THANK YOU
Dr. Richard Dycus gave a very interesting talk on dental health in connection with heart disease. Also thanks to Brandon Smith for giving an update on the new Pulse Point app that is coming to Cookeville soon. Also with Brandon were Dr. Charles Womack and Randy Shelton talking about the new Pulse Point.

NEXT MEETING
Our next meeting will be August 17 at 6:00 pm in Education Rooms 2, 3 & 4. Please bring a covered dish (with food in it) for potluck. Our speaker will be Erica Rawdon, Pharm D clinical pharmacy specialist.

THOUGHT FOR THE DAY
A handful of patience is worth more than a bushel of brains.

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Don’t Put It In The Dryer
Did you know one of the surprising uses for dryer sheets is as a tool to clean chrome surfaces like faucets (or even chrome hubcaps). Just buff your faucets with a dryer sheet and watch water and soap spots disappear!

July Highlights
Submitted by Marsha Godsey
Cookeville has been deemed Tennessee’s Safest City for Cardiac Arrest for the second year in a row! We are winding up the distribution of our final AED units for 2017. Each year, we give away 12 units to non-profit entities. We are seeking donations for our upcoming silent auction fund raising event.

Ingredients:
• 2 cups diced, cooked chicken
• 1 cup halved grape tomatoes
  (can substitute with a can of undrained diced tomatoes)
• 1 small zucchini (about 1 cup), diced
• ½ cup corn kernels (fresh, canned, or frozen is fine)
• 12 ounces (about 3 cups uncooked) uncooked penne pasta
• 3 ½ cups low-sodium chicken broth
• 8 ounces (about 2 cups) shredded mozzarella cheese, divided
• 2 teaspoons minced garlic
• ½ teaspoon salt

Tip
of the Month

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• 2 teaspoons minced garlic
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Directions:
1. Preheat oven to 425 degrees F. Spray a 9 x 13-inch baking dish with cooking spray.
2. In the prepared dish (or in a separate bowl), stir together cooked chicken, tomatoes, zucchini, corn, uncooked pasta, chicken broth, 1 ½ cups of mozzarella cheese, about half of the basil leaves, minced garlic, and salt.
3. Cover the dish tightly with foil and bake for 40 minutes.
4. Uncover; stir. At this point you should check the pasta to make sure that it is al dente (firm but just about finished cooking). If it’s still too hard, cover the dish and return to the oven until pasta is al dente. Then move on to the next step.
5. Sprinkle remaining ½ cup of mozzarella over the top. Bake uncovered for 5-10 more minutes (or until cheese is melted and pasta is tender).
6. Garnish with remaining basil leaves just before serving.

Notes: Cooking Just for Two? You can prepare a much smaller casserole by dividing the ingredients in half and baking the dish in an 8-inch square pan. The cooking process remains the same.
Spotlight On Randy Shelton
Submitted by: Glee Miller

G How long have you worked at the hospital?
R “Three years”

G What is your job and explain how you interact with the Mended Hearts organization?
R “I am a Customer Service Representative. The interaction I have with the Mended Hearts organization is with the many heart surgery patients that I guide and help thru the heart pre-surgery process.”

G Are you married, and if so, for how long and do you have any children?
R “I am divorced. I have one daughter and one son and four grandchildren.”

G Do you have any hobbies and if so what are they?
R “Watching UT Football, Tennessee Titans and Nashville Predators.”

G What is the most important thing in your life and why?
R “My son and daughter and my four grandchildren.”

G When you retire what do you plan to do?
R “Spend more time with my grandchildren.”

G What would you tell out-of-state folks they should really see in Tennessee?
R “Cookeville and Gatlinburg.”

G What season do you like best and why?
R “Spring, Summer and Fall.”

G Do you do any cooking at home and if so what’s your favorite thing to fix?
R “I like steak, seafood, chicken and pasta.”

G Are you a football fan and if so your favorite team(s)?
R “Tennessee Titans and UT Football.”

G If you could live anywhere in the world where would it be?
R “Cookeville, Tennessee.”

G What are your favorite TV shows and what books do you like to read?
R “Fixer Upper, Shark Tank, Blue Bloods.”

G What food is a must in your refrigerator?
R “Cheese, sandwich meat, ice cream.”

Spotlight is designed to feature various Mended Heart’s members and hospital staff. Watch Out! You could be next!

No, you can’t look at the sun and watch the eclipse.

If you have ever held a small magnifying glass over dry grass, you know what happens. The sun’s rays become so focused that the grass catches fire. That is what will happen to your eyes if you attempt to watch the eclipse. Your retina will burn up. You won’t know it until you can’t see any more. DO NOT LOOK AT THE SUN WITH THE NAKED EYE. Do not look at the eclipse through binoculars or a telescope or a camera lens. The same thing happens: Your retina burns up. Do NOT use sunglasses, Polaroid filters, smoked glass, exposed color film, x-ray film, or photographic neutral-density filters. What you can do is make a pinhole projector. There are many instructions online for this. For ideas on how to view, go to www.exploratorium.edu/eclipse/how-to-view-eclipse.

“Eclipse glasses” are inexpensive filters in cardboard frames made especially for eclipse viewing. You can purchase them online and usually at museum stores in areas where the eclipse is visible.

Locally they are available at the CRMC Gift Shop, Wal-Mart and maybe some other locations.

“It’s great to be alive - and to help others!”
Swap Saturated Fats with Unsaturated Fats for a Healthy Heart

CardioSmart

Unsaturated fats can reduce cholesterol levels and reduce risk for heart disease and stroke.

Replacing saturated fats with unsaturated fats as part of a healthy diet helps reduce risk for heart disease, based on a recent advisory from the American Heart Association.

Published in the American Heart Association journal Circulation, this advisory helped clarify what we know about dietary fats and their relation to heart health. The take-home message, according to authors, is that we replace saturated fats with polyunsaturated fats to reduce risk for heart disease.

Saturated fat is the “bad” kind of fat that raises cholesterol levels in the blood, increasing risk for heart disease and stroke. These types of fats are often found in high-fat types of meat and dairy products, such as fatty beef, butter and cheese.

Since 1961, the American Heart Association has recommended reducing saturated fat to reduce cardiovascular risk. But the question remained: What do we replace these saturated fats with? We know that unsaturated fats—especially polyunsaturated fats—can reduce cholesterol levels and reduce risk for heart disease and stroke. These heart-healthy fats are often found in nuts, fish and plant-based products like olive and vegetable oil.

Based on a thorough review of clinical trials, experts found that replacing saturated fats with polyunsaturated vegetable oil reduced risk for heart disease by 30%, similar to the effects of cholesterol-lowering statins. Long-term studies also showed that replacing saturated fat with unsaturated fats reduced risk for heart disease and death.

However, the same cannot be said when replacing saturated fats with other nutrients like sugars and carbohydrates. Studies show that cutting back on saturated fats and replacing them with carbohydrates had no impact on risk for heart disease or death. That’s likely because in place of foods high in saturated fats, participants started eating more simple types of carbohydrates, which are high in sugars and do not promote heart health.

As a result, experts from the American Heart Association strongly recommend replacing saturated fats with unsaturated fats—preferably polyunsaturated fats—to promote heart health. They also recommend consuming these healthy fats as part of an overall healthy diet, such as the Mediterranean diet or DASH diet, both of which help reduce risk for heart disease.

Because while reducing saturated fats is an important step for improving heart health, it’s just as important that we replace saturated fats with wholesome nutrients, rather than empty calories that have few health benefits.

Many Adults Unaware of Their Need to Improve Heart Health

CardioSmart

Study finds one in five adults at risk for heart disease feels no need to improve health.

There’s plenty of room for improvement when it comes to raising awareness for cardiovascular risk, based on a recent study that found one in five adults at risk for heart disease don’t recognize a need to improve their health.

Published in the Journal of the American Heart Association, this study included 45,443 Canadian adults who, according to authors, represent 97% of the adult population in these areas.

Through the survey, participants reported whether or not they had key cardiovascular risk factors such as smoking, high blood pressure, diabetes, obesity, stress, excess alcohol consumption, low fruit and vegetable consumption and a lack of physical activity. Together, these risk factors account for the majority of heart attacks worldwide and when addressed, can help significantly reduce risk for heart disease.

Participants also reported their perceived need to improve their health. For example, they answered the question: “Do you think there is anything you should do to improve your physical health?” If

they answered yes, they were then asked if anything is stopping them from making this improvement and if so, what it is.

On average, participants had 2.5 cardiovascular risk factors and three-quarters recognized the need to improve their own health.

After analysis, researchers found that the more risk factors participants had, the more likely they were to recognize their need to change. However, one in five individuals with the highest risk (those that had five or more cardiovascular risk factors) did not feel a need to improve their health.

Authors also noted that adults who were obese, smoked, and didn’t get enough physical activity were most likely to report a need to improve their health, while those with high blood pressure and diabetes were least likely to recognize a need to change.

Based on findings, authors highlight the need to raise awareness for cardiovascular risk factors and the importance of heart disease prevention. If many adults are unaware of their cardiovascular risk factors, then it’s unlikely that they will take steps to address them. Experts hope that with improved education, patients will gain a better understanding of their risk and take steps to improve their heart health.
Despite reductions in the sodium content of processed foods over the past 15 years, most Americans still consume too much salt, based on a recent study published in JAMA Internal Medicine.

Excessive sodium intake has become a major public health concern over the past few decades. While we know too much salt increases risk for high blood pressure and heart disease, an estimated 90% of U.S. children and adults exceed sodium guidelines. Most of this salt comes from processed and restaurant foods, which are popular among U.S. families.

Thanks to efforts like the National Salt Reduction Initiative, companies like Nestle and General Mills have pledged to reduce the sodium content of their foods. This initiative was started in 2009 with the goal of reducing sodium in packaged and restaurant foods by 25% over five years.

To see how we’re doing, researchers analyzed data from the Nielsen Homescan Consumer Panel, which tracked grocery purchases among U.S. households from 2000–2014. The study used bar code scanning of supermarket receipts to record packaged food purchases among 172,042 households.

The good news is that from 2000 to 2014, the amount of sodium that households got from packaged foods decreased by nearly 400 mg a day. The sodium content of packaged food purchases also decreased by 12% over this same period. Researchers note that significant reductions were noted in high-sodium foods, such as condiments, sauces, dips and salty snacks.

However, authors also found that more than 98% of households still had packaged food purchases that exceeded guidelines for sodium density. That means the ratio of sodium to total calorie content was still higher than dietary guidelines recommend.

Authors note that their study did not assess restaurant foods, which is a major source of sodium in the American diet.

The take-home message, according to authors, is that we still have work to do when it comes to reducing sodium consumption. While we’ve made significant progress in reducing the sodium content of processed foods, it hasn’t been enough to completely change the U.S. diet. Most Americans continue to consume too much salt, and additional efforts are needed to reduce sodium consumption and improve public health.

Not all carrots come in standard orange. You can find carrots in such natural colors as yellow and purple. Orange carrots have the highest levels of carotenoids and phytonutrients. Purple carrots contain higher amounts of phenolics including anthocyanins, which some claim are protective against cancer and heart disease. The exception is white carrots, which do not contain high carotenoids, according to Elizabeth Johnson of Tufts University.

Less salt can help balance your blood pressure, but don’t forget potassium. The body holds onto sodium when potassium is low, according to Alicia McDonough of the University of Southern California. Increase potassium intake by eating vegetables, fruits, legumes, fish, and yogurt.
Moon Word Search Puzzle

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

APOLLO ELEVEN
HUMANS HAVE LANDED
MYTHOLOGY
ART
IMPACT CRATERING
NASA APOLLO PROGRAM
CALENDARS
IMPACT CRATERS
NATURAL SATELLITE
CELESTIAL BODY
LANGUAGE
NICKEL
CORE
LUNA PROGRAMME
OCEAN TIDES
CRUST
LUNAR ROCKS
OUTER SPACE TREATY
DARK SURFACE
LUNAR WATER ICE
SAME FACE
DARK VOLCANIC MARIA
MANTLE
SOLAR ECLIPSES
DIFFERENTIATED BODY
MARIA
SOLAR SYSTEM
EARTH
METALLIC IRON ALLOYED
SULPHUR
FIFTH LARGEST
MINUTE LENGTHENING
SYNCHRONOUS ROTATION

CALENDAR

**Calendar of Events**

**Walk with a Doc**
In front of main lobby.

- **August 10**  Board of Directors meeting
- **August 12**  Health Fair at CRMC - Richard and Nancy
- **August 17**  Regular Meeting
- **August 21**  Total Solar Eclipse (Viewing at CRMC)
- **August 22**  Jamestown Meeting
- **September 21**  Annual 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.

**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. **Bob Freeman**: Every other Monday  931-537-9811
2. **Joe Carter**: Every other Monday  931-260-4816
3. **Blanche Smithers**: Every other Monday  931-526-4497
4. **Glee Miller**: Every other Tuesday  931-261-2170
5. **Richard 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. **Blanche Smithers**: Every other Friday  931-858-2196
11. **Laura Jackson**: Every other Friday  931-858-2196
12. **Dennis Guzlas**: Every other Saturday  931-239-3831
13. **Ray Savage**: Substitute  931-761-4336
14. **Billy McElhaney**: Substitute  931-651-1288
15. **Marsha Godsey**: Substitute  931-252-1406

**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

**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

**TAXES AND ADDRESS LABEL COMMITTEE**
- **Wendell & Amelia Kendrick**  931-526-6650

**JAMESTOWN SATELLITE**
- **Sharon Parris**  931-397-5960

**CARDIAC REHAB**
- **Debbie Baker**  931-783-2786

**SUNSHINE CHAIRMAN**
- **Carolyn Shanks**  931-858-3021

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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.
Laura Jackson receiving the Southern Regional Accredited Visitor of the Year award from Marvin Keyser, Southern Regional Director of Mended Hearts.

July CRMC Board Meeting - Mended Hearts members Bill McElhaney, Sherry Shockley, and Blanche Smithers, Mended Hearts Chapter 127 President; Cherry Ramsey, RN; Laura Jackson, Mended Hearts member; Carolyn Smith, Mended Hearts member; Teresa Jones, Director of CVICU. Back row: Dr. Todd Chapman and Paul Korth, CRMC CEO.

Cherry Ramsey, RN at CRMC (left) receives the Mended Hearts Sydney and Helen Shuman Nurse Recognition award from Blanche Smithers, President Chapter 127 (right).

An AED was presented to the Fairground Fire Department. Left to right are Nathan Dale, Jason Huggins, Travis Murphy, Charles Jackson (AED Chair) Tyler Ledbetter, Bryan Rooker.

Mended Hearts July 2017 meeting.
MEMBER ENROLLMENT

Member Information (please print or type) Date __________

Name (Mr/Mrs/Ms) __________________________ 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 __________________________

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 __________________________ Please check below:
Race: □ Caucasian; □ Black; □ Asian; □ Am. Indian; □ Other
Gender: □ Male; □ Female

Patient signature __________________________ 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 member-at-large dues Chapter dues (please customize)

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Dues Summary: National dues $ ______ 
Chapter dues $ ______ 
I am joining as a non-heart patient: □ Physician □ RN 
□ Health Admin □ Other Interested Party □ Other
□ Donation to national $ __________
□ Donation to chapter $ __________ To chapter # __________ Chapter Name: __________________________ City __________________________ State __________________________

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

Please send payment with enrollment form to MHI chapter Treasurer. For member-at-large, send to:
Carolyn Smith
588 Old Qualis Road
Cookeville, TN 38506

MH2050E 2014