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Aorta Reporter

The Mended Hearts, Inc. Atlanta Chapter #81
Founded 1951 Chartered 1973

It's Great to be Alive—and to Help Others

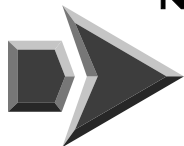
Dedicated to the Memory of Dr. Paul Ambery

COVERED DISH DINNER

**BRING YOUR FAVORITE DISH
TO SHARE WITH OTHERS**

ALSO INSTALLATION OF OFFICERS

NOTE — DATE CORRECTION !!!



**Tuesday, April 18, 2006
Dinner at 6:30 p.m.**

**Sandy Springs Christian Church
Johnson Ferry and Abernathy Road
Directions and more information on page 3**

Remember — If you're reading this, you're invited!!!
(and we do it all for you; please come, learn & meet many other MENDED HEARTS)

PRESIDENT'S NOTES

Growing up in the Midwest definitely had its advantages. You quickly learned the shortest distance between two points was the local Chicago and Northwestern Railroad track. Walking home from or to school brought a world to a fifth-grade boy that he would not have known of if he rode his bike to school. Spring brought multi-colored sheets, blankets, hooked rugs, and throw rugs of all colors and shapes. You also saw all kinds of clothing you should not be seeing unless you had a copy of Hugh Heffner's Playboy.



Springtime in Chicago brought surprises to anyone airing out their laundry. I would always hope for a late freeze because Mrs. O'Brien would always leave clothes and blankets out overnight. When morning came, her clothes and blankets looked like cardboard.

When was the last time you cleaned and threw out the junk between your ears? Unfortunately, we are all kind of like Mrs. O'Brien with our thoughts. We hang them out when we are frustrated and let them get frozen so you embellish them again. In other words, you just don't get rid of your stress. You continually air it out and bring it back.

Why not just throw those old stressful thoughts out and replace them with some good thoughts. I have been told in order to get rid of a stressful situation, you must replace it with a non-stressful situation. Try this...so you can say you have done your mental spring-cleaning.

Doug Steingraber

CHAPTER NOTES

Here it is April, and it's shower time. At the time of this writing in mid-March, the month has so far been a lamb, but we still have a way to go and anything can happen. Were you around here in mid-March 1973? If memory serves me, we had one of the biggest ice storms. It started on a Sunday afternoon; and by the time the rain stopped, there was about an inch of ice on everything, then it didn't go above freezing day or night for a solid week. What a nightmare!

Turning to warmer thoughts, our esteemed visiting chairperson, Herb, put on a very nice and informative reaccreditation meeting in February. It was very warmly received by all. Thanks, Herb. Rick Fisher, an Internet Visitor, gave a nice review of the Mended Hearts Internet Visiting program. Rick has kindly sent us a summary of the program, which can be found elsewhere in this issue. Here is another volunteer activity one can do within the confines of their own computer, and some of you may find that you would be well suited to help in that way.

Since we went to press with the March issue, Max Feinstein and teams of our members helped out at the American Heart Association on two occasions. Many thanks to you good folks for another job well done, especially: Herb and Dixie Jardine, Rudy Galistel, Max and Lucille Feinstein, Jerry and Henrietta Gilbert, Doug and Sara Steingraber, Nick Pavese, Ding and Lily Lau, and Daryl Thompson. Look for future volunteer dates in subsequent issues and mark them on your calendar. If you are interested in adding your name to the list of helpers for future dates, call Max Feinstein, whose telephone number is on page 8.

As accustomed as I am to look at Aortas of the past, I see in the April 1987 issue my column also contained thanks to our folks who volunteered at the AHA the previous month back then...we're still at it! We recorded 181 hospital visits. Our program on stress management was scheduled for St. Joseph's Hospital, which was a change back then from the Jewish Community Center in Atlanta where we usually met. Jack Lyons was treasurer; he is now retired but doing well at 97! A one-liner from then: "Behind every successful man stands a surprised mother-in-law."

Saw an interesting article in my health plan newsletter so I thought I'd pass it on to you. It starts out with the U.S. Surgeon General stating that "knowing your family history can save your life." He announced a new public health campaign and computerized tool that can help families collect important health information. The tool, "My Family Health Portrait," gives users the ability to compile historical health information for family members and to help doctors individualize care to screen for and help prevent conditions for which patients may be at higher risk.

The web-based version enables information entered to reside only on the user's personal computer, but can be printed out to be shared with providers. The free tool can be found at www.familyhistory.hhs.gov or a free printed version can be obtained by calling 1-888-275-4772. Ask for *My Family Health Portrait*.

Last month I reminded you that April is National Humor Month, and this year is the 30th anniversary of its founding by humorist Larry Wilde. On his and other web sites, the many benefits of humor are recounted. Sadly, I have already gone on longer than you or the pages of the Aorta can stand. Therefore, I'll defer to the June issue, which tradition (two years!) has us focusing almost entirely on humor, it being the best medicine. There is one web site I want to look into further between now and then—the Prince William County Public Library's National Humor Month site lists a number of good humor sites at www.pwcgov.org/doclibrary/PDF/003389.pdf.

Here's a one-liner I found, "How is an undertaker like a bottle of cough syrup? Answer: They both take away the coffin."

See you next month, God willing. In the meantime, take care of your heart.

George Waterhouse

This week I was transported back to the late '50s and early '60s. My husband Bill was showing me something in an outbuilding we are having built; and as he was looking up, he got a tree in his eye. It was really some sawdust, but he said it felt like a tree. After flushing his eye with water, he made his way to the main house to take a shower and flush his eye out some more. He was in terrible pain; and after using an eyewash kit, he lay down in bed. He was unwilling to take any suggestions from me (I have scratched my cornea before), so I called our optometrist (also a personal friend) for some suggestions and advice on whether or not to take Bill to an immediate care facility. He phoned a prescription into our pharmacy, which I immediately picked up. I tried to administer it into his eye, but he was too cranky to let me. I practically had to sit on him to get it in.



To my amazement, Dr. Miller from Paradise Optical stopped by our house on his way home to examine Bill's eye and put in even more medicine. It felt like when I was a little girl and the pediatrician would make a house call. Bill took some pain reliever and slept through the night. The next day I took him to see Dr. Miller at his office so that he could thoroughly assess his eye. After getting the good news that he would be good as new in a few days, I thanked Dr. Miller and heaped lots of praise on him. I joked with his office manager that "it pays to be friends with an eye doc" because he came to the house. She burst my bubble and deflated my "special friend status" by informing me that Dr. Miller has occasionally made house calls to deliver glasses and check on housebound patients in the past.

I learned several things from this experience: 1) There is a reason to wear safety goggles when working with wood; 2) Not to be embarrassed to ask doctors for their advice; and 3) That there are still some doctors that have the time and will go the extra mile – literally.

Jill Wilkins

APRIL CARDIO-VERSARIES

1977	Herb Jardine
1980	Roy Stockard
1990	Carl Gulakowski
1992	Janeil Sutphin
1995	Ding Lau
1996	Robert Plante
1998	Marvin Zion
	Pete Nance
2001	Joseph Shea
2003	Duncan McLaren
	Victor Fox
2004	Christine Overrocker
	Carol Johnston

2005 Elaine Jones

COVERED DISH DINNER APRIL 18, 2006

(Note—Date Correction!!)

WHAT: Our April meeting will include a covered dish dinner, much like an old-fashioned "pot luck dinner." It will also include the installation of new Chapter 81 officers.

WHEN: Tuesday, April 18, 2006, at 6:30 p.m.

WHERE: Sandy Springs Christian Church—301 Johnson Ferry Road, at the corner of Abernathy Road in Sandy Springs (see directions below).

WHAT TO BRING: Call Doug at 770-926-0157 to RSVP and tell him what you will be bringing in an amount sufficient for 8-10 people: meat or other main dish, salad, vegetable or dessert. *Please bring a serving utensil for your item.*

MENDED HEARTS WILL PROVIDE: Drinks including soft drinks, water, sweet and unsweetened iced tea, and coffee; ice, bread; plastic forks, knives and spoons; and plates, cups, and napkins.

FOR INFORMATION: Call Doug Steingraber at 770-926-0157.

DIRECTIONS TO THE CHURCH:

♥ **FROM GA 400:** Exit at the Sandy Springs/Dunwoody exit and drive west on Abernathy Road. Cross Roswell Road and look for the church on the right at the intersection with Johnson Ferry Road.

♥ **FROM I-285:** Exit at Riverside Drive; drive north all the way to Johnson Ferry Road. Turn right on Johnson Ferry and drive east toward Sandy Springs. Look for the church on your left at the Abernathy Road intersection.

♥ **FROM COBB COUNTY:** Travel west on Johnson Ferry Road. Cross the Chattahoochee River and go up the long hill. Watch for the church on your left at the intersection with Abernathy Road.

PLEASE NOTE: The event will be in the Fellowship Hall. Go around to the back of the church, and the doors will be open.

DON'T MISS THE DRAWING FOR A CRUISE!!

HOSPITAL VISITING REPORT

During the month of February 2006, we recorded 151 hospital and telephone visits at Emory University Hospital, Crawford Long Hospital, Saint Joseph's Hospital, Atlanta Medical Center, Piedmont Hospital, Grady Hospital, and WellStar Kennestone Hospital.

LET'S VISIT AWHILE

Randy has been a visitor at Crawford Long Hospital and our biggest single fundraiser for the Heart Walk. A little more than a year ago, he decided to make a career change. He went back to school; and after taking 10 science prerequisite courses, he has been accepted to Emory University's Nell Hodgson Woodruff School of Nursing in their Second Degree Bachelor of Nursing program. This is a two-year program starting this September. Randy says, "This quest is a direct result of my experiences as a patient and subsequent experience as a Mended Heart visitor."

We would also like to welcome Jan and Lewis Harris, who are in training to become visitors at Crawford Long. Would that a few more of you would jump on the bandwagon!!

Herb Jardine

INTERNET VISITING

There are over 200 Internet Visitors in Mended Hearts chapters across the United States. We have one Internet Visitor in our Atlanta Mended Hearts Chapter 81. This article will give you an idea of what Internet Visiting is all about.

WHAT IS IT?

Internet Visiting (IV) is an outreach to the communities of America and beyond. At its inception, the program was meant to reach out beyond our chapters and offer support to those who were not near a Mended Hearts chapter. However, there are many chapter members who need to have additional support from Mended Heart members outside of their own chapter, and this program is for them also.

In doing online visiting, we are truly reaching out and giving our Mended Hearts support to more patients, their families, and friends. The accredited IVs are forwarded email letters, not only from patients—many are from spouses, children, or others who want to help the members of their families or friends and are reaching out for support.

The Internet Visitor chairperson puts people in contact with former patients who have experienced all types of heart events, and they can share their experiences with these people by offering encouragement, addressing their concerns, and giving support and understanding on an ongoing basis through follow-up contacts. They share such things as:

- how long it took to recover
- how they coped with pain
- how they coped with anxiety and/or depression
- how well things have turned out

There are many other positive things that a heart patient may experience that they can share with another person and help them cope with their heart event and the

future. Remember, in some cases an IV is giving support to someone who may not receive it from any other source.

HOW TO BECOME AN INTERNET VISITOR

1. You must be a member of a chapter in good standing.

2. You must be an accredited visitor—trained in the chapter for hospital visitation. You *do not* have to have the OSHA training or have the TB testing like you do for hospital visiting.

3. It is best to have some hospital visiting experience so you know how to deal with the patient and their family face to face. You get to experience the condition of the patient, see their reactions to your visit, have follow-up personal contact, etc. Then you can perceive how well you may be received by your online messages. The big difference is the hospital patient does not necessarily ask for your support, whereas the Internet patient does.

4. You need to contact Gerry Harrelson, Internet Chairperson at gohheart@knology.net, tell her some of your background, and then give the following information plus anything that you think she should know that would help her in seeing that you are qualified:

- Name
- Mailing address
- Chapter, location and region
- Email address
- Accreditation date (yearly)
- Name and email of chapter visiting chairperson and/or president

5. The IV chairperson will email you the policies to look over before you actually have your name put on the mailing list. You will be sent a brief test to fill out to make sure you understand all of the policies and guidelines with the request that you send your answers back to the chairperson. When you agree to follow these rules and guidelines, tell the chairperson to put you on the mailing list. (This procedure will count as an accreditation or training for visiting on the Internet).

6. The chairperson might request that you send a copy of several of your responses so he/she can observe how you answer these concerns, much like we do with hospital visiting. (After that you do not have to send your responses, except occasionally to let him/her see how things are going and also to see the response of the patients).

7. When requests come to the chairperson from Mended Hearts headquarters, AHA, or other sources, the requests are forwarded to all the members of the IV group.

8. The chairperson specifically instructs the IV members to answer *only* the requests they have experienced. Ignore those requests that you have no knowledge of. Of course, all of us can offer encouragement, but most IV requesters want to know some personal experiences and some specific information.

9. Email Address Change: It is important that you notify the Internet Visiting chairpersons about any change in your email address. Also, if you do not receive messages in a month's time, please contact the chairperson so the problem can be investigated.

Rick Fisher

AMERICAN HEART ASSOCIATION CONNECTIONS

VASCULAR DISEASE IN THE BRAIN LINKED TO SHORTER LIFE

Two conditions in the brain—high amounts of white matter and enlarged open areas called ventricles—are associated with cardiovascular disease and shorter lives in the elderly, researchers said at the American Heart Association's 46th Annual Conference on Cardiovascular Disease Epidemiology and Prevention.

These variables may have the strongest associations with longevity among older people," said Lewis Kuller, M.D., Dr. P.H., lead author of the study and professor of epidemiology at the University of Pittsburgh in Pennsylvania.

Grey matter refers to the brain's nerve cells, or neurons. The nerve fibers that carry the neurons' messages to the rest of the body are called white matter because of the white fatty covering on the nerve fibers. Ventricles are open areas or cavities in the brain that are filled with spinal fluid.

"As you begin to age and lose neurons, the ventricles get bigger," Kuller said.

In a 12-year study—one of the longest of its kind—researchers examined 3,245 participants, average age 75, in 1992–94 in the Cardiovascular Health Study. Forty percent of the volunteers were men; 14.5 percent were African American. Researchers examined the participants' brains using magnetic resonance imaging (MRI), a painless test that uses magnetism to create pictures.

Highly trained specialists looked at the MRIs and assigned each subject's brain scans a white matter grade (WMG) from one to nine, and a ventricular grade (VG) based on the amount of ventricular enlargement. During the years of follow-up, researchers found that all-cause deaths, cardiovascular disease (CVD) deaths and non-CVD deaths all rose with increasing WMG and VG grades.

"After we controlled for everything we could think of related to longevity—such as health status, heart disease, stroke, diabetes, high blood pressure, physical functioning, kidney function, cognitive function, pulmonary function, peripheral vascular disease, age, education, race and sex—the WMG and VG in combination became a powerful predictor of longevity," Kuller said.

For instance, women ages 65–74, who scored less than two for WMG, had an all-cause death rate of 12.2 per 1,000. That's less than one-third the rate of 57.9 per 1,000 for those with a WMG greater than five. That difference remained after adjusting for risk factors. Elderly volunteers who scored below the average for both WMG and VG had a 57 percent lower risk of death compared to participants who scored above the median on both markers.

The risk associated with these markers did not differ by sex, race or age. At age 75, the average survival of participants with below-average WMG and VG and who were free of subclinical CVD was projected at nearly 18 years. By comparison, survival was 11.9 years for those with WMG and VG above the average plus subclinical cardiovascular disease. Kuller said the researchers were surprised to find that anything could have affected longevity so much in a population drawn from a Medicare sample.

"One hypothesis we've considered is that blood pressure may be driving this," he said. "We may be seeing the effect of small vessel disease in the brain secondary to elevated blood pressure that may have been present for many, many years."

"This might suggest that very tight control of blood pressure—or better yet, preventing high blood pressure—could have a fairly profound effect on stroke, physical disability and perhaps on dementia, and might prolong life."

Moreover, researchers suggest that improving blood pressure across the population could increase the time that old people could experience a high-quality life free from disability.

"A key question is whether this is all driven by our high dietary salt intake," Kuller said. "One hypothesis is that high salt intake drives blood pressure throughout life, and early treatment and control of blood pressure may profoundly affect longevity and the quality of life."

He said a recent report from the long-running Framingham Heart Study found that lowering blood pressure increases longevity. Other studies have shown that lowering blood pressure prevents stroke and kidney failure.

In earlier research, Kuller's group showed that blood pressure and vascular disease are related to dementia. A paper in *The New England Journal of Medicine* last year found that kidney function is also a powerful predictor of death and CVD events such as heart attack and stroke—leading to the hypothesis that high blood pressure damages the small vessels in the kidney and brain.

"The last step would be to prove that substantially lowering blood pressure throughout life would prevent the increasing WGM and VG," Kuller said. "The story is evolving rapidly now."

Vanessa G. Garrity
Volunteer and Communications Coordinator

MEDICINE & TECHNOLOGY

HARVEY W. WILEY: PIONEER CONSUMER ACTIVIST

When Americans think of consumer advocates, the names Ralph Nader or Esther Peterson or Eliot Spitzer may jump to mind. But Harvey W. Wiley, M.D., was the original—first at the Food and Drug Administration, where he became known as the “Father of the Pure Food and Drugs Act” and then at Good Housekeeping magazine.

In the 1880s, when Wiley began his 50-year crusade for pure foods, America’s marketplace was flooded with poor, often harmful products. With almost no government controls, unscrupulous manufacturers tampered with products, substituting cheap ingredients for those represented on labels: honey was diluted with glucose syrup; olive oil was made with cottonseed; and “soothing syrups” given to babies were laced with morphine. The country was ready for reform...and for Wiley.

Born in a log cabin in 1844 on a frontier farm in Indiana, Wiley spent his early years helping plant and harvest the crops. His father, the local schoolteacher, saw to it that his children had a basic education—these were the days before free public schools—and Wiley was able to go on to college, eventually taking a medical degree at Indiana Medical College and a science degree at Harvard. By his late 30s, he was a professor of chemistry at Purdue University.

Then, in 1883, he was persuaded to give up academic life and move to Washington, D.C., as chief chemist in what is now the Department of Agriculture. His main task was to support the new agricultural industries, but he was also able to continue his private passion, developing tests for food purity.

All through the 1880s and 1890s, pure-food bills were introduced into Congress—largely through his work—and all were killed. Powerful lobbies had established themselves. To bring his cause to the public, and with a budget of \$5,000, Wiley organized in 1902 a volunteer group of healthy young men, called the Poison Squad, who tested the effects of chemicals and adulterated foods on themselves. Women banded together, notably in the Federated Women’s Clubs, for political clout. Major canners became supporters of the legislation and voluntarily abandoned the use of questionable chemicals. Finally, the battle was won on June 30, 1906, when President Theodore Roosevelt signed the Pure Food and Drugs Act, largely written by Wiley, who was then appointed to oversee its administration.

The battle had been won—but not the war. Wiley had many adversaries in Congress and in the food and patent-medicine industries, and in 1912 he left his government

post. A headline of the day read: Women Weep As Watchdog Of The Kitchen Quits After 29 Years.

Before he left the government, Wiley had been sought to set up and direct the Bureau of Foods, Sanitation, and Health for Good Housekeeping. The magazine, begun in 1885, had already created the Good Housekeeping Institute laboratories to ensure the reliability of its editorial pages.

Once Wiley was on staff, with his own chemistry laboratories in Washington, D.C., where he could monitor government activities, he continued his fight for pure foods from the pages of the magazine.

In his 19 years as director of the bureau at Good Housekeeping, he led the fight for tougher government inspection of meat; for pure butter unadulterated with water; and for whole-wheat flour, which growers were mixing with other grains. The bureau analyzed food products and published the findings; its “Tested and Approved” seal became the coveted symbol of responsible industry, and the Good Housekeeping Seal remains the pre-eminent consumer emblem today.

In 1914, Wiley and Anne Lewis Pierce wrote a groundbreaking Good Housekeeping exposé on obesity cures, called “Swindled Getting Slim.” The article described ways diet hucksters sold products, ranging from misleading to downright fraudulent, without getting caught by government regulators. In 1921, Wiley’s crusading articles contributed to the passage of the Maternity Bill, which allocated Federal funds for improved infant care—and led to a reduction of the appalling infant mortality rate.

Remarkably prescient, Wiley in 1927 expressed his suspicion that the use of any form of tobacco might be harmful and that it might promote cancer. Because of mounting evidence confirming Wiley’s early warnings, Good Housekeeping stopped accepting cigarette ads in 1952, 12 years before the U.S. Surgeon General issued a report detailing the health hazards of smoking.

In his last years, he fought and won the battle to keep refined sugar pure and unadulterated. When he died in 1930, at age 86, Harvey Wiley was given a patriot’s funeral at Arlington Cemetery.

The legacy of Wiley lives on at Good Housekeeping and at the Good Housekeeping Institute. In recent years, the magazine and the institute have exposed nutritional supplements that did not have as much of their active ingredient as indicated on their labels, snack foods that had more fat and calories than claimed, and misleading serving sizes on food packaging. Good Housekeeping Institute staffers remain vigilant about determining which products may receive the Good Housekeeping Seal, and the magazine’s Consumer Services department vigorously investigates questions it receives concerning seal products purchased by the public.

*FDA History Office
Contributed by Daryl Thompson, FDA (Ret.)*

NUTRITION NOTES

TO KEEP DEPRESSION AWAY, EAT FISH

If you think the health claims for fish oil are beginning to sound like “snake oil,” think again. Psychiatrists at the National Institutes of Health say the omega-3 fatty acids in fish oil are like neuronal fertilizer. They make brain cells grow more connections.

Researchers now say omega-3s benefit not only the heart but also a range of psychiatric and neurological problems including depression, bipolar disorder, and schizophrenia. The brain is 60 percent fat, they say, and it needs omega-3s for optimal function.

Studies suggest omega-3s also help build cell membranes and boost levels of the feel-good brain chemical serotonin. Food contains two varieties of omega-3s. Those found in walnuts, canola oil, and leafy greens are called ALA and are not quite as effective as those found in seafood and enriched eggs. They contain EPA and DHA omega-3s.

The American Heart Association recommends eating fatty fish such as salmon and cod at least twice a week.

PAGES Editorial Service, Inc.

THE VENT-RICLE

We all need to convert something, dollars to pesos, fractions to inches, calories to belt size, something. Here’s a list of those hard-to-find conversions you have been searching for...

- Ratio of an igloo’s circumference to its diameter = Eskimo Pi
- 2000 pounds of Chinese soup = Won Ton
- 1 millionth of a mouthwash = 1 microscope
- Time between slipping on a peel and smacking the pavement = 1 bananosecond
- Weight an evangelist carries with God = 1 billigram
- Time it takes to sail 220 yards at 1 nautical mile per hour = Knotfurlong
- 16.5 feet in the Twilight Zone = 1 Rod Serling
- Half of a large intestine = 1 semicolon
- 1,000,000 aches = 1 megahertz
- Basic unit of laryngitis = 1 hoarsepower
- Shortest distance between two jokes = a straight line
- 453.6 graham crackers = 1 pound ake
- 1 million-million microphones = 1 megaphone
- 1 million bicycles = 2 megacycles
- 365.25 days = 1 unicycle
- 2000 mockingbirds = 2 kilomockingbirds
- 52 cards = 1 decacards

- 1 kilogram of falling fruit = 1 fig Newton
- 1000 milliliters of wet socks = 1 literhosen
- 1 millionth of a fish = 1 microfiche
- 1 trillion pins = 1 terrapin
- 10 rations = 1 decoration
- 100 rations = 1 C-ration
- 2 monograms = 1 diagram
- 4 nickels = 2 paradigms
- 2.4 statute miles of intravenous surgical tubing at Cornell University Hospital = 1 IV League
- 100 Senators = Not 1 decision

An 80-year-old woman was arrested for shoplifting. When she went before the judge he asked her, “What did you steal?”

She replied, “A can of peaches.”

The judge asked her why she had stolen them, and she replied that she was hungry. He then asked her how many peaches were in the can.

She replied, “Six.”

The judge then said, “I will give you six days in jail.”

Before the judge could actually pronounce the punishment, the woman’s husband spoke up and asked the judge if he could say something.

The judge said, “What is it?”

The husband said, “She also stole a can of peas.”

It doesn’t hurt to take a hard look at yourself from time to time, and this should help get you started.

During a visit to the mental asylum, a visitor asked the director what the criterion was which defined whether or not a patient should be institutionalized.

“Well,” said the director, “we fill up a bathtub, then we offer a teaspoon, a teacup and a bucket to the patient and ask him or her to empty the bathtub.”

“Oh, I understand,” said the visitor. “A normal person would use the bucket because it’s bigger than the spoon or the teacup.”

“No,” said the director, “A normal person would pull the plug. Do you want a room with or without a view?”

One Sunday morning, the pastor noticed little Alex was staring up at the large plaque that hung in the foyer of the church. It was covered with names and small American flags were mounted on either side of it. The seven-year-old had been staring at the plaque for some time, so the pastor walked up, stood beside the boy, and said quietly, “Good morning, Alex.”

“Good morning,” replied the young man, still focused on the plaque. “What is this?” Alex asked.

“Well, son, it’s a memorial to all the young men and women who died in the service.”

Soberly, they stood together, staring at the large plaque. Little Alex’s voice was trembling and barely audible when he asked, “Which service? The 8:30 or the 11:00?”

APPLICATION FOR MEMBERSHIP

We (I) would like to join Mended Hearts, Inc., Chapter #81

Atlanta or Satellite: Marietta Piedmont

NAME _____

SPOUSE _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ DATE OF BIRTH _____

DID YOU HAVE:

Bypass Surgery Balloon Pacemaker Heart Attack

Valve Surgery: Mitral Tricuspid Aortic Pulmonary

Other _____

New member family dues are \$32.00 and new member single dues are \$22.00.
Please make your check payable to:
The Mended Hearts, Inc., Chapter #81
Mail to: John Crosbie, Treasurer
3401 Winter Wood Court
Marietta, GA 30062-1247

RETIRED YES NO

DATE OF CARDIAC EVENT OR SURGERY: _____

TYPE OF MEMBERSHIP: FAMILY SINGLE

Membership covers a twelve-month period from date of enrollment and includes:

- Insignia pin
- Chapter newsletter
- Subscription to quarterly national magazine, *Heartbeat*

Aorta Reporter

A copy of *Aorta Reporter* is mailed for three consecutive months following your hospital stay or referral as a heart patient. It is our way of keeping in touch while you continue to recuperate. We enjoyed meeting you and hope you received some comfort and encouragement from us. Having lived the same experiences, we are willing to take time out of our lives because we want to share our experiences in your recovery. As you become active again, you and your family are invited to attend our Atlanta Chapter #81 or any other chapter meetings as guests. In getting to know us, we hope you will decide to join us in helping each other. Our 7:30 p.m. meetings are the third Tuesday of each month.

Mended Hearts

Mended Hearts is a nationwide support organization, affiliated with the American Heart Association, for individuals with heart disease, including persons recovering from heart attacks or open-heart surgery. Members give hope and encouragement to others by providing living proof that persons with heart disease can lead full, productive lives. Family and friends are also welcome to attend the free monthly sessions. For information, call 678-385-2062 or your local American Heart Association.

**Visit Chapter #81 at
www.mendedheartsatlanta.org**

ATLANTA MENDED HEARTS, CHAPTER #81

678-385-2062

c/o American Heart Association
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678-385-2000

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