From The President

As you know it’s back to school. Watch out for those school zones and school buses. Back to work and back from your summer vacation. All of this means back to making a living and as they say, back to the grindstone. We might as well put a smile on our face and enjoy life. Labor Day is over and you know what that means. No white pants after Labor Day. Labor Day is the end of summer and beginning of fall. You also know that means it is time for college and professional football.

I know most people like to see fall coming. I am just the opposite, I don’t like fall, to me it is a sad time of the year. I have to really keep my guard up or I will get depressed.

All Mended Hearts members remember, our next annual Mended Hearts Picnic is on September 19 at Cane Creek Park at 6:00 pm at Hilltop Shelter as always. Only bring a dessert, a lawn chair and a smile on your face. Everything else will be furnished. Games and door prizes!!!

THANK YOU

Thank you to Dr. Chris Adams for the talk on the Mitra Clip procedure that he preforms.

THOUGHT FOR THE DAY

No one is perfect – that’s why pencils have erasers.

Mended Hearts Annual Picnic • 6:00 pm
Cane Creek Park, Hilltop Shelter
Bring a lawn chair and a dessert
TIP OF THE MONTH

Eggs

Drop an egg into a glass or bowl of water to tell if it’s still fresh. If it sinks and rests on its side, it’s fresh! If it sinks but stands up on its end, it’s a little old. If it floats, throw it out.

August Highlights

Submitted by Marsha Godsey

Our speaker for August was Dr. Chris Adams who spoke on the Mitra Clip procedure. He brought one for us to see and explained how the procedure is done.

Our Silent Auction is coming up on October 18. We have been gathering lots of great items. Several local businesses have donated money and goods including tickets to several attractions in Nashville and Pigeon Forge. Be sure to drop by and bid, bid, bid.

From Our Kitchen to Yours

Apple Oatmeal Muffins

INGREDIENTS
MUFFINS
• 1 1/2 cups all-purpose flour
• 1 cup quick cooking oatmeal
• 3/4 cup light brown sugar
• 1 teaspoon ground cinnamon
• 1 1/2 teaspoons baking powder
• 1/2 teaspoon baking soda
• 1/2 teaspoon salt
• 2 eggs
• 1/2 cup milk or apple cider
• 1/2 cup applesauce
• 1/4 cup oil
• 1 teaspoon vanilla
• 1 cup finely chopped apple

STREUSEL TOPPING
• 1/4 cup quick cooking oatmeal
• 2 tablespoons all-purpose flour
• 2 tablespoons brown sugar
• 2 tablespoons melted butter
• 1/4 teaspoon cinnamon

Instructions
1. Preheat oven to 400 degrees F. Spray a 12-count muffin tin with cooking spray or line with paper liners and set aside.

2. In a large bowl, combine the flour, oats, sugar, cinnamon, baking powder, baking soda, and salt.

3. In a separate bowl, whisk together the eggs, milk, applesauce, oil, and vanilla.

4. Make a well in the center of the dry ingredients and add the wet ingredients, stirring just until combined. Fold in the chopped apple, then divide evenly between the 12 muffin cups.

5. Combine all of the streusel ingredients together in a small bowl, then sprinkle over each muffin. Bake the muffins for 15 to 20 minutes until a toothpick inserted into the center of the muffins comes out clean.

UPCOMING SCHEDULE:
Saturday, September 14
Matthew Bolton, MD
Family Practice, Putnam County Health Department

Saturday, September 21 & *October 5
George Ivey, MD
Primary Care, Putnam County Health Department

Saturday, September 28
Scott Reising, MD, FACC
Cardiologist Tennessee Heart

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

*Saturday, October 5, is our last walk for 2019.

Take a step toward a better healthier you!

Registration begins at 7:30 a.m. • Walk begins at 8:00 a.m.
Meet in front of CRMC’s main lobby

Walking for as little as 30 minutes a day can improve your health.
Spotlight On Melissa Carolan, FNP-C, CRNEA, C-NOR
Cardiovascular Nurse Practitioner
Submitted by: Glee Miller

G Where were you born and raised?
C “I was born in Las Vegas, Nevada. Raised in Lima, Illinois; a small town of 125 people.”

G Who influenced you to choose your profession?
C “My aunts. One worked in the operating room. They were very independent and I wanted to help people.”

G Do you have family that are in the medical field?
C “Two aunts who are registered nurses and a cousin who is an anesthesiologist.”

G What hobbies or special interests do you have?
C “I enjoy running and triathlons. I have finished two ironman distance races. A 2.4 mile swim, 112 mile bike and 26.2 mile run. I just completed a 1/2 ironman in Kingston, TN. Training for my next one. I enjoy being outside and reading.”

G What is your favorite vacation spot and why is it your favorite?
C “Cancun, Mexico in December. I like the warm weather, sunshine and the friendly people.”

G Are you married, if so, for how long?
C “I’m engaged. Suat is Turkish. He moved to Nashville, TN in 1990 and did not speak English when he arrived. He took English classes for six months.”

G Do you have children? If so, girls or boys and how old?
C “No children. I have a 2 year old dog that weighs four pounds and is named Fishek. His name means small bullet in Turkish.”

G What is something that your parents instilled in you that you have passed along to others?
C “It does not cost a penny to be nice.”

G If you were not working in your present profession, what would you have done?
C “A marine biologist.”

G Looking at young people today, how can all of us inspire them to consider the medical profession as a career?
C “Be a role model for young people and engage them in the medical profession because the rewards are priceless.”

G Do you have a favorite sport?
C “Running. I ran in the Boston Marathon in 2003.”

G How would you define success?
C “Enjoying what you do. I love my job. I feel rewarded everyday caring for patients. I call that success!”

G What makes you smile?
C “Seeing my patients do well and being there for them especially when they find out they have to have heart surgery.”

G Do you have a favorite type of music?
C “Country music. I am a George Strait fan.”

G When you retire what would you like to do first?
C “Go on a round the world cruise.”

G What is your favorite holiday?
C “Easter.”

G What is your favorite food?
C “Chocolate cake and frosted sugar cookies.”

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!”
The newest health craze is hydrogen water, which, at about $8 a bottle, makes it similar to most health crazes: It's expensive.

The idea is that adding hydrogen to regular water (which already has two hydrogen atoms) will increase the antioxidant content of the water and decrease oxidative stress on blood vessels.

Does it work? The results are mixed.

A study reported in a lipid research journal, found that people at risk for metabolic syndrome had improved good HDL cholesterol and lower LDL bad cholesterol.

But a similar study done on healthy adults found hydrogen water showed little results.

The FDA recognizes hydrogen water is safe but there is no standard for how much extra hydrogen is added to the water.

Preventing AFib Strokes

Atrial Fibrillation, or AFib, is a leading risk factor for stroke. According to the National Stroke Association, the irregular or rapid heartbeat is often caused when the two upper chambers of the heart beat unpredictably and sometimes rapidly. These irregular heartbeats cause blood to collect in the heart and potentially form a clot, which can travel to the brain and cause a stroke.

The bad news: about 15 percent of people who have strokes also have AFib, and folks with AFib have a five times greater chance of stroke. The really good news: up to 80 percent of strokes in people can be prevented.

The National Stroke Association offers tips for people to manage their anxiety and tips for stroke prevention. These include:

* The use of proper medication to manage AFib. These are used to restore the regular rhythms of the heart.
* Treatment aimed at preventing blood clots may also include blood thinners, or anticoagulants. This can be tricky and of course involves discussion with a health care provider.
* Schedule relaxation time. Stress and fatigue increase the risk for AFib, and downtime is a good idea for anybody.
* Exercise -- if allowed by your doctor.

Eggs Get A Better Rep

Eating eggs was once thought to be as bad as smoking cigarettes. But a new study debunks that idea.

A study published in the journal Heart, says eating a whole egg per day may actually lower your chance of developing cardiovascular disease. Researchers found a 26 percent decrease in the risk of hemorrhagic stroke, a 28 percent decrease in hemorrhagic stroke death, an 18 percent decrease in death resulting from cardiovascular disease, and a 12 percent decrease in ischemic heart disease.
Heart Failure in Young Adults

Heart failure affects patients differently depending on their age, based on a recent study that found young patients with heart failure face lower risk of death but poorer quality of life than the elderly. Findings were published in the Journal of the American College of Cardiology and suggest that heart failure treatment should vary by age to improve outcomes.

Using data from three large clinical trials, this study looked at how heart failure differs between young and old patients. The study included nearly 8,500 patients with heart failure whose ages ranged anywhere from 50 to 90 years old. The goal of the analysis was to see how young and old patients with heart failure differ and whether they have any major differences in outcomes such as survival and quality of life.

Overall, 20% of participants were between 56 and 64 years of age, and nearly two-thirds were between the ages of 65 and 84. The remainder of patients were 55 years old or younger (6%) and 85 years or older (5%).

When comparing the profiles of patients with heart failure, there were a few key differences between the youngest (55 and younger) and oldest (85 and older) patients. The youngest patients were more likely to be nonwhite males while older patients were more likely to be white females. The youngest heart failure patients were also more likely to be obese, while elderly patients were sicker with more pre-existing conditions like high blood pressure, kidney disease and an irregular heart rhythm.

When it came to outcomes, there were a few major differences in survival and quality of life as well. Not surprisingly, those in the oldest age group had more than seven times greater risk of death than patients in the youngest group. However, younger adults reported a worse quality of life than the oldest patients with heart failure. Young adults were also significantly more likely to die of heart-related causes, particularly sudden cardiac death.

What findings highlight, according to authors, is that heart failure is not just a disease of the elderly. While most patients with heart failure are older, heart failure can still affect young adults.

Additionally, it’s clear that heart failure affects patients differently based on age, requiring unique prevention and treatment. For young patients, that means addressing obesity and reducing risk for sudden cardiac arrest, which are particularly common in patients under 55 years old. It also means taking steps to improve symptoms, which is especially important in young adults who have high survival rates but poor quality of life.

Atrial fibrillation can happen to anyone.

Atrial Fibrillation, or AFib, is an irregular heartbeat, rapid heartbeat, or a quivering of the upper chambers of the heart, according to the group StopAfib. The condition is due to a malfunction in the heart’s electrical system and is the most common heart irregularity.

Although many health professionals consider it a minor condition, AFib can nonetheless lead to stroke or heart failure; nearly 35 percent of AFib patients have strokes, says StopAfib. As you age, your risk increases, with men being more likely to develop it than women. September is Atrial Fibrillation month, so here’s a list of some of the most common risk factors:

* Existing heart disease.
* Clogged arteries or angina.
* Diabetes, high blood pressure, or thyroid problems may increase the risk.
* Lung problems, including asthma, emphysema, pulmonary blood clots, or chronic lung disease.
* Obstructive sleep apnea; about half of AFib patients have sleep apnea.
* Otherwise healthy people can have AFib when they are stressed or fatigued, have had too much caffeine or alcohol, have smoked, or have exercised too much.
* Too much or too little of minerals like calcium, magnesium, or potassium.
GROUP MEETING

Left to right: Linda and Jim Loftis, AED Co-Chairman Mended Hearts presenting to Tammy Tucker, Secretary and Rev. Herb Leftwich of Wolf Creek Baptist Church in Buffalo Valley.

Dr. Chris Adams

Marsha & Phillip Godsey

Joann Howard

Carolyn Smith

Dot Tomberlin
Mended Hearts does not give medical advice. As always, consult your physician before making any changes in medication, food supplements, diets or lifestyle.

September Word Search

LONGERNIGHTSNAAUCN
toruestunyrokcichrimsoayqenisiaotrowk
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pie
pumpkin
rake
redleaves
scarecrow
school
season
september
shorterdays
squash
sweetpotatoes
thanksgiving
turkey
windy
yellowleaves

MENDED HEARTS CHAPTER 127 COOKEVILLE

Officers
President Blanche Smithers 931-526-4497
Vice President Glee Miller 931-261-2170
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. Richard Miller Every other Tuesday 931-261-2170
4. Glee Miller Every other Tuesday 931-261-2170
5. Dennis Guzlas Every other Wednesday 931-858-0100
6. Karen Guzlas Every other Wednesday 931-858-0100
7. Jim Greene Every other Wednesday 931-372-0513
8. Debbie Greene Every other Wednesday 931-372-0513
9. Mona Neal Every other Thursday 931-526-9398
10. Louise Davies Every other Thursday 931-252-0081
11. Tom Tomberlin Every other Thursday 931-526-7535
12. Dot Tomberlin Every other Thursday 931-526-7535
13. Jim Hughes Every other Friday 931-528-1267
14. Barbara Hughes Every other Friday 931-528-1267
15. Jimmie Loftis Every other Friday 931-432-5885
16. Linda Loftis Every other Friday 931-432-5885
17. Carl Wingfield Every other Saturday 931-268-3348
18. Lorna Wingfield Every other Saturday 931-268-3348

Accredited Substitutes
21. Bob Freeman Substitute 931-537-9811
22. Ray Savage Substitute 931-761-4336
23. Billy McElhaney Substitute 931-651-1198

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Dennis Guzlas 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

Fund Raiser Chairmen
Dot Tomberlin Bake Sale 931-526-7535
Richard Miller Silent Auction 931-261-2170

Aed Program
Jimmie Loftis - Chairman 931-432-5885
Linda Loftis - Co-Chairman 931-432-5885

Taxes and Address Label Committee
Wendell Kendrick 931-526-6650

Jamestown Satellite
Sharon Parris 931-397-5919

Cardiac Rehab
Debbie Baker 931-783-2786

Sunshine Chairman
Linda Kreis 931-537-2559

Calendar of Events

September 04 Eat an extra dessert day
September 08 Grandparents Day
September 12 MH Board Meeting
September 17 Citizenship Day
September 19 Mended Hearts Picnic
September 23 First Day of Fall
October 18 Silent Auction

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

### Member Information (please print or type)  
Name (Mr/Mrs/Ms) ___________________________  
Address (line 1) ___________________________  
Address (line 2) ___________________________  
City/State/Zip ___________________________  
Email address ___________________________  
Occupation ___________________________  
Date ___________________________  
Chapter ________  
Member-At-Large ________  
Phone ( _____ ) ___________________________  
Alt Phone ( _____ ) ___________________________  
Retired:  ☐ Yes  ☐ No  
Family member (must reside at same address; please name): ___________________________  
Preferred Contact: ☐ Phone  ☐ Email  ☐ Mail  
(Mr/Mrs/Ms) ___________________________  
Family Member Email ___________________________  
May Mended Hearts staff or volunteers contact you regarding local chapter opportunities?  ☐ Yes  ☐ No  

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

#### Name of Heart Patient ___________________________  
Date of Surgery/Procedure ___________________________  
Type of Surgery/Procedure ___________________________  
☐ Angioplasty  ☐ Heart attack  ☐ Diabetes  
☐ Atrial Septal Defect  ☐ Pacemaker  ☐ Valve-Surgery  
☐ Aneurysm  ☐ Transplant  ☐ Valve Transcath  
☐ CABG (Bypass)  ☐ AFib arrhythmia  ☐ ICD (Defibrillator)  
☐ Stent  ☐ Other arrhythmia  ☐ Other ___________________________  

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  

Optional info: Date of birth: ___________________________  
Race: ☐ Caucasian; ☐ Black; ☐ Asian; ☐ Am. Indian; ☐ Other  
Gender: ☐ Male; ☐ Female  
Patient signature ___________________________  
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  
Family member signature ___________________________  

### 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.

#### United States national  

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<th>Family Dues</th>
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#### 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 $ ___________________________  
To chapter #: ___________________________  
Chapter Name: ___________________________  
City: ___________________________  
State: ___________________________

Please send payment with enrollment form to MHI chapter Treasurer.

Carolyn Smith  
588 Old Qualls Road  
Cookeville, TN 38506  

MH2050E 2014