From The President
Submitted by Blanche Smithers

HAPPY NEW YEAR!!!
Wow, what a great party. We had a wonderful turnout with 73 people attending our 2016 Mended Hearts Christmas Party. This cannot be done by one or two people. You were wonderful to help. We would like to thank everyone at CRMC for your help. The food was very good and the service by the Test Club at Cookeville High School was outstanding. See you next year, same time, same place. Thank you so much for the nice gift card I received from the members.

2017!! Can it be possible? A New Year and time for New Year’s resolutions. Many of us make them and many of us break them. Many of us just don’t make resolutions because I guess for myself I can’t stick to them. It has been said only eight percent of people keep their resolutions, most losing weight, learning a new language or de-cluttering the house. So if you are a resolution breaker you are normal.

2017 is also a great time to do some volunteering. Just think, this gives you the chance to help other people and make new friends. This will make a difference in your life and the life of someone else who has no idea of what is going to happen. They are scared and just need some support. Ask any of our 24 accredited visitors and they can tell you how rewarding it is. I am so proud of all our accredited visitors. I have had different people they tell me how nice and comforting our visitors were to them and gave them help when they needed it. A big thank you to all our visitors, our motto says it all. It is great to be alive and to help others. You only go through a training session with another visitor and always have a partner with you. Please think about this. If you are interested, contact Richard Miller at (931) 261-2671 or myself.

NEXT MEETING
Our next meeting will be January 19, 2017 at 6:00 pm in Education Rooms 2, 3 and 4 at Cookeville Regional Medical Center. Our speaker will be coming directly to you from the Electrophysiology Lab at CRMC, our own Dr. Mark Wathen. Don’t miss this presentation. Potluck will be on the menu, so don’t forget to bring a dish.

VISIT US
If you are reading this newsletter and have not had a heart event, please come and see what we are all about. You might just learn something. Wouldn’t that surprise you? You are welcome at any meeting.

July 3-7 is an important date. Keep it open, more later!!!

THOUGHT FOR THE DAY
You don’t make progress by standing on the sidelines whimpering and complaining, you make progress by implementing ideas.
**Sparkling Ice Cubes**

Water directly from the tap, creates a white, cloudy ice cube, the kind we are all used to seeing.

But if you want to make a special drink or if you have a special ice cube mold, then don’t pour water straight from tap to freezer.

Instead, you can get crystal clear cubes if you use water that has boiled and then cooled slightly.

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**Fat Free Oatmeal Cookies**

Ingredients:
- 2 cups dry oats
- 1 cup flour
- 1/2 tsp. salt
- 1 tsp. baking soda
- 1/2 cup dark brown sugar
- 1 egg white
- 1 tsp. cinnamon
- 1 tsp. vanilla
- 1 cup applesauce
- 3/4 cup raisins

Directions:
Spray the cookie sheet with cooking oil. Mix all dry ingredients; add egg white, applesauce, vanilla and stir until stiff (if too dry, add a little more applesauce) fold in raisins. Drop by rounded teaspoonful.

Bake 11-15 minutes at 375 F.

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**Is it possible to get a good job after 50?**

Conventional wisdom has it that after age 50, you are doomed if you want to find a great job.

While there is age discrimination, according to the Wall Street Journal, more people ages 50 and older are working full-time and becoming entrepreneurs.

According to the Rand Corporation, more older-worker friendly jobs exist now than 50 years ago.

In fact, American employers are having a hard time finding skilled workers with experience, and this is good news for older workers. When there is a shortage of skills, older workers get jobs, the Rand Corporation finds.

Baby Boomers, nearly retirement age, are better educated than previous generations. A Harvard University study found that older adults have about the same number of year’s education as 25-year-olds.

Another study, Max Planck Institute for Social Law and Social Policy, a nonprofit research organization in Munich, found that rates of errors by younger workers were higher than older workers in assembly line work. The same group studied workers in an insurance company and found that productivity tends to increase with age.

More older workers than ever are working full-time. Since 1995, the number of seniors working full time has tripled. According to BLS statistics, 62 percent of workers aged 65 or older work full-time.

Seniors are not just working for others, either. The Ewing Marion Kauffman Foundation showed that people between the ages of 55 and 64 accounted for 24.3 percent of all entrepreneurs in 2015.

Of those older workers who launched their own businesses, 24 percent did so to supplement their income. A slightly higher percentage, 27 percent, said they started businesses to pursue their own interests.

Only 4 percent said they started a business because they couldn’t find a job.

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A Woman’s Heart is planned for Thursday, February 2, 2017, at the Leslie Town Center. This fun night out includes a heart-healthy dinner, wine, a fashion show, a silent auction and heart education. Tickets are $35.00 per person. For more information or to order tickets, visit CookevilleRegionalCharity.org.
Spotlight On Dennie & Pam Nagel
Submitted by: Glee Miller

Meet the newest members of Chapter 127

G  How long have you lived in the Cookeville area?
N  “Two years.”

G  How long have you been married and how did you meet?
N  “We have been married 20 years and we met at a hospital we both worked at.”

G  Do you have any children?
N  “We have a blended family, Denny has 1 son and I have 2 children.”

G  Pam I know you just had surgery, how are you doing?
N  “It’s been a slow recovery for me, but I am getting better day by day.”

G  Denny, as a caregiver how hard has it been on you?
N  “I’ve had to take on more responsibilities for household duties, cooking, but I got to spend some valuable time with my wife.”

G  Favorite hobbies?
N  “Denny’s favorite hobbies are woodworking, taking care of our lawn and traveling. Pam’s favorite hobbies are reading, shopping, traveling and spending time with grandkids.”

G  Where do you work?
N  “Denny is the Director of Environmental Services at Livingstone Regional Medical Center.”

G  Do you work as well, Pam?
N  “I work as the Director of Environmental Services at NHC in Sparta, TN.”

G  If you could go any where in the world, where would you go?
N  “Either Las Vegas or Hawaii.”

G  What is your favorite time of the year and why?
N  “I love springtime when everything comes alive. The renewal of life!”

G  Pam, what would you tell others about the procedure you just had done?
N  “I would tell them to be patient, recovery is slow and lengthy, count on your caregivers and support team.”

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

App Detects Atrial Fibrillation
PagesMag 1216

People who have a heart arrhythmia called atrial fibrillation now have a less-invasive way to track the condition. All it takes is a smart phone and an app called Cardio Rhythm.

The application analyzes a person’s facial skin color via a smart phone camera. In testing, it was accurate in 92 percent of the readings – including a select group that had been diagnosed with atrial fibrillation previously with an ECG scan.

Researchers at the Chinese University in Hong Kong created the app.

Congratulations to Sherry Shockley on the 21st Anniversary of her heart transplant. January 10th was the special day.

“It’s great to be alive - and to help others!”
Experts Clarify Definition of a Heart-Healthy Diet

The key to improving one’s diet lies in adapting recommendations based on cultural, economic and taste preferences.

In the midst of mixed messages around food, experts help clarify exactly what it means to have a heart-healthy diet and how to adapt those guidelines based on personal preferences.

Published in the American Heart Association journal Circulation, this statement reviewed the latest dietary recommendations to help clarify the age-old question: What is a healthy diet? While guidelines have remained relatively consistent, few Americans’ food intake meets the current definition of a healthy, well-balanced diet.

Based on the 2015–2020 Dietary Guidelines for Americans, a healthy eating pattern is rich in vegetables, fruits and whole grains, and includes low-fat dairy products, poultry, fish, legumes, nuts, and non-tropical vegetable oils (i.e., cooking with olive oil instead of coconut or palm oils). A healthy diet also limits intake of sweets and desserts, sugar-sweetened beverages, red meats and processed foods.

Heart health organizations like the American Heart Association and the American College of Cardiology also highlight the importance of consuming enough dietary fiber and reducing intake of saturated fat, sodium and sugar by choosing wholesome, nutrient-rich foods. They also endorse the many benefits of the DASH diet, which limits sodium intake to reduce blood pressure, and the Mediterranean diet, which has been shown to improve cardiovascular health.

However, the key to improving diets, as authors explain, is for Americans to adapt recommendations based on their unique cultural, economic and taste preferences. For example, whole grains can include breads, tortillas, barley, brown rice, quinoa, and cooked cereals. Proteins can include anything ranging from lean beef and pork to eggs, nuts and seeds. Experts believe that choosing our favorite foods from this wide array of healthy options can help us stick to a healthy diet over time.

The challenge is that very few Americans currently adhere to dietary recommendations. National survey data from 2009–2010 shows that the bulk of our calories come from foods like burgers, desserts, sugar-sweetened beverages, chips and pizza. In fact, researchers found that these foods accounted for 43% of our daily caloric intake. Data from 2007–2010 shows that most Americans don’t eat enough fruits, vegetables and low-fat dairy, yet exceed recommended limits for sugar, saturated fat and sodium consumption.

To help more Americans meet dietary guidelines, experts recommend a variety of tools available online designed to help people improve their diet and lifestyle. Daily Food Plans is a tool that helps create a meal plan based on personal preferences and weight loss goals, while tools like Myfitnesspal.com. and the Super Tracker develop personalized nutrition and physical activity plans to improve health.

By clarifying guidelines and providing tools to help Americans improve their diet, experts hope to make progress in improving overall health and in preventing heart disease—the No. 1 killer of men and women in the United States.
Guard Your Health
In Cold Weather

Did you know that in cold weather, 60 percent of your body fuel is used to maintain body temperature?

That means you must count on tiring more easily, and you will be more likely to suffer hypothermia or even frostbite outdoors.

A windy day is even worse. At 20 degrees, for example, a 15 mph wind creates an effective temperature of -6 degrees. A 30 mph wind means -11 and a 40 mph wind dumps the effective outdoor temperature to -22.

Cold weather puts extra strain on your heart, so it’s important to avoid exertion. Shoveling snow, pushing a car, or even a fast walk might be a problem if it is very cold.

Decrease your chance of getting frostbite or hypothermia by dressing in layers for outdoor activities. Ideally coats should be water repellent. Wear a heavy knit or microfiber hat and face protection. Cover your mouth to keep very cold air out of your lungs. Wear mittens instead of gloves for more warmth.

Stay dry. Change socks and other wet clothing to prevent loss of body heat. Wet clothes lose all insulating value and lose heat rapidly.

Frostbite causes a loss of feeling and a white or pale appearance in extremities like fingers, toes, nose and ears. Although frostbite is unusual with today’s excellent winter fabrics, if it does occur, warm the victim with blankets. Place the frostbitten area in warm (not hot) water. Do not rub the area. Give warm, not hot, nonalcoholic drinks.

If the feet are involved, the Red Cross cautions that the victim should not walk until he or she receives medical attention.

Congratulations Mended Heart of the Year

I am pleased to announce that our Mended Heart of the Year for 2016 is Dennis Guzlas. Dennis has many qualifications for this award. Dennis has been a member of Mended Hearts for ten years. He has served as Vice President, interim president, silent auction chairman and is an accredited visitor and is a delight to have on our team.

We have a hand carved Mended Hearts plaque that the Mended Heart of the year can take home and can keep for one month and then it goes on display in our Mended Hearts, CVICU waiting room for all to enjoy.
January Word Search Puzzle

M  G  R  W  E  T  A  R  B  E  L  C  M  P  P  W  G  N
M  A  N  L  A  R  X  L  E  K  A  L  F  W  O  N  S  G  N  A
H  M  A  I  G  Z  I  C  I  C  L  E  S  T  B  G  X  H  I  X
P  L  J  J  T  Z  X  G  G  N  L  T  Q  G  N  S  R  G  T  R
Z  U  S  E  Z  E  Q  N  B  V  Z  Z  C  I  W  D  N  J  A  Y
J  X  S  A  C  S  I  I  T  W  K  J  N  J  E  I  Z  G  K  P
D  A  R  C  S  T  S  D  F  I  T  N  H  Z  K  L  E  P  S  Y
J  D  S  H  N  C  R  D  K  I  L  I  R  W  S  O  N  T  C
F  A  E  U  O  E  C  A  R  G  B  N  E  O  E  J  O  M  E  G
V  E  K  N  I  J  A  O  E  C  A  H  B  I  G  I  V  D  I  C
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L  P  S  R  V  P  E  O  L  P  A  V  C  O  C  O  A  M  U  N
V  H  N  H  O  R  N  U  P  W  A  S  Y  R  I  I  M  E  R
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N  N  T  E  E  T  F  B  M  H  S  C  A  R  R  I  B  E  A  N
D  B  T  Z  R  E  S  O  L  U  T  I  O  N  S  K  I  I  N  G
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SNOWFLAKE
SUPERBOWL
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Mended Hearts does not give medical advice. As always, consult your physician before making any changes in medication, food supplements, diets or lifestyle.

January Word Search Puzzle

M  G   R   W   E   T   A   R   B   E   L   C   M   P   P   W   G   N
M  A  N  L  A  R  X  L  E  K  A  L  F  W  O  N  S  G  N  A
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P  L  J  J  T  Z  X  G  G  N  L  T  Q  G  N  S  R  G  T  R
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SUPERBOWL
VACATIONS

MARK YOUR CALENDAR

Calendar of Events

National Blood Donor Month
January 16-20 Healthy Weight Awareness Week
January 16 Martin Luther King Day
January 19 Mended Hearts meeting
January 20 Inauguration Day
February 2 A Woman’s Heart

If you would like to receive the Mended Hearts newsletter by email please send your email address to:
Angie Boles at aboles@crmhealth.org.
Gift card winners at the Mended Hearts Christmas party are Bill Thompson (left), Judy Phillips (center) and Dennie Nagel (right).

Left to right: Cheryl Thomas, President of Jr. Women’s; Laura Jackson, Mended Hearts; Deborah Allen, Jr. Women’s Santa’s Workshop Funding

Mended Hearts Christmas 2016
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.