From The President

If you missed our Mended Hearts 2018 Christmas Party you really missed a wonderful night of good food and friendship. We want to thank CRMC who catered our meal and they really out did themselves.

After prayer, we were served Chicken Cordon Bleu with cream sauce, sweet potato casserole, green beans and a broccoli salad made by our own elves in the kitchen. The dessert consisted of white coconut cake or pecan pie. Thank you to the Culinary Club from CHS doing our serving.

We had the pleasure of Jay Peterson singing and playing the keyboard as we assembled. Santa Claus surprised everyone with his appearance and had a small gift for everyone. Thank you Santa, you were super.

After our wonderful meal, we proceeded with a short meeting by introducing our Board of Directors. I’m sorry to say our Vice President, Laura Jackson and her husband Charles who is our AED chairman, were not able to attend as Laura was in the hospital. We missed you both.

I was proud to announce the winner of the 2018 Mended Heart of the Year, Glee Miller. She received a pin and plaque. This honor is voted on by our members. Glee was very deserving of this honor and we all say thank you for all you do for Mended Hearts.

Door prizes were drawn and each member was given a Christmas present. It was a wonderful night of fun, food and friendship. Thanks to all who ventured out on that bad, rainy night.

Wishing each of you a Very Happy and Healthy 2019.

CONGRATULATIONS

Congratulations to Glee Miller, 2018 Mended Heart of the Year.

CONDOLENCES

Our sympathy goes out to the family of Arlie Freeman. Arlie passed away after an extended illness. She and husband Bob were visitors. She will be missed.

Also our sympathy goes to the family of Linda Thompson. Linda was a former member of Mended Hearts.

NEXT MEETING

Our next meeting will be January 17 at 6:00 pm in Education rooms 2-3 & 4 at CRMC. Pot luck as usual. Our speaker will be Scott Williams, CRMC Chief Operating Officer.

THOUGHT FOR THE DAY

Folks are usually about as happy as they make their minds up to be.
Mix 1 teaspoon of Dawn dishwashing liquid, 1 tablespoon of rubbing alcohol and half gallon of hot water. Pour over icy areas and it won’t refreeze or eat/chip the concrete like salt does.

**Tomato Egg Bake**

**Ingredients:**
- 1 tablespoon olive oil
- ½ onion minced
- ¼ cup zucchini grated
- 1 tablespoon garlic minced
- 3 plum tomatoes diced
- 1 15-oz can black beans drained and rinsed –or you can use any type you like
- ½ tsp cumin ground
- ¼ tsp coriander ground
- 3/4 tsp kosher salt
- 1/8 tsp ground black pepper
- 4 large eggs
- 1 scallion sliced or parsley (optional)

**Instructions:**
1. Pre-heat oven to 375˚ F.
2. Heat olive oil in a pan over medium heat, onion and zucchini and cook until soft, ~3 minutes.
3. Add garlic and cook ~30 seconds then add tomatoes, black beans, cumin, coriander salt, and pepper.
4. With the back of a spoon, make four slight indentations in the mixture and crack the eggs into them. Place pan into the oven for about ~6-8 minutes to finish cooking the eggs to your liking.
5. Garnish with scallions or parsley. For an extra kick, add a pinch of cayenne pepper or chili powder.
I have been asked to write a spotlight message for the Jamestown Mended Hearts section. There is a separate satellite mended hearts group that meets in Jamestown on the fourth Tuesday of every month. This mended hearts group is a section of the Cookeville Mended Hearts group, and was created to give people in Fentress County a local area to come for support. Mended Hearts is intended for the families, and especially any patients who have heart issues or who have had procedures!

Our Jamestown Mended Hearts began after one of our Fentress County Nurses, Lisa Cravens, had a heart attack in 2006. She had open heart surgery in Cookeville and was exposed to all the risks involved and of course cardiac rehab! Cardiac follow up is a very necessary element following heart surgery! Cardiac surgery repairs heart issues, it does not cure the problems! It is wonderful to have a support system to be involved in that has some of the same problems that you have to deal with!

Since Lisa was an Emergency Room Nurse, she was approached by Tom and Lucille Little; and Pharoah and Blanche Smithers to see if she would be interested in helping start a satellite Mended Hearts group in Fentress County. This would save lots of travel time...and we have had speakers from Cookeville to come to us to enable us to deal with life issues after heart procedures!

I first learned of Mended Hearts when Pharoah came to York Institute to follow up on a defibrillator that had been donated to them from the Cookeville branch. In March of 2009, our whole world changed when my husband Danny had a heart attack and then open heart surgery. (Being a nurse myself, people assume that you know everything just because you have that title!). One of the first blessings that I had is when Pharoah and another worker came to me in the surgery waiting room and told me exactly what to expect when he came out of surgery! A friend of ours from church, Pharris, had open heart surgery the day after Danny... and this was Lisa's Dad! This is when I learned what Mended Hearts really meant, because my husband had to be opened up 2 more times before he could even begin cardiac rehab!! We joined Mended Hearts and have been active since.

I became the chairperson of Mended Hearts by default...my husband passed away in 2016 and he was the chairman at the time. We do work closely with the Cookeville branch and try to be positive influences to those who will join us! We try to have speakers and discuss issues that should be addressed regarding heart issues. We welcome cardiac patients and families to join us! Again, we meet the 4th Tuesday of the month, at 6:00 pm at the Jamestown Hospital front conference room!

Thank you, Sharon Parris
MENDED HEARTS 2018 CHRISTMAS PARTY
Precisely what is the dreaded “Flu”?

It’s an acute respiratory illness caused by influenza viruses A or B. While most people who get the flu recover in a week or two, others can develop severe and potentially life-threatening complications. According to the Mayo Clinic, those most threatened are children under five and adults older than 65, nursing home and long-term care residents, pregnant women up to two weeks postpartum, and others with weakened immune systems. So too are people with chronic illnesses or who are extremely obese.

If the flu strikes, stay home. You’re sick and highly contagious. Embrace your downtime and heal your body with it. Curl up on the couch, read, watch TV, and nod off to sleep anytime. Get between seven and nine hours of sleep every night—your body is fighting a virus.

Drink plenty of fluids for both the flu and a cold. Fluids hydrate your respiratory system and convert thick mucus into a liquid you can spit out. An expectorant will thin the mucus, too. For congestion, the Mayo Clinic recommends over-the-counter decongestant tablets like Sudafed and nasal sprays. For heart patients use antihistamines instead. Studies suggest they narrow blood vessels in the lining of the nose and help reduce swelling. Remember that protein is essential to maintaining body strength. Among your best sources for it are lean meat, poultry, fish, legumes, dairy, eggs, nuts, and seeds.

For your cold, recent studies suggest that chicken soup may indeed degrade its symptoms. Nobody really knows why, but the evidence implies this time-honored remedy helps subdue inflammation. According to the American College of Chest Physicians, chicken soup appears to slow the movement of neutrophils, the white blood cells that harbor acute infection. Tests indicate the vegetables and chicken pieces combine to produce “inhibitory activity.”

If you try zinc for a cold, be sure to follow dosage instructions carefully: Harvard Medical School recommends 15-25 mg per day.

Study Supports BMI as a Screening Tool for Heart Health

While body mass index takes into account height and weight rather than fat, it’s still a valid way to screen for heart risks, based on an English study of nearly 3,000 young adults published in the Journal of the American College of Cardiology.

Known as the ALSPAC study (Avon Longitudinal Study of Parents and Children), this study tracked the health of 2,840 children from birth through age 18. As part of the study, participants had their health, height and weight regularly measured, in addition to undergoing X-ray imaging at ages 10 and 18 to assess fat content.

The goal of the recent analysis was to see how body mass index and fat content relate, especially in regard to heart health.

Body mass index (BMI) is a ratio of height to weight, which helps determine whether patients are underweight, normal, overweight or obese. BMI has been criticized for not including fat in its calculations, which we know has a big impact on heart health. Many worry that BMI may be too simple of a tool to accurately assess health.

However, results of the ALSPAC study confirm that BMI remains useful for evaluating cardiovascular health in children and young adults.

Over the course of the study, researchers tracked 230 markers of heart health in participants, such as blood pressure, cholesterol, blood sugar and inflammation. They found that increases in BMI and fat between ages 10 and 18 resulted in poorer markers of heart health. Overall, these associations between weight and heart health were similar, even after taking into account factors like physical activity.

However, authors note that the association between increased fat content and cardiovascular risk was stronger than that of BMI. They also found that fat in the midsection appears far more harmful than fat in the legs or arms.

The take-home message then, according to authors, is that fat is the driving factor behind increased heart risks. While BMI doesn’t consider fat in its calculations, it’s a useful tool that mirrors the results of fat testing—tests that are far more involved and costly than simply calculating BMI.

So what does this mean for patients? Experts also note that based on findings, gaining fat in any area is not good for health, especially in the first two decades of life. Children who are overweight or obese have much higher risk for health problems later in life. Therefore, BMI remains an important tool for screening for children at increased cardiovascular risk and hopefully motivating lifestyle change to promote better health.
Mended Hearts does not give medical advice. As always, consult your physician before making any changes in medication, food supplements, diets or lifestyle.

January Word Search Puzzle

M R W E T A R B E L E C M C P W G N
M A N L R X L E K A L F W O N S G N A
H M A I G Z I C L E S T B G X H I X
P L J T Z X G G N L T Q Q G N S R G T R
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SHOE
BLIZZARD
MITTENS
SHOVELLING
CARRIBBEAN
MOUNTAINS
SKATING
CELEBRATE
ORGANIZE
SKIING
CHAMPAGNE
PARKA
SNOWBOARDING
COCOA
PARTIES
SNOWFLAKE
DIETING
PROJECTS
SUPERBOWL
FIREPLACES
RENOVATIONS
VACATIONS
ICICLES
RESOLUTIONS

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

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ACCREDITED VISITORS CHAIRMAN
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Debbie Baker 931-783-2786

SUNSHINE CHAIRMAN
Linda Kreis 931-537-2559

Calendar of Events

January 10 Board of Directors Meeting
12:00pm, room 4
January 17 Mended Hearts Meeting
January 21 Martin Luther King Day
January 22 Jamestown Meeting
January 24 Putnam Health Council

If you would like to receive the Mended Hearts newsletter by email please send your email address to: Angie Boles at aboles@cmchealth.org.

Mended Hearts does not give medical advice. As always, consult your physician before making any changes in medication, food supplements, diets or lifestyle.
**Member Information (please print or type)**

Name (Mr/Mrs/Ms) ____________________________ Chapter ________ Member-At-Large__________

Address (line 1) ____________________________ Phone ( _______ ) ________________________

Address (line 2) ____________________________ Alt Phone ( _______ ) ________________________

City/State/Zip ____________________________

Email address ____________________________

Retired: [ ] Yes [ ] No

Occupation ____________________________

Family member (must reside at same address; please name): ____________________________

Preferred Contact: [ ] Phone [ ] Email [ ] Mail

Family Member Email ____________________________

May Mended Hearts staff or volunteers contact you regarding local chapter opportunities? [ ] Yes [ ] No

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**Medical Info/Demographics (Optional for Mended Hearts reporting purposes in aggregate only)**

Name of Heart Patient ____________________________

Name of Caregiver ____________________________

Date of Surgery/Procedure ____________________________

Phone ____________________________

Type of Surgery/Procedure ____________________________

Alt Phone ____________________________

- Angioplasty
- Atrial Septal Defect
- Aneurysm
- CABG (Bypass)
- Stent
- Heart attack
- Pacemaker
- Transplant
- AFib arrhythmia
- Other arrhythmia
- Diabetes
- Valve-Surgery
- Valve Transcath
- ICD (Defibrillator)

Many chapter newsletters include surgery/procedure anniversaries of members. Please indicate here if you are agreeable to having your name published in this way.

[ ] Yes [ ] No

Add my email to monthly national email updates?

[ ] Yes [ ] No

Patient signature ____________________________

Family member signature ____________________________

Optional info: Date of birth ____________________________

Please check below:

Race: [ ] Caucasian; [ ] Black; [ ] Asian; [ ] Am. Indian; [ ] Other

Gender: [ ] Male; [ ] Female

Add my email to monthly national email updates?

[ ] Yes [ ] No

Optional info: Date of birth ____________________________

Please check below:

Race: [ ] Caucasian; [ ] Black; [ ] Asian; [ ] Am. Indian; [ ] Other

Gender: [ ] Male; [ ] Female

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**National Membership Dues:** Includes subscription to *Heartbeat* magazine and one insignia pin for an individual or two pins for a family membership (must reside in same household). Select type of membership and include chapter dues (unless you wish to become a member-at-large). National dues are tax deductible less $10.00; Chapter and Lifetime dues are 100% tax deductible.

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<td>TOTAL $ ________</td>
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[ ] Donation to national $ __________

[ ] Donation to chapter $ __________

Please send payment with enrollment form to MHI chapter Treasurer.

Carolyn Smith
588 Old Qualis Road
Cookeville, TN 38506

MH2050E 2014