Sitting here in the quiet of the Great Smoky Mountains, I am reminded of Sept. 11, 2001. This is a date I am sure we all remember. What were you doing at 8:45 am on Sept. 11, 2001? That is the time our precious United States of America was under attack. We all know the outcome of that awful day. More than 3,000 people were killed, many families destroyed. As you read this, stop, think and say a prayer for those families. I have stood where the World Trade Centers once stood. I cannot tell you what a humbling experience that was. I stood there and cried.

This is a remembrance of how life can be taken out in the blink of an eye. See, love and visit your family and friend as much as you can. Tell them you love them because we never know what will happen in the next hour.

Mended Hearts cannot do anything but remember 9-11, but we can help save lives around us now with our AED and CPR program. You can learn CPR and AED training and help someone who may be having a heart issue.

SILENT AUCTION
We will be having our biggest fund-raiser of the year October 21. Richard and Glee Miller will be the Co-Chairmen of our Silent Auction. If you would like to help, please call them at 931-261-2170. With your help and support we have given 147 AED’s in the Upper Cumberland area. We ask for your support again this year.

THANK YOU!
Thank you to Dr. Sam Barnes speaking on prescription drugs and Dr. Charles Womack for updating us on the new app for the EMS. Also, thank you to Richard and Nancy Strohm who will be doing door registration and door prizes.

VISITING COMMITTEE CO-CHAIRMEN
Thanks to Richard and Glee Miller for serving as our new visiting Chair and Co-chairman. If you are an accredited visitor with Mended Hearts and you need to talk to them, their phone number is 931-261-2170.

NEXT MEETING - ANNUAL PICNIC
Our next Mended meeting will be our annual picnic on Sept. 15 at Cane Creek Park at 6:00 pm. Please remember to bring a lawn chair. The only food you need to bring will be a dessert. If you need directions call any board member.

THOUGHT FOR THE DAY
One small positive thought in the morning can change your whole day.
Tip of the Month:

If you love the scent of fall throughout your house, then you will love this recipe. Just simmer orange peelings, 1 or 2 apples cut into large chunks and cinnamon sticks (5 or 6). Optional: add a few whole cloves.

Jamestown Minutes
Submitted by Sharon Parris

Jamestown Mended Hearts group had their monthly meeting on August 23, 2016. Our speaker was Johnny Brannon. He discussed his issues surrounding a heart and kidney transplant. It was very interesting to see all the steps that had to be addressed and everything that must be dealt with to receive an organ! We had nine people in attendance including the speaker.

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.

Thank You!

Thanks to Lou Thomason who gave many hours to Mended Hearts. We wish you well.

Apple Pecan Rosemary Greek Yogurt Chicken Salad

A perfect new and healthy recipe for fall.

Ingredients for Salad:
1 lb. boneless skinless chicken breasts, cooked, cooled and diced into small cubes
1-¼ cups chopped golden delicious, gala or fuji apple (chop small)
1/3 cup chopped pecans
1/3 cup dried cranberries roughly chopped

Dressing Ingredients:
1 (5.3 oz.) container fat-free plain greek yogurt (heaping ½ cup)
2 Tbsp. mayonnaise
1 Tbsp. red wine vinegar
2 tsp. finely chopped rosemary
1 tsp. Dijon mustard
½ tsp. honey
½ tsp. onion powder
Salt and freshly ground black pepper

Directions
Add chicken, apples, pecans and cranberries to a large mixing bowl. In a separate small mixing bowl mix together greek yogurt, mayonnaise, red wine vinegar, rosemary, mustard, honey and onion powder. Season with salt and pepper to taste. Pour over chicken mixture then toss to evenly coat.
Serve on lettuce or on whole grain bread.

Upper Cumberland Electric Membership Cares

UCEMC Cares is a voluntary program that awards grants to non-profit groups. UCEMC members can have their electric bill rounded up to the next dollar each month to contribute to this program. Mended Hearts has been very fortunate to receive grants from UCEMC to help provide AED’s to the Upper Cumberland area. We encourage those of you who are UCEMC members to take part in this program.
Spotlight On Phillip & Marsha Godsey
Submitted by: Glee Miller

G Where did you move here from?
P “We are natives of Putnam County.”

G What did you retire from and did both of you work?
M “Phillip retired from Fleetguard and I am a retired special ed teacher.”

G Do you have children, where do they live and do you have grandchildren?
P “We have four children. Jeff lives in Madison, WI, Lorianna lives in White County, Jeremy lives in Cookeville and Aubrey lives in Savannah, GA. We have two grandchildren, Mia and Gavin who live here in Cookeville.”

G How do you spend your holidays?
M “With family and friends.”

G Do you have hobbies?
P “We enjoy gardening, camping, woodworking, restoring antique clocks, reading and sewing.”

G What are your favorite TV shows?
M “Sunday Morning on CBS.”

G Do you have pets?
P “A Koi pond and one cat (who isn’t fast enough to catch them!).”

G How long have you been married?
M “16 years - we were so blessed to find each other.”

G Define success:
P “Following your heart to enjoy everyday.”

G Name three things you could do without?
M “Cooking, traffic and junk mail.”

G What are five things always in your refrigerator?
P “Diet Dr. Pepper, Cottage Cheese, Mayo, Lettuce and Skim Milk.”

Independence at Home
PagesMag 0816

In one new experimental government program, nurses and medical technicians come to the home instead of the patients coming to the hospital.

In 2012 Congress authorized a pilot program called Independence at Home. In the first test of the program, just 10,000 patients could sign up for the program. Qualified patients are those who tend to go in and out of the hospital for treatment of chronic conditions and are in need of daily living care. The idea is that caregivers, doctors and skilled nurses coordinate to keep frail, elderly patients healthy and in their home.

In a recent article in the “Wall Street Journal”, Ezekiel J. Emanuel, Chairman of the Department of Medical Ethics at the University of Pennsylvania, wrote that the program is “concierge care for the sickest, not the richest.”

According to the “Journal of American Geriatrics Society”, the program could save Medicare tens of billions during the next 10 years if it is extended and made a permanent part of Medicare.

Phishing Site Tactic
PagesMag 0916

Watch for scam sites by looking at the domain (paypal.com is a domain), not just the design. Design can be mimicked. Addresses can’t. It is not PayPal, if the address is paypol.com. If you are at all suspicious, don’t put in your password. If you do put in a correct password, a phishing site will often repeatedly say it is wrong. That way they can get all your passwords.

“It’s great to be alive - and to help others!”
Your odds of being happy increase 5 percent every 10 years, one researcher says. Older people are just happier overall.

Yang Yang, a University of Chicago sociologist interviewed a sample of Americans from 1972 to 2004, aged 18 to 88. About 28,000 took part. The findings? People perceive life as better and happier as they age.

At age 88, 33 percent of people reported being very happy. But at age 18, just 24 percent were very happy.

Wealth, race and economics play roles in happiness during one’s lifetime. Wealthier white people are happier at a younger age. Young blacks are less happy. Bad economic times also corresponded with happiness, Yang found. But all those differences melted away as people aged.

University of Chicago researcher Benjamin Cornwell found that social connection is the key to happiness in later life.

The U.S. Census Bureau reported exactly one year ago that the life expectancy average is now 78.8 years.

That’s just a statistic to most of us unless we know lifespan was 70.8 years in 2010 and only 50 in 1916.

Here’s another statistic: in 1980, only 32,000 Americans had celebrated their 100th birthday.

Today? There are about 70,000.

What does that mean for them and all of us on National Centenarians Day, September 22? People worldwide are living longer.

Influenza, pneumonia and gastrointestinal infections, such as diarrhea, were among the top ten causes of death.

Accidents in the streets, on the farms and in unregulated factories and workshops maimed and killed thousands of workers, often from staph infections.

Today’s centenarians have witnessed the world more from an agricultural society to the age of technology.

Today there are many people over the age of 100. One is Jersey girl Adele Dunlap, who was born Dec. 12, 1902, is 113 years old and holds the current title of Oldest Living American; she is also Number 10 on the list of World Living Super Centenarians. Her son (age 86) said she never went jogging, never weighed more than 140 pounds, wasn’t a drinker, but smoked until her husband had his first heart attack. The one thing she can’t do without is oatmeal.

The top 20 World Super Centenarians as of July 31, 2016 are all women. Three are from the United States.
An hour of physical activity a day may eliminate health risks associated with time spent sitting at a desk or in front of the TV, according to research recently published in “The Lancet.”

This study was part of a four-paper series on physical inactivity - a major public health issue affecting all corners of the world. In 2012, it was estimated that one-quarter of adults worldwide fail to get enough physical activity – a fact that’s especially concerning when paired with increasingly sedentary lifestyles.

As part of this series, experts analyzed data from over 1 million people from 16 studies tracking physical activity and mortality risk. Researchers divided participants into four groups depending on their level of physical activity, which ranged from less than 5 minutes a day in the least active group to 60-75 minutes of exercise in the most active group. Types of exercise included activities like brisk walking and leisure biking.

As expected, researchers found that adults who sat for prolonged periods of time and had no physical activity had the greatest risk of death among all groups. However, people who sat for 8 hours a day yet engaged in at least some physical activity had lower risk of death than those who were less sedentary but were not physically active. And perhaps most promising, the increased risk of death from prolonged sitting was eliminated for adults that engaged in at least one hour of physical activity a day.

However, authors note that few participants get the recommended 150 minutes of physical activity a week, per the World Health Organization. Only 1 in 4 study participants got at least an hour of physical activity a day – the amount of exercise needed to offset the effects of prolonged sitting.

"There has been a lot of concern about the health risks associated with today’s more sedentary lifestyles," says lead author Professor Ulf Ekelund from the Norwegian School of Sports Sciences, Norway and the University of Cambridge, UK. “Our message is a positive one: it is possible to reduce – or even eliminate – these risks if we are active enough, even without having to take up sports or go to the gym.”

Ekelund adds, “For many people who commute to work and have office-based jobs, there is no way to escape sitting for prolonged periods of time. For these people in particular, we cannot stress enough the importance of getting exercise, whether it’s getting out for a walk at lunchtime, going for a run in the morning or cycling to work. An hour of physical activity per day is the ideal, but if this is unmanageable, then at least doing some exercise each day can help reduce the risk.”

However, we still have a long way to go in combatting physical inactivity across the globe. In the remaining papers published in “The Lancet,” experts found that 23% of adults and 80% of adolescents worldwide failed to meet current physical activity guidelines in 2015. Researchers estimate that physical inactivity costs the global economy the equivalent of 67.5 billion U.S. dollars each year in health care costs and lost productivity.

“The world needs to get serious about physical activity,” writes Dr. Pam Das, Senior Executive Editor and Dr. Richard Horton, Editor-in-chief of “The Lancet”. “There is extensive evidence about the need for action to improve physical activity, what actions are most promising, and who needs to be involved.” But as Dr. Das explains, efforts to increase physical activity need to be made a priority and receive increased funding to have a meaningful impact on global health.
Mended Hearts does not give medical advice. As always, consult your physician before making any changes in medication, food supplements, diets or lifestyle.

Month of September is National Childhood Obesity Awareness Month

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 8</td>
<td>MH Board Meeting</td>
</tr>
<tr>
<td>September 11</td>
<td>Grandparents Day</td>
</tr>
<tr>
<td>September 14</td>
<td>Fairfield Glade Health Fair – Charles and Laura</td>
</tr>
<tr>
<td>September 15</td>
<td>MH Picnic</td>
</tr>
</tbody>
</table>

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.
Can you guess who this is?

Skip Bartlett, Board Member for UCEMCares; Dot and Tom Tomberlin, Mended Hearts Members.

AUGUST MEETING

Dr. Womack gives an update on the new 911 app.

Our guests enjoying our pot-luck dinner.

Dr. Barnes speaks to us about the over prescription of drugs.

ANNUAL PICNIC

Thursday, September 15 • 6:00 pm

Cane Creek Park - Shelter #1(on the hill)
Bring Your Lawn Chair and a Dessert.
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.