

American Heart Association  
1101 Northchase Parkway  
Marietta, GA 30067

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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

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## ANNUAL DAY MEETING & DUTCH TREAT LUNCH

Tuesday, August 19, 2008

11:30 a.m.



### **The Spaghetti Warehouse**

2475 Delk Road SE – Marietta (Two blocks east of I-75)

The Spaghetti Warehouse offers many lunch specialties served with sourdough bread and their famous tossed salad bowl.

Barbara Thompson from AHA will speak briefly on the Heart Walk.

*Call Cathy Schmit at 770-517-6201  
to reserve your space for this popular event!*

**Look for the Spaghetti Warehouse coupon in your Entertainer Book!**

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)

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## **PRESIDENT'S NOTES**

### **WHAT'S IN A NAME?**

The other day when I was visiting, I was asked a question by a patient in the hospital. "What is in this name?" he asked, as he pointed to the word *path*. My first response was, "There are the words pat, tap, at, hat." "No! No!" he interrupted me and said, "Let me rephrase it. What do you see that is in that name?" I said, "Oh, sir, let me share these words and thoughts with you."

P is the first letter in the word path. Robert Frost once wrote these lines in his poem, "The Road Not Taken"... I shall be telling this with a sigh. Somewhere ages and ages hence: Two roads diverged in a wood, and I took the one less traveled by, and that has made all the difference.

"See, sir, I too, just like you, selected a path of bad health, but now you and I are at a new path that also has two choices. One is to get better and find new ways to improve our health or stay on the same path of destruction."

"The letter A stands for either of the following: Acceptance—acceptance of the fact that we have to change our lifestyle if we want to live any longer. Apathy—do not allow apathy to take over our mental life style."

"You asked about the letter T, let me see. Three thoughts come to mind when you mention the letter T. The first that comes to me is theology. If you don't have a strong faith before coming here, I would suggest you start now. The other T is for medical technology. If it were not for the advances in the last 25 years in cardiology, you and I probably would not be speaking to each other today. The last T is for *that*, that teacher or person who motivated the medical staff to study medicine and come here to work and save lives like yours and mine."

"It is getting late," I told the patient, but he said, "What does H stand for?"

"Sir, H stands for a group of people just like you, who belong to a group called Mended Hearts."

I proceeded to tell him about us. I ended my story by saying, "It's Great to be Alive—and to Help Others!" don't you think?

*Doug Steingraber*

## **CHAPTER NOTES**

My, oh my, if it isn't August already, and we're rushing headlong through another year. I keep telling you they're not making the years as long as they used to. I hope you enjoyed our June humor issue. If you missed the July issue, it's because we took the month off, so you didn't miss anything.

Jackie and I were on a three-week trip up north to visit family and friends. As we try to do every time we're up that way, we met with a great couple, Milton and Alma

Klein, our former vice presidents, for a long breakfast and plenty of talk. They are now just as active with the Baltimore chapter.

While on the road, I'm always on the lookout for streets with unusual or humorous names. Here's a couple from this trip: Turkey Foot Lane, Frog Ocean Road, and Hell's Neck Road. One has to wonder how they come up with this stuff!

Pat Schroeder, a newer member sent me an email about the opening of the new Riverside Farmer's Market in Roswell. I thought...why not look about for other similar weekend markets for locally grown produce? I contacted the State Department of Agriculture; and after talking with several people, found just the right person who sent me a listing of what he had on file. I visited a number of websites for specific information, and so I have a select list among the many weekend markets that encourage local farms, foster the "going green ethic" (not shipping across country), and many sell organic produce.

These are a bit different from the big commercial markets like the DeKalb Farmer's Market on Ponce de Leon Avenue (9 a.m. – 9 p.m. daily) between Scottdale and Decatur, and the Sweet Auburn Curb Market, 209 Edgewood Avenue SE, Atlanta (8 a.m. – 6 p.m.; Monday – Saturday).

- Riverside Farmer's Market; Saturdays thru October; 8 a.m.– Noon; 575 Riverside Road, Roswell.
- Peachtree Road Farmer's Market; Saturdays; 8:30 a.m. – Noon; Cathedral of St. Philip's parking lot.
- Piedmont Park Green Market; Saturdays; 9 a.m. – 1 p.m.; 12th Street entrance to Piedmont Park.
- Morningside Farmer's Market; Saturdays; 8 a.m. – 11:30 a.m. year-round; 1393 North Highland Avenue.
- Cartersville Downtown Farmer's Market; Wednesday and Saturday; City Hall Park, Public Square.

I sure hope you are enjoying your summer, eating heart healthy, exercising, and using sunscreen. Remember: Summer is the time when it is too hot to do the jobs it was too cold to do in winter.

As is my custom, I'll close with some choice ones from the South Jersey Devil (with their permission):

1. Did you hear about the new sushi bar that caters exclusively to lawyers? It's called Sosumi.
2. My sister, pregnant with her first child, was paying a visit to her OB. When the exam was over, she shyly began, "My husband wants me to ask you..."

"I know, I know," the doctor said, placing a reassuring hand on her shoulder, "I get asked that all the time. Sex is fine until late in the pregnancy."

"No, that's not it," my sister confessed. "He wants to know if I can still mow the lawn."

3. You have succeeded in life when all you really want is only what you really need.

I've gone on for too long...enjoy and give thanks. God willing, I'll see you here again next month. In the meantime, take good care of your heart so it can take good care of you.

*George Waterhouse*

## WELCOME NEW MEMBERS

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

- \*Pat & Patti Schroeder
- \*Larry & Ruth Wells
- \* Wilder & Ann Little (Marietta)
- \*John & Rose Marie Poggio (Marietta)
- \*Satish K. Shah (Marietta)

## HOSPITAL VISITING REPORT

During the months of May and June 2008, we recorded 278 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.

## JULY CARDIOVERSARIES

1986	Adrian Fowler
1995	James Fier
2001	Nancy Cox
2005	Wesley Starling Charles Shockley Wallace Beard
2007	Don Burruss Warren Fogel

## AUGUST CARDIOVERSARIES

1982	Marvin Brown
1985	Fred Nichols
1986	W.B. Schwartz
1991	Robert Fisher
1992	Lula Parker
1998	Charles McClain, Sr. Eric Holmes Smith Smallwood
2001	Pauline Fitzpatrick Joe Slykerman Arthur French
2002	Rick Fisher
2003	Effie Musser
2005	Donald Rehman

## LET'S VISIT AWHILE

### VISITOR PROFILE

**Bill Bishop, Emory Visitor:** Bill has been retired for four years after a successful career as a salesman for several clothing manufacturers.

In October of 2006, his aortic valve was replaced with a pig valve. He also had an aortic aneurysm repaired as well as a mysterious procedure (mysterious to me, that is) called a root repair.

Bill is married to Sandra, and they have a son and two daughters.

Bill, we thank you for visiting.

It is with regret that we have received the resignation of Bob Fisher due to health reasons. Bob was a visitor and coordinator at Saint Joseph's Hospital.

Visitors: We need your help to increase meeting attendance at our monthly meetings. Your attendance would give us a substantial boost, plus your experiences would add a lot to any discussions we will have as we beef up the support phase of our meeting. More later.

*Herb Jardine*

Little Jeffrey was standing on the corner with a stack of papers, yelling, "Extra! Extra! Read all about it. Sixty people swindled! Sixty people swindled! Extra! Extra!"

Curious, a man walked over, bought a paper, and checked the front page. Finding nothing on the front page about people being swindled, he said, "Hey, boy, there's nothing in here about 60 people being swindled."

Jeffrey just ignored him and went on, calling out, "Extra! Extra! Read all about it...61 people swindled!"

### 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

## AMERICAN HEART ASSOCIATION CONNECTIONS

### HOW CAN I MAKE MY LIFESTYLE HEALTHIER?

Heart and blood vessel diseases are our nation's No. 1 killer. Nearly 2,400 Americans die each day from them! Meanwhile, over 79 million adult Americans are living with them. Many are struggling to recover from heart attack or stroke, while others at high risk are getting the care and making the changes necessary to lower their risk.

You can do plenty to get your heart in shape, even if you've had a bad experience. Healthy changes will help you feel and look better! Death rates from heart attack, stroke, and other cardiovascular diseases are going down. Healthy lifestyles play a big part! Now's the time to make up your mind to take some control over your future. You'll find that once you make one change, the next comes more easily. Here are some simple steps to take:

- ❖ Don't smoke.
- ❖ Have your blood pressure checked regularly.
- ❖ Improve your eating habits.
- ❖ Be more physically active.
- ❖ Maintain a healthy weight.
- ❖ Have regular medical check-ups.
- ❖ Take your medicine, if needed, to control high blood pressure, high cholesterol, or diabetes.

#### How do I change my eating habits?

- ❖ Ask your doctor, nurse, or licensed nutritionist for help.
- ❖ Choose less often foods like egg yolks, fatty meats, skin-on chicken, butter and cream.
- ❖ Cut down on saturated fat, trans fat, sugar and salt.
- ❖ Substitute fat-free or low-fat milk for whole milk.
- ❖ Bake, broil, grill, roast and poach—don't fry foods in oil.
- ❖ Eat fruits, vegetables, cereals, dried peas and beans, pasta, fish, skinless poultry and lean meats.
- ❖ Limit alcohol to one drink a day for women and two for men, and if you don't drink, don't start.

#### What about physical activity?

- ❖ Regular physical activity reduces your risk of heart attack and stroke and makes your heart stronger.
- ❖ It helps control your weight and blood pressure, helps you relax, and can improve your mood!
- ❖ Check with your doctor before you start if you've been inactive a long time.
- ❖ Start slow and build up to a total of 30 to 60 minutes on most days of the week.
- ❖ Look for chances to be more active. Take 10- to 15-minute walking breaks during the day or after meals.

#### How can I be more relaxed?

- ❖ Take 15 to 20 minutes a day to sit quietly, breathe deeply and think of a peaceful picture.
- ❖ Be more active every day.
- ❖ Limit the amount of alcohol you drink.
- ❖ Try to avoid things that upset you, such as rush-hour traffic.
- ❖ Change how you respond to difficult situations. Be positive, not negative.

#### How can I remember to take my medicine?

- ❖ Take it at the same time every day.
- ❖ Use a weekly pillbox with separate compartments for each day or time of day.
- ❖ Leave notes to remind yourself.
- ❖ Ask family and friends to help remind you.
- ❖ Wear a wristwatch with an alarm.
- ❖ Try an e-mail reminder or beeper service.

#### How can I learn more?

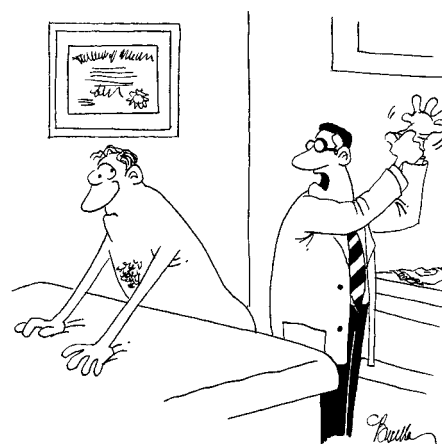
❖ Talk to your doctor, nurse, or other health-care professionals. If you have heart disease or have had a stroke, members of your family also may be at higher risk. It's very important for them to make changes now to lower their risk.

❖ Call 1-800-AHA-USA1 (1-800-242-8721) or visit [americanheart.org](http://americanheart.org) to learn more about heart disease.

❖ For information on stroke, call 1-888-4-STROKE (1-888-478-7653) or visit [strokeassociation.org](http://strokeassociation.org).

We have many fact sheets and educational booklets to help you make healthier choices to reduce your risk, manage disease or care for a loved one. Knowledge is power, so Learn and Live!

*Sherelle Waters, AHA  
Marketing Communications Coordinator*



"Honestly, if there was a virtual prostate exam, don't you think I'd want to be the first to know?"

*PAGES Editorial Service, Inc.*

## **MEDICINE & TECHNOLOGY**

### **STAY HEALTHY WHILE TRAVELING ABROAD**

Are you planning a trip to other countries? Remember: healthy travel requires planning, preparation, self-discipline, and vigilance.

The Food and Drug Administration (FDA) sends inspectors and other employees all over the world to check that products it regulates, which are made in other countries, are legal and safe for use by U.S. consumers.

In the Guide to International Inspections, FDA advises employees on safe and healthy travel basics. Here are a few pointers that can help you stay healthy, too.

#### **Before You Go**

**Do some research.** Learn about access to reliable medical care at your destination. Also read up on current events there. Good resources include

- The Centers for Disease Control and Prevention (CDC) Travelers' Health ([www.cdc.gov/travel/default.aspx](http://www.cdc.gov/travel/default.aspx))
- The CIA World Fact Book (<https://www.cia.gov/library/publications/the-world-factbook/index.html>)
- U.S. Department of State Travel Information ([http://travel.state.gov/travel/cis\\_pa\\_tw/cis/cis\\_1765.html](http://travel.state.gov/travel/cis_pa_tw/cis/cis_1765.html))

**Don't buy medicines abroad.** Many drugs sold in developing countries contain impure or toxic ingredients. Don't buy any medical product without consulting a competent health care professional. United States embassies can often recommend physicians, although the amount of help they are able to provide may vary.

**Take an ample supply of medications.** Keep prescription and over-the-counter medications in their original packaging to avoid problems with border guards. Carry one or two days' worth of prescription medicine to cover unexpected delays. Consider carrying sunscreen and protection against insects, as well as treatments for the common cold; constipation; cuts, scratches, and burns; diarrhea; heartburn or indigestion; insomnia; motion sickness; allergies; nasal congestion; pain or fever; sore throat; and malaria prevention.

**Don't use Entero-Vioform.** This drug, widely distributed abroad for treating diarrhea, has been linked to nervous system complications.

**Think about immunizations.** Consult your health care professional weeks in advance, since some immunizations are administered over weeks or months. Also, check CDC's Web site for information on immunizations for travelers. [www.cdc.gov/travel/content/Vaccinations.aspx](http://www.cdc.gov/travel/content/Vaccinations.aspx)

**Consider altitude.** Even healthy, athletic people can become ill at altitudes above 10,000 feet. Young children are especially at risk. If you're going to high altitudes, plan to rest during the first 12 to 24 hours there to adjust

to breathing in less oxygen. People with chronic heart and lung disorders should consult a physician before traveling to altitudes above 3,000 feet.

#### **Tips for the Trip**

**Exercise.** During long trips, help avoid circulatory problems in your legs by standing up and walking for several minutes every hour or so.

**Eat and drink wisely.** Drink plenty of liquids. Avoid overindulgence. Too much alcohol and/or food can result in gastrointestinal problems, poor sleep, and altered moods.

**Fight off jet lag.** Minimize fatigue associated with time-zone hopping by eating normally. Try to get a good initial night's sleep at your destination.

#### **While in Developing Countries**

**Avoid tap water in all forms.** This includes ice, water by the glass or in mixed drinks, and water used when brushing your teeth. In developing countries, water may be contaminated by such unpleasantities as amoebas and other parasites, and the virus that causes hepatitis. Even a small amount of infected water can make you ill.

**Drink safe beverages.** These include

- Boiled water – one minute of boiling is adequate.
- Hot beverages – these are relatively safe even if full boiling is not assured.
- Bottled water – carbonated water is the best assurance that the container was just opened and not filled at the tap.
- Bottled or canned beverages
- Treated water – commercial iodine or chlorine tablets provide substantial protection if added to tap water and allowed to stand according to the directions.

**Avoid raw fruits and vegetables.** This includes salads and uncooked vegetables. Eat only food that has been cooked and is still hot, or fruit that has been washed in clean water and that you have peeled. Fruits and vegetables that grow near to the ground are likely to be contaminated by the same organisms as the tap water.

**Avoid other foods.** These include

- Raw or undercooked meat, poultry, fish and eggs
  - Dairy products from small independent vendors
  - Food that has been left unrefrigerated, especially food containing meat, poultry, eggs and dairy products
- Eat safe foods.** These include
- Thoroughly cooked fruits and vegetables
  - Fruits with a thick covering (citrus fruits, bananas, and melons), which you peel yourself
  - Thoroughly cooked meat, poultry, eggs and fish. (Pork and lamb should be well done; beef can be medium)
  - Dairy products from large commercial dairies

#### **Illnesses to Avoid**

**Diarrhea.** The most common cause of tourists' diarrhea can be treated with over-the-counter, "upset-stomach" products. (Buy these before you leave.) Effective drugs that control the frequency of diarrhea include Lomotil (diphenoxylate), Imodium (loperamide), and Kaopectate. Remember that adequate fluid intake is

essential to preventing dehydration. Find reliable medical help if you have severe abdominal cramps, severe abdominal pain, high fever, blood or mucus in your stool, and/or severe dehydration.

**Respiratory diseases.** Many diseases—including influenza, tuberculosis, and diphtheria—are spread through sneezing, coughing, or talking. Consult your physician about testing and immunization.

**Mosquito-borne diseases.** These include malaria, yellow fever, dengue, and Japanese B encephalitis. To avoid mosquitoes

- Bring plenty of liquid mosquito repellent with at least 30% of the active ingredient Diethyltoluamide (DEET).

- Wear long sleeves and long pants.
- Sleep in a bed protected by mosquito netting, if needed.

**Schistosomiasis.** Swimmers need to know that many freshwater ponds in South America, Africa, and Asia are infested with a parasite that causes a chronic disease called schistosomiasis. Chlorinated pools and salt water are generally safe from infectious diseases.

#### When You Return

Some travelers should have a physical examination including blood tests and stool analysis upon returning home. The need for specific tests will depend on where you went, how long you stayed, and what you did. Consult with your physician before you go and schedule an appointment for your return if advisable.

#### For More Information:

FDA: Guide to International Inspections and Travel  
[www.fda.gov/ora/inspect\\_ref/giit/default.htm](http://www.fda.gov/ora/inspect_ref/giit/default.htm)

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

## NUTRITION NOTES

### SUMMER FOOD SAFETY

Planning a picnic or barbeque for Labor Day? Whatever your holiday plans, be sure to follow a few simple tips to keep you and your family safe.

**For Picnics:** Bacteria begin to multiply between 40° F and 140° F, so it's important to keep food either cold or hot right up to the moment of cooking and/or serving.

To make cleanup easier, take garbage bags, paper towels, and sanitary wipes with you. Keep cold food items at 40° F. Pack condiments in small containers rather than taking whole jars. Put the cooler inside the passenger area of the car rather than the hot trunk, and keep it in the shade at your destination; replenish ice often.

Take-out foods such as fried chicken or barbeque should be eaten within 2 hours of purchase or thoroughly chilled before adding to the cooler and transporting.

**For Barbeques:** Be sure to clean all utensils, plates, and cooking surfaces, and wash your hands thoroughly and frequently. The USDA recommends fully cooking meats to ensure bacteria is destroyed. To be sure bacteria are destroyed, hamburgers and ribs should be cooked to 160° F or until the center is no longer pink and juices are clear. Cook ground poultry to 165° F and poultry parts to 180° F. Reheat pre-cooked meats until steaming hot.

Once the meats are cooked, place them on a clean dish. Do not put them back onto the plate with the uncooked meats.

Try this quick, easy and healthy burger recipe this summer:

#### BODACIOUS BURGERS

**Serves:** 4

**Preparation time:** 10 minutes

**Cooking time:** 10 minutes

1 tablespoon ketchup  
1/2 cup fat-free mayonnaise  
Salt to taste  
Freshly ground black pepper  
1 pound lean ground beef sirloin  
1 tomato, sliced  
4 rolls

In a small bowl, stir the ketchup and mayonnaise together. Season to taste with salt and pepper.

Preheat the grill to medium-high.

Shape the ground sirloin into 4 patties, about 1/2-inch thick. Season the patties with salt and pepper. Grill the patties on both sides until the burgers are just cooked through, about 5 minutes per side.

Toast the rolls on the grill.

Serve the burgers with sliced tomato and ketchup sauce on the toasted rolls.

*Recipe by:*

[http://www.lifescrpt.com/channels/food\\_nutrition/recipes/wraps\\_sandwiches\\_burgers/bodacious\\_burgers.asp](http://www.lifescrpt.com/channels/food_nutrition/recipes/wraps_sandwiches_burgers/bodacious_burgers.asp)

*Ashley Wilson, Dietetic Intern  
Southern Regional Medical Center*

Two elderly women were eating breakfast in a restaurant one morning.

Ethel noticed something funny about Mabel's ear, and she said, "Mabel, do you know you've got a suppository in your left ear?"

Mabel answered, "I have a suppository in my ear?" She pulled it out and stared at it.

Then she said, "Ethel, I'm glad you saw this thing. Now I think I know where to find my hearing aid."

# CHAPTER 81 ANNUAL PICNIC

## TERRELL MILL PARK

Saturday, September 6, 2008

4:00 – 7:00 p.m.

*(Meal served 4:30 – 6:00)*

\$5.00 per family with all goodies provided.

*Bring a dessert to share!*

*Sorry – no alcoholic beverages.*

— **Reservation Deadline is September 3** —

### DIRECTIONS TO TERRELL MILL PARK

- Take I-75 north to Exit 261 (Delk Road)
- Go right (east) on Delk Road past the Spaghetti Warehouse
- Proceed approximately 1.2 miles to traffic light where Delk Road intersects with Terrell Mill Road
- Bear left onto Terrell Mill Road
- Proceed approximately one mile to the first traffic light
- Turn left into the park at that light
- Our pavilion is the first one on the left

### ENTERTAINER BOOKS

**Entertainment Books are our only fund-raising source, and the latest are now available for you to order for yourself.**

**They also make a great gift for family and friends.**

**They have 1/2 off coupons for over 250 restaurants and other venues.**

**Each book is \$10.00 and is good through January 31, 2009.**

**Call Max and Lucille Feinstein at 404-355-7771 to order.**

**BRING A DESSERT TO SHARE**

**PICNIC RESERVATION FORM**  
Saturday, September 6, 2008

Please reserve for: \_\_\_\_\_ Adults \_\_\_\_\_ Children

Name \_\_\_\_\_

Telephone \_\_\_\_\_

Enclosed is my check for \$5.00

Send to: Mended Hearts, Chapter 81 (c/o John Crosbie)  
3401 Winter Wood Court, Marietta, GA 30062  
Telephone: 770-977-4358

**RESERVATION DEADLINE IS SEPTEMBER 3, 2008,  
SO SEND YOUR FORM IN NOW!**

### THE MEMORIAL STONE

Martin's will provided \$40,000 for an elaborate funeral. As the last guests departed the affair, his widow turned to her oldest friend. "Well, I'm sure Martin would be pleased," she said.

"I'm sure you're right," the friend replied. She then lowered her voice and leaned in close, asking, "How much did this really cost?"

"Forty-thousand," said the widow.

"No!" the friend exclaimed. "I mean, it was very nice, but \$40,000?"

The widow replied, "The funeral was \$7,000. I donated \$500 to the church. The wake, food, and drinks were another \$500. The rest went for the memorial stone."

The friend thought about it and then said, "\$32,000 for a memorial stone? My goodness, how big is it?"

To which the widow replied, "Three carats."

**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

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Vacant position .....Volunteers?

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Herb Jardine

**Activity Chairpersons  
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