From The President
Submitted by Blanche Smithers

As I sit here wondering what to write about, the thought of our community came to mind. The quality of our life here in Cookeville is really great. We have so many opportunities that we do not take advantage of. Did you know Cookeville was recently named a Healthier Tennessee Community?

We also need to take advantage of our 10 city parks, museum, playgrounds and natural areas.

WALK WITH A DOC
I would like to commend our doctors at Tennessee Heart for starting the Walk with a Doc program. I understand it is very successful. I hope some of you are able to take part in this fun event.

TAVR
We have a great hospital here in Cookeville where history has recently been made with our first TAVR procedure performed by Dr. Sample and Dr. Wilson. We would like to thank Dr. Sample for being our April speaker. He explained the procedure and answered many questions. We had several recent TAVR patients present at our meeting.

NEXT MEETING
Our next meeting will be May 18 at 6:00 in rooms 2, 3 & 4 at CRMC. Debbie Baker from Cardiac and Pulmonary Rehabilitation Center will be here to install new officers for Mended Hearts Chapter 127 for the next two years. Please make plans to support our officers. Our speaker will be Mr. Paul Korth, CEO of Cookeville Regional Medical Center. He will be bringing updates on activities at CRMC.

MENDED HEARTS 65TH NATIONAL CONFERENCE
The annual Mended Hearts Conference will be here soon, July 3-7. It will be held at the Gaylord Opryland Resort in Nashville, Tn. If you are planning to attend all or part of it, please check with me at 526-4497.

BAKE SALE
Don’t forget our Bake Sale, May 19 in the Algood Room. You can bring your baked goods to our meeting on May 18.

THOUGHT FOR THE DAY
We are not responsible for what others say, but we are responsible for how we let it make us feel.

Have a safe and happy Memorial Day!
Do It Yourself Weed Spray
This recipe is for do it yourself weed spray instead of using harmful chemicals in your garden. Mix 1 gallon apple cider vinegar, 2 cups Epsom salt and ¼ cup Dawn dish soap (blue). Simply mix-up in a large container and pour into a garden sprayer.

April Highlights
Submitted by Marsha Godsey

- Good Attendance and another great meal.
- Dr. Matthew Sample gave a very informative talk on TAVR procedure that places a stent into the aorta via cath.
  Thank you, Dr. Sample.
- New slate of officers will be installed at May’s meeting.
- National convention will be July 3-7 at Opryland Hotel. Please let Blanche Smithers know ASAP if you plan to attend.
- Volunteers are still needed for our silent auction.
- Our chapter recently gave away AED #150!!!

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.

Sympathy
Our sympathy is expressed to the family of Everett Davis who passed away on April 11. Everett was a former chaplain for our chapter and at one time was a visitor with his wife Joan.

Olive Oil and Heart Health

People swear by the health benefits of olive oil, but, according to Tufts Health and Nutrition letter, there isn’t much difference between oils.

The director of the Tufts University cardiovascular nutrition laboratory, Alice H. Lichtenstein, says that research has not supported the idea that olive oil has unique properties for heart health. Any non-tropical vegetable oil is a good nutritional choice over butter or animal fat, Lichtenstein says. Consumers don’t have to buy the more expensive olive oils or specialty oils. Regular oils such as soy, canola, and corn are lower priced and have a lower fat profile, which is the most important for health.

BBQ Chicken and Roasted Sweet Potato Bowls

BBQ Chicken & Roasted Sweet Potato Bowls are a hearty and healthy dinner idea bursting with bold flavors and nutritious vegetables. This easy sheet pan recipe is perfect for meal prepping lunches for work or a quick weeknight meal.

Ingredients:
- 2 medium sweet potatoes
- 1 large yellow onion
- 2 Tbsp. olive oil, divided
- ½ tsp. salt, divided
- ½ tsp. garlic powder
- ½ tsp. chipotle powder (or chili powder)
- 1 head broccoli
- 1 lb. boneless skinless chicken breasts
- ½ c. BBQ sauce, divided

Directions:
1. Preheat the oven to 400°.
2. Peel and chop the sweet potatoes into ½” chunks. Chop onion into 1 inch pieces and add to a lined sheet pan along with the sweet potatoes. Toss the vegetables with 1 Tbsp. olive oil, ¼ tsp. salt, garlic powder and chipotle powder and toss until well combined. Bake at 400° for 20 minutes.
3. Toss the sweet potatoes and push to one side of the pan. Add the broccoli and toss with 1 Tbsp. olive oil and ¼ tsp. salt. Add the chicken breasts and brush with ¾ c. BBQ sauce. Bake an additional 15-20 minutes at 400° until the chicken is done.
4. Remove the pan from the oven and shred the chicken breasts using two forks. Toss the chicken with the remaining BBQ sauce. Add to bowls along with the roasted vegetables and serve immediately.
Spotlight On Carolyn Smith

Submitted by: Glee Miller

Ms. Smith is the new treasurer of Mended Hearts Chapter 127

G  Tell us about your occupation before your retirement.
C  “I worked at Adams USA for 23 years as accounts receivable clerk. I think this will help me to be a better treasurer for Mended Hearts.”

G  What makes you smile?
C  “My grandchildren. They can say the funniest and cutest things.”

G  What do you like about Mended Hearts?
C  “One of my best friends, Blanche is the president of Mended Hearts and I wanted to help her. I also enjoy helping other people.”

G  Tell us about your family.
C  “I have two daughters, Kim and Kathy, 2 grandchildren, 1 step-grandson and one step-great grandson.”

G  What causes you to stay awake at night?
C  “What I am going to do the next day. What kind of future my grandchildren will have. Also, what is the weather forecast so I can mow the lawn.”

G  How would you describe your housekeeping?
C  “It was a lot cleaner when I worked. Now I go through the middle maybe every three weeks.”

G  What do you find the most challenging part of being a senior?
C  “I can’t do physical things as well as I used to. I get tired much quicker!”

G  What are your best childhood memories?
C  “Growing up on my grandparents farm in Carthage.”

G  What is the bravest thing you have ever done?
C  “Riding a zip-line was just plain fun!”

G  What was the last time you cried tears of joy?
C  “When my grandson and grand daughter were baptized.”

G  What gift would you give to someone who has everything?
C  “My time and friendship.”

G  What habit would you like to get rid of?
C  “I have no bad habits that anyone knows about! Ha ha!”

G  What is your favorite way to relax?
C  “Going to the lake.”

G  Words to live by?
C  “Always do the best you can and be kind to everyone.”

What to Eat
Before a Workout

The closer to your workout, the less you should eat, according to Jennifer Sacheck, associate professor at the Friedman School. Good rules to follow:

- 30 minutes before exercise, choose a 50 to 100 calorie carbohydrate snack such as a cup of fresh fruit, a snack box of raisins or a cup of applesauce.

- 1 hour before exercise, add another 100 calories with 6 ounces of low-fat plain yogurt or a light string cheese snack.

- 2 or more hours, add another 100 calories. You could choose a half cup of crunchy cold cereal; a small banana or a 2-3 ounce pull-top can of tuna.

Walk with a DOC

Take a step toward a better healthier you!
Registration begins at 8:30 a.m.
Walk begins at 9:00 a.m.
Meet in front of CRMC’s main lobby

Walking for as little as 30 minutes a day can reduce your risk of coronary heart disease, improve your blood pressure and blood sugar levels, elevate your mood, and reduce your risk of osteoporosis, cancer and diabetes.

NO WALK SCHEDULED FOR
SATURDAY, MAY 13 - MOTHER’S DAY WEEKEND
OR SATURDAY, MAY 27 - MEMORIAL DAY WEEKEND

UPCOMING SCHEDULE:
Saturday, May 20
Mark Watthen, MD, FACC-eligible
Cardiologist, Tennessee Heart

In the event of rain, the walk will be canceled and resume the next Saturday.

“It’s great to be alive - and to help others!”
Every grieving generation remembers the casualties of war in its own way. So, Memorial Day, the day when we remember the men and women who died in war, has evolved. The beginning of the holiday is usually set in 1868, when the Grand Army of the Republic, an organization of Union veterans founded in Decatur, Illinois, established a Memorial Day to decorate the graves of the Union war dead.

Throughout the Civil War, families and groups remembered fallen soldiers on many dates and in many places. North and South generally had different traditions for remembrance. Gradually, the traditions came together and by 1968, Congress designated the date as the last Monday in May.

The Civil War posed new problems for the young republic of America. More than 600,000 soldiers (some say 750,000) died in the conflict, representing 2 percent of the population. (By comparison, U.S. losses in World War II were just over 400,000.) Once national cemeteries were established, the tradition of decorating the graves of fallen soldiers began in earnest.

Today, veteran’s groups, individuals and churches decorate graves with flags on Memorial Day, continuing the tradition of honoring the fallen. Graves and clothing are also frequently decorated with poppies, a symbol of sacrifice that became popular after World War I. It is said that for every drop of blood shed in war a poppy grows in remembrance.

Excess Sodium is Leading Dietary Cause of Heart-Related Deaths

Consuming too much salt has a strong impact on mortality risk from heart disease, stroke and diabetes.

CardioSmart

Among key pitfalls in the American diet, consuming too much salt is the leading cause of heart-related deaths, based on a recent analysis of mortality and dietary trends from 2002–2012.

Published in the Journal of the American Medical Association, this study looked at the association between ten dietary factors and risk for death from heart disease, stroke and type 2 diabetes. Factors included consumption of foods and nutrients known to improve heart health, including fruits, vegetables, nuts or seeds, whole grains, polyunsaturated fats and omega-3 fats from seafood. Analysis also considered unfavorable dietary factors, including consumption of red meats, processed meats, sugar-sweetened beverages and sodium.

The goal was to determine which factors have the biggest impact on risk for heart-related death, using multiple data sources on demographics, dietary habits and mortality of U.S. adults from 2002–2012.

Among more than 702,000 heart-related deaths in 2012, researchers found that 45% of deaths were caused by the 10 dietary factors listed above. The highest proportion of deaths were due to excess sodium, which accounted for 9.5% of all heart-related deaths. Other top factors included low intake of nuts and seeds, high intake of processed meats, low omega-3 fats from seafood, low consumption of fruits and vegetables, and high intake of sugar-sweetened beverages.

Interestingly, researchers also note that the proportion of deaths related to certain factors changed significantly over the study period. From 2002 to 2012, the proportion of deaths from excess sugar-sweetened beverages and low polyunsaturated fats, nuts and seeds decreased. During the same period, the proportion of death associated with red meat consumption increased by 15%.

However, the impact of diet also varied significantly within certain groups of adults. Poor diet had a stronger impact on mortality risk among men, blacks and Hispanics, and adults with lower levels of education.

The take-home message, according to experts, is that a large proportion of heart-related deaths are caused by poor diet. Improving diet, especially by focusing on factors that have the strongest impact on cardiovascular risk, could help countless deaths in the United States.

Authors also note that given the design of the study, it doesn’t prove that dietary factors are directly to blame for heart-related deaths. However, similar studies show that diet can reduce risk for heart disease by up to 70%. Experts hope that future studies will continue to explore this association and help inform public health efforts to improve diet and health.
Risk Factors for Developing Diabetes

Type 2 Diabetes is a condition where the body becomes ineffective at removing sugar (glucose) from the blood stream.

About 95 percent of cases of diabetes are type 2, a lifestyle disease. Type 1 is an immune disease, generally diagnosed in children, in which the immune systems destroy cells in the pancreas that make insulin.

Several factors contribute to the increased risk of diabetes.

Weight: Fatty tissue increases the body's resistance to insulin.

Activity: Physical activity reduces blood glucose levels, by using it for movement, and helps increase insulin sensitivity.

Diet: Sugary foods and drinks set you up for bad health and diabetes. Highly processed carbohydrates such as white bread and rice contain little fiber and lots of starch that translates into sugar in your body. Your diet should contain high-fiber foods from beans, vegetables and fruits; whole grains in cereal such as oatmeal and in things you usually eat like bread or crackers.

The National Institute of Diabetes and Digestive and Kidney Disease suggest that the following are also risk factors:

Age: After age 45 the risk of developing diabetes increases and poor lifestyle choices add to the risk.

High blood pressure: Anyone who has been told they have high blood pressure has a high likelihood of developing diabetes.

Smoking: Smokers are roughly 50 percent more likely to develop diabetes than nonsmokers, according to the Harvard School of Public Health.

Ethnicity: People of South Asian, African, Indigenous and Caribbean descent are two- to four-times more likely to develop Type 2 diabetes, according to the American Diabetes Association.

Family history: The risk increases by two to six times if you have a parent or sibling with type 2 diabetes (Diabetes UK).

History of gestational diabetes: Women who had gestational diabetes are at higher risk of later developing type 2 diabetes.

Diabetes prevention programs, which encourage weight loss, exercise and healthy eating, can reduce an individual's chance of developing diabetes by 58 percent, according to Harvard School of Public Health.

Those who have one or more of the risk factors and are concerned about Type 2 diabetes should consult their doctor to check for any early signs of the disease. Having a cholesterol, blood pressure and blood glucose check by a doctor, and working to keep them at a normal level, is the best way to reduce the risk of type 2 diabetes.

Even Light Activity Can Help With Pain

Want to stay out of pain? Vacuum the carpet or walk the dog.

A new study shows that older adults who do any sort of light to moderate activity feel less pain and are equipped to block pain more effectively.

The new research by Kelley Naugle and colleagues at Indiana University-Purdue Indianapolis, shows that even light activity (like housework or a stroll) can help prevent chronic pain. Activity may even be therapy for pain and it might prevent pain.

The study followed a group of older adults who had light to moderate activity. Moderate activity was that which might cause them to sweat.

The higher levels of activity, the lower the pain, the study found. But the results also showed that subjects didn't have to be an athlete. Even light activity resulted in the test subjects feeling less pain and blocking pain sensations.

The results suggested it might be possible to match a physical activity to specific pain as a treatment.
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.

Calendar of Events

Walk with a Doc
In front of main lobby.
May Stroke Awareness Month
May 11 Board of Directors Meeting
May 18 MH Monthly Meeting
May 19 Bake Sale
May 23 Jamestown Meeting
May 29 Memorial Day

MENDEG HEARTS CHAPTER 127 COOKEVILLE

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MARK YOUR CALENDAR

Memorial Day Word Search Puzzle

CIVIL
AMERICAN
PARADES
FLOWERS
BANDS
CEMETERIES
WORLD
CASUALTY
FLAGS

CEREMONIES
KOREA
LEGION
MAY
REMEMBRANCE
VIETNAM
MARCHING
TAPS
MONDAY

KOSOVO MEMORIAL
WAR
SCOUTS
GULF
GRAVES
HALF MAST
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Carolyn Shanks 931-858-3021

MARK YOUR CALENDAR
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.
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.