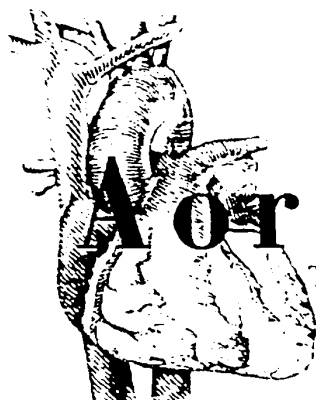


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APRIL
2007



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



Tuesday, April 17, 2007

Dinner at 6:30 p.m.

Sandy Springs Christian Church
Corner of Johnson Ferry and Abernathy Roads

Directions and more information on page 4

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

PRESIDENT'S NOTES

DO WE HAVE A MORAL OBLIGATION?

This article I share with you comes from the *Asbury Herald* and was written by Dr. Larry Brooks.

There was a drowning man who fell off the pier. Unfortunately, the man could not swim. As the man was thrashing the water and yelling for help, another heard his cries and ran to the edge of the water. According to the court records, this man was an exceptional swimmer. The unfortunate thing was the man never attempted to save the man and watched the man drown. The drowning man's family sued the sunbather for not going to the aid of their loved one. The Massachusetts court ruled...the sunbather had no legal obligation to give such aid. Grant you, he had no legal obligation to save him, but did he fail his moral obligation.

What would happen if the doctor said he did not have time to operate? Or if the tech did not have time to check our enzyme count? Or the nurse said she/he did not have time to go down to see you? How about if the support staff said your room was too messy to clean up, or the cook did not want to cook that day? I realize these people are being paid to do what is asked of them, but does that mean they will always do what they are paid to do and nothing more?

What about the Mended Hearts visitor that failed to show up and did not call for a replacement? When you left the hospital, did you have an urge or moral obligation to come back and help? Do we, as heart survivors or caregivers, have a moral obligation to visit patients in the hospital and/or at home?

What solidified my moral obligation was my trainer, Herb Jardine. I observed how he consistently goes about his way training and visiting. I only hope that each and every person we visit can catch this driving spirit.

I want to thank all of you who feel there is a moral obligation to our heart patient visits weekly.

Doug Steingraber

CHAPTER NOTES

Can't believe that on the day (early March) I'm writing this, we hit 70 degrees, but at the same time our daughter in Maryland was getting snow and temps in the 20s! By the time you sit down to read this, we should be getting consistently better days. Actually, how can we complain about the weather when you see what folks in other places have been subjected to? For example, I was visiting a patient at Emory last week who was scheduled for open-heart surgery the next day. "Where are you from?" I asked. "Enterprise, Alabama," he said. A few minutes later I was in the nurses' room doing my paperwork. CNN was on, and they flashed a scene of

Enterprise on the screen with all the damage and destruction from the tornado that had just hit. See what I mean. There's no way I could have gone back to his room to tell him, but I hope his family and property survived intact.

A year or so ago I brought to your attention eight words that appear on the front page of every issue of the *Aorta Reporter*. I call your attention to them again. It reads: Dedicated to the memory of Dr. Paul Ambery. Well worth repeating is that Paul was a very dedicated Mended Heart, who faithfully served our chapter for many years. He was our visiting chairperson for (my guess) 15 years. He conducted training and retraining for visitors, coordinated visiting, and kept up with our activities at all the hospitals. He attended all the board meetings and volunteered at the American Heart Association. He also volunteered at other events held by the hospitals. I especially remember him helping at the 'Celebration for Living' held by Emory every year.

We certainly owe a debt of gratitude to our now-deceased friend; likewise, we owe an equal amount to Paul's wife, Norma, who donates a significant source of our income to the chapter through her sales of Entertainment books. Norma, you see, donates her share of all the books she sells to us. Our chapter only keeps a small amount of membership dues, and the bulk of it goes to our national organization. We would be in dire straits without Norma's donation. We want you to know, Norma, how much we appreciate your generosity. Thank you!

To our president: Doug, nice idea and great meeting in February inviting representatives from our hospitals and having them and our coordinators talk about the wonderful working relationships between us. The desserts and social afterwards was also tops. It was a real nice group of folks enjoying each other's company.

In April 1988, Editor Barbara Carroll reported on her similar feelings in the *Aorta*. Back then, the scheduled April program was Sue White, nurse clinician at Piedmont. The meeting was to be held at Piedmont, but in May that year, we were meeting at Northside. Hospital visits were reported to be 256, and a one-liner read: A word of wisdom—Tact is the ability to close your mouth before someone else wants to.

Here's one from "The Vent" that caught my eye: I told my friend I saw a coyote in Cobb County this morning going to work. "How do you know?" she asked. "Was it carrying a briefcase?"

With their permission here are a few that are loaded with wisdom from *the South Jersey Devil*:

- ♥ Seat belts are not as confining as wheelchairs.
- ♥ There are worse things than getting a wrong number call at 3:00 a.m. It could be the right number.
- ♥ Don't spend today regretting yesterday. Don't spend today worrying about tomorrow. It leaves little time to live today.

Y'all take good care of your heart so it can take good care of you. God willing, I'll see you here again next month.

George Waterhouse

WELCOME NEW MEMBERS

To receive the most benefit from your membership, make it *YOUR* Mended Hearts chapter.

**Nancy Cox (Piedmont)*

HOSPITAL VISITING REPORT

During the month of February 2007, we recorded 200 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.

APRIL CARDIO-VERSARIES

- 1977 **Herb Jardine**
- 1980 **Janice Hall**
 Roy Stockard
- 1990 **Carl Gulakowski**
- 1992 **Janeil Sutphin**
- 1995 **Ding Lau**
- 1998 **Marvin Zion**
 Pete Nance
- 2003 **Duncan McLaren**
 Victor Fox
- 2006 **Lynn Swindell**
 Ed Cook

LET'S VISIT AWHILE

Things are looking up at Piedmont!! Monroe Smith is back visiting, and Erin Driscoll has completed her visitor training and will be assisting in training new visitors. Nancy Cox and Ed Cook are next up for training.

We could use a few more at Piedmont.



Herb Jardine

SATELLITE MEETING INFO.....

Marietta Satellite – NOTE BOX BELOW

First Tuesday of the month – 7 p.m.
Kennestone Hospital Rehab Center (behind the hospital)
Call Doug Steingraber at 770-926-0157

Piedmont Satellite

First Thursday of the month – 5:30 p.m.
Call Erin Driscoll at 404-605-3176

WellStar Cobb Hospital – Rehab Center

First Thursday of the month – 7 p.m.
Call Marie Thomas-Stanley at 770-732-4129

Southern Regional Medical Center – Riverdale

Second Tuesday of the month – 7 p.m.
Education Building – Room A
Call Jan or Lewis Harris at 770-473-4725

MARIETTA SATELLITE APRIL MEETING CHANGE

Marietta Satellite will meet with Mended Hearts Chapter 81 for a covered dish dinner on Tuesday, April 17, at 6:30 p.m. at the Sandy Springs Christian Church, 301 Johnson Ferry Road NW in Sandy Springs. (Corner of Johnson Ferry and Abernathy Roads).

Bring your favorite "brag dish" and we will supply the main course.

Call Doug Steingraber 770-926-0157.



"Yes, I fasted for the blood test, if you count the four hours in the waiting room."

PAGES Editorial Service, Inc.

COVERED DISH DINNER APRIL 17, 2007

WHAT: Our April meeting will include a covered dish dinner, much like an old-fashioned "pot luck dinner."

WHEN: Tuesday, April 17, 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: salad, vegetable or dessert. *Please bring a serving utensil for your item.*

MENED HEARTS WILL PROVIDE: Meats, 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.



AMERICAN HEART ASSOCIATION CONNECTIONS

WHOLE-GRAIN BREAKFAST CEREAL ASSOCIATED WITH REDUCED HEART FAILURE RISK

ORLANDO, Fla., March 2 — Eating whole-grain breakfast cereals seven or more times per week was associated with a lower risk of heart failure, according to an analysis of the observational Physicians' Health Study. Researchers presented findings of the study today at the American Heart Association's 47th Annual Conference on Cardiovascular Disease Epidemiology and Prevention. For the present study, breakfast cereals that contain at least 25 percent oat or bran content were classified as whole-grain cereals.

The analysis shows that those who ate a whole-grain breakfast cereal seven or more times per week were less likely (by 28 percent) to develop heart failure over the course of the study than those who never ate such cereal. The risk of heart failure decreased by 22 percent in those who ate a whole-grain breakfast cereal from two to six times per week and by 14 percent in those who ate a whole-grain breakfast cereal up to once per week.

According to researchers, if this data is confirmed by other studies, a healthy diet including whole-grain breakfast cereals along with other measures may help reduce the risk of heart failure.

"There are good and powerful arguments for eating a whole-grain cereal for breakfast," said Luc Djoussé, M.D., M.P.H., D.Sc., lead author of the study and assistant professor of medicine in the Division of Aging at Brigham & Women's Hospital and Harvard Medical School in Boston, Mass. "The significant health benefits of whole-grain cereal are not just for kids, but also for adults. A whole-grain, high-fiber breakfast may lower blood pressure and bad cholesterol and prevent heart attacks."

Djoussé urges the general public to consider eating a regular whole-grain, high fiber breakfast for its overall health benefits.

In the Physicians' Health Study, the majority of the physicians in the study ate whole-grain cereals rather than refined cereals. Whole grains are rich in vitamins, minerals, and anti-oxidants and have a high fiber content. Of 10,469 physicians reporting cereal consumption at baseline, 8,266 (79 percent) ate whole-grain cereals compared to 2,203 (21 percent) who ate refined cereals.

Among the physicians who ate whole-grain breakfast cereals, 2,873 (35 percent) said they ate them seven or more times per week; 3,240 (39 percent) said two to six times per week; and 2,153 (26 percent) said they ate up to one cereal serving per week.

The findings reported here were based on annual detailed questionnaires about major heart events and reported breakfast cereal consumption at baseline.

However, the results did not change when possible changes in cereal consumption over time (assessed at 18 weeks; two years; four years; six years; eight years; and ten years) were taken into account. Researchers conducted the study from 1982 to 2006. The average age of physicians in the study at baseline was 53.7 years.

Djoussé hopes the findings of the Physicians' Health Study will encourage the general population to eat heart-healthy diets.

"The Physicians' Health Study shows that even in a population with overall healthy behavior, it is possible to see less heart failure in those who eat a whole-grain cereal breakfast," Djoussé said.

In the United States, foods considered "whole grain" contain 51 percent or more whole grain ingredients by weight per reference amount customarily consumed.

The Physicians' Health Study is supported by grants from the National Cancer Institute and the National Heart, Lung, and Blood Institute, Bethesda, MD. Dr. Djoussé is principal investigator on a grant from the National Heart, Lung, and Blood Institute, Bethesda, MD.

The study's co-author is J. Michael Gaziano, M.D.

*Sherelle Waters
Health Integration Team, AHA*

MEDICINE & TECHNOLOGY

STUDY: HALF OF PEOPLE AT HIGH RISK UNAWARE THEY NEED A FLU SHOT

Many people at high risk of flu infection mistakenly believe they're in a low-risk group and, as a result, are much less likely to get a flu shot, according to a researcher from the University of North Carolina (UNC) at Chapel Hill School of Public Health.

A study, conducted during the flu vaccine shortage of 2004-2005, found that underestimating risk was common, particularly among people younger than 65 years old, says Noel T. Brewer, Ph.D., an assistant professor of health behavior and health education at UNC. Only 26 percent of younger adults at high risk were vaccinated that flu season, despite recommendations from the Centers for Disease Control and Prevention (CDC) urging high-risk groups to get a flu shot.

The results also indicate what messages will encourage those most likely to get the flu to be vaccinated, Brewer says. "We need to be clearer about who is in the high-risk groups. If we can frame health messages around easily identifiable risk categories, then others—including family and friends of high-risk individuals—can help persuade those at high risk to get their flu shot," says Brewer. "This simple message could very well save lives."

The study, funded by the CDC, appears in the Dec. 1, 2006, issue of *Clinical Infectious Diseases*.

Brewer notes that the 2004-2005 shortage apparently discouraged about 24 percent of high-risk people from being vaccinated. But the majority of study participants—73 percent—said the shortage did not affect their behavior.

The study, led by Brewer and William K. Hallman, Ph.D., professor of human ecology at Rutgers University, surveyed a random sample of 300 adults in September 2004 and March 2005. The researchers examined the number of people at high risk of getting the virus, as defined by the CDC, and assessed how many got vaccinations. High-risk groups include older adults, ages 65 and older, and people from 18 years to 64 years old who had chronic health conditions. A third high-priority group comprised people who had regular contact with high-risk adults or children. Reasons for not getting vaccinated were also examined.

Of the 300 people surveyed, half who met the CDC's criteria for being top priority for vaccination said they believed their risk was low, and as a result they were not vaccinated. Also, though more than 60 percent of older people were vaccinated, according to Brewer, only 26 percent of younger adults at high risk and 36 percent of people who had regular contact with either of the other two groups were vaccinated.

"Underestimating one's risk was common, particularly among people under age 65," Brewer says. "Most older people understood their high risk, but two thirds of respondents in the other high-risk categories mistakenly thought they were at low risk. Only a couple people overestimated their risk of infection." The study also examined whether the news of a vaccine shortage during that flu season changed behaviors. Twenty-four percent said the shortage discouraged them from being vaccinated, while only 3 percent said the shortage encouraged them to get a flu shot. Nearly 3 out of 4 participants said the shortage had no effect on their behavior.

"This study helps us understand what messages will resonate with people, and encourage those most likely to get the flu to be vaccinated," Brewer said. About 36,000 people in the United States die each year from flu-related illnesses, so vaccinating the people who would be in the most danger if they got sick is a critical public health priority, he added.

For more information: www.cdc.gov/flu/keyfacts.htm

HHS, FDA ANNOUNCE NEW TOOLS FOR THE NUTRITION FACTS LABEL

The U.S. Department of Health and Human Services (HHS) and the Food and Drug Administration's Center for Food Safety and Applied Nutrition (CFSAN) have unveiled two new learning tools to help consumers use the Nutrition Facts label to choose nutritious foods and to achieve healthy weight management.

The tools are *Make Your Calories Count*, a Web-based learning program, and a new *Nutrition Facts Label* brochure.

“The risk of many diseases and health conditions may be reduced through preventive actions and a culture of wellness deters or diminishes debilitating and costly health events. Individual health care is built on a foundation of responsibility for personal wellness,” said HHS Assistant Secretary for Health John Agwunobi, M.D., in announcing the nutrition aids. “We at HHS are pleased to introduce both the new Web-based program and the brochure, which contribute to the nutrition focus of the department’s prevention priority.”

The Web program is part of the FDA’s response to the recommendations contained in a 2004 report issued by the agency’s Obesity Working Group. The program is based on recommendations in the federal government’s 2005 Dietary Guidelines for Americans. The Dietary Guidelines contain science-based advice designed to help Americans choose diets that meet nutrient requirements without exceeding calorie needs, promote health, support active lives, and reduce the risk of chronic disease.

“This learning program provides a quick and simple way to educate consumers on how to use the Nutrition Facts label,” says FDA Commissioner Andrew C. von Eschenbach, M.D. “By making it easier for consumers to understand the Nutrition Facts label, the FDA is helping them make quick and informed food choices that contribute to lifelong healthy eating habits.”

Make Your Calories Count is an interactive online learning program that is also available in a downloadable format. It is designed to help consumers understand and use the Nutrition Facts label to plan a healthy diet while managing calorie intake.

The program guide features an animated character, called Labelman, who expertly leads the viewer through a series of exercises on the food label. The program includes exercises to help consumers explore the relationship between serving sizes and calories while they learn how to limit certain nutrients and get enough of others. For simplicity, the program presents two nutrients that should be limited – saturated fat and sodium – and fiber and calcium, two nutrients that should be consumed in adequate amounts.

Consumers can use the Nutrition Facts label to take control of their caloric intake and weight and to make healthy food choices, if they know how. This program will show consumers how, in part, by explaining what serving sizes, percentages, and daily values mean and how to use them.

The program is available for online use and in a downloadable format at www.cfsan.fda.gov/labelman. A new downloadable Nutrition Facts Label brochure for use by consumers is also available. The brochure can be used by health professionals to teach people how to make healthier food choices. The brochure includes information that will help consumers understand the relationship between calories and serving size, which may help them

use the label to manage their intake of calories.

Visit www.cfsan.fda.gov/~dms/lab-gen.html to download.

FDA Consumer Magazine
Contributed by Daryl Thompson, FDA (Ret.)

NUTRITION NOTES

RHUBARB CHUTNEY IS A HEALTHFUL, DELICIOUS ADDITION TO HAM

April brings a wealth of fresh spring fruit and vegetables including strawberries, asparagus, and peas, but why not try something different? Rhubarb.

Too tart for your palate? Think again. It is absolutely delicious in cobblers, desserts, and chutneys. And it has healing power that has been recognized for hundreds of years.

Of course, eating a half cup of rhubarb cures constipation (cook it with apple juice and honey), but rhubarb, along with other fiber-rich foods, can sop up cholesterol and flush it from your body before it gets a chance to stick to your arteries.



And it can fight cancer. Researchers at the University of Mainz in Germany found that rhubarb juice ranked close to the top of all fruits and vegetables in preventing cell mutations that commonly lead to cancer.

Vitamin C is also found in rhubarb. The antioxidant attacks and immobilizes free radicals that are the damaging force behind heart disease and some cancers.

When shopping for rhubarb, remember that the redder the stalk, the sweeter the taste.

Next time you want to make a great dinner, try this recipe. According to epicurian.com, 100 percent of those who tried it said they would make this recipe again.

HAM STEAK WITH RHUBARB CHUTNEY

Toast 2 teaspoons of yellow mustard seeds in a saucepan over medium heat until beginning to pop, 2 minutes.

Add 2 cups 1/2-inch pieces of fresh rhubarb, 1 cup chopped red onion, 1/2 cup water, 1/2 cup cherry preserves, 1/2 cup dried cherries, 6 tablespoons sugar, and 4 tablespoons balsamic vinegar.

Simmer until rhubarb is tender, about 5 minutes. Increase heat and boil until mixture thickens (5 minutes), stirring often. Add salt and pepper.

Broil one side of ham steak until brown at the edges, about 3 minutes. Serve with chutney.

PAGES Editorial Service, Inc.

THE VENT-RICLE

Some guy bought a new refrigerator for his house. To get rid of his old fridge, he put it in his front yard and hung a sign on it saying: "Free to good home. You want it, you take it."

For three days the fridge sat there without even one person looking twice at it. He eventually decided that people were too untrusting of this deal. It looked too good to be true, so he changed the sign to read: "Fridge for sale—\$50."

The next day someone stole it.

Contributed by Wally Beard

Did you hear about the teacher who was helping one of her kindergarten students put on his cowboy boots? He asked for help, and she could see why. Even with her pulling and him pushing, the little boots still didn't want to go on. By the time they got the second boot on, she had worked up a sweat.

She almost cried when the little boy said, "Teacher, they're on the wrong feet." She looked, and sure enough, they were. It wasn't any easier pulling the boots off than it was putting them on. She managed to keep her cool as, together, they worked to get the boots back on—this time on the right feet. He then announced, "These aren't my boots."

She bit her tongue rather than get right in his face and scream, "Why didn't you say so?" like she wanted to. Once again, she struggled to help him pull the ill-fitting boots off his little feet. No sooner had they gotten the boots off when he said, "They're my brother's boots. My mom made me wear 'em."

Now she didn't know if she should laugh or cry. But, she mustered up what grace and courage she had left to wrestle the boots on his feet again. Helping him into his coat, she asked, "Now, where are your mittens?" He said, "I stuffed 'em in the toes of my boots."

She will be eligible for parole in three years.

On the first day of school, the children brought gifts for their teacher.

The florist's son brought the teacher a bouquet of flowers.

The candy store owner's daughter gave the teacher a pretty box of candy.

Then the liquor store owner's son brought up a big, heavy box. The teacher lifted it up and noticed that it was leaking a little bit. She touched a drop of the liquid with her finger and tasted it.

"Is it wine?" she guessed.

"No," the boy replied.

She tasted another drop and asked, "Champagne?"

"No," said the little boy. "It's a puppy!"

If you ever testify in court, you might wish you could have been as sharp as this policeman. He was being cross-examined by a defense attorney during a felony trial. The lawyer was trying to undermine the policeman's credibility...

Q: "Officer, did you see my client fleeing the scene?"

A: "No, sir. But I subsequently observed a person matching the description of the offender, running several blocks away."

Q: "Officer, who provided this description?"

A: "The officer who responded to the scene."

Q: "A fellow officer provided the description of this so-called offender. Do you trust your fellow officers?"

A: "Yes, sir. With my life."

Q: "With your life? Let me ask you this then, officer. Do you have a room where you change your clothes in preparation for your daily duties?"

A: "Yes, sir, we do!"

Q: "And do you have a locker in the room?"

A: "Yes, sir. I do."

Q: "And do you have a lock on your locker?"

A: "Yes, sir."

Q: "Now why is it, officer, if you trust your fellow officers with your life, you find it necessary to lock your locker in a room you share with these same officers?"

A: "You see, sir...we share the building with the court complex, and sometimes lawyers have been known to walk through that room."

The courtroom erupted in laughter, and a prompt recess was called. The officer on the stand has been nominated for this year's "Best Comeback" line.

John met a woman while on vacation and fell head over heels in love.

"It's only fair to warn you, I'm a total golf nut," John said, "I eat, sleep, think and breathe golf."

"Well, as long as we're being honest with each other," the woman said. "I'm a hooker."

John thought a moment and replied, "You know, it's probably because you're not keeping your left wrist straight on your follow-through."

PAGES Editorial Service, Inc.

Fifty-one years ago, Herman James, a North Carolina mountain man, was drafted by the Army.

On his first day in basic training, the Army issued him a comb. That afternoon the Army barber sheared off all his hair.

On his second day, the Army issued Herman a toothbrush. That afternoon the Army dentist yanked seven of his teeth.

On the third day, the Army issued him a jock strap. The Army has been looking for Herman for 51 years.



APPLICATION FOR MEMBERSHIP

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

Atlanta or Satellite: Marietta Piedmont Southside

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 12-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.mendedheartatlanta.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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