



From The President

Submitted by Blanche Smithers

2018 National Mended Hearts Conference

On July 14, four of our Mended Hearts ladies traveled to beautiful San Antonio, Texas for the National Mended Hearts conference. Mended Hearts members from across the United States attended. I was told the Southern Region (which we are in) had the most number of attendees.

We arrived late Saturday night. On Sunday, July 15 we had registration and badge pick up with meet and greet on Sunday night. Here we reunited friendships and met new members.

Meetings went from Sunday to Wednesday with guest speakers on every aspect of the heart. We are so proud of our own Laura



Jackson who spoke on Cardiovascular Disease and Diabetes. The audience loved her, she kept their attention and had them laughing. Thank you Laura for a great representation of Chapter 127.

I have saved the best for last: Our Awards-Regional Newsletter of the Year- Sherry Shockley, congratulations Sherry. Also Regional Accredited Visitor of the Year- Charles Jackson, congratulations Charles. Thanks to everyone who made it possible to represent our great Cookeville Regional Medical Center. We tried really hard to get Hospital of the Year award but we won that award three years ago and can only apply every three years. Our plaques are on display on the third floor CVICU waiting room.

IMPORTANT INFO

Reaching Out....

Mended Hearts reaches out to people from many surrounding counties.

Cookeville Regional Medical Center is truly Regional.



THANK YOU

Thanks to Sherry Shockley, Carolyn Smith and Laura Jackson for taking time out of their busy schedules to go to San Antonio with me.

CONDOLENCES

Our sympathy goes out to the family of Bob Hibbs. Bob was a former vice-president to Tom Little. He was a hard worker for our silent auction, received our Mended Heart of the Year award and was a visitor.

Our sympathy also goes out to the family of Bob Nickerson who was a lifetime member of Mended Hearts.

UCEMC SERVICE AREA

If you are in the UCEMC service area, please round your bill to the nearest dollar. This helps non-profits like us to receive grants for our AED program. We are recipients of these grants and we appreciate UCEMC for their help.

NEXT MEETING

Our next meeting is Thursday, August 16 at 6:00 pm in Education Rooms 2, 3, & 4 with potluck. Our speaker will be J.B. Gaskins from Blood Assurance.

THOUGHT FOR THE DAY

Your life is your message to the world. Make sure it's inspiring.

JULY	YEAR TO DATE
25 Surgeries	194
0 Stents	295
5 Defibs - ICD	43
14 Pacemaker - PPM	76
11 Ablation	64
0 EP Study	17
2 TVAR	11
114 Hrs Worked	802
11 Heart Surgery Visits	113
2 Stents Visit	177
9 PPM Visits	40
4 ICD Visits	24
2 Ablation Visits	24
14 Family Visits without Patient	111
3 TVAR Visits	11
66 Total Visits	496



Reminder

Mended Hearts meets the Third Thursday of each month!



Deadline

August 16, 2018

Place heart healthy recipes and articles in the box provided. We encourage everyone to submit articles including the source and your name.

Visit our website
www.mendedhearts127.org





Tip of the Month

Recommended by a physical therapist. Mix 1 part rubbing alcohol to 3 parts water in a Ziploc bag and place in the freezer. It gets really cold but never hardens so you can manipulate it.

Jamestown Satellite

Submitted by Sharon Parris

Jamestown satellite of Chapter 127 met July 24 at Jamestown Regional Medical Center with 12 members present. Shelia Walker, nurse educator was the speaker. Shelia spoke on kidney failure and A-fib. Thanks so much to Sharon Parris for being our coordinator for Jamestown Satellite. We appreciate all the members who take the time to come.

From Our Kitchen to Yours

Four-Ingredient

Healthy Enchilada Casserole

Ingredients:

- 1 lb. 93% extra-lean ground beef (you can substitute ground turkey or chicken)
- 1 ½ cups enchilada sauce
- 1 cup reduced-fat shredded Mexican-blend cheese
- 8 6-inch corn tortillas
- Optional garnish: Sour cream, sliced green onion, sliced olives diced avocado or guacamole.

Instructions:

1. Preheat oven to 350 degrees. Spray a 2-quart baking dish with nonstick spray.
2. In a large skillet, cook beef until no longer pink. Drain, return to the skillet and stir in half of the enchilada sauce (about ¾ cup) and half of the cheese (about ½ cup).
3. Place 4 of the tortillas in the bottom of the prepared dish, tearing them as necessary to cover the bottom (overlapping is fine).
4. Top with half of the meat mixture and drizzle with ¼ cup of enchilada sauce. Repeat layers one more time.
5. Cover with foil and bake for 30 minutes. Uncover, sprinkle with remaining ½ cup of cheese, and bake for an additional 5-10 minutes (until cheese melted and casserole is hot and bubbly). Serve four.



June Highlights

Submitted by Marsha Godsey

At July's meeting we heard from our delegates to the National Mended Hearts Conference. Chapter 127 is part of the Southern Region consisting of TN, AL, FL, GA, NC & SC. We are pleased to announce that Sherry Shockley won the regional newsletter excellence award and Charles Jackson won the regional accredited visitor excellence award. We salute these two members for their dedication and tireless contributions. CONGRATS!

AED Report

Submitted by Charles Jackson

Mended Hearts Chapter 127's purpose is to visit with heart event patients and their family. Our second goal is to give AED's away to non-profits. We are so proud of our record. We have given 164 AED's away. Hopefully if we save just one life, it is worth it all.



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.

UPCOMING SCHEDULE:

Saturday, August 11
Thomas Little, MD FACC
Cardiologist - Tennessee Heart

Saturday, August 18
Mark Wathen, MD, FACC
Electrophysiologist - Tennessee Heart

Saturday, August 25
Mariano Battaglian, MD, FACC
Cardiologist - Tennessee Heart

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

Spotlight On April Jarvis

Submitted by: Glee Miller

G Tell us something about your job here at the hospital. How long have you worked at CRMC?

A “I have been in the CVICU department for eight years. In April of this year I accepted the position of Critical Care Educator.”

G Do you have a significant other? If so, how did you meet and what does he do?

A “I am married to Brad Jarvis who works in the CVOR as a scrub technician. We have three boys we chase after, Nick, Colton and Caleb.”

G Did you go into nursing here in Cookeville or if not, where?

A “I obtained my Associates degree in nursing in 2002 through Roane State Community College. I obtained my BSN through TTU this past May. I will also be starting Old Dominion University at the end of the month. I will be in their clinical nurse specialist - adm program.”

G What is your favorite restaurant and favorite food?

A “A Japanese Hibachi grill where I can get fried rice, shrimp, scallops and sushi.”

G Do you have a favorite vacation spot and if so, where is it?

A “Gulf Coast of Florida.”

G Do you have a special recipe and if so, what is it and would you share it?

A “I don’t know that I have a favorite. Maybe a homemade Shrimp Alfredo with Pasta. Sure, I would share it. I find them all on Pinterest anyway.”

G What do you find special here in Cookeville that you would tell others about and encourage them to go see?

A “Dogwood Park! If you have small kids, it is wonderful with the splash pad and playground.”

G Do you have any pets?

A “Besides my husband and three boys? Yes, we have two cats, Sugar and Mittens and we have a one year old chocolate lab named Ratchet (can you tell I live in a house full of boys?).”

G What is your favorite music and artist?

A “Contemporary Christian. Again, it is hard to pick a favorite. Crowder and Lauren Daigle are my two favorite right now.”

G What advice would you give a young nurse just starting out?

A “Your career is what you make it. Your passion will come from within. Being a nurse is a blessing, but it can also be heavy on the heart, mind and body. Love your patients. Love their families. Love and take care of yourself too.”



G Do you have a favorite sport that you enjoy watching or participating in?

A “I used to be die-hard UT football fan, but after getting married and having a family, the football obsession fell to the wayside.”

G Is anyone else in your family in the medical field?

A “I have a cousin who is an ER nurse and I have another cousin who is an LPN in a nursing home. They both love their careers too.”

G Lastly, what is your favorite time of the year?

A “My favorite is Fall if I have to pick. The weather is cooling and it is great weather for enjoying the outdoors. I also love decorating outside for Fall with hay bales and mums!”

Correction

The Bible verse listed in last month’s Spotlight of Charles & Julia Todd was incorrectly listed. It should have said, “There is no greater joy than to hear that my children walk in truth.” III John 4. We apologize for the error.

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!”



Working in Summer Heat Requires Water, Pacing

PagesMag0718

When the day is hot, it's time to take precautions at work. Though heat-related deaths and illnesses are preventable, heat led to 37 work-related deaths and 2,830 nonfatal occupational injuries and illnesses involving days away from work in 2015, according to the Bureau of Labor Statistics.

Muggy or humid conditions add to discomfort. Excessively hot and dry conditions can create a more dangerous situation.

The CDC recommends:

- * Drink plenty of fluids regardless of your activity level. During heavy work in a hot environment or strenuous activity of any kind, drink two to four glasses of cool fluids each hour. Don't drink alcohol; beverages with a high sugar content or very cold drinks.
- * Replace salt and minerals lost through sweating by drinking a sports beverage. Discuss beverages with your doctor if you are on a low-salt diet.
- * Wear appropriate clothing. At home, wear as little as possible. When going out, choose light-colored, loose-fitting clothing. Wear a wide-brimmed hat and sunglasses with UVA and UVB protection.
- * Wear shoes with soles sufficiently thick and insulating so burning hot pavement does not harm feet.
- * Use sunscreen. Sunburn affects the body's ability to cool itself. It causes a loss of body fluids, skin damage and pain. Apply a product rated SPF 15 or higher 30 minutes before going out.
- * Pace yourself. When working or playing sports in a hot environment, begin slowly and pick up the pace gradually. If your heart begins to pound and you begin gasping for breath, STOP all activity. Move to a cool area or at least into shade to rest, especially if you feel lightheaded or weak.
- * Watch each other. When working in the heat, monitor the condition of co-workers and have them do the same for you. Be wary of confusion.
- * Stay cool indoors. If you don't have air conditioning, go to a place that does. Even a few hours in air conditioning can help you stay cooler when you go back into the heat.
- * Don't depend on a fan to cool yourself. When the temperature is in the high 90s, fans will not prevent heat-related illness. Cool showers help.

Who Should Buy Long-Term Care Insurance?

PagesMag0618

The very rich and the very poor have one thing in common: They don't need long-term care insurance. The rich can pay their way and the poor can rely on Medicaid for care.

People with a paid-off house and at least \$250,000 in investments probably need to at least consider long-term care (LTC) insurance to help pay for a stay in a nursing home, according to the Chicago Tribune.

The problem with traditional LTC is that premiums can rise dramatically as you age. Yet, if you don't buy LTC, and if you need care, you'll have to pay from investments, savings or a house sale.

Consider the cost of LTC premiums over a 10-year period versus the cost of maintaining a spouse in a nursing home for a year or more.

If you don't take LTC, then consider your backup plan to pay for care. Selling a house could pay for care. Spending down investments could, too. The key question would be how much a surviving spouse would have to live on.

Another reason to buy LTC insurance, if you can afford it, is to leave an inheritance for children. LTC might preserve some assets.

Tidbits and Some of the Things I Learned at the 2018 Mended Hearts Conference

Submitted by Sherry Shockley

1. It is Hot, Hot, Hot in San Antonio, over 100 degrees every day.
2. Losing weight is 20% exercise and 80% diet.
3. It is ok to exercise with gradual increases when your heart disease symptoms are under control.
4. Eat more fruits, veggies and whole grains. Your body produces 90% of your lipids. The advantage of a vegetarian diet is antioxidants.
5. Blanche's watch is not reliable. The numbers 1 and 2 fell off which may have caused us to be late to a class.
6. Reduce salt intake to 2,000 mg (one teaspoon) daily. Read labels for hidden sodium.
7. Salt intake comes from: 5% added at the table, 6% home preparation, 14% restaurants and 71% processed foods.
8. Cardiac rehab incorporates exercise training and good self-care resulting in a decrease in hospitalization.
9. Self-care basics include: physical activity, taking meds, stop smoking and alcohol, get flu vaccinations and monitor dietary restrictions.
10. African dust from the Sahara desert in Northern Africa was visible in San Antonio affecting people with respiratory problems.
11. Nine modifiable risk factors for heart disease:
 1. Smoking
 2. Hypertension
 3. Abdominal obesity
 4. Diet
 5. Regular consumption of alcohol
 6. Physical activity
 7. Diabetes
 8. Abnormal lipids and
 9. Stress.
12. Four new heart valves are on the horizon:
 1. Mitral clip (a trans catheter aortic valve)
 2. Aortic valve (TAVR)
 3. Corvia (the first trans catheter implant for diastolic heart failure)
 4. Watchman device (a small implant placed in the left atrial appendage to reduce the risk of stroke in patients with atrial fibrillation).
13. If you need help with the cost of your medication try needy meds.com.
14. Santa Claus is real. I met him and Mrs. Claus at the conference and they are Mended Hearts members.
15. We all came home re-energized with new information in a lot of areas. I was inspired by the patient testimonials, especially Laura Jackson's and reminded of why we do what we do.

Mended Hearts Picnic

Just a reminder that our annual Mended Hearts Picnic will be at Cane Creek Park on September 20 at 6:00 pm.

There will be more information at our meeting and our next newsletter.



Have Fun Word Search Puzzle

C I F I C A P H T U O S D W Y I S A X D
 R E R U S A E R T K N B P R S E I D A L
 R D N E W S L E T T E R A M U S K Q F E
 Y E M A R G O R P E S T S R E T E E R G
 N A N S T N E D I S E R P E C I V S I P
 T R D N H A D X M R L I O E N P L E E I
 W G O S I U R I C X U P C G G R S L N H
 R O H N E W L E V V R S E E F A Y Y D S
 A E P S E N S D E T A D T S O P S T S R
 V R H R H V D K N E V E N T S E H S H E
 A E Q P E T N E D I S E R P T S A P E B
 P G F S A S H O W H L C W W X L Q S D M
 U U R N G R I W C Z W C L A M Q L N L E
 B L E M G N G D H I S T O R I A N O A M
 L A W E N K I O E K K P W F G R A I N S
 I T O H I I W T T N W N E M F G V T O E
 C I L T T F E T E O T U H A P E V I I C
 I O F N I G N I R E H T A G K T E S T O
 T N K A R S Q S O O M P A S Z E I O A N
 Y S D H W E N O T S H T R I B X R P N D

ANTHEM	NEWSLETTER	VICEPRESIDENT
MEETINGS	SPEAKER	GATHERING
RULES	EVENTS	PRESIDENT
BIRTHSTONE	PASTPRESIDENT	WEDNESDAY
MEMBERSHIP	STYLES	GREETERS
SECOND	FEES	PROGRAM
COFFEE	PHOTOGRAPHER	WINNER
MESSAGE	TREASURER	HISTORIAN
SECRETARY	FLOWER	PUBLICITY
CONVENOR	POSITIONS	WRITING
NATIONAL	TRIPS	LADIES
SOUTHPACIFIC	FRIENDS	REGULATIONS
DUES	POSTDATED	

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
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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

Charles Jackson - Chairman	931-858-2196
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TAXES AND ADDRESS LABEL COMMITTEE

Wendell & Amelia Kendrick	931-526-6650
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JAMESTOWN SATELLITE

Sharon Parris	931-397-5960
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CARDIAC REHAB

Debbie Baker	931-783-2786
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SUNSHINE CHAIRMAN

Carolyn Shanks	931-858-3021
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Calendar of Events



August 5 Friendship Day
 August 9 Board of Directors Meeting
 August 11 CRMC Health Fair
 August 16 MH Meeting
 August 28 Jamestown Meeting
 Sept. 20 MH Picnic

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

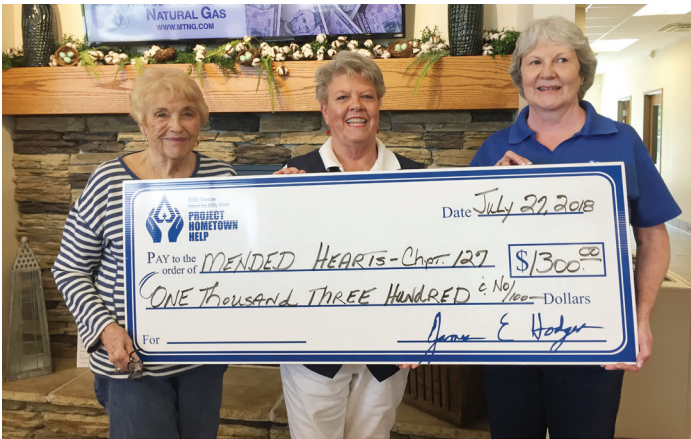
Mended Hearts does not give medical advice. As always, consult your physician before making any changes in medication, food supplements, diets or lifestyle.



Charles Jackson, Mended Hearts Chapter 127 receives regional accredited visitor of the year award.



April Jarvis, Critical Care Educator accepts the TV for CVICU donated by Mended Hearts. Richard and Glee Miller, Mended Hearts members.



Mended Hearts accepts a donation for an AED from Middle Tennessee Gas Company. Left to right are Mended Hearts members Mona Neal and Blanche Smithers and Mrs. Bennett representing Middle Tennessee Gas Company.



Sherry Shockley receives the Regional Newsletter of Excellence at the Mended Hearts Conference.

2018 Mended Hearts Conference





Mended Hearts

National Office
Phone: 888-HEART99
www.mendedhearts.org

MEMBER ENROLLMENT

Member Information (please print or type)

Name (Mr/Mrs/Ms) _____ Date _____
Chapter _____ Member-At-Large _____
Address (line 1) _____ Phone (_____) _____
Address (line 2) _____ Alt Phone (_____) _____
City/State/Zip _____ Retired: Yes No
Email address _____ Occupation _____
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 _____ Name of Caregiver _____
Date of Surgery/Procedure _____ Phone _____
Type of Surgery/Procedure _____ Alt Phone _____
 Angioplasty Heart attack Diabetes
 Atrial Septal Defect Pacemaker Valve-Surgery
 Aneurysm Transplant Valve Transcath
 CABG (Bypass) AFib arrhythmia ICD (Defibrillator)
 Stent Other arrhythmia Other _____
 Check here if also Heart Patient
 Procedure- specify: _____
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 _____
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 Family member signature _____
Optional info: Date of birth _____ Please check below:
Race: Caucasian; Black; Asian; Am. Indian; Other
Gender: Male; Female

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

Table with 3 columns: Membership Type, Amount, and checkbox. Rows include Individual (\$20.00), Family (\$30.00), Life - Individual Dues (\$150.00), and Life - Family Dues (\$210.00).

Chapter dues (please customize)

Table with 3 columns: Membership Type, Amount, and checkbox. Rows include Individual, Family, Life - Individual Dues (if applicable), and 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 \$ _____ 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