“It’s great to be alive - and to help others!”

From The President
Submitted by Blanche Smithers

What do you think about when thinking of November? Is it raking leaves, maybe weather getting cooler, time change perhaps? Probably all the above, but mostly it is Thanksgiving and turkey. Thanksgiving is the time families get together and a time to be thankful for all of the blessings we have. Most of us just take for granted what we have, a nice warm bed and food on our table. So many people don’t have that. For instance, remember all the people left homeless when the hurricane hit. Let all of us be thankful we have a roof over our head and food on our table. Most of all be thankful for our health and friends. Why can’t we all unite together and stop all the hate in the world.

I wish each of you a blessed and Happy Thanksgiving. Give someone your smile today and be happy with what we have. That smile might just make a difference in someone’s day.

Thank you
Thank you to everyone who helped make our silent auction a success. I want to especially thank Richard and Glee Miller who worked so hard as our silent auction chairman and cochairman.

Next Meeting
Our next meeting will be November 15, at CRMC Education rooms 2-3 &4. Our speaker will be Andrea Burckhart. Please bring a covered dish and a baked item for our bake sale.

Bake Sale
Our semi annual bake sale will be November 16, in Education room 2 from 7:00 am until 2:00 pm. Proceeds to provide for our AED program. Please bring baked items to the meeting on Thursday night before. If you have any questions please call Blanche at 931-526-4497.

Thank You
A special thank you to Dr. Todd Chapman for the excellent program on the function of the heart. We hope to have him back soon for some follow-up topics.

Thought for the Day
Life is short; so don’t waste a second of it. Happiness is the greatest gift a person can have or bestow.
Cottage cheese and sour cream will last twice as long if you turn the container upside-down. This forms a vacuum and prevents bacteria.

From Our Kitchen to Yours

Pumpkin Pecan Cobbler

An easy and DELICIOUS fall dessert that makes its own hot caramel sauce in the pan while it bakes!

**Ingredients:**
**Pumpkin Layer:**
- 1/2 cup all purpose flour plus 3 tablespoons
- 1/2 cup whole wheat pastry flour or additional all purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon kosher salt
- 2/3 cup granulated sugar
- 2 teaspoons pumpkin pie spice mix
- 1/2 cup pumpkin puree
- 1/4 cup milk plus 1 tablespoon (any kind you like—I used skim), at room temperature
- 1/4 cup unsalted butter melted and cooled
- 2 teaspoons pure vanilla extract

**Topping:**
- 1/2 cup granulated sugar
- 1/2 cup brown sugar light or dark—I used dark
- 1/4 teaspoon ground cinnamon
- 1/3 cup chopped pecans
- 1 1/2 cups very hot water

Vanilla ice cream, heavy cream, and/or whipped cream for serving

**Instructions:**

Preheat the oven to 350 degrees F. Lightly coat a 2-quart casserole dish with cooking spray (a deep 8x8-inch or 9x9-inch pan will work also).

In a medium bowl, whisk together the all purpose flour, pastry flour, baking powder, salt, granulated sugar, pumpkin pie spice. Set aside.

In a smaller bowl or large measuring cup, stir together the pumpkin, milk, melted butter, and vanilla to combine. Pour the wet ingredients into dry ingredients and stir gently, just until combined. The batter will be very thick. Scrape the batter into the prepared pan, smooth into an even layer, then place onto a large, rimmed baking sheet to catch any drips.

Prepare the topping: In a small bowl, stir together the granulated sugar, brown sugar, and cinnamon until well combined. Stir in the pecans, then scatter the topping mixture over the pumpkin batter. Pour the hot water evenly over the top, DO NOT STIR. Carefully lift the baking sheet with the pan on top and place in the oven. Bake for 40 minutes, just until the middle is set. Remove from the oven and let cool 5 minutes. Serve warm, topped with vanilla ice cream, a splash of heavy cream, or whipped cream, as desired.

October Highlights

We had an informative guest speaker, Dr. Todd Chapman, at our meeting. Nominations were opened for our 2018 Mended Heart of the Year Award and will be taken through the November meeting. The winner will be announced at the December Christmas Party. Our upcoming bake sale will be held on November 16. Please come and support us as we raise money to support our AED program.

Jamestown Highlights

Jamestown Chapter 127 met October 23 at JRMC. Seven members were present with Dr. Clark speaking on the heart plus other interesting matters. Jamestown meets the forth Tuesday of the every month. Please mark your calendars for this date. For more information contact Sharon at 931-397-5919.

The Mended Hearts Prayer

We ask for Your blessings, Lord.
We ask for strength, That we may pass it on to others.
We ask for faith, That we may give hope to others.
We ask for health, That we may encourage others.
We ask, Lord, for wisdom, That we may use all Your gifts well.
G How long have you been members of Mended Hearts? When did you have your first heart problems?
J "Barbara and I have been members of Mended Hearts for about six years. My heart has been on the "mend" for the past 40 years. In August of 1979, I fully recovered from my first heart attack at age 38. In 1996, I had a "massive attack" and woke up with five bypasses in Saint Thomas Hospital in Nashville since open heart surgery was not yet available in Cookeville."

G What led you to become certified visitors with Mended Hearts?
J "I was led to become a certified visitor with Mended Hearts much like a minister deciding to go into the ministry. As a heart patient for most of my adult life, I wanted to render a service to my fellow man, and in doing so, make a positive impact in the lives of others."

G When did you move to Cookeville and why?
J "Our family moved to Cookeville in August of 1977 when I accepted a football coaching position with Don Wade's staff at Tennessee Technological University. I was previously employed as athletic director and head football coach at a college in Virginia."

G Barbara, did you work other than in the home raising your children, and if so, where and what type of job?
B "My most valued and significant job was “CEO of the Hughes Family”. I loved being able to stay home to raise my children in their younger years. As they grew older, I worked and retired as an office manager for a local architectural/engineering firm."

G Tell us a little of what you do (other than Mended Hearts) since retirement.
J "I take care of “honey-do list” for my wonderful wife, Barbara of 55 years. I enjoy Noon Day Rotary and have served on the Cookeville Regional Medical Center Foundation Board...did I mention golf? I love to play as often as I can, and I so enjoy my association with my golfing buddies known as “The Dog Fighters.”
B Through the years, I have remained active with tennis, handbells, and bridge club and currently enjoy my yoga exercise class. I love being a volunteer as well as being involved with my various club activities.

We both enjoy the time spent with our beautiful family, being involved with our church, and the lasting friendships of our 40 years “gourmet group.”

G How do you feel the Mended Hearts visiting program helps the heart patients and their loved ones?
J “In my opinion, there is nothing more crucial during recuperation than having a positive attitude for a successful outcome. Who better to convey positivity than a patient and caregiver who have experienced this reality. We provide support and council in helping to pave the road to recovery. The patient appreciation and acceptance are so heart felt and rewarding.”

G How many children and grandchildren do you have?
B “We have three children, two daughters and a son. We have eight grandchildren and one great grandson. We have been truly blessed through the years with the love, success and strong faith of our precious family.”

G Jim, have you worked any other jobs since coming to Cookeville?
J “Upon making the decision to leave coaching after 20 years and wanting to raise our family in Cookeville, we were given the great opportunity for me to coach another team. In 1984, I had the good fortune to become the general manager and later president of Builder’s Supply Company. My retirement came after 30 years in the building materials business. I was extremely privileged with two enriching careers.”

G What is your favorite type of vacation - where and why?
J “Barbara and I have had many vacations over the past 55 years, but nothing is better than children, grandchildren, and now great grandchildren at the beach with the God given blessing of being together as a family.”

G What piece of advice would you give your children and grandchildren?
J “The best advice we could give our children, grandchildren, and great grandchildren would be to remember to always love your God, love your family, and love your neighbor as yourself. In doing so, God’s light will always shine on you and yours. I have given my children and grandchildren their “Jimdaddy Wisdom”...the 7 principles as stated by John Wooden:
1.  be true to yourself
2.  help others
3.  make each day your masterpiece
4.  make friendship a fine art
5.  drink deeply from good books - especially the Bible
6.  build a shelter against a rainy day
7.  give thanks for your blessings and pray for guidance every day

“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!”
155th Anniversary of the Gettysburg Address
November 19, 1863 - Veteran’s Day, November 11, 2018

In 2018, Veteran’s Day meets Gettysburg.

No other tribute to veterans ever written more defines the American experience than the Gettysburg address.

Abraham Lincoln, speaking on the grounds of the Civil War Battlefield at Gettysburg, noted humbly and sadly that “the world will little note nor long remember what we say here, but it can never forget what they did here.” But he was wrong. The world did take note and long remembered.

Packed into the two-minute, 271-word speech are some of the most iconic phrases and sentiments in American history. The event, in November 1863, was to consecrate a burial ground for some of the 620,000 soldiers who died in the war. It took 100 years of foreign wars before that staggering death toll was surpassed. In the 1960s, the number of all Americans who died in every foreign war, including both world wars, at last eclipsed the number who died when American fought American and brother fought brother. Today, 644,000 soldiers have died in all other foreign conflicts.

The Gettysburg address has an eerie modern ring in these days of conflict and division. “Four score and seven years ago our fathers brought forth on this continent, a new nation, conceived in Liberty, and dedicated to the proposition that all men are created equal. Now we are engaged in a great civil war, testing whether that nation, or any nation so conceived and so dedicated, can long endure.”

Lincoln told the gathered crowd that the soldiers themselves had consecrated that ground with their blood. He said it was up to the living to dedicate themselves to proving that they did not die in vain. But instead to vow that, “... this nation, under God, shall have a new birth of freedom -- and that government of the people, by the people, for the people, shall not perish from the earth.”

Types of Diabetes

Three main types of diabetes affect 30 million people in the US, according to the Centers for Disease Control, and 1 in 4 don’t know they have it.

Type 1: An autoimmune disease commonly, but not always, is diagnosed in childhood. The body’s own immune system destroys the pancreas. Type 1 diabetics must take insulin injections.

Type 2: More than 90 percent of people with diabetes have Type 2. Usually diagnosed in adults over age 40, about 80 percent of sufferers are overweight. In Type 2, the pancreas produces insulin but the body becomes increasingly resistant to it and, eventually, production is decreased. Weight loss, exercise, diet and insulin pills can help people stay healthy.

Gestational diabetes: This occurs during pregnancy and often disappears after delivery, but there is an increased risk of developing diabetes later in life.

New Tool Could Save Eyesight of Millions of Diabetes

If discovered early, diabetic eye disease can be treated before it leads to blindness.

Now Google is developing an Artificial Intelligence diagnostic tool that can be used in a primary care physician’s office. The AI tool is capable of rapidly reviewing eye scans and sorting out which patients need treatment for diabetic retinopathy.

Worldwide, about 415 million people are at risk for diabetic retinopathy. In a country such as India, with 70 million diabetics, many patients in rural areas don’t have access to specialists. The new AI tool could identify their risk at their physician’s office, before they are in danger of losing eyesight.

The Google team hopes diagnosing diabetic eye disease will one day be as easy as taking a temperature.
Introducing Survivors Have Heart
CardioSmart
When someone suffers a heart attack, the initial focus is often on healing physically. Yet, the emotional journey can be just as impactful, and sometimes even more difficult than expected. Heart attack survivors can feel vulnerable or afraid. But there is hope, and help.

That’s why AstraZeneca has created Survivors Have Heart – a movement to celebrate survivorship and a destination that provides support and community for heart attack survivors and their loved ones.

We encourage you to visit SurvivorsHaveHeart.com where you will find heartwarming personal stories, videos and valuable resources, and where you can sign up to receive a helpful guide with tips for survivors.

Do You Have ‘Sitting Disease’?
CardioSmart
Sitting is the new smoking! According to recent studies, too much sitting can be bad for your health, even if you exercise regularly. People who are mostly sedentary face a higher risk of chronic diseases and death than people who spend more time on their feet.

Most of us sit for more than half of our waking hours—an amount researchers say is too much.

How many hours do you spend sitting at a computer, driving, watching TV or doing other sedentary activities in a typical day?

Move More
Think of three ways you could spend more of that time standing or moving. For example:

• Opt for an activity break to stretch and move your body vs a snack or coffee break
• Walk around or do leg raises during your next conference call
• Keep stretching bands and/or hand weights near where you watch TV and use the commercials as a cue to get up and move
• Set an alarm at the top of every hour and get out of your chair at work and home (some fitness devices can be programmed to do this, too)

What else could you do? Write down your ideas and post them visibly near where you usually sit for long periods.

15 Active Minutes a Day for Longer Life
CardioSmart
Doctors recommend at least 150 minutes of physical activity each week to promote good health. Regular physical activity has been shown to have numerous health benefits, including reduced risk for heart disease and heart attack. So whether you’re cleaning your house or going for a run, engaging in at least 150 minutes of any type of physical activity has been proven to be beneficial to your health.

But what about those who exercise less than the recommended 150 minutes each week? Do they achieve any health benefits, or is it all or nothing?

A study published in medical journal The Lancet followed over 416,000 individuals for an average of 8 years to see if engaging in some physical activity (92 minutes/week or 15 minutes/day) was associated with any health benefits. They found that exercising for just 15 minutes each day helps reduce risk for death by 14% and increases life expectancy by 3 years. And for every additional 15 minutes of daily exercise, risk for death decreased by 4%.

Based on these findings, those people exercising less than the recommended 150 minutes each week still benefit from physical activity. Although risk for death, among other health conditions, decreases with increased physical activity, this study helps reinforce the saying that “some is better than none.” Whether you fit 15, 30, or 45 minutes of activity into your daily life, every bit counts and can help improve your cardiovascular and overall health.

Giving Mighty Thanks For The Little Things
PagesMag1118
The great humorist Will Rogers once said of Thanksgiving: In the days of our founders, they were willing to give thanks for mighty little, for mighty little was all they expected. If they could gather in a few pumpkins, potatoes, and some corn for the winter, they were in a thankful mood.

Today we have mighty expectations even for the mundane. When you think about it, it’s a bit of a miracle that we rarely give a thought as to who grows the pumpkins and corn, but we expect them to be there when we want them.

So, on Thanksgiving, give a thought to the mighty little expectations of the founders and count your blessings. Have a great holiday!
THANKSGIVING WORD SEARCH
SMKEYLEZIAMCNN
PUMPKNINGGKAOGZ
MCNRFLGMCOLONY
OMOCRHLFTTRX
BSDSQASHSEDV
ASECORNMAEADI
JEEIPADEEVGWG
LENRTILFMYRNJSG
OKFDTYESAILKR
OCNRGLKMHEFCNI
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BSGMULARBUUWHS
ZFATPODVSTUTA
JFALLSMAHSZH
AMERICA GRAVY SAIL
COLONY HARVEST SETTLERS
COOK INDIANS SICKNESS
CORNA MAIZE SQUASH
ENGLAND MAYFLOWER STUFFING
FALL PIE THANKSGIVING
FAMILY PILGRIMS TURKEY
FEAST PLYMOUTH YAMS
FREEDOM PUMPKIN

MENDED HEARTS CHAPTER 127 COOKEVILLE
Officers
President Blanche Smithers 931-526-4497
Vice President Laura Jackson 931-858-2196
Treasurer Carolyn Smith 931-537-3659
Secretary Marsha Godsey 931-252-1406

Accredited Visitors
1. Blanche Smithers Every other Monday 931-526-4497
2. Joe Carter Every other Monday 931-260-4816
3. Sheila Thomison Every other Monday 931-581-6089
4. Richard Miller Every other Tuesday 931-261-2170
5. Glee Miller Every other Tuesday 931-261-2170
6. Charles Jackson Every other Tuesday 931-858-2196
7. Laura Jackson Every other Tuesday 931-858-2196
8. Dennis Guzlas Every other Wednesday 931-858-0100
9. Karen Guzlas Every other Wednesday 931-858-0100
10. Jim Greene Every other Wednesday 931-372-0513
11. Debbie 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. Jimmie Loftis Every other Friday 931-432-5885
19. Linda Loftis Every other Friday 931-432-5885
20. Carl Wingfield Every other Saturday 931-268-3348
21. Lorna Wingfield Every other Saturday 931-268-3348

ACCREDITED SUBSTITUTES
22. Bob Freeman Substitute 931-537-9811
23. Ray Savage Substitute 931-761-4336
24. Billy McElhaney Substitute 931-651-1288
25. JoAnn Howard Substitute 931-252-5464

NEWS LETTER COMMITTEE
Sherry Shockley, Editor email: sshockley1@frontiernet.net 931-537-3182
Angie Boles Publisher / Designer 931-528-2541
Charles Jackson Photographer 931-858-2196

CHAPLAIN
Ray Savage 931-761-4336

ACCREDITED VISITORS CHAIRMAN
Richard Miller - Chairman 931-261-2170
Glee Miller - Co-Chairman 931-261-2170

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Richard Miller Silent Auction 931-261-2170

AED PROGRAM
Charles Jackson - Chairman 931-858-2196

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Sharon Parris 931-397-5919

CARDIAC REHAB
Debbie Baker 931-783-2786

SUNSHINE CHAIRMAN
Linda Kries 931-537-2559

Calendar of Events
November is American Diabetes Month and COPD Awareness Month
November 8 Board of Directors, Room 4
November 10 CRMC Health Fair
November 11 Veterans Day
November 15 Mended Heart Meeting
November 16 Bake Sale
November 22 Thanksgiving
November 27 Jamestown Meeting

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 October Meeting

Charles Jackson, Mended Hearts AED Chairman presents an AED to New Union Baptist Church.

McCoinsville Church of Christ is presented an AED by Charles Jackson, Mended Hearts AED Chairman.

Mended Hearts October Meeting

Dr. Todd Chapman speaking at the Cookeville Chapter 127 Mended Hearts meeting.

A special thank you to Outback Steakhouse for providing Mended Hearts members with lunch at our Silent Auction.

Jamestown Mended Hearts October Meeting

Dr. Clark speaking at the Jamestown Mended Hearts meeting on the heart plus other interesting matters.
# Member Enrollment

## Member Information

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## Medical Info/Demographics

### Optional for Mended Hearts reporting purposes in aggregate only

- **Name of Heart Patient:**
- **Type of Surgery/Procedure:**
  - Angioplasty
  - Heart attack
  - Diabetes
- **Name of Caregiver:**
- **Phone:**
- **Alt Phone:**

### Add my email to monthly national email updates?

- **Yes**
- **No**

### Optional info:

- **Date of birth:**
- **Race:**
  - Caucasian
  - Black
  - Asian
  - Am. Indian
  - Other
- **Gender:**
  - Male
  - Female

## National Membership Dues:

- **United States national**
  - Individual: $20.00
  - Family: $30.00
  - Life – Individual Dues: $150.00
  - Life – Family Dues: $210.00

- **Chapter dues (please customize)**
  - Individual: $_____ $______
  - Family: $_____ $______
  - Life – Individual Dues (if applicable): $_____ $______
  - Life – Family Dues (if applicable): $_____ $______

### Dues Summary:

- National dues: $______
- Chapter dues: $______
- TOTAL: $______

- I am joining as a non-heart patient:
  - Physician
  - RN
  - Health Admin
  - Other Interested Party
  - Other

- I would like to make a tax-deductible contribution of: $______

- Donation to national $______
- Donation to chapter $______

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Please send payment with enrollment form to MHI chapter Treasurer.

**Carolyn Smith**

588 Old Quails Road

Cookeville, TN 38506

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