

American Heart Association  
1101 Northchase Parkway  
Marietta, GA 30067

PRST STD  
U.S. Postage  
PAID  
Waycross, GA  
Permit #76



*It's Great to be Alive—ai*

•2008•



# Aorta Reporter

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

*It's Great to be Alive and Help Others!*

Dedicated to the Memory of Dr. Paul Ambery



**DR. WILLIAM COOPER**

**Assistant Professor, Cardiothoracic Surgery**

**and**

**COVERED DISH DINNER**

**Bring Your Favorite Dish To Share With Others**

**Tuesday, April 15, 2008**

**Dinner at 6:30 p.m.**



**Sandy Springs Christian Church**

**Corner of Johnson Ferry and Abernathy Roads**

**Directions and more information on page 7**

**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**

### **DON'T FORGET TO DOT THE "I" ...LITTLE THINGS, PLEASE**

The purpose of this article this month is not to inform you of something new, but try to remind you of something old and wise.

Most of the critical things in life, which become the starting points for human destiny, are little things. (R. Smith)

Minute events are the hinges on which magnificent results turn. In a watch the smallest link, chain, ratchet, cog or crank is as essential as the main spring itself. If one falls out, the whole watch will stand still. (Cumming)

The million little things that drop into your hands, the small opportunities each day brings, He leaves us free to use or abuse and goes unchanging along His silent way. (Helen Keller)

Sometimes when I consider what tremendous consequences come from little things—a chance word, a tap on the shoulder, or a penny dropped on a newsstand—I am tempted to think there are no little things. (Bruce Barton)

To summarize my point, I quote Longfellow ...“most persons would succeed in small things if they were not troubled with great ambitions.”

*Doug Steingraber*

## **CHAPTER NOTES**

Let's pray that April holds up to its reputation...that is, not just showers but a lot of showers! And another thing, if only we could find a way to truck all that snow that the North and West are getting down here. We sure could use its water, and they are only going to have a great big flood when it all melts.

While on the subject of the North, if you can, consider making a reservation and attending the Mended Hearts 56th annual convention. It's being held in Hartford, Connecticut, May 24–28. We have the details and information on registering if you're interested. It would be nice to have some people go from our chapter.

A group of us volunteered at the American Heart Association offices recently. Many heartfelt thanks to the following gracious folks: Rudy Galistel, John and Dody Crosbie, Herb and Dixie Jardine, Chuck Steingraber, John Friese, and George and Jackie Waterhouse.

I was looking over the April 1989 issue of the Aorta and see that a group of us back then had just stuffed 6,000 large envelopes for the runners in the upcoming AHA's annual Heart Trek. Yes, we're still at it. Whereas this year's Mended Hearts convention is in Hartford, back in

1989 it was being held in New York City. Also in the April 1989 issue was a paragraph noting that John and Helen Friese's new book, *Where Atlantans Dine*, was due in the bookstores April 1. John, a food consultant, and Helen, a writer, rated 237 restaurants in the metropolitan Atlanta area.

John and his late wife, Helen, inspired many by a lifetime of good deeds and volunteering; and not only in life but also in death, for they both made plans to have their bodies donated to the Emory University School of Medicine. To tell you the truth, until I heard about the plans they had made, I would never have thought about it. It's another of those best-kept secrets! To make a long story short, yours truly and wife Jackie have just sent in our papers to do the same. Perhaps others of you will be inspired to consider the same. James L. Cooper, 404-727-6242, is in charge of the Body Donor Program at the Emory University School of Medicine, and you can call him for more details.

Turning to a more humorous subject, keep in mind that we are fast approaching June and our annual humor issue of the Aorta. Got a good one? Our vast editorial review board will consider your funny one...for inclusion. My brother Charles, who has the same appreciation of humor as do I, gave me one the other day that has a lot of truth to it: If your dog is too fat, you're not getting enough exercise.

As is my custom I'll close this with a few to maybe give you a head start. From my favorite South Jersey Devil and with their permission:

1. When I die, I'm leaving my body to science fiction. (now doesn't that fit right in with what we said earlier?)
2. I've got a dog named Ginger. Does Ginger bite? No, but Ginger snaps!
3. Smoking cures weight problems...eventually.
4. It's funny that those things your kids did that got on your nerves seem so cute when your grandchildren do them.
5. One thing you can't recycle is wasted time.

I'll look forward to seeing you here again next month, God willing. In the meantime, take good care of your heart so it can take good care of you.

*George Waterhouse*

### **MEMBERS NOTE:**

Our board meetings are routinely held on the second Tuesday of each month (except July) at 10:30 a.m. at the Metro Office of the American Heart Association, 1101 Northchase Parkway, Marietta, GA.  
You are always welcome to sit in.

## **HOSPITAL VISITING REPORT**

During the month of February 2008, we recorded 198 hospital and telephone/internet 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**

***Saint Joseph's Hospital visitors*** — Be aware that the annual hospital volunteer update will take place in May including TB test. As soon as I get the dates, I will let you know.

Periodically, we feature a "Know Your Visitors" section. This month we highlight Erin Driscoll and Debbie Shuppert:

***Erin Driscoll (Piedmont Hospital):*** Erin is employed as a patient representative for heart patients at Piedmont. On the Mended Hearts side, she had her open-heart surgery 11 years ago on March 21 at the age of 16. She trains Mended Hearts visitors at Piedmont and is the coordinator for our satellite chapter there.

Erin recently married Michael Driscoll. Her passion is trying to make a difference in all the families and patients she helps by sharing her own personal experience. Erin is blessed to be alive and considers herself a "miracle child!!"

***Debbie Shuppert (Saint Joseph's Hospital):*** Debbie is the new kid on the block! She is a survivor of valve surgery and the Maze procedure a year ago, the latter having nothing to do with Indian corn (as she corrected me when I tried to spell it as "maize"). If you don't know what that is, look it up on Web MD. Actually, as she explained, it has to do with rearranging the heart's electrical system.

Debbie is employed at Edward Jones. She is married to David, has three daughters, two stepdaughters, and a stepson plus four grandchildren.

Debbie is looking forward to visiting and is a big fan of cardiac rehab.

*Herb Jardine*

### **WANTED!**

Information on sick or deceased members so that the appropriate get-well or sympathy card can be sent. Please contact Dixie Jardine at 770-973-5816.

## **CARDIOVERSARIES NOTICE!**

Last fall we were notified by our national office of Mended Hearts that we should suspend use of our Cardioversaries list because it may be in conflict with provisions of the Privacy Act. Just recently, however, we have received notice that Mended Hearts has received a legal opinion that basically says that we are not a covered entity as defined by HIPPA.

It is our intent to reinstate the Cardioversaries. If, as a newer member, you are not familiar with the column, it is simply a monthly list of the names of our members with the year of their surgery or other cardiac event. We feel, as do many of our members, that seeing the names and dates of members who are celebrating many years of survival after their cardiac event inspires hope in all of us! Up until this past fall, we had been publishing the Cardioversaries for over 30 years with never anyone ever (to my knowledge of some 20 years) asking that their name not be included. In that span of time, we have distributed hundred of thousands of copies of the Aorta Reporter.

The reason for this notice is also to inform you that, unless you specifically notify me in writing that **YOU DO NOT WISH US TO INCLUDE YOUR NAME** (as we have in the past), we will reinstate the Cardioversaries, and each year your name will appear with the year of your cardiac event, similar to the following example:

### **APRIL CARDIOVERSARIES**

**1979                      John Smith**  
**1990                      Jane Doe**

If you want to opt out, you can e-mail me at clockdoc35@yahoo.com or mail me a note c/o: 3431 Alcan Way, Tucker, GA 30084.

*George Waterhouse, Editor*

### **SATELLITE MEETING INFO.....**

#### ***Marietta Satellite***

*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 Satellite***

will not meet until further notice.

# AMERICAN HEART ASSOCIATION CONNECTIONS

## TIPS FOR EATING OUT

You can eat out and eat healthy, too. Many restaurants offer delicious meals that are low in saturated fat, trans fat and cholesterol. That's good news for your health because a diet high in saturated, trans fats and cholesterol raises blood cholesterol. High blood cholesterol is a major risk factor for heart disease, and it's also a risk factor for stroke.

Fast food used to mean fried food, but today food franchises are offering people more health-oriented alternatives than ever before. Chef salads, grilled chicken sandwiches and frozen yogurt are just three examples.

- ♥ Beware of topping burgers with cheese, special (mayonnaise-based) sauce and bacon. They add saturated fat and calories.
- ♥ Pickles, onions, lettuce, tomato, mustard and catsup add flavor without the fat.
- ♥ Steer clear of fried fish sandwiches.
- ♥ A baked potato can be a healthy option, but have it with low-fat sour cream instead of butter, full-fat sour cream or cheese.

instead of	try
Danish	Small bagel
Jumbo cheeseburgers	Grilled chicken, sliced meats or even a regular 2 oz. hamburger on a bun with lettuce, tomato and onion
Fried chicken or tacos	Grilled chicken or salad bar (but watch out for high-calorie dressings and ingredients)
Fried chicken pieces	Chicken fajita pitas
French fries	Baked potato with vegetables or low-fat or fat-free sour cream topping
Potato chips	Pretzels, baked potato chips
Milkshake	Juice or low-fat or fat-free milk or a diet soft drink. (Limit beverages that are high in calories but low in nutrients, such as soft drinks)

Don't be shy about making special requests. Most foods on most menus will probably fit into a heart-healthy

diet if prepared with low-fat ingredients and less salt. Ask your server if the kitchen can alter preparations to meet your needs, or call ahead before you choose your restaurant. If your food isn't prepared as you requested, send it back.

Equally important is the portion size. Help control your weight by asking for smaller portions, sharing entrees with a companion, or putting half of your meal in a to-go box to enjoy another time.

♥ Fried, au gratin, crispy, escalloped, pan-fried, sautéed or stuffed foods are high in fat and calories. Instead, look for steamed, broiled, baked, grilled, poached or roasted foods. If you're not sure about a certain dish, ask your server how it's prepared. You can request that visible fat be trimmed from meat and skin be removed from poultry before cooking.

♥ Request that your meal be prepared with vegetable oil (made from canola, olive, corn, soy, sunflower or safflower) or soft margarine instead of butter. Ask for soft margarine for your bread.

♥ High-sodium foods include those that are pickled, in cocktail sauce, smoked, in broth or au jus or in soy or teriyaki sauce. Limit these items. Ask that your food be prepared without added salt or MSG.

♥ Have gravy, sauces and dressings served on the side, so you can control the amount you eat or skip them completely.

♥ Ask if the restaurant has fat-free or 1 percent milk instead of whole milk.

♥ Even if they aren't on the dessert menu, many restaurants can offer you fruit or sherbet instead of high-fat pastries and ice creams.

♥ Many supermarkets and specialty stores offer prepared entrees to take home when you're in a rush; the same tips listed here for restaurants also apply to take-home foods.

**Sherelle Waters, AHA  
Marketing Communications Coordinator**



"We're denying your claim of a paper cut from a game of 'Rock, Paper, Scissors' played in the employee lounge."

**PAGES Editorial Service, Inc.**

## **MEDICINE & TECHNOLOGY**

### **MEDICATIONS FOR HIGH BLOOD PRESSURE**

Nearly one in three adults in the United States has high blood pressure, also called hypertension. High blood pressure is dangerous because it increases the risk of stroke, heart attack, heart failure, kidney failure, and death.

“High blood pressure is often called the ‘silent killer’ because it usually has no symptoms until it causes damage to the body,” says Douglas Throckmorton, M.D., Deputy Director of FDA’s Center for Drug Evaluation and Research. Many studies have shown that lowering the blood pressure with drugs decreases that damage.

#### **A Lifelong Condition**

Blood is carried from the heart to all parts of the body in vessels called arteries. Blood pressure is the force of the blood pushing forward through the body and against the walls of the arteries. The higher the blood pressure, the greater the risk of stroke, heart attack, heart failure, kidney failure, and death.

Blood pressure is made up of two numbers:

- The “top” number is the systolic blood pressure—the pressure while the heart is pumping blood out.
- The “bottom” number is the diastolic blood pressure—the pressure while the heart is filling up with blood, getting ready to pump again.

It was once believed that only diastolic pressure (the “bottom” number) was important, but this is not true. Elevated systolic pressure alone, particularly common in older people, is just as dangerous as elevations of both systolic and diastolic pressure.

Blood pressure is elevated for two main reasons:

- too high blood volume
- too narrow blood vessels due to a substance our kidneys make called angiotensin.

Most of the time, the cause of a person’s high blood pressure is unknown. Once it develops, high blood pressure usually lasts the rest of the person’s life. But it is treatable.

Some people can lower blood pressure by losing weight, limiting salt intake, and exercising, but for most people, these steps are not enough. Most people need medication for blood pressure control, and will probably need it all their lives.

#### **Types of Medications**

FDA has approved many medications to treat high blood pressure, including

- Diuretics, or “water pills,” which help the kidneys flush extra water and salt from your body and decrease blood volume
- Several kinds of drugs that block the effects of angiotensin, reducing blood pressure by relaxing blood vessels, including
  - Angiotensin converting enzyme (ACE) inhibitors
  - Angiotensin II receptor blockers (ARBs)
  - Beta blockers, which also cause the heart to beat with less force
- Drugs that directly relax the blood vessels, including
  - Calcium channel blockers (CCBs)
  - Other direct dilators (relaxers) of blood vessels
  - Alpha blockers, which reduce nerve impulses that tighten blood vessels
  - Nervous system inhibitors, which control nerve impulses from the brain to relax blood vessels

Many people with high blood pressure will need more than one medication to reach their goal blood pressure. Your health care provider can tell you if you should be on medication and, if so, which drug(s) may be best for you.

#### **Tips for Consumers**

Controlling your blood pressure is a lifelong task. Blood pressure is only one of a number of factors that increase your risk of heart attack, stroke, and death. High cholesterol and diabetes are other risk factors. Lifestyle changes—such as weight loss, a healthy diet, and physical activity—can affect all three risk factors, but many people will also need medications.

Take your medicines and monitor your blood pressure. Take the medications prescribed for you regularly and don’t stop them except on the advice of your health care provider. Hypertension tends to worsen with age and you cannot tell if you have high blood pressure by the way you feel, so have your health care provider measure your blood pressure periodically. You may also want to buy a home blood pressure monitor, available in many drug stores, to measure your blood pressure more frequently. Your health care provider or pharmacist can help you choose the right device. Many drug stores also have blood pressure measuring devices you can use in the store.

Tell your health care provider about any side effects you are having. Some side effects may go away over time, others may be avoided by adjusting the dosage or switching to a different medication.

#### **For More Information**

Heart Health Online  
[www.fda.gov/hearthealth/](http://www.fda.gov/hearthealth/)

National Heart, Lung, and Blood Institute  
[www.nhlbi.nih.gov/hbp/](http://www.nhlbi.nih.gov/hbp/)

*FDA News and Consumer Update  
 Contributed by Daryl Thompson, FDA (ret.)*

## **NUTRITION NOTES**

Spring is finally here! The weather is warmer, the days seem longer, and so many beautiful plants and flowers are blooming. This includes many delicious and healthy fresh fruits. It is always a good idea to use fruits and vegetables that are in season. This is because the quality and prices are typically better. Berries are considered the most popular of spring fruits. A cup of strawberries contains more vitamin C than one orange. They also have no fat or cholesterol and are high in fiber. Blueberries and raspberries are an excellent source of vitamin C and a good source of fiber as well. When shopping, look for berries that are firm, plump, and fully colored. At home, store at room temperature or refrigerate in a single layer and use within a day or two. Always wash berries before serving. Any type of berry works great in fresh fruit desserts, salads, and smoothies.

Melons such as cantaloupe and watermelon are also at their peak in spring. Watermelon, which is a favorite with kids, is a good source of potassium and both vitamins A and C. When choosing watermelon at the store, look for a pale underside, which indicates that it ripened in the field instead of at the store. Cantaloupe is also loaded with vitamins and minerals. A common shopping tip is to look for cantaloupes that yield to slight pressure at the stem end and have a sweet scent. Try to avoid melons with a pronounced yellow color or moldy aroma. At home, store at room temperature for 2 to 3 days. When ready to use, remove seeds and skins and refrigerate after cutting. It is best served raw at room temperature, and can be used in salads, salsas, smoothies, and sorbets. Don't forget to add fresh, seasonal fruits to your grocery list.

### **SPRING STRAWBERRY PIE**

#### **Crust:**

1 1/3 cups graham cracker crumbs  
3 tablespoons butter, melted  
2 tablespoons sugar  
Cooking spray

#### **Filling:**

2 cups sliced strawberries  
2 tablespoons balsamic vinegar  
1/4 cup sugar  
2 tablespoons water  
2 teaspoons cornstarch  
1 tablespoon fresh lemon juice  
6 cups small strawberries

#### **Topping:**

3 tablespoons graham cracker crumbs  
1 tablespoon chopped hazelnuts or almonds  
1 1/2 teaspoons sugar  
1 1/2 teaspoons butter, melted  
1/2 cup frozen reduced-calorie whipped topping, thawed

Preheat oven to 350°. Combine first 3 ingredients in a bowl, tossing with a fork until moist. Press into bottom and up sides of a 9-inch pie plate coated with cooking spray. Bake at 350° for 15 minutes; cool on a wire rack.

To prepare the filling, combine strawberry slices and vinegar in a medium nonstick skillet. Place the berry mixture over medium-high heat; cook for 3 minutes, stirring occasionally. Stir in 1/4 cup sugar. Combine the water and cornstarch in a small bowl. Add to pan, and bring to a boil. Cook 1 minute, stirring constantly. Remove from heat; stir in juice. Cool completely. Arrange whole strawberries, stem sides down, in crust. Pour cooled strawberry mixture over whole strawberries. Cover loosely, and chill 4 hours.

To prepare the topping, combine 3 tablespoons cracker crumbs, nuts, 1-1/2 teaspoons sugar, and 1-1/2 teaspoons melted butter in a small bowl. Place crumb mixture in a small skillet over medium heat. Cook 2 minutes or until golden brown; cool. Sprinkle crumb mixture over pie. Top each serving with whipped topping.

Makes 8 servings (serving size: 1 wedge and 1 tablespoon whipped topping)

#### ***Nutritional Information***

**Calories** 229 (35% from fat); **Fat** 8.8g (sat 4.1g, mono 2.8g, poly 1.4g); **Protein** 2.3g; **Cholesterol** 14mg; **Calcium** 34mg; **Sodium** 176mg; **Fiber** 3.5g; **Iron** 1.4mg; **Carbohydrate** 37g

Recipe courtesy of *Cooking Light*

*Jody Daigler*  
**Southern Regional Medical Center**

Many of you have asked for the recipe for the delicious, prize-winning dessert Christine and Wallace Beard served at the recent Dessert Tasting, so here it is, courtesy of Christine:

### **BOCCONE DOLCE**

This prize-winning recipe proves you can make an easy and elegant fat-free dessert.

#### **For meringue layers**

4 egg whites  
1/4 teaspoon salt  
1/4 teaspoon cream of tartar  
1 teaspoon vanilla extract  
1 cup sugar

2 large tubs of non-fat Cool Whip  
1 pint of strawberries

Preheat oven to 225°. Beat egg whites, salt, cream of tartar, and vanilla until soft peaks form; gradually beat in the sugar and continue beating until meringue is stiff and glossy.

Line baking sheets with parchment paper; trace 3 eight-inch circles on paper. With a rubber spatula, spread meringue evenly over the top of the circles.

Bake about 2 hours or until meringue becomes bisque-colored then turn oven off. Open the oven door and let meringues rest in oven for 15 minutes. Remove from the oven and carefully peel off the parchment paper. Let cool.

Have ready 2 large tubs of non-fat Cool Whip and 1 pint of sliced fresh strawberries.

Put one layer on serving plate, spread some Cool Whip on it and a layer of sliced berries, then put another meringue layer on top of it and repeat Cool Whip and berries. Frost the whole cake with the remainder of Cool Whip and decorate with a pastry tube, if desired, and berries. Let set in refrigerator at least 4 hours before serving. Good the next day!! Very pretty and delicious!!

## **THE VENT-RICLE**

Little Johnny's kindergarten class was on a field trip to their local police station where they saw pictures tacked to a bulletin board of the 10 Most Wanted criminals. One of the youngsters pointed to a picture and asked if it really was the photo of a wanted person.

"Yes," said the policeman. "The detectives want very badly to capture him."

Little Johnny asked, "Why didn't you keep him when you took his picture?"

Little Johnny watched, fascinated, as his mother smoothed cold cream on her face.

"Why do you do that, Mommy?" he asked.

"To make myself beautiful," said his mother, who then began removing the cream with a tissue.

"What's the matter?" asked Little Johnny. "Giving up?"

Little Johnny attended a horse auction with his father. He watched as his father moved from horse to horse, running his hands up and down the horse's legs, rump, and chest. After a few minutes, Johnny asked, "Dad, why are you doing that?"

His father replied, "Because when I'm buying horses, I have to make sure that they are healthy and in good shape before I buy.

Johnny, looking worried, said, "Dad, I think the UPS guy wants to buy Mom."

The math teacher saw that little Johnny wasn't paying attention in class. She called on him and said, "Johnny! What are 2 and 4 and 28 and 44?"

Little Johnny quickly replied, "NBC, FOX, ESPN and the Cartoon Network!"

## **COVERED DISH DINNER APRIL 15, 2008**

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

**WHEN:** Tuesday, April 15, 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.*

**MENDED 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.



**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.**  
Mail to: John Crosbie, Treasurer  
3401 Winter Wood Court  
Marietta, GA 30062-1247

Date of cardiac event/surgery: \_\_\_\_\_

Publish My Name In Cardioversaries Section of Newsletter Yes  No  (See Page 3)

Retired Yes  No

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](http://www.mendedheartatlanta.org)**

**ATLANTA MENDED HEARTS, CHAPTER #81  
678-385-2062**

c/o American Heart Association  
1101 Northchase Parkway; Marietta, GA 30067-6421  
678-385-2000

**Officers 2006-2007**

**President**

Doug Steingraber .....770-926-0157  
dsteingraber@bellsouth.net

**Vice President**

Cathy Schmit.....770-517-6201  
cathyandralph@earthlink.net

**Secretary**

Neal Barronton.....770-971-2697

**Treasurer**

John Crosbie.....770-977-4358

**Directors**

Wally Beard .....770-594-1354  
Max Feinstein.....404-355-7771  
Bob Fisher .....770-579-6480  
Bob Grinstead .....770-354-5186  
James Hufham.....770-394-0281

**Immediate Past President**

Herb Jardine

**Activity Chairpersons  
Program**

Cathy Schmit.....770-517-6201

**Caring**

Dixie Jardine .....770-973-5816

**Membership**

Linda Ledford.....941-408-8620

**Visiting**

Herb Jardine .....770-973-5816

**Telephone**

Daryl Thompson .....404-296-1715

**Historian**

Patsy Woods.....404-633-0432

**Editor**

George Waterhouse  
770-939-5799  
clockdoc35@yahoo.com

**Newsletter Staff**

**Assistant Editor**

Jill Wilkins  
770-974-0538  
camp1nguy@aol.com

**Production**

Linda Ledford  
941-408-8620  
llgtfan@verizon.net

**Visiting Coordinators**

CRAWFORD LONG HOSPITAL  
**Herb Jardine**  
770-973-5816

SAINT JOSEPH'S HOSPITAL  
**Bob Fisher**  
770-579-6480

ATLANTA MEDICAL CEN  
**James Cleveland**  
404-691-8537

**Howard Fine**  
404-634-3559

EMORY UNIVERSITY HOSPITAL  
**John Friese**  
404-636-3656

GRADY MEMORIAL HOSPITAL  
**James Cleveland**  
404-691-8537

PIEDMONT HOSPITAL  
**Monroe Smith**  
404-367-0367

WELLSTAR KENNESTONE HOSPITAL  
**Doug Steingraber**  
770-926-0157

SO. REG'L MEDICAL CEN  
**Lewis & Jan Harris**  
770-473-4725