From The President
Submitted by Blanche Smithers

I hope everyone had a great Fourth of July. Thank you Mayor Ricky Shelton and the City of Cookeville. I understand the fireworks here were wonderful.

July 3 - 6, eight Mended Hearts Chapter 127 members attended the National Mended Hearts conference in Nashville at the Gaylord Opryland Hotel and Resort. Our chapter served as host this year. I would like to say thank you to the members who took time out of their schedule to attend. Only one other chapter had eight members attending. Cookeville Regional Medical Center was well represented. We made sure they knew about our great CRMC hospital before we left.

Laura Jackson won the Regional Accredited Visitors Award. That was a very nice surprise. Congratulations Laura! Laura also spoke at the conference on “A Patient’s Journey Through Diabetes.” It was a fantastic talk, thank you.

There were 78 chapters represented at the conference with 238 members attending. Mended Hearts serves 460 hospitals. Next year the Mended Hearts conference will be in San Antonio, Texas.

THANK YOU
• Lisa Williams was our speaker at our June meeting. Lisa is the external clinical liaison for Cookeville Regional Rehabilitation Center (blue roof building).
  • Masonic Lodge #266 who made a donation to help fund our AED program.

CONDOLENCES
Our condolences go out to Carolyn Shanks and family on the passing of Fred. Fred was a great member and will be sadly missed.

NEXT MEETING
Our next meeting will be July 20, at 6:00 pm at CRMC in Education Rooms 2, 3 & 4. Dr. Richard Dycus will speak on dental health and heart disease. A potluck will be served so please remember to bring a covered dish.

THOUGHT FOR THE DAY
See the light in others and treat them as if that is all you see.
Ice Cream Scooper
When making cupcakes, use an ice cream scoop to make uniform size muffins. Also lightly spray with a mist of nonstick spray so your scooper stays batter-free until you’re done.

June Highlights
Submitted by Marsha Godsey

- We are excited to be well represented at the Mended Hearts national convention in Nashville, July 3-6.
- Want to give a big shout out to Girl Scout Troup 1611 for making us adorable posters to give to patients during our visits.
- Thanks to everyone who participated in our recent bake sale. It was a big success. Yum.
- Plans are underway to contact businesses for silent auction donations.

Wireless Pacemakers Improve Quality of Life

Pacemakers have been an important part of the medical scene for decades and, according to Engadget, they could be getting an overdue upgrade in the near future. Traditional pacemakers are implanted into a patient’s chest with wires leading from the battery-powered device into the heart itself. Although they are remarkably effective, patients often require minor surgery at certain points to replace wires and batteries as they degrade and pose an increased risk of infections and bleeding.

A new technology could allow the pacemaker to be powered by microwaves sent to the device from an external battery pack. In this way, one or several pacemakers can be implanted directly into the heart and would likely last much longer and cause fewer issues for the patient. Having multiple devices also means that patients with more severe conditions will be eligible for the procedure.

Healthy No Bake Chocolate Hazelnut Fudge Oatmeal Bar

PREP TIME: 5 MINUTES  COOK TIME: 5 MINUTES  TOTAL TIME: 10 MINUTES  SERVINGS: SERVINGS 16

Ingredients:
- 3.5 oz. baking chocolate cut in pieces
- 1/4 cup honey
- 1/4 cup maple syrup
- 3/4 cup hazelnut butter or almond butter
- 1 Tbsp pure vanilla extract
- 1/4 cup coconut oil
- 1 cup shredded coconut
- 2 cups rolled oats

Directions:
1. Melt chocolate pieces at medium-low temperature (or a bit lower) in a medium-size pot. Once melted, turn off the heat, and gently mix the honey in with a whisk. Mix in the maple syrup and the vanilla, then add the hazelnut butter and mix together. Next mix in the coconut oil.
2. Remove from heat and mix in the shredded coconut, and then the oats. Stir until well combined.
3. Pour into a parchment lined 9” X 13” container. Flatten the top, and pop into the fridge for at least a couple of hours.
4. Cut into squares and store in the fridge in an airtight container.
Spotlight On Bill & Dolly McElhaney
Submitted by: Glee Miller

Oh, honeymoons! Bill and Dolly McElhaney were on theirs, somewhere slightly north of Tupper Lake, New York, looking for a place to camp for the night. Bill spotted a tire-traced track to the right, and pulled into the place. Slightly downhill from U.S. Highway 2, he figured it would be a safe place to pitch their tent for the night.

Dolly sat on the bumper of the car, blowing up their air mattresses while Bill spread out the pup tent.

Looking apprehensively at the darkening Adirondack woods, she asked, “Bill,” puff, puff, “are there bears in those woods?”

“Probably,” Bill replied, as he pounded tent stakes into the ground.

A half hour later, Dolly lay with her nose almost touching the canvas side of the tent when she felt something near her feet. Whatever “it” was, she could feel its feet through the thin fabric of the tent as it snuffled toward her head. When it nosed around her face, she screamed.

Bill sat bolt upright. “What in the world is the matter with you?” he asked his new bride.

“There’s an animal in the tent,” Dolly quavered.

“Dolly the tent flap is tied, zipped, and snapped,” Bill replied. “An ant couldn’t get in. Go to sleep.”

The next morning, the duo laughed over the event, although Bill wondered if he should take his bride back to her mother.

A few days later, the newlyweds had reached Cape Code and were again looking for a place to pitch the pup tent for the night.

“I’m afraid it’s going to be a dry camp,” Bill remarked as he tied one end of the ridgepole rope to the bumper of the car and carefully backed up until the ridge of the tent stretched taut.

“We’ll manage,” Dolly replied. “Let’s walk over the dunes to the ocean. It can’t be far.”

After the third set of dunes, Bill and Dolly removed their shoes, tied the laces together, and slinging their footwear around their heads, resisted the seagulls bombarding them. After a very short wade in the Atlantic, they reached a lighthouse, pulled their shoes back on, and limped along the road back to their campsite.

Feeling gritty and salt bound, Dolly said, “I wish we had a bit of water. I’d love to wipe my face and brush my teeth.”

Her wish being her new husband’s command, the enterprising man opened the tiny ice chest in the back of the car. He dipped a cloth in water that had melted from the big chunk of ice and presented it to his bride. Then he handed her a paper cup half full of liquid.

Dolly drew the cold, wet cloth across her face and felt her skin crawl. She dipped her toothbrush in the cup to brush her teeth and spat out tomato juice. When he turned on the interior light of the car, Bill saw what had happened. Earlier that morning he had filled an empty 7-Up bottle with tomato juice left over from their breakfast. During the day, the bottle had tipped over, leaning the thick, red juice into the ice chest.

“Maybe you should have taken me home to Mother,” Dolly quipped.

Now, 58 years, three kids and six grandkids later, they’re glad he didn’t.

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

“It’s great to be alive - and to help others!”
Despite reductions in U.S. mortality rates from heart disease over the past 34 years, the death toll remains highest in southern states, based on a recent study published in the Journal of the American Medical Association.

Conducted at the University of Washington, this study used national death records to analyze heart-related mortality trends from 1980 through 2014. The goal was to track differences in mortality rates by county, as heart disease rates can vary significantly by region.

The study spanned 3,110 U.S. counties and included nearly 32 million recorded deaths between 1980 and 2014.

The good news is that throughout this period, mortality rates from heart disease declined by 50%. The gap in mortality rates between counties with the highest and lowest proportion of heart-related deaths also decreased by 15%.

However, the latest data show that mortality rates from heart disease continue to vary throughout the U.S. Depending on the specific cause of death, certain counties had up to four times greater risk of heart-related deaths than others. And authors note that the largest concentration of deaths from heart disease extended from southeastern Oklahoma along the Mississippi River Valley to eastern Kentucky. The lowest cardiovascular mortality rates were found in counties surrounding San Francisco, central Colorado, northern Nebraska, central Minnesota, northeastern Virginia and southern Florida.

Authors also note that certain heart conditions were clustered in specific areas of the United States. For example, mortality associated with an irregular heart rhythm called atrial fibrillation was especially common in the Northwest, while aortic aneurisms were more common in the Midwest.

Findings suggest that continued efforts are needed to address the “stroke belt” in the South, where heart disease is especially common. While mortality rates have decreased, heart disease remains the leading killer of Americans and is especially common in certain U.S. states and counties. By targeting public heart efforts in the areas that need it most, experts hope to continue to reduce mortality from heart disease and improve cardiovascular health across the United States.

Exercise is key to a healthy heart, based on a recent study that found regular physical activity helps protect against heart damage, particularly for obese adults at increased risk for heart failure.

Published in JACC: Heart Failure, this study looked at the association between physical activity and heart damage. The goal was to see whether exercise helps minimize heart damage, potentially explaining the process by which exercise reduces risk for heart failure.

The study followed nearly 9,500 U.S. adults from 1987 through 2013, tracking participants’ physical activity, weight and health every three years. Researchers also collected blood samples to test for high-sensitivity cardiac troponin T, which detects heart damage even in seemingly healthy patients.

Participants were between 45–64 years old and free of heart disease at the start of the study. One-third of participants were obese, and less than half of participants got the recommended levels of exercise set out by the American Heart Association. Current guidelines recommend at least 2.5 hours of moderate physical activity or 75 minutes of vigorous activity to promote good health.

After analysis, researchers found that people who reported no regular exercise were 39% more likely to have heart damage, based on elevated high-sensitivity troponin levels. Worse, individuals who were obese and had no physical activity were nearly 2.5 times as likely to have heart damage as non-obese adults that got the recommended levels of exercise.

The good news, however, is that exercise helped counteract heart damage associated with obesity. Obese adults who got the recommended levels of physical activity were only 1.7 times as likely to have heart damage as non-obese, active adults.

Researchers also found that heart damage significantly increased risk for heart failure among all participants, regardless of weight or physical activity.

What this study shows, according to authors, is that physical activity helps protect against heart damage, which may in turn protect against heart failure. Thus, findings highlight the importance of regular exercise, especially in obese adults. Obesity is a major risk factor for heart failure, and while exercise can't completely erase the impact of obesity on the heart, it can minimize damage over time.
Seniors Swim Their Way To Health
PagesMag0717

High blood pressure, bad balance, arthritis -- these are common problems for seniors. Still, all the experts say you should get out there and exercise. If traditional exercise just hurts, why not try swimming? Swimming is the ideal exercise for people with joint and muscle pain. The buoyant water takes the pain out of many exercises. Even walking in the water is good exercise and much less painful than pounding the pavement.

It improves balance. Joel Stager, director of the Counsilman Center for the Science of Swimming at Indiana University's School of Public Health, told Senior Planet that older swimmers have much better balance than their non-swimming contemporaries. Not only that, but their muscle mass is better maintained and they have fewer cardiovascular risk factors than non-swimmers.

In fact, according to Cardiovascular Aging Research Laboratory at the University of Texas in Austin, swimming is very effective at lowering blood pressure. If you are ready to start your swimming program, start small. Some public pools have pool-walking classes. Or you might just start by swimming as far as you can, then resting, then starting again. Your stamina will build up over time. When it does, you'll have the meditative experience of immersion in a blue world. These days you can even customize that world with waterproof music headphones and fitness bracelets to count your movements.

What’s the Hurry?
PagesMag0717

In today’s connected culture, we are becoming more and more frantic and impatient. The reason, according to Fortune magazine, is that many people are suffering from what psychologists have named hurry sickness. Symptoms include:

* Repeatedly pushing the button to close the door on the elevator
* Finding the urge to multitask while waiting 30 seconds for the microwave to finish
* Getting extremely frustrated waiting in lines
* Working while brushing teeth and eating lunch

Now, these might not seem like symptoms that are egregious to health, but all of these activities take a toll on the body in the long run as the body interprets this constant need to do more, faster, as stress. Hurry sickness, as far as the body is concerned, means that the stress hormone cortisol is produced double-time. This hormone has been linked with heart disease and can suppress the immune system.

Managing hurry could be a critical element of a person’s plan to stay healthy, and “Success” magazine suggests three ways to become more balanced and efficient each day while reducing the amount of unnecessary hurry.

**Turn off the electronics** - In a society that stays connected at all times, severing that connection can make all the difference. Being glued to the constant updates and newsfeeds on a smartphone has trained people never to rest. The issue is not that people want to get information; it is that once read, they simply crave the next bit in an endless cycle. Nothing is thoughtfully considered or analyzed before moving on.

**Breathe** - At its most basic level, the body’s instincts will tell it to seek flight, fight, or freeze when it encounters danger. When faced with unnecessary stress, the body often subconsciously slows or stops its breathing. A lack of oxygen over stimulates the brain and causes poor decision-making.

**Focus** - Many tout multitasking as an excellent skill, but in reality, many multitaskers are merely good at not-quite-finishing lots of tasks at once. Slowing down and focusing on what is important will lead to better results in the long run.

Lack of Sunlight Affects Brain Power
PagesMag0717

It has long been known that sunlight can affect mood. A new study shows that sunlight, or lack of it, can affect thinking power. Short-term recall in particular can be affected by lack of natural light, according to a University of Alabama study by a team led by Shia Kent. The effects were most striking in study participants with depression coupled with lack of sunlight.
Fourth of July Word Search Puzzle

I C A K S T T O I R T A P X A H F
J O K D E C L A R A T I O N D T S
F N R P S E I N O L O C O X H K
G S F F N U V S T R I P E S I R
L T R W Y S X Y U V A E U U H R O
B I C I W S T S C I N C I P X T W
N T E Z F O U R T H B N I F L E E
Y U F O C E M L P Q E L R P E R
T T H L S O W M I N D I K E N I
R I Y C A E O B G E B N C G Z M F
A O U L Y G M K C W R E B E S P A
P N Z S U O S A O E P P R G F J O
M Q W A D J R B G U B E O T I I I
C L Q E D W I U M T D Y C Y N H
W E E A V Y T E B W T N O S I Z L
S R J F H E S Z R O E I Z R D G X
F N Q N Q K S E H P A R A D E S I

AMERICA   FREEDOM   PARTY
COLONIES   FUN       PATRIOT
CONSTITUTION GAMES   PICNIC
COOKOUT    HOTDOGS  STARS
DECLARATION INDEPENDENCE STRIPES
FIREWORKS  JULY     SUMMER
FLAG      LIBERTY    THIRTEEN
FOURTH     PARADES

Mended Hearts does not give medical advice. As always, consult your physician before making any changes in medication, food supplements, diets or lifestyle.
Marvin Keyser, Mended Hearts Southern Regional Director presented a 20 year certificate of recognition to Blanche Smithers, Chapter 127 President.

Outreach Baptist Church of Smithville being presented and AED. Bobby Anderson, Charles Jackson, Ryan Thomason.

Marvin Keyser, Mended Hearts Southern Regional Director presented a 20 year certificate of recognition to Blanche Smithers, Chapter 127 President.

Laura speaking at MH conference.

Laura receiving Regional Accredited Visitor Award with Marvin Keyser, Mended Hearts Southern Regional Director.

Bill and Dolly receives grant from UCEMC.

AED Chairman Charles Jackson presents an AED to Matthew Bates, Clay Co. Athletics Dept.

Left to right: Marsha Godsey, Phillip Godney (Chapter 127 members) and AED Chairman, Charles Jackson present Danny Holmes, Baxter Chief of Police with an AED.
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.