

Smartwatch technology can make life safer, but you have to remember to put on the watch.
MENDED HEARTS CHAPTER 127 COOKEVILLE

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MARK YOUR CALENDAR

June 1 - 7 National CPR and AED Awareness Week
June 4 Health Fair @ CRMC (Dick & Glee)
June 4 CPR and AED training New Home Baptist Church
June 5 Presentation of AED
June 9 Board Meeting
June 16 Mended Hearts Meeting
June 19 Fathers Day

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.
Laura Jackson accepts check from Sharon Parrott, Board member of VEC.

Tired shopper visits with Blanche and Laura.

Blanche and Laura setting up for the “Till the cows come home” Barn Sale.

Don and Sherry begin their shift.

Presenting AED to Buffalo Valley Church of Christ are left to right James Stafford, Dennis Low, Charles and Laura Jackson.

James Stafford presenting Chapter 127 with a love offering.

Blanche and Lynn tour the hospital.

Presenting AED to Buffalo Valley Church of Christ are left to right James Stafford, Dennis Low, Charles and Laura Jackson.

Lynn Frierson, ARD for the Southern Region visits with Mitch Stonecipher, Director of the Cath Lab at Cookeville Regional Medical Center.

Visiting the CVICU and nurse Cherry.

Pot luck at Mended Heart meeting.

Teresa Dillehay, winner of one Cracker Barrel gift card. Casey Ginder was the second winner.

Blanche and Lynn tour the hospital.

Marie with the food table at Mended Heart meeting.

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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.

Receive a free t-shirt:
- Individual (First Year Dues) - $20.00
- Family (First Year Dues) - $30.00
- Individual (Life) - $150.00
- Family (Life) - $210.00

Encouragement & Hope to heart patients... families and caregivers