From The President
Submitted by Blanche Smithers

Have you been to the doctor lately or have you been to the hospital as a patient or maybe your grandchild has seen the school nurse? May 6-12 has been proclaimed “Celebrating Nursing in the Upper Cumberland.” I would like to salute all nurses in Putnam and surrounding counties. Of course I am prejudiced to the nurses at Cookeville Regional Medical Center, they are the greatest. Our Mended Hearts accredited visitors, all 28 of us, work closely with the nurses in the CVICU unit. We see first hand how they work with their patients and the care they give them. I would personally like to say “Thank You” to all nurses, we are so proud of you for the great job you do for all of us.

Next time you see a nurse, wherever that may be, please say “thank you” and tell them how much you appreciate them. I am sure it would make their day. We do not give enough complements out to the people we appreciate the most.

NATIONAL STROKE AWARENESS MONTH
I would also like to call your attention to the fact that May is also National Stroke Awareness Month.

THANK YOU
A special Thank You to Caliyah Conner for her school project presentation on the heart. She did a great job.

BARN SALE
I would like to thank all who helped with “Til the Cows Come Home Barn Sale.” The weather cooperated and we all had so much fun. Thank you to the Mullins family for giving us the chance to partner with them and benefit the community with some of the proceeds.

BAKE SALE
On Friday May 20 we will be having our annual bake sale. This is one of our important fundraisers to purchase AED giveaways. You can bring your baked goods to the meeting on Thursday May 19. We will be in Education Room 2. Thank you in advance.

NEXT MEETING
Our speaker for May will be Mrs. Lynn Frierson from Johnson City, Tn. who is the Assistant Southern Regional Director for Mended Hearts. Let’s show Lynn how great our Chapter 127 in Cookeville, Tn. is above all the other chapters in the U.S. I bet she will go back to Nationals and brag on us. Please come and support us. As usual, we will have pot luck, please bring a little extra this month. No desserts needed, as we will have a chocolate fountain set up. Yum! Thank you Cookeville Regional Medical Center for all you do for us and we appreciate it so much.

People don’t care how much you know until they know how much you care. Be kind to each other.
**April Highlights**

The meeting was called to order by our President Blanche Smithers. We ate a delicious potluck dinner. Our speaker, Caliyah Conner, from Upperman Middle School presented a program on heart health. She gave everyone a piece of dark chocolate, which is good for your heart. Caliyah did a great job!

*We talked about the upcoming Barn Sale at the Mullins farm. Volunteers are needed to work at our booth at the sale.

*We also have a bake sale coming up in May. The sale will be the day after our meeting so you can bring the baked goods to the meeting.

*We drew names for the door prizes. The meeting was adjourned.

**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 Room 2 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.

**Creamy Strawberry Pretzel Dessert**

**Ingredients**

- 8-ounce bag of crushed pretzels
- 5 Tablespoons granulated sugar
- ¼ cup butter melted
- 2 cups boiling water
- 1 package (6 oz.) strawberry flavor gelatin
- 8 ounces (1 pkg.) low fat cream cheese, room temperature
- 1-cup sugar
- 3 cups whipped topping
- 3 cups sliced strawberries, fresh or frozen
- Additional whipped topping for garnish (optional)

**Directions**

Preheat oven to 400 F. Crush pretzels with a rolling pin or food processor. Combine crushed pretzels with 5 tablespoons sugar and melted butter. Press pretzel mixture into the bottom of a 9 x 13 inch baking pan to form a crust. Bake 7 to 10 minutes until lightly browned. Cool completely. While the crust is cooling combine 2 cups boiling water with gelatin in a bowl. Stir until dissolved and let cool to room temperature. Set aside. Using a mixer, beat cream cheese, 1-cup sugar, and whipped topping, until combined. Spread evenly over cooled crust. Place in fridge until needed. Add strawberries to cooled gelatin and place in fridge to let it thicken slightly. Then spread strawberries and gelatin over cream cheese layer. Refrigerate until firm.

Cut into squares; add a dollop of whipped topping if desired.

**Jamestown Minutes**

Submitted by Danny Parris

Our meeting was called to order on April 26, 2016 at 6:00 pm. President Blanche Smithers, Vice-President Laura Jackson along with Charles Jackson, the official Chapter Photographer and AED Coordinator, opened the meeting by informing every one of the HIPPA regulations concerning video and photos taken at meetings and other Mended Hearts functions. Several accredited visitors from the Cookeville Chapter attended the meeting as well. Laura Jackson was our guest speaker and presented a program entitled “Taking Charge.” Everyone enjoyed the program and there was a general question and answer session that ended the meeting at 7:10 pm. The next meeting is scheduled for May 24, 2016 at 6:00 pm.

**Tip of the Month:**

When potting flowers, a coffee filter placed at the bottom of the flowerpot will prevent the fresh dirt from falling out, while allowing water overflow to still seep through the seepage holes.
“It’s great to be alive - and to help others!”

Spotlight On Terri McDaniel
Submitted by: Glee Miller

G  Where were you born?
T  “I was born in Indianapolis, Indiana to George and Jean Waite. I am the youngest of 3. I tell everyone that I am the “funniest” of the family.”

G  When and how did you end up in Cookeville?
T  “We moved here in 1998. My husband owns his own business, McDaniel & West Painting, Inc., and while living in Indianapolis, he had 40+ employees, working 7 days a week. We visited my brother here, and really enjoyed the slow pace of this community. We purchased 20 acres and built a home in Baxter, sold a portion of our business in Indiana and transferred the other half here to Middle Tennessee.”

G  Tell us about your family?
T  “I have been married to my husband, Bill, for 32 years this June. I have 2 girls, Kasi & Kelsee. I have been blessed with 5 grandbabies, 4 girls and 1 boy. They range from age 9 to 8 months. Kasi lives in Nashville and runs a community farmer’s market. Kelsee lives in Cookeville and works in the EP Lab here at CRMC.”

G  What hobbies or special interest do you have?
T  “My hobby is caring for my 2 older dogs, Honey 14 years old, and Babee age 10. I spend a lot of my time in my backyard, which I call Serenity Island. I love spending time with my grandchildren, they call me Mammie and call my husband, Pops.”

G  Do you cook at home or eat out a lot - favorite types of food?
T  “I try my best to cook as little as possible. My husband is a pro at picking up take out for whatever we are in the mood for. Some of our favorites are El Tap and Longhorn.”

G  Do you have any pet peeves?
T  “My biggest pet peeve is when people have pets and they do not take care of them. They don’t feed, water, bath, vet and care for them like a family member.”

G  What is your favorite TV show and why?
T  “I love the show Cops. It is interesting to see how “others” think they are smarter than the cops and that they can get away with their crimes. Sunday was a Cops marathon on TV. Both my husband Bill and I enjoyed several hours of the show.”

G  What type of music do you like?
T  “I am not a music person. When I’m in my car I prefer not even to have the radio on. My quiet time is more important to me.”

G  Are you a person to take a risk and if so, what would it be?
T  “I am probably the most unadventurous person you will ever meet. I have no desire to push any limits and try to keep my feet on the ground.”

G  If you could change any one thing in your life - what would it be and why?
T  “The only thing I would change if given the opportunity, or if I won the lottery, would be to adopt more old dogs and save them from shelters. I would donate money to several dog rescue groups here in Middle Tennessee.”

G  Do you like to travel? Where to and why?
T  “I don’t take yearly vacations. As I get older the main place I want to be is in my backyard - “Serenity Island”. We have traveled some when our children lived at home, only in the U.S. However, if I had the opportunity, I would like to go and visit Africa or Australia where the animals run free so I could see them in their natural habitat. That is on my bucket list!”

NOTE:
As we get to spotlight different people in the hospital who help all of the visiting Mended Hearts people, Terri is the person who sees that we get the paper work for the people from the Cath Lab.
It’s National Nutrition Month, a good time to re-evaluate your eating habits, as well as those of your loved ones.

The good news? Research by Laura Dion, a Caring.com editor, shows that regardless of your age, keeping key food guidelines in mind can boost your health. The guidelines include these.

1. Choose whole foods over processed foods. They generally are composed of one ingredient, have been refined as little as possible, and don’t include added salt, carbohydrates or fat. Whole foods include fruits, vegetables, nuts and legumes.

2. Get more of your food from plants. Eating plant-based foods and limiting meat can boost health outcomes and possibly add years to your life. Fruits and vegetables are associated with a lower risk for heart disease and cancer, and they help you stay full longer. In a study published in the “American Journal of Clinical Nutrition”, participants who ate meat less than once a week had a significantly lower risk of death over time than those who ate it more often. Cutting back on red meat can cut your risk of dying early the National Cancer Institute has found.

3. Slash sugar. It may be one of the best things you can do for your health. The American Heart Association recommends no more than nine teaspoons a day for men and six for women.

4. Eat nuts. They are one of the best snacks. In one study, participants who ate a handful of nuts daily were less likely to die for any reason over a three-decade period. Registered dieticians and nutritionists recommend nuts as part of a diet for a longer life, according to a 2013 “New England Journal of Medicine” study.

5. Water, coffee, tea and red wine are fine. The vast majority of the long-living people were found to drink these liquids. Voluminous research has shown the health benefits of drinking plenty of water, especially as you age, when it’s easier to become dehydrated. Meanwhile, coffee is an antioxidant. Antioxidants are linked to lower rates of diseases and conditions.

For some 150 years since the end of the Civil War, decorating the graves of military service members has been the primary activity on Memorial Day. Most cemeteries place an American Flag on each service member’s grave regardless of how long ago he or she died.

Memorials in the form of a cross are called intending crosses.

At Arlington National Cemetery, the President places a wreath on the monument known as The Tomb of the Unknown Soldier, honoring those soldiers who, in the chaos of war, could not be identified and are ‘known but to God.” The tomb stands on a hill at Arlington, overlooking Washington, D.C.

As visiting cemeteries on this day became more common, the graves of deceased family members were also decorated. Many individuals remember visiting the graves of grandparents, brothers, sisters, aunts and uncles on this one day a year.

And as cremations and natural burials become more popular, online memorials and tributes printed in newspapers are also becoming more common. At natural burial cemeteries, laying of gravestones or memorial plaques is often not permitted.

During the 150 years since the custom began, almost every family has lost someone, if not a family member, a friend who was lost is remembered.

For all, a prayer for those who are gone is a fitting memorial.
People with heart disease should keep a close eye on triglyceride levels, based on a recent study that independently links even slightly elevated triglycerides to increased risk of death.

Published in “Circulation: Cardiovascular Quality and Outcomes,” this study investigated the health risks associated with high triglycerides. Triglycerides are a type of fat found in the blood, which are usually measured along with cholesterol levels. Many studies have linked high triglycerides to increased risk for heart disease and death, but the topic is highly controversial.

As experts explain, it’s difficult to separate the effects of cholesterol and triglycerides on health outcomes. And it’s unclear whether triglycerides require more focused attention, especially for patients already on cholesterol-lowering statins.

To help settle the debate, researchers analyzed data from a large study called the Bezafibrate Infarction Prevention (BIF) trial. Conducted in Israel, this study followed more than 15,300 patients with heart disease for 22 years. Upon enrollment, participants had their cholesterol and triglyceride levels tested, among other key health markers. For more than two decades, researchers used a national registry to track mortality data on study participants.

Based on fasting triglyceride levels, participants were divided into five groups, ranging from low to extremely high triglyceride levels. In general, triglycerides below 150 mg/dL are considered normal, while anything over 200 mg/dL is defined as high.

After 22 years of follow-up, researchers found that elevated triglycerides were independently associated with mortality risk in patients with heart disease.

Based on findings, authors conclude that triglycerides alone have a big impact on mortality risk for patients with heart disease. However, experts are cautious in interpreting results. The BIP trial was first started in 1990, before statins were widely used. In fact, one of the most common statins called simvastin wasn’t approved by the U.S. Food and Drug Administration until 1991. Authors report that more than 90% of all study participants were not on cholesterol-lowering statins at the start of the study.

Since statins help lower cholesterol and reduce risk for heart events, they may minimize the impact of triglycerides heart attack and death. According to experts, future research is needed to determine whether specific treatment is needed to target triglycerides.

Still, that doesn’t mean the link between triglycerides and heart health should be ignored. This study, along with many others, suggests that high triglycerides increase risk of death. It’s important that patients, including those without heart disease, have their numbers checked regularly. By managing risk factors like high cholesterol, high triglycerides and high blood pressure, patients can improve heart health and reduce risk for life-threatening heart events.

The Brain is Like a Muscle

The mainstream view in neuroscience today is that the living brain is actually neuroplastic, meaning its circuits are constantly changing in response to what we do.

As we think, perceive, form memories or learn new skills, the connections between brain cells also change and strengthen. Far from being hard-wired, the brain has circuits that very rapidly form, un-form and reform. Researchers at Cardiff University in the UK found that the physical activity with the largest positive impact on the brain was walking at least two miles a day, biking 10 miles, or regularly engaging in vigorous exercise.
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@crmchealth.org.

**MARK YOUR CALENDAR**

- May 14: CPR and AED Training Buffalo Valley Church
- May 15: Presentation of AED
- May 19: Mended Hearts Meeting
- May 20: Bake Sale
- May 24: Jamestown Meeting
- May 30: Memorial Day

**THINGS YOU LEARN FROM MOM**

- Affection
- Benevolence
- Character
- Charity
- Citizenship
- Compassion
- Conscience
- Cooperation
- Courage
- Determination
- Empathy
- Fairness
- Faith
- Focus
- Friendship
- Generosity
- Gratitude
- Happiness
- Honesty
- Imagination
- Independence
- Integrity
- Judgement
- Kindness
- Leadership
- Love
- Loyalty
- Manners
- Optimism
- Patience
- Peace
- Perseverance
- Prudence
- Reversion
- Selfdiscipline
- Sportsmanship
- Tolerance
- Values
- Wisdom

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Nutritionists at Tufts University say that, although American Farmers, who are responsible for four-fifths of the vegetables we eat, produced 5 percent 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 is Romaine lettuce, sweet potatoes, cauliflower, carrots, asparagus and artichokes.
The Mended Hearts, Inc.
Chapter 127
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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.

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