From The President
Submitted by Blanche Smithers

I was at cardiac rehabilitation a few days ago trying to get new Mended Hearts members. While there, I observed the interaction between the patients and staff. The room was crowded, the machines were all taken and some were waiting to get a machine. Everyone was working at their own pace with the girls checking each patient to be sure their vital signs were good. The staff is very efficient and friendly.

As I talked to different patients, each one had nothing but praises for Debbie and the entire staff. If you have ever had a heart event of any kind, I hope you have been to cardiac rehab. Although I have not had any heart problem, I had been there with Pharoah many times in the past and still am in and out a lot. You get to know everyone like family.

Cardiac rehab has 13 staff members including Angie and Michelle in the office. Cardiac Rehabilitation is open Monday through Friday 6:00 a.m. to 5:30 p.m. They are currently looking to expand to offer more space and services such as an education center on heart disease prevention. Debbie Baker rehab director says, “We are more than just physical exercise. It is taking care of the whole body with a personalized treatment including evaluation and instructions on nutrition, stress management and other health related areas.”

Did you know cardiac rehab cannot operate without a doctor being in the building? Recent scientific studies have shown that people who complete a cardiac rehabilitation program can increase their life expectancy by up to five years. Thanks for a great job well done Debbie and staff!

THANK YOU
Thanks to all Chapter 127 Mended Hearts members for your continuous support for me as your President. I could not do this job without you. This month we have given our 150th AED. So Proud!!!

NEXT MEETING
Our next meeting will be held April 20, 2017 Education Rooms 2, 3, 4 at 6:00 p.m. Dr. Matthew Sample will be our speaker.

THOUGHT FOR THE DAY
Your heart works hard for you nonstop for your whole life, so show it TLC!
Natural Tick Deterrent
A natural tick deterrent for human usage – 1 part tea tree oil to 2 parts water in a spray bottle. Spray it on shoes, socks or pant cuffs. Tea tree oil can be found in the pharmacy section of big box stores or drug stores.

March Highlights
Submitted by Laura Jackson

Mended Hearts Chapter 127 celebrated its 20-year anniversary in existence.

• The Chapter recognized Don and Sherry Shockley as charter members of Chapter 127.
• Great attendance even though we have several that are under-the-weather.
• Good food and also a mystery pie. Several guesses but finally identified as “Pinto Bean Pie”. Thank you Sherry for preparing the pie.
• Debbie Baker spoke to us about several areas of interest concerning the Rehab Center. Thank you Debbie for keeping us to update.
• The slate of officers for the next term were presented and to be voted on at the April meeting.

Jamestown Satellite
Submitted by Sharon Parris

We had our monthly meeting with 11 in attendance. Billie Jennings was our speaker. He discussed end of life planning (more than just thinking about it). He also discussed a new program called Vital ICE. This program provides a platform where you and your dependents can list pertinent information about your health history, medications, ICE contacts and more. This information would be readily available for EMS personnel as well as First Responders during crisis.

Bake Sale

Friday May 19, 2017, 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 the Algood Room 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.

April is National Donate Life Month
Learn more about organ, eye and tissue donation and register today at DonateLife.net.

Sweet and Spicy Baked Cauliflower

Ingredients:
4 cups cauliflower florets
2 Tablespoons maple syrup
2 Tablespoons sriracha
2 Tablespoons olive oil
½ Tablespoon tamari or soy sauce
1/2 teaspoon black pepper

Directions:
1. Preheat oven to 400 degrees. Line a baking sheet with parchment paper.
2. In a large bowl (or a Ziploc bag) combine cauliflower and other ingredient maple syrup, sriracha, olive oil, tamari, and pepper. Mix until the cauliflower is well coated.
3. Pour the cauliflower into the baking sheet and place in the oven. Be sure to give the cauliflower “room to breathe.” If the baking sheet is over-crowded, the cauliflower will “steam” and it won’t cook right. If you need to, divide it between 2 baking sheets.
4. Bake for 30 minutes or until cauliflower is tender.
Spotlight On Barb Aldridge
Submitted by: Glee Miller

G What is your job at Cookeville Regional Medical Center and how long have you worked there?
B "Customer Service Manager and I have worked at CRMC for a total of 18 TCRS years."

G How would you describe yourself in five words or less?
B "Oh dear, I think I am dependable, cheerful, blessed, honest and chunky! Used too much volumizing shampoo through the years! Ha!"

G Are you a sports fan and if so what sport?
B "I am not really a sports fan unless my grandson is playing. I enjoy Upward basketball and college football at times."

G Name five things your family expects you to keep in the refrigerator or freezer.
B "Strawberry jam, milk, eggs, Pepsi and chocolate almond ice cream. It will change your life."

G Would you ever do Dancing with the Stars or American Idol?
B "No way."

G What is your favorite food?
B "I love spaghetti and trying the many ways it can be made and I also love coconut shrimp."

G Are you married and do you have children? How long have you been married?
B "My husband and I eloped almost 40 years ago. I would not advise that path but we continue our journey. I have four sons. I have one grandson that will be 7 in April and one grandson due April 7. My baby is about to have his own son."

G Favorite vacation spot and why?
B "I don't have a favorite. I love the mountains and I love the beach. Since I have a son that lives very near Destin, FL., that seems to be the destination of choice these days."

G What is the best gift you ever received and from whom?
B "I wouldn't take anything for the afghans my grandmother crocheted for me throughout the years. I also treasure any gifts that my kids have given me."

G Something not too many people know about you?
B "I am an open book but perhaps the fact that my husband is retired military and we were fortunate enough to live in Germany for four years. We did live in a variety of states here in our great country. Love those days!"

G What is one thing on your bucket list that you may be afraid to do but still want to?
B "Hot air balloon ride"

G If you wrote a book who and what would you write about?
B "I don't see myself ever writing a book but I think I would choose a recipe book. I love recipes."

G What brings you the most joy in life?
B "Being in the right place at the right time to say or do something that really makes a difference for someone. I also love it when my grandson gets his school work right! Love it when he learns and remembers."

G What are you most thankful for and why?
B "Truly, I am very thankful for the blessings from our Father in Heaven. I am so thankful for His mercy and grace. Every day is a new beginning."

Spotlight is designed to feature various Mended Heart’s members and hospital staff. Watch Out! You could be next!

Mended Hearts 65th National Conference

The 65th Annual Mended Hearts Education and Training Conference will be held July 3-7 at the Gaylord Opryland Resort in Nashville, Tennessee. Designed for all Mended Hearts patients, families, and caregivers, the agenda is filled with outstanding programs from exceptional cardiologists and other leaders in their fields.

In addition to the wonderful informational sharing between patients and their support networks from all the heart communities, this year will focus on the rapidly changing landscape of cardiac health, from innovations such as TAVR, Watchman, and CardioMEMS HD to a renewed emphasis on cardiac rehab and hypertension. Attendees will also have the opportunity to discuss their individual drug protocol with pharmacy students, so be sure to bring your medication list along with you. And don't forget – we’ll also have the regional meetings, the annual meeting, Walk with a Doc, and the installation of new officers, all of which will inspire us to take what we learn back to our chapter.

If you are interested in attending the conference or want to volunteer, please see Blanche.

“It’s great to be alive - and to help others!”
More mindful eating could lead to a healthier heart, based on a recent paper that links irregular eating patterns like frequent snacking and skipping meals to increased cardiovascular risk. Over the past 40 years, eating patterns have drastically changed in the United States. From the 1970s to 2010, the proportion of adults consuming three meals a day—breakfast, lunch and dinner—decreased by up to 14%. During the same period, the proportion of daily caloric intake from snacks increased from 18% to 23%. Experts worry that changing dietary patterns have taken a toll on American’s health.

To learn more, researchers reviewed all available research on the issue, the results of which were published in the American Heart Association journal Circulation. Overall, experts conclude that irregular eating patterns are less than ideal when it comes to health. And here’s why.

Based on results of the National Health and Examination Survey (NHANES), it’s estimated that 20–30% of U.S. adults do not eat breakfast. The Bogolusa Heart Study, which surveyed more than 500 Louisiana adults on their health and lifestyle, showed that breakfast skippers were nearly half as likely to get their recommended vitamins and minerals each day. Data also shows that breakfast skippers tend to have poorer overall diets, are more likely to be overweight or obese, and have more cardiovascular risk factors like high blood pressure and cholesterol than those who consume breakfast regularly.

Researchers also found that late-night snacking is associated with increased cardiovascular risk. A Swedish study, as well as a small U.S. study, show that late-night snackers have up to twice the risk for obesity as those who don’t. Eating late at night may also have a negative impact on blood sugar, potentially increasing risk for diabetes.

Authors also note that the combination of poor eating patterns like skipping meals and eating late at night may take an even greater toll on health than each of these factors alone.

The take-home message, according to authors, is that we need to be more mindful of both eating patterns and diet. Maintaining a healthy diet rich in fruits, vegetables and other nutrient-rich foods is essential to good health and preventing heart disease—America’s No. 1 killer. Irregular eating patterns like skipping meals and late-night snacking can make it difficult to maintain a well-balanced diet. So, taking a close look at not just what we eat but how and when we eat may be key in maintaining a heart healthy diet and lifestyle.
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 email: ____________________________

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
[ ] Atrial Septal Defect [ ] Pacemaker [ ] Valve-Surgery
[ ] 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

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

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

Patient 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
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: __________________________

[ ] Donation to chapter $ ____________ To chapter # ______ City, ______ State ______

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

MENDED HEARTS CHAPTER 127 COOKEVILLE
Officers
President  Blanche Smithers  931-526-4497
Vice President  Laura Jackson  931-858-2196
Treasurer  Dot Tomberlin  931-526-7535
Secretary  Linda King  615-830-6070

Accredited Visitors
1. Bob Freeman  Every other Monday  931-537-9811
2. Joe Carter  Every other Monday  931-260-4816
3. Blanche Smithers  Every other Monday  931-526-4497
4. Glee Miller  Every other Tuesday  931-261-2170
5. Richard Miller  Every other Tuesday  931-858-2196
6. Charles Jackson  Every other Tuesday  931-858-2195
7. Laura Jackson  Every other Tuesday  931-858-2195
8. Dennis Guzlas  Every other Wednesday  931-858-0100
9. Karen Guzlas  Every other Wednesday  931-858-0100
10. Debbie Greene  Every other Wednesday  931-372-0513
11. Jim Greene  Every other Wednesday  931-372-0513
12. Mona Neal  Every other Thursday  931-526-9398
13. Louise Davies  Every other Thursday  931-252-0081
14. Tom Tomberlin  Every other Thursday  931-526-7535
15. Dot Tomberlin  Every other Thursday  931-526-7535
16. Jim Hughes  Every other Friday  931-528-1267
17. Barbara Hughes  Every other Friday  931-528-1267
18. Carl Wingfield  Every other Saturday  931-268-3348
19. Lorra Wingfield  Every other Saturday  931-268-3348
20. Kathy Pharris  Every other Saturday  931-239-3831

ACCREDITED SUBSTITUTES
21. Ray Savage  Substitute  931-761-4336
22. Billy McElhaney  Substitute  931-651-1288
23. Marsha Godsey  Substitute  931-252-1406

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Ray Savage  931-761-4336

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Richard Miller - Chairman  931-261-2170
Glee Miller - Co-Chairman  931-261-2170

FUND RAISER CHAIRMEN
Dot Tomberlin  Bake Sale  931-526-7535
Richard Miller  Silent Auction  931-261-2170

AED PROGRAM
Charles Jackson - Chairman  931-858-2196

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Sharon Parris  931-397-5960

CARDIAC REHAB
Debbie Baker  931-783-2786

SUNSHINE CHAIRMAN
Carolyn Shanks  931-858-3021

Calendar of Events
Walk with a Doc
In front of main lobby.
April 13  Board Meeting
April 16  Easter
April 20  Mended Heart Meeting
April 25  Jamestown Mended Heart Meeting
April 27  Putnam Health Council
July 3-7  Mended Hearts National Convention

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.
Mended Hearts Chapter 127 celebrated our 20th Anniversary.

Presentation of the 150th AED to Richmond Chapel Church of Christ.

Don and Sherry Shockley were recognized as Charter members for Chapter 127.

AED presentation to the Celina First Baptist Church. Eric Copass, Minister; Charles Jackson, Mended Hearts; Karen Lynn, member.

An AED was presented by Charles and Laura Jackson to James King for the East 52 Volunteer Fire Department in Clay County.

Celina First Baptist training session.

March Speaker Debbie Baker

Trainees at Celina First Baptist Church
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.

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

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