I would like to dedicate this newsletter to Pharoah Smithers. October and cooler weather has finally arrived. Most people love fall although I do not. Fall is a depressing time of the year for me. After 53 wonderful years together the love of my life Pharoah Smithers passed away on October 16, 2014. It is also a reminder that winter is not far away.

THANK YOU
September has been a busy month for Chapter 127 as well as October coming up. Thanks to Marilyn Howard for accompanying me to York Institute in Jamestown for a health fair. Also thanks to Richard and Glee Miller for making the trip to Decatur for us and thanks to Richard and Nancy Strohm for making the trip to UCEMC in Carthage. And thanks to Charles and Laura Jackson for going to Fairfield Glade in Crossville.

PICNIC
We had a gorgeous day for our annual picnic at Cane Creek Park. Thanks to Jeff and Lisa Jones for grilling as well as all who came and helped.

SILENT AUCTION
Our annual silent auction will be October 21, 8am to 5pm in Education Rooms 2, 3 & 4. Come check us out!

SCHOLARSHIP
Our scholarship account has been set up for a Mended Little Hearts member to attend college. This fund is in memory of Pharoah Smithers who set up the Mended Little Heart in Cookeville. Thanks from the Smithers family.

DONATION
Cookeville Chapter 127 is a proud sponsor of the new Pulse Point program. It is an AED locator in Cookeville through the EMS services. We are one of the first three sponsors of this program.

CLUSTER MEETING
The Southeastern Regional Mended Hearts cluster meeting will be October 28 & 29 in Huntsville, Alabama.

MENDED HEART OF THE YEAR
Be ready to nominate someone who you think has done a great job the past year to be Mended Heart of the Year.

NEXT MEETING
Brandon Smith with EMS services will be our October speaker. We will meet October 20 at 6:00 pm at CRMC education rooms 2-3 & 4. It is potluck so please bring a dish.

THOUGHT FOR THE DAY
Don’t give up because things are hard, but work harder when you think of giving up.
Tip of the Month:
A great trick for a quick fall dessert is to sprinkle Pumpkin Pie spice on vanilla ice cream.

Jamestown Minutes
Submitted by Sharon Parris

Mended Hearts Chapter 127, Jamestown satellite met on September 27 at 6:00 pm at Jamestown Regional Medical Center. Eight members were present. Good discussion of future speakers for upcoming meetings. Refreshments were served and meeting was adjourned. Next meeting will be October 25, 2016 at 6:00 pm at JRMC.

Bake Sale
Friday November 18, 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 November. As always we will accept baked goods at our Thursday night meeting for the bake sale. The bake sale will be held in Education Rooms 2 and 3 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.

Brawnies
Submitted by Suzanne Cadwallader

These healthy brownies will satisfy your sweet and chocolatey cravings with only natural sugar from dates.

Ingredients:
2 cups walnuts
2 cups pitted dates
½ cup unsweetened cocoa powder
1 tbsp. vanilla extract

Directions:
1. In a food processor fitted with the “S” blade, process walnuts into a powder. Do not over process into a nut butter.
2. Add the cocoa powder and process again.
3. Add the dates until a ball forms.
4. Then add the vanilla and briefly process again.
5. Place in an 8”x8” square pan and freeze until firm.

Note: You can use any raw nut or seed (or combination) instead of the walnuts.

Mended Heart of the Year
Just a reminder to be thinking about nominations for Mended Heart of the Year. We will take nominations at our October meeting and vote at the November meeting. When nominating you must say what this person has done for Mended Hearts this year. Winner will be announced at the Christmas Party.

Silent Auction
Our Silent Auction is coming up soon. Some of our members are busy visiting local businesses for donations. Even though the decision to have it this year was last minute, it looks like it is going to be a big one. We hope everyone plans to attend and bid on lots of items. It will be October 21, 2016 at CRMC in Education Rooms 2, 3 & 4 from 8:00 am to 5:00 pm. Thank you Richard and Glee for taking this on as chairman.

Bake Sale
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Sympathy
We are deeply saddened to learn of the passing of Carl Cude, a former member of Chapter 127 on August 28, 2016. Carl was a visitor, our photographer and designed our first web site. He and his wife, Bobbie Sue, were active members and will be missed. Carl was also a heart transplant recipient. Our sympathy goes out to Bobbie Sue and his family.
Spotlight On Dr. Stacy Brewington
Submitted by: Glee Miller

G What made you decide to pursue a career as a doctor?
S “My experiences as an EMT during college.”

G Describe how being a doctor affects your family life.
S “Cardiology is a very time consuming profession but I have a rock of a wife who holds everything together.”

G How many children do you have and do any of them express an interest in the medical field?
S “Four, but uncertain if any of them feel led into medicine.”

G What did you go to college?
S “Tennessee Technology University.”

G What is your favorite sport?
S “Basketball and football (TTU of course).”

G How long have you been married?
S “Twenty?????? years.”

G What is the scariest part of being a dad and a husband?
S “Turning your children loose and holding on to your wife.”

G If you were not a doctor what would you be?
S “A farmer or a teacher.”

G We know you sing - what is your favorite type of music?
S “Gospel Bluegrass.”

G Do you help out at home and do you cook or grill?
S “Grilling is fun! Myself and the family occasionally do a grill fest with veggies, fish, chops, steak, etc.”

G Where do you go and what do you do on vacations?
S “Love the beach and family visits.”

G Have you done any mission trips and if so, where?
S “Just around the Cookeville area.”

Flu Shots
PagesMag 1116

Flu season is upon us and one shot could save you two weeks of suffering, says the Centers for Disease Control (CDC).

This is recommended for everyone over the age of six months, except for those who may be adversely affected because of weakened immune systems.

There are a variety of vaccine options available to help individuals avoid the virus, or to lessen its impact, and they come in multiple forms - typically a shot, or a nasal spray.

This year, the CDC says that the nasal spray vaccine should not be used during the 2016-2017 flu season.

The CDC recommends the inactivated influenza vaccine (IIV) or the recombinant influenza vaccine (RIV). There are vaccines with three components (a trivalent shot) or four components (a quadrivalent shot). No matter which you choose, it usually takes about two weeks for the vaccination to fully take effect.

If you’re interested in getting a flu shot, there are a variety of places where you can go to get that vaccination, including your doctor’s office. A local health clinic, a pharmacy or even a drive-through flu shot clinic, if you can find one, are all places where you can get a flu shot.

If you’re going to get a flu shot, now is the time to do it - too early and you may suffer later on, from waning immunity around the time that flu peaks next January or February.

“It’s great to be alive - and to help others!”
ACC Partners with Google to Share Reliable Heart Health Information

Thanks to a recent collaboration between the American College of Cardiology (ACC) and Google, an internet search for heart conditions will now display helpful questions that patients should ask their doctors. The questions are all based on well-established clinical guidelines.

These days, the internet tends to be the first place we turn to when we have questions about our health. Approximately 1 in 20 internet searches on Google are related to health. No matter the topic, a simple search unfolds page after page about even the rarest conditions. While it’s wonderful to have so much information at our fingertips, it can be difficult to distinguish what's accurate and what to do with the information we find.

The new partnership between Google and the ACC will help turn education into action, enhancing engagement between patients and providers. With contributions from leading experts around the country, the organizations created lists of essential questions related to heart conditions like heart attack, hypertension and high cholesterol.

These questions are featured in Google’s “Ask a Doctor” section, which is included in the Google Health Knowledge Graphs – an automatic search result that appears for health related conditions. These graphs will also include a link to CardioSmart.org, the ACC’s patient website.

“This is a unique opportunity to marry the broad reach and power of Google’s Internet search engine with the clinical and scientific expertise of the ACC,” said ACC Chief Innovation Officer John Rumsfeld, MD, PhD, FACC. “This project makes it easier for the public to get accurate answers to health and medical care questions, and will aid in promoting engagement between patients and their clinicians.”

Ultimately, experts note that the information is not intended to provide medical advice for internet goers. Rather, the goal is to share reliable information based on the latest clinical guidelines and promote communication between patients and their doctors. Experts also hope that the questions will prompt information sharing between friends and family who may have heart disease – the No. 1 killer of men and women in the United States. After all, the more we understand about the prevention, diagnosis and treatment of heart disease and other conditions, the more we can do to improve our own health.

Deadly Creatures Saving Lives

The creatures that make us say ‘ick’ are on the cutting edge of today’s medical research, just as they were thousands of years ago. Lizards, snakes, spiders, and scorpions – We run from them with good reason. Their venomous bites contain chemicals that can often kill. But, could venom also heal?

The ancient Egyptians, Chinese, and Greeks thought so (hence the medical symbol with a snake climbing a staff). Today’s scientists are experimenting with various venoms for clues to fighting cardiovascular disease, diabetes, and cancer, according to Christie Wilcox, author of “Venomous: How Earth’s Deadliest Creatures Mastered Biochemistry”.

Wilcox writes that since the beginning of this century, scientists have been looking at venoms as complex chemical libraries that can target key molecules. The way venom kills might be used to heal. For example, a snake venom that causes a dramatic and deadly drop in blood pressure might be fine-tuned and tweaked to control blood pressure. That’s exactly what happened with the drug Captopril, derived from a Brazilian viper.

Another drug, Byetta, fights type-2 diabetes and is derived from the venom of a Gila monster. A molecule from the venom encourages insulin production in the presence of high blood sugar and lasts for hours in the blood.

Snake and spider venom may one day be used to cure relentless pain from firing neurons. It turns out that snake and spider venom naturally shut down neurons.

Venomous shrews have a compound in the venom that blocks an essential element that cancer cells need for growth and division. A trial is underway on this new drug now.
Start Young to Stay Young

Physical decline may actually begin in the 20s, but there are things every person can do to feel young.

A study by Duke University found that some types of physical decline happen later than others. Hearing can begin to decline around age 25. On the other hand, lower body muscle performance decline may not be detectable until you are in your 50s, according to the Wall Street Journal.

Everyone wants to stay young, and perhaps the best way to do that is to take action. Donald Stuss, Toronto neuropsychologist, found that physical activity brings more blood, nutrients, and oxygen to the brain, which is thought to help delay brain decline.

Although exercise is important, it’s also important to take a break between sessions, says John Higgins, MD, associate professor of medicine at The University of Texas Health Science Center. Never taking a day off can impede your body’s healing from the tiny tears caused by exercises.

If you stop eating before you’re entirely full, that may help as well. Researchers at St. Louis University have found that eating fewer calories can help metabolism.

Another diet-related tip: ensure that your diet includes plenty of foods with antioxidants that break down free radicals and protect the brain. Foods high in antioxidants include fresh fruits, vegetables, beans, spices and whole grains.

Standing with proper posture can have an immense impact on how you feel, and how your spine is affected, which could cause problems later in life. Tom Holland, exercise physiologist and author of Beat the Gym, notes that exercises that require pulling and reverse movements can help to avoid spinal problems later on.

Tests For Alzheimer’s?

A number of research facilities are looking for predictive tests for Alzheimer’s Disease, with promising results.

Early detection of Alzheimer’s Disease is an important aspect of helping those with Alzheimer’s to have a high quality of life, and medical researchers who are looking for tests that aid in early diagnosis of this neurological disease may have found a blood test that does just that, according to a study published in “Alzheimer’s & Dementia: Diagnosis, Assessment & Disease Monitoring” in June.

Researchers at Rowan University School of Osteopathic Medicine are developing a blood test - now in clinical trials- that has had a nearly 100 percent rate of accuracy when it comes to detecting Alzheimer’s Disease in patients thus far.

The National Institute on Aging has developed a blood test that detects the onset of Alzheimer’s.

The Salk Institute is also looking into how a protein called Neuregulin-1 affects individuals with Alzheimer’s - they have discovered that this specific protein can lower the number of molecules that create the amyloid beta plaques in Alzheimer’s patients’ brains. In the mice treated with the protein in the trial, the amount of plaque in the brain was much lower than of the mice in the control group.
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**

October 6  Recertification of accredited visitors
October 13  Board meeting
October 20  THA conference in Nashville
October 20  Regular MH Meeting
October 21  Silent Auction
October 21  Carmen Burnett Run – Dogwood Park
October 22  Pick-up day for Auction
October 25  Jamestown Meeting
October 27  Putnam Co. Health Council Meeting
October 28-29  Regional MH Conference in Huntsville
November 18  Bake Sale

**MARK YOUR CALENDAR**

**HALLOWEEN WORD SEARCH**

ORTUS ARIVLEFES
TENAKCGLTRCC
GASTEREITASNIA
CNTIMLNHNORUS
EIAEUOKERSEJEMLENSGEVDTDTDEC
EBWETNRLENOSLR
TOSGASHUEOLANTOE
EGITSAGLTSAOEW
RUEOCNXIHLUMEN
YIDOBAILTILOOAPN
NFMALIAANNAPMT
ETEHCAMFHAIUO
NIAHAMSTSCYTHE
OUIJASMHAINMAUSOLEUM
LINUSPOLTERGEISTCHAINSAW
GOBLINBETTLEJUICEMONSTER
ELVIRAMALEVOLENTMACHETTE
LIGHTNINGFRANKENSTEINSCYTHE
CEMETERYCAULDRONSKELETON
FAMILIARSCARECROW

**MENDED HEARTS CHAPTER 127 COOKEVILLE**

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Vice President  Laura Jackson  931-858-2196
Treasurer  Dot Tomberlin  931-526-7535
Secretary  Linda King  615-830-6070

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1. Arlee Freeman  Every other Monday  931-537-9811
2. Bob Freeman  Every other Monday  931-537-9811
3. Joe Carter  Every other Monday  931-260-4816
4. Blanche Smithers  Every other Monday  931-526-4497
5. Glee Miller  Every other Tuesday  931-261-2170
6. Richard Miller  Every other Tuesday  931-261-2170
7. Charles Jackson  Every other Tuesday  931-858-2196
8. Laura Jackson  Every other Tuesday  931-858-2196
9. Dennis Guzlas  Every other Wednesday  931-858-0100
10. Karen Guzlas  Every other Wednesday  931-858-0100
11. Debbie Greene  Every other Wednesday  931-372-0513
12. Jim Greene  Every other Wednesday  931-372-0513
13. Mona Neal  Every other Thursday  931-526-9398
14. Louise Davies  Every other Thursday  931-432-0277
15. Tom Tomberlin  Every other Thursday  931-526-7535
16. Dot Tomberlin  Every other Thursday  931-526-7535
17. Jim Hughes  Every other Friday  931-528-1267
18. Barbara Hughes  Every other Friday  931-528-1267
19. Carl Wingfield  Every other Saturday  931-268-3348
20. Lorna Wingfield  Every other Saturday  931-268-3348
21. Kathy Pharris  Every other Saturday  931-510-8785

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**SUNSHINE CHAIRMAN**

Carolyn Shanks  931-858-3021

Mended Hearts does not give medical advice. As always, consult your physician before making any changes in medication, food supplements, diets or lifestyle.
Blanche Smithers presents check to Dr. Womack for app.  
Skip Barlett UCEMC CARES presents grant to Nancy and Richard Strohm.  
Jeff Abbot, Lisa Jones and Jeff Jones

MENDED HEART PICNIC
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.