FOCUS ON:
TOURNIQUET-LESS KNEE REPLACEMENT

STRESS RELIEF
Learn How Relaxation Techniques Can Help

RURAL WALKING
Safety Rules for Enjoyable Walks

Albert Ramsey:
LIVING AN ACTIVE LIFE
When Albert Ramsey retired at 83, he did anything but take to his rocker. Now nearly 90, Ramsey, who owned and operated the Cookeville Greyhound bus station for 52 years, keeps busy refurbishing Corvairs and rebuilding their engines, bushhogging his 30 acres, maintaining his home and fishing in his pond with his family.

“I love working better than anything in the world,” said Ramsey. “I love to do things with my hands. I’ve done everything. I’ve had cattle; I’ve had farms; I once had 10 or 15 different airplanes that I flew.”

A Corvair collector since 1975, Ramsey has around 94 of them scattered across his farm in various states of repair, along with four semitrailers, a barn and a basement full of parts.

“When I started, I didn’t even know what a lifter was, and now I build engines,” said Ramsey. “I learned how to fix engines by asking and talking and reading. I’ve gone to shows and shown a lot, and I sell or trade parts every once in a while. We’ve got a small club here in Cookeville, or the remnants of one.”

Ramsey learned a few years after his retirement that he had a very slow, irregular heartbeat that typically hovered around 30 beats per minute, a condition known as bradycardia.

“Some people have said that you can’t do anything at 90,” Ramsey said. “But I say, ‘Oh, you can do anything at 90 if you really want to.’ I just keep going.”

In addition to his hobbies, Ramsey remains active in the community, volunteering at the local hospital and contributing to various charitable causes. He continues to write and share his stories, hoping to inspire others to pursue their passions, no matter their age.
per minute. This past December, he got a pacemaker and said that now he has even more energy to do the things he loves. The only drawback is, now he can’t use his beloved chainsaw.

“I loved to use a chainsaw and cut firewood — that’s one of the best things in the world,” said Ramsey. “But I still can hammer and use an electric handsaw.”

He says the reason he has so much energy at nearly 90, and the reason he didn’t need blood pressure medicine until he was in his mid-80s, is that he’s always lived an active lifestyle.

“You know, when you’re beating the fire out of a piece of wood or saving wood up or lifting and tugging, you’re breathing good and deep and getting that oxygen in there, and that regenerates your cells and makes you feel much, much better,” said Ramsey.

He encourages everyone, whether or not they’re retired, to keep moving for as long as they can.

“We’ve got legs to walk, and we’ve got arms to sling, and we’ve got eyes to see and ears to hear,” said Ramsey. “You’ve got to use them all. Just as long as you are able to use them, use them.”

Are you over 50 and active? Tell us all about it! If you would like to share what you do to stay active, why, and how it has helped you and/or others, we just might feature you in an upcoming edition of Seasons©. Please email your information to mfinley@crmchealth.org or write CRMC Marketing Department, 1 Medical Center Blvd., Cookeville, TN 38501.
CRMC has switched to a new patient portal called myCRMChealth, powered by FollowMyHealth. CRMC no longer uses the RelayHealth patient portal as of Jan. 11.

With the new myCRMChealth, you can check your personal health records 24/7 from any computer or tablet, and now, your smartphone — ensuring you have anywhere, anytime access to your medical information.

**IMPORTANT THINGS TO NOTE:**

1. The new portal will not automatically pull your information from Relay Health. You will have to create a new account to access your information.
2. If you had a myCRMChealth patient portal account previously, you should have received an email before Jan. 11 with an invitation to sign up with the new myCRMChealth, powered by FollowMyHealth portal. You will follow that email to sign up for the new portal.
3. Once you sign up, you will receive an email from CRMC with instructions on how to create your FollowMyHealth account.

If you do not have a myCRMChealth patient portal account, you may sign up by visiting myCRMChealth.org.

If you have questions, please email patientportalassistance@crmchealth.org.

In just three easy steps, you can complete your registration and see features that let you:

- Review medical records online in a safe, secure environment
- View test and lab results
- Update health information (allergies, medications, conditions, etc.)
- Receive email care reminders
- Create proxy accounts for children or dependent adults
- Set and track health goals
- View and pay bills
- And more!

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**New at CRMC**

**Information at Your Fingertips**

*Physician News*

**New Pulmonary, Critical Care and Sleep Specialist Joins Cookeville Regional**

Luis Urbina, M.D., a specialist in pulmonary medicine, has joined the staff at Cookeville Regional Medical Center and Cookeville Regional Medical Group (CRMG). Dr. Urbina will be joining other CRMG pulmonary and critical care specialists in the hospital’s Professional Office Building at 145 W. Fourth St., Ste. 201.

Dr. Urbina received his medical degree from University Peruana Cayetano Heredia in Lima, Peru, in 1982. He completed his residency in internal medicine and a fellowship in pulmonary medicine and critical care at Wayne State University School of Medicine in Detroit, Michigan. Dr. Urbina has also received polysomnographic training from the Sleep Sciences Institute of Sleep Medicine at Birmingham Sleep Disorders Center of Alabama. He is board certified in internal medicine, pulmonary medicine, critical care and sleep medicine.

Dr. Urbina is pleased to be relocating to the Upper Cumberland area. To schedule an appointment with him, call CRMG Pulmonary and Critical Care at (931) 783-2143.

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Visit CRMCHEALTH.ORG/PHYSICIANS to find the physician ready to serve your health needs at CRMC.
CRMC Now Offers CardioMEMS™ Implant for Qualifying Heart Failure Patients

Cookeville Regional, through a partnership with Vanderbilt University, is now offering the CardioMEMS™ device to qualifying patients with congestive heart failure.

The CardioMEMS HF System is a pulmonary artery (PA) pressure monitoring system. The device — a tiny, wireless transmitter — is implanted in the patient’s pulmonary artery during an outpatient procedure. Then, the patient takes home a special pillow that houses sensors that detect and upload the device’s readings when the patient rests against the pillow for a few minutes each day.

Readings from the device are sent wirelessly to the patient’s doctor and allow him or her to detect worsening heart failure before the patient experiences symptoms such as weight gain, blood pressure changes or shortness of breath. If a problem is detected, the physician can intervene by changing medications to reduce the patient’s chance of hospitalization and improve quality of life and survival.

“Last year, I think we admitted almost 550 people with just heart failure as the primary diagnosis,” said Dr. Michael Lenhart of Tennessee Heart, who performed the first CardioMEMS implant at Cookeville Regional. “It’s a very common problem, and this may help manage that.”

CRMC Awarded Advanced Certification for Primary Stroke Centers

Cookeville Regional Medical Center has earned The Joint Commission’s Gold Seal of Approval® and the American Heart Association/American Stroke Association’s Heart-Check mark for Advanced Certification for Primary Stroke Centers. The Gold Seal of Approval and Heart-Check marks represent symbols of quality from their respective organizations.

Cookeville Regional underwent a rigorous on-site review. Joint Commission experts came to the medical center and evaluated compliance with stroke-related standards and requirements, including program management, the delivery of clinical care, and performance improvement.

“We are pleased to receive this two-year certification from The Joint Commission and American Heart Association/American Stroke Association,” said Paul Korth, CEO at Cookeville Regional. “The teamwork it takes to receive this type of designation is commendable, and I want to thank all the staff, physicians and leadership for their hard work to make us a Primary Stroke Center. This certification provides us with the opportunity to highlight exceptional stroke care to our community as well as to continue striving to advance our care even further.”

Patrick Phelan, executive director for Hospital Business Development for The Joint Commission, said, “Cookeville Regional has thoroughly demonstrated the greatest level of commitment to the care of stroke patients through its Advanced Certification for Primary Stroke Centers. We applaud Cookeville Regional for becoming a leader in stroke care, potentially providing a higher standard of service for stroke patients in their community.”

Nancy Brown, CEO for the American Heart Association/American Stroke Association, added, “We congratulate Cookeville Regional for achieving this designation. By adhering to the very specific set of treatment guidelines, Cookeville Regional has clearly made it a priority to deliver high-quality care to all patients affected by stroke.”

In the past 12 months, Cookeville Regional has treated more than 700 strokes.

CT-Free Robotic Orthopedic Surgery Now Available

Cookeville Regional is proud to announce the addition of a Navio™ orthopedic surgical system to help surgeons perform even more precise and accurate total and partial knee replacement surgeries. Cookeville Regional is the first in the Upper Cumberland to offer robotic orthopedic surgery.

This technology for knee replacements uses a CT-free intraoperative registration, planning and navigation platform to assist the surgeon in building patient-specific surgical plans. Navio robotics assists the surgeon in preparing the bone with the precision of robotics in a freehand sculpting technique.

With no preoperative CT scan required, Navio patients receive the benefits of robotic assistance without additional time spent for preoperative procedures. Instead, the surgeon collects anatomical data during the procedure to build a 3-D model of the patient’s knee. This information helps the surgeon place the implant and balance the knee’s ligaments for optimal alignment and a well-balanced knee.

“The Navio system will provide us with robotic assistance for precise and efficient implant placement,” said orthopedic surgeon Dr. Greg Roberts. “I believe this technology has great promise and will eventually be used in many orthopedic surgical procedures.”

To learn more, visit www.crmchealth.org/navio or call the CRMC Physicians Referral Line at (931) 783-2571 or (877) 377-2762.
Cancer Care Fund Makes All the Difference for Cookeville Patient

By John Bell
Executive Director of The Foundation at CRMC

When Phil Hyta moved to Tennessee from San Diego last October, it was to tell his sons goodbye. Wheelchair-bound with prostate cancer that had metastasized to his lungs and several other sites, he had been given six months to live and placed in hospice care.

“I actually came here to die,” said Phil. “I sold everything I had and bought a fifth wheel and an old pickup truck and drove across the country by myself.”

Once the move was complete, Phil decided to have some follow-up tests done at The Cancer Center at Cookeville Regional Medical Center. Remarkably, he learned that radiation treatments had eliminated all of the cancer except for a small tumor in his spine. He then scheduled chemo to treat that tumor and was soon able to begin walking again.

That was the good news. But, since Phil was still too ill to work, he was living in his fifth wheel and was having trouble affording the gas he needed to get to his appointments.

“I was in bad shape,” he said. “Electricity would go out, and I didn’t have any hot water. There was ice inside my trailer — that’s how cold it was. It was all I could do to get to these appointments from Carthage, where my sons lived.”

When Cancer Center social worker Debe West learned of Phil’s situation, she located an affordable rental house across the street from the hospital and contacted the Foundation for help with funding. The Cancer Care Fund was able to cover the deposit and first two months’ rent on the house.

“I don’t know what I would have done without this help,” said Phil. “I would have probably died. I didn’t even know anything like this was available.”

Phil will soon be finishing his treatments and hopes to be able to work again soon. Meanwhile, help from the generous donors who make the Cancer Care Fund possible has made all the difference in Phil’s care and recovery.

You, too, can help provide welcome relief to struggling cancer patients like Phil. Please consider making a tax-deductible gift online, or mailing a check to The Cookeville Regional Charitable Foundation at the address below. Together, we can show compassion and mercy to local patients who need help today.

Gratefully,
John Bell

“Don’t know what I would have done without this help.”

Phil Hyta
CRMC Announces Two Major Cardiac Imaging Upgrades

Cookeville Regional is proud to announce that 2019 will bring some very exciting changes to its cardiac imaging program.

First, in the spring, CRMC will introduce a new 128-slice CT scanner to replace the current 64-slice unit. The increased speed and detail this unit provides will allow cardiologists to detect and investigate coronary anomalies, diagnose congenital heart disease, perform angiograms to detect clinical and pre-clinical coronary artery disease, perform pulmonary vein mapping, and much more.

“Our goal for coronary CT is to avoid having to do heart catheterizations when possible, because the power of the CT is in its negative prognostic value, so if you see nothing, the patient doesn’t need to go to the cath lab because they don’t have any disease,” said Dr. Ashley Nickerson, a cardiologist who specializes in imaging at Tennessee Heart and Cookeville Regional. “But, if they’ve got something questionable, then that tends to show up even more clearly with this type of test.”

Then, this summer, Cookeville Regional plans to purchase a cardiac MRI machine.

“The MRI is the most accurate test to get volumes of the heart and to look at the right side of the heart, which is very difficult to image in other modalities,” said Dr. Nickerson. “It also provides what we call viability information, so it can help us say if the heart muscle has live tissue, and that would help us determine whether or not the patient would benefit from stents or bypass grafting. We also use it for cardiac mass and congenital heart disease. The list is endless of what we can do with MRI that we don’t currently.”

Both of these acquisitions are part of Cookeville Regional’s initiative to increase its coronary imaging capabilities to build both its noninvasive and invasive cardiac programs. Improved imaging can help patients avoid unnecessary procedures, and it can provide more accuracy when procedures are needed. All of these developments will help set the stage for some of the hospital’s planned additions to its structural heart program, such as the mitral and tricuspid clip procedures, as well as surgery to close the left atrial appendage.

“I think it’s a very exciting time for the group and for the hospital as far as cardiac care goes, because we’re expanding our services, and we’re hiring new cardiologists who are bringing these newer techniques to the practice,” said Dr. Nickerson. “It opens up our ability to care for some patients we were not able to care for here before.”

Did You Know?

Community Resources Available

In addition to the services provided at Cookeville Regional Medical Center, there are a number of other health resources available in our region and state:

- LOCAL AND REGIONAL HEALTH DEPARTMENTS
  Website: tn.gov/content/tn/health/health-program-areas/localdepartments.html

- STATE HEALTH INSURANCE ASSISTANCE PROGRAM (SHIP) FOR MEDICARE PARTICIPANTS
  Website: tn.gov/aging/our-programs/state-health-insurance-assistance-program--ship-.html

- UPPER CUMBERLAND DEVELOPMENT DISTRICT AREA AGENCY ON AGING
  Call: (931) 432-4111
  Website: agingcare.com/local/upper-cumberland-development-district-area-agency-on-aging-and-disability-cookeville-area-agency-on

- UPPER CUMBERLAND HUMAN RESOURCE AGENCY
  Call: (931) 528-1285
  Website: uchra.com/countyoffices.html

- WIC (WOMEN, INFANTS AND CHILDREN)
  Website: tn.gov/health/health-program-areas/fhw/wic.html
Betty Smith of Cookeville has always been active, but after years of increasing deterioration of her right knee joint, she finally reached a point where the pain was keeping her from enjoying life.

“I had severe pain,” said Smith. “I spent more time at home. It was a struggle to shop. I knew that I had to do something about it.”

Her doctor referred her to orthopedic surgeon Dr. John Turnbull, who recommended tourniquetless total knee replacement, a new procedure that eliminates the above-the-knee tourniquet commonly used to help surgeons with visualization during knee replacement surgery.

“The focus on the tourniquetless total knee replacement is to make recovery rapid,” said Dr. Turnbull. “The recovery and the patient’s ability to walk certain distances is sped up by twofold by not using the tourniquet. The patient can be up walking with the therapist within 30 minutes to an hour after the surgery, and they’re able to get up on their feet and walk, with a helper, out the door the following day.”

“After discussing things with Dr. Turnbull, I knew that this surgery was what I needed to do, that it would take away my pain, and that I would once again be able to do the things I wanted to do,” said Smith.
I knew that this surgery was what I needed to do, that it would take away my pain, and that I would once again be able to do the things I wanted to do.

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Betty Smith

Smith had surgery on a Monday and came home on Wednesday before lunch.

“I had no bruising in the top portion of my leg, which I think led to less pain,” said Smith.

Smith only used a walker and a cane for three weeks after her surgery. And, just three months later, she was already walking outside and doing water aerobics.

“Every day, I try to put something back into my life that I did before I came up with the pain in my knee,” said Smith. “I am back to the things that I used to do, which is walking, both inside and outside. I go to my water aerobics classes and work hard at that. I think that this new procedure really contributed to this quick recovery.”

“I see Betty doing anything she wants to do,” said Dr. Turnbull. “As far as any restrictions after a total knee replacement, I tell patients that I don’t want them to run; I don’t want them to hang glide or parachute; but they can walk as far as they want. If they want to walk a marathon, they can do it.”

Now, Smith recommends Cookeville Regional to anyone who asks her.

“Staying here and being easier on my family means we did not have to drive very far for surgery or for my therapy,” said Smith. “I feel like I got much better care here than I might have in bigger cities, and I was home. When you’re happier, things go better.”
Body in Motion

Walking Safely in Rural Areas

Rural areas may have less traffic than big cities, but “a walk in the country” does require special care. Often the vehicles on rural roads travel at much higher speeds than pedestrians are used to, and drivers won’t expect to see someone walking on or near the side of the road. So, remember the following safety rules, and enjoy your walk!

- Always walk facing oncoming traffic.
- Look for a smooth, stable surface alongside the road.
- If there are guardrails, see if there’s a smooth, flat surface behind the barrier where you can walk.
- If you need to walk on a paved shoulder, stay as far away from traffic as possible.
- Watch for bridges and narrow shoulders.
- Be sure drivers can see you. Wear brightly colored clothing, and if you walk during low-light hours — dusk or dawn — be sure you have reflective material on your jacket or walking shoes and carry a flashlight.
- Take along a cell phone and an ID, especially if walking alone.

Source: The National Institute on Aging at NIH go4life.nia.nih.gov/be-safe-when-exercising-outdoors/

Stress Relief Techniques

As we get older, life changes such as retirement, health problems or even changing our residence can bring unwanted stress. If the stress lasts a long time, it can lead to — or worsen — a range of health problems including digestive disorders, headaches, sleep disorders and other symptoms. But relaxation techniques can often provide relief.

How are relaxation techniques used?

Relaxation techniques are designed to produce the body’s natural relaxation response, characterized by slower breathing, lower blood pressure and a feeling of calm and well-being. Stress management programs commonly include relaxation techniques.

Relaxation techniques have also been studied for anxiety, depression, insomnia and other conditions.

Relaxation techniques include the following:

- **Autogenic Training** - In autogenic training, you learn to concentrate on the physical sensations of warmth, heaviness and relaxation in different parts of your body.
- **Biofeedback-Assisted Relaxation** - Biofeedback techniques measure body functions and give you information about them so that you can learn to control them. Biofeedback-assisted relaxation uses electronic devices to teach you to produce changes in your body that are associated with relaxation, such as reduced muscle tension.
- **Deep Breathing or Breathing Exercises** - This technique involves focusing on taking slow, deep, even breaths.
- **Guided Imagery** - For this technique, people are taught to focus on pleasant images to replace negative or stressful feelings. Guided imagery may be self-directed or led by a practitioner or a recording.
- **Progressive Relaxation** - This technique, also called Jacobson relaxation or progressive muscle relaxation, involves tightening and relaxing various muscle groups. Progressive relaxation is often combined with guided imagery and breathing exercises.
- **Self-Hypnosis** - In self-hypnosis programs, people are taught to produce the relaxation response when prompted by a phrase or nonverbal cue (called a “suggeston”).

Source: nccih.nih.gov/health/stress/relaxation.htm#hed3

Cookeville Regional Medical Center complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Cookeville Regional Medical Center does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex. CRMC provides language assistance services free of charge. If you need assistance, please call 1-931-783-2733 or 1-931-528-2541. Spanish: Atención: Si usted habla español, puede utilizar los servicios de soporte de idiomas de forma gratuita para usted. Llame al 1-931-783-2733 o (1-931-528-2541). Arabic: (2541-528-931-11) (1-931-783-2733) 1-931-528-2541. antabaha ‘isda kunt tatakallam alearbiata, yumkinuk aistikhdam khudamat daem allughat majana laka. daewat 1-931-783-2733 ‘aw (1-931-528-2541).
Train Your Brain

Crossword

Across
1. Leaf apertures
8. Islamic chiefs
13. Bird women of myth
14. Upchuck
15. Mysteries
16. Belittle
17. "Act your ___!"
18. New device to help with heart failure: Cardio____
20. Caught
21. Regional sounds (2 wds.)
24. "___ alive!"
25. 40 winks
26. Ask, as for aid (2 wds.)
28. Gibberish
31. Prepare to surf, perhaps (2 wds.)
32. Unpaid debt
34. Congratulations, of a sort
35. "Flying Down to ___"
36. Needed to give blood (2 wds.)
42. Back
43. "This means ___!"
44. Its license plates say "Famous potatoes"
46. On the line (2 wds.)
49. Boredom
50. ___ way
51. Change, as a clock
52. Craft

Down
1. Bundle
2. Argentine dance
3. Architectural projection
4. Automobile sticker fig.
5. Order between "ready" and "fire"
6. Join forces (with) (2 wds.)
7. Beasts of burden
8. Lacking blood vessels
9. Kind of rule
10. Representing visually
11. Rice cooked in meat stock
12. Type of 10-gallon hat
22. "Trick" joint
23. Inept
27. Campus military org.
28. Obstacle
29. Daughter of King Minos
30. Heavy work shoes
33. ___ v. Wade
34. Entrance
37. Indian breads
38. Cognizant
39. Hay scoopers
40. Shift, e.g.
45. Cast
47. Chester White's home
48. 252 wine gallons

Sudoku

Look for the solutions to the puzzles on page 13.

Link Words

Can you find the six-letter word that can be placed either before or after the following three words to make a new word or phrase?

a) ROCK
b) BELL
c) LINE

Word Ladder

See if you can transform the first word on the ladder into the last word by changing only one letter at a time on each rung — for instance, heat --> hear --> rear --> roar and so on.
**Nutrient Knowledge - Vitamin K**

Vitamin K is a fat-soluble vitamin that is naturally present in some foods and is available as a dietary supplement.

Vitamin K is a nutrient that the body needs to stay healthy. It’s important for blood clotting and healthy bones and also has other functions in the body. If you are taking a blood thinner such as warfarin (Coumadin®), it’s very important to get about the same amount of vitamin K each day.

You can get recommended amounts of vitamin K by eating a variety of foods, including the following:

- Green, leafy vegetables, such as spinach, kale, broccoli and lettuce
- Vegetable oils
- Some fruits, such as blueberries and figs
- Meat, cheese, eggs and soybeans

The recommended daily intake of vitamin K for adults is 120 mcg per day for men and 90 mcg per day for women. Most U.S. diets contain an adequate amount of vitamin K to meet these requirements.

Vitamin K is also found in multivitamin/multimineral supplements, as well as in supplements of vitamin K alone or of vitamin K with a few other nutrients such as calcium, magnesium and/or vitamin D.

Vitamin K deficiency is very rare. Most people in the United States get enough vitamin K from the foods they eat. Also, bacteria in the colon make some vitamin K that the body can absorb.

*Source: ods.od.nih.gov/factsheets/VitaminK-Consumer/*

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**Reducing Salt and Sodium When Eating Out**

Reduce the amount of salt and sodium you consume when eating out by following this advice:

- Ask how foods are prepared. Ask that they be prepared without added salt, MSG or salt-containing ingredients. Most restaurants are willing to accommodate requests.
- Know the terms that indicate high sodium content, such as pickled, cured, smoked, soy sauce and broth.
- Move the salt shaker away.
- Limit condiments, such as mustard, ketchup, pickles and sauces that contain salt.
- Choose fruit or vegetables instead of salty side dishes or snack foods.
From Our Kitchen to Yours – Zucchini Boats

Ingredients
- 2 medium zucchini
- ½ cup shredded carrot
- ¼ cup chopped onion
- Vegetable cooking spray
- 1 cup corn bread stuffing mix
- 1/2 cup and 3 tablespoons water, separate
- ¼ cup shredded, reduced-fat, sharp cheddar cheese (or any other type of shredded cheese you like)

Directions cooking spray

Meanwhile, prepare stuffing. Lightly spray a medium saucepan with vegetable spray. Add carrot and onion and cook over medium heat until onion is tender. Stir in stuffing mix and 3 tablespoons water. Next, spoon stuffing into prepared zucchini. Sprinkle cheese on top of the stuffing in each zucchini, then place them in a shallow baking dish.

Bake in a 350° oven for about 20 minutes or until zucchini are tender and stuffing is heated through.

Makes 4 servings.

Nutrition Information (per serving):
- Calories 179, Total fat 6 g, Saturated fat 1 g, Cholesterol 0 mg, Sodium 113 mg,
- Total Fiber 2 g, Protein 4 g, Carbohydrates 29 g

Sudoku Solution

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Link Words Answer

BOTTOM (rock bottom, bell-bottom, bottom line)

Word Ladder Solution

HEARD
BEARD
BEARS
BEADS
BENDS
BINDS
BIRDS

Look for the puzzles on page 11.
Calendar of Events

Cookeville Regional welcomes you to these fun and educational health screenings and events that give you an opportunity to ask questions about health issues. All events are held in the Education Center unless otherwise indicated.

BLS Heartcode
What: This course is designed for health care providers who are not CRMC employees and includes adult, child and infant CPR and AED training. There is an online portion to this training. Each participant will receive a two-year certification from the American Heart Association upon completion. The skills check-off portion of this course is approximately 70 minutes.
When: Saturdays, May 11 and 25, June 8 and 22, and July 6 and 20 from 1:30-2:45 p.m.
Where: The CRMC Education Center
For more information or to register: Call (931) 783-2370 or email sariddle@crmchealth.org.

Heartsaver First Aid/CPR/AED
What: This course is for anyone with limited or no medical training who needs a course completion card in first aid to meet job, regulatory or other requirements. Heartsaver First Aid is an instructor-led course that teaches students critical skills to respond to and manage an emergency in the first few minutes until emergency medical services arrives. Students learn duties and responsibilities of first-aid rescuers; first-aid actions for medical emergencies, including severe choking, heart attack and stroke; and skills for handling injury and environmental emergencies, including external bleeding, broken bones, sprains, bites and stings. Each student will receive a student workbook and certification card (via email). Certification is good for two years.
When: Saturdays, May 11 and 25, June 8 and 22, and July 6 and 20 from 8 a.m.-12:30 p.m.
Where: The CRMC Education Center
Cost: In accordance with the American Heart Association, the cost for these classes has increased: Heartsaver First Aid - $45; Heartsaver CPR - $45; Heartsaver First Aid and CPR with AED - $60.
For more information or to register: Call (931) 783-2370 or email sariddle@crmchealth.org.

Community Health and Fitness Fair
What: An event featuring free and low-cost screenings
When: Saturday, May 18, 7-10 a.m.
Where: The CRMC Education Center
For information or to register online: Call (931) 783-2743 or visit crmchealth.org/healthfair.

Men’s Monday
Topic: "Be Strong: Building Strength and a Healthy Prostate"
Speaker: Gina Filoteo, physical therapist
Lunch: Salisbury steak with gravy, macaroni and cheese, baby carrots, rolls, cookies and drinks. Provided by CRMC Food and Nutrition for $6 (will need to order in advance), or you may bring your own.
When: Monday, May 20, from 12-1 p.m.
Where: The CRMC Education Center, Room 3
For more information or to RSVP: Call (931) 783-2743. Reservations must be made by Monday prior to luncheon.

Club 50 Plus
Topic: "Arthroscopic Rotator Cuff Repair"
Speaker: Dr. Kenneth Grinspun
When: Tuesday, May 21, from 12-1 p.m.
Where: The CRMC Education Center, Rooms 3 and 4
For more information or to join Club 50 Plus: Call (931) 783-2660 or visit crmchealth.org/club-50-plus/about.

Circle of Hope
What: A support group for patients who are diagnosed with any type of cancer, and their families
When: The first Wednesday of each month at 10 a.m.
Where: The CRMC Cancer Center
For more information or to sign up: Call (931) 783-2026.

Quit 4 Life Tobacco Cessation Class
What: A free class where you can learn the tricks, tips and tools to stop smoking, dipping and using e-cigs for life. Open to the public.
When: A new class starts every Thursday from 6-7 p.m.
Where: The CRMC Cafeteria Algood Room
For more information: Call Randy Todd at (931) 261-4305.

Weight-Loss Surgery Seminars
What: Weight-Loss Surgery Seminars are held on the second Monday of each month with Charles T. Huddleston, M.D., general and bariatric surgeon, and on the fourth Thursday of each month with Jeffrey McCarter, M.D., general and bariatric surgeon.
When: The second Monday and fourth Thursday of each month from 6-7 p.m.
Where: The CRMC Education Center
To reserve seats or for more information: Call (931) 528-1992.

Stoke Support Group
What: A support group for patients who have had a stroke, and their families
When: The first Thursday of each month at 1 p.m.
Where: 215 W. Sixth St., Inpatient Rehabilitation Center dining room
For information or to sign up: Call (931) 783-2800 or email CRMCstrokesupportgroup@crmchealth.org.

BLS Heartcode
What: This course is designed for health care providers who are not CRMC employees and includes adult, child and infant CPR and AED training. There is an online portion to this training. Each participant will receive a two-year certification from the American Heart Association upon completion. The skills check-off portion of this course is approximately 70 minutes.
When: Saturdays, May 11 and 25, June 8 and 22, and July 6 and 20 from 1:30-2:45 p.m.
Where: The CRMC Education Center
For more information or to register: Call (931) 783-2370 or email sariddle@crmchealth.org.

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Cookeville Regional welcomes you to these fun and educational health screenings and events that give you an opportunity to ask questions about health issues. All events are held in the Education Center unless otherwise indicated.
Senior Happenings

The Cookeville Senior Center welcomes you to the following ongoing programs. All events are held at the Cookeville Senior Center, located at 186 S. Walnut Ave. in Cookeville.

Video Zumba
**When:** Mondays and Wednesdays at 10:30 a.m.

Pickleball
**When:** Tuesdays and Thursdays at 10:30 a.m.

Drawing 101
**Instructor:** Carol Joyce
**When:** Tuesdays at 12:30 p.m.

Wood Carving
**Instructor:** Tom Tomberlin
**When:** Wednesdays at 9:15 a.m.

Joint Pain Class
**When:** The third Thursday of each month at noon
**Where:** Outpatient Rehabilitation Center at Cookeville Regional, 215 W. Sixth St.
*For topics and times: Visit crmchealth.org/rehab or call (931) 783-2900.*

Mended Hearts Support Group
**What:** A nonprofit service organization and support group for people with heart disease, and their families.
**When:** The third Thursday of each month at 6 p.m.
**Where:** The CRMC Education Center, Rooms 2, 3 and 4
*For information: Email pharaoh-blanche@hotmail.com.*

Breast Cancer Support Group
**What:** An emotional and educational support group for women with breast cancer
**When:** The last Tuesday of each month from 11:30 a.m.-12:30 p.m.
**Where:** Room 3 in The CRMC Education Center
*For more information or to sign up: Call (931) 783-2026.*

Go Pink at YMCA
**What:** The Go Pink Program is an outreach program that provides comprehensive nutrition, exercise and wellness services free of charge to all breast cancer survivors. Each participant receives full access to the YMCA for six months, a custom wellness plan designed by a Pink Ribbon™-certified trainer, nutrition counseling from a registered dietitian, assessment and education from a lymphedema specialist, and encouragement and support from caring staff members as well as fellow breast cancer survivors.
*To register: Contact Jenny Thacker about Go Pink at (931) 528-1133 or jenny@pcfymca.org.*

CRMCEVENTS for more information about coming CRMC events.
The low-dose CT scan found the cancer where the X-ray I don’t think would have seen it.

— Joseph Pryor
Lung Cancer Patient

Fast, Easy and Affordable
Now Covered by Medicare and some commercial insurances

Talk with your doctor to see if you meet the required criteria. For more information and to see if you meet the required criteria, visit crmhealth.org/lungscreening.