

American Heart Association
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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

SUE BORUM
Mid-Atlantic Director for Mended Hearts
and
LAURA CARDIN
Heart 2 Heart Director

Heart 2 Heart is a pilot for the Greater Southeast Affiliate that will link people who have overcome cardiovascular risk factors and/or heart and stroke survivors with similar experiences

Tuesday, January 15, 2008

7:30 – 9:00 p.m.

SAINT JOSEPH'S HOSPITAL AUDITORIUM (ONE FLOOR BELOW LOBBY LEVEL)

FREE PARKING AVAILABLE

Drive past the hospital front entrance and watch for the Cancer Center parking deck on the left opposite the main entrance to the Cancer Center. Ring the button at the parking deck entrance and tell the attendant who answers that you are attending the Mended Hearts meeting and the gate will be opened.

**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

CURVE IN THE ROAD

Sara and I have lived in the Atlanta metro area for about 36 years. Let me rephrase that by saying we have lived under construction for 36 years. As any of us knows, there are no straight roads of any distance in the Atlanta metro area, but isn't life full of curves, too?

As I am getting older I realize that life's curves are not always amendable. Either we try to heal that wound or continue carrying that curve as a mental storm cloud over our heads. I have concluded that carrying past "curves/storm clouds" over my head leads to an abundance of negative thinking.

Do you remember the Golden Book series? One of the books in that series was entitled, *The Little Engine That Could*. I do not want to bore you by retelling the story. I think the story was showing us how we can overcome the curves in our lives. What was that little engine said as it proceeded up a steep hill? I think I can, I think I can, I know I can, I know I can."

You too can be that little engine and overcome adversity by prayer, discussion, support groups, or just come and visit heart patients with us. It is most enriching.

Doug Steingraber

CHAPTER NOTES

The holiday dinner meeting is behind us as of yesterday evening (the time of this writing) and more about that later. When this issue reaches most of us, 2007 will also be in the history books and don't ask me where it went. For some reason, they don't make the year as long as they used to. Anyway, I certainly hope that your New Year's resolutions include all the necessary changes you need to take to better your heart health...and then just do it!

I can't say enough about our dinner celebration and by thanking all those who helped put it on, I'll probably miss someone. But here goes: A rousing round of applause for Cathy and Ralph Schmit, Doug and Sara Steingraber, John and Dody Crosbie, and Herb and Dixie Jardine. From what I observed, I'd have to say folks left with some nice door prizes, big smiles, and warm feelings, having enjoyed a great meal, yummy dessert, and great fellowship. Bottom line...fun time! I almost forgot the prizes in the special drawings. Let's see—a couple of weekend stays at local hotels, dinners at restaurants, holiday baskets full of goodies and more. If

you weren't there, you missed a great time. Thanks, Herb, for installing our officers for the upcoming year. You can catch the names of officers and directors on page 8.

A really special time during the evening was the recognition of a couple of exemplary Mended Hearts, Max and Lucille Feinstein. Do you remember a local TV station's motto of their news department as being Dedicated, Determined, and Dependable? Well, this motto fits Max and Lucille to a "T." They are also living examples of people who put into practice our Mended Hearts' motto: *It's Great to be Alive-and to Help Others*. For starters, Max has been a visitor at the Atlanta Medical Center for 25 years. He was treasurer when I joined over 22 years ago. Lucille served as secretary for a number of years, while Max has served continuously, I believe, since serving as treasurer, as a director on the board. As a couple, they have volunteered at every opportunity at the American Heart Association offices, at the Atlanta Heart Walks, and other AHA events. Max serves as our coordinator with AHA, arranging for and calling on our volunteers to serve. They have worked with Norma Ambery in selling Entertainment Books to our members. The donation of monies earned from books sold by Norma results in our staying afloat financially!

Last but not least, Max is not only an exemplary Heart Survivor, he is also a WWII veteran who was in the fight across Europe, including the Battle of the Bulge!

Can you imagine what good we could do as a chapter if we were all like Max and Lucille? Ditto for our community and country!

Sadly, I report on the passing of long-time member John Cole. John's health prevented him from attending meetings but he and I talked by telephone almost every month for the past 15 years or so. We seemed to have a lot in common and enjoyed chatting about health and family, the news of the day, and all sorts of life's little things. We send our sincerest sympathy to John's family.

On a lighter note, I'll close with a few neat ones, with permission from the South Jersey Devil:

1. The best sermon is preached with one's life rather than with one's lips.
2. Adult Education – a strenuous effort to learn stuff that bored you when you were young enough to profit from it.
3. Crime doesn't pay...as well as politics.
4. Of all the things that you wear, your expression is the most important.
5. The clairvoyant's meeting scheduled for tonight has been cancelled due to unforeseen events.
6. Sign in a Justice of the Peace office, "Are you fit to be tied?"

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; and oh, by the way, Happy New Year!

George Waterhouse

WELCOME NEW MEMBERS

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

*Peggy Lemons
*Rose Sias

HOSPITAL VISITING REPORT

During the month of November 2007, we recorded 162 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

I want to wish all of our visitors a very prosperous new year and great visiting!

I also want to thank our new recruits—Bob Grinstead, who is finishing his training at Kennestone; and Debbie Shuppert and James Huffham, who will begin training at Saint Joseph's and Crawford Long, respectively.

Herb Jardine

CALLING ALL VISITORS

REACCREDITATION MEETING

**Saturday, January 26, 2008
Saint Joseph's Hospital
9 a.m. – 12 noon**

Classrooms 2 and 3 on Ground Floor

**Free parking in the
Cancer Center parking lot**

**If you have questions, please call
Herb Jardine at 770-973-5816**

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.*

ENTERTAINMENT BOOKS

**Entertainment Books are
our only fund-raising source,
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for you to order for yourself.
They also make a great gift
for family and friends.**

**They have 1/2 off coupons
for over 200 restaurants
and other venues.**

**Each book is \$10.00 and is
good through July 31, 2008.**

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



"Due to the space-age materials used in making this model, this one collects less dust than other exercise equipment."

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AMERICAN HEART ASSOCIATION CONNECTIONS

COLD WEATHER CAN INCREASE HEART DISEASE RISKS

Frostbite and icy falls aren't the only dangers of winter weather. It's also a time when you should take care to protect your heart, especially if you have heart disease. Following are a few tips from the American Heart Association:

Cardiovascular Disease and the Flu

Every year in the United States, according to the Centers for Disease Control (CDC), about 36,000 people die from influenza (flu) and more than 200,000 are hospitalized due to complications from it. In addition, scientific studies have shown that death from the flu is more common among people with cardiovascular disease than any other chronic condition.

While heart patients are encouraged to get vaccinated as soon as flu shots are available, they should not be deterred if they did not get one early in the season. You can still benefit by getting the shot as late as December or even January, because the flu season often lasts well into March.

Decongestants and High Blood Pressure

Heart patients who catch the flu or a cold this season should consider the medications they take to alleviate their symptoms. Most over-the-counter cold and flu products contain decongestants, and people with high blood pressure should know that using decongestants may raise blood pressure. Some common decongestants in over-the-counter medications include pseudoephedrine and phenylephrine. If you have high blood pressure, talk to your doctor before choosing an over-the-counter cold or flu medication.

For more information on blood pressure and decongestants, visit americanheart.org/hbp.

Snow Shoveling and Cardiac Emergencies

Cardiovascular events like sudden cardiac arrest may increase during cold winter months, research shows. Activities like shoveling snow, often done by those who don't get regular physical activity, can trigger such cardiovascular emergencies. People who suffer cardiac arrest need CPR immediately, or they're unlikely to survive more than 10 to 12 minutes.

As temperatures drop, the American Heart Association encourages you to learn to save a life with Family & Friends CPR Anytime. The program is designed to be used at home and takes less than 30 minutes to learn. Everything needed to learn CPR

comes in one kit—inflatable manikin, instructional DVD and resource booklet. Multiple family members can use one CPR Anytime kit, so for less than \$30 everyone can be prepared to save a life. For more information about ordering, visit shopcpranytime.org or call (877) 242-4277.

Sherelle Waters, AHA Health Integration Team

STAYING WELL

Some Doctors Don't Say It

TV's Dr. Sanjay Gupta says there's one area where doctors may not be giving their best advice. They may not tell you that you have to lose weight. And you can't lose without a plan.

They may think a patient won't listen to them anyway, or that the patient will deny the fact. It doesn't pay to be uncooperative with your doctor.

One Mayo Clinic study shows that only one in five obese people were given such advice. Obesity was diagnosed in children only 1 percent of the time among 2- to 18-year-olds, far below the one-third of young people who are overweight.

Patients and parents should bring up the subject on their own, Gupta says. Even modest amounts of weight loss can benefit overall health. Discuss your weight with the doctor.

Get Calcium from Both Diet and Supplements

People who want to keep their bones strong, or make them stronger, will benefit from including both dairy products and calcium supplements.

A study by the University of Washington compared bone density in people. Some got all their calcium from milk and fortified orange juice. Others mainly took supplements. A third group of people included both dairy and supplements in their diet. They found that the dairy and supplement group had the strongest bone density.

Keeping bones strong is a lifetime effort for men and women of all ages.

Suspect a Heart Attack? Call an Ambulance!

Only half of all people having a heart attack call 911, says the American Heart Association. Going to the hospital by car can be a fatal mistake. About 5 percent of heart attack victims suffer cardiac arrest en route to a hospital. If not revived within minutes, survival is unlikely.

Ambulances are equipped with gear to spark the heart back into rhythm.

Call your doctor later. Dial 911 first.

PAGES Editorial Service, Inc.

MEDICINE & TECHNOLOGY

FDA'S SAFETY REVIEWS OF PRILOSEC AND NEXIUM FIND NO EVIDENCE OF INCREASED RATES OF CARDIAC EVENTS

Background

On May 29, 2007, AstraZeneca, the maker of Prilosec (omeprazole) and Nexium (esomeprazole), sent FDA data from two long-term studies in patients with severe gastroesophageal reflux disease (GERD) that were being treated with either Prilosec or Nexium. The studies were designed to assess the effectiveness of treatment with Prilosec, or Nexium, or surgery for severe GERD. Participants were randomly assigned to receive treatment with either a drug (Prilosec in one study and Nexium in the other) or surgery. During the studies, cardiovascular events raised a question about whether long-term use of these drugs increases the risk of heart attacks, heart failure, and heart-related sudden death in patients taking either one of the prescribed drugs compared to patients who received surgical treatment. On Aug. 9, 2007, FDA released an "Early Communication of an Ongoing Safety Review" of these drugs. The agency's initial review determined that there was no increased risk of heart problems associated with long-term use of these drugs. At FDA's request, AstraZeneca submitted a large amount of additional information about these and other studies and FDA undertook a comprehensive review of all available data regarding this potential safety concern. The following represents the agency's current analysis of available data on these medications.

Current Information

FDA has completed a comprehensive, scientific review of known safety data for the drugs Prilosec and Nexium. While both of the long-term studies reported to FDA on May 29, 2007, collected safety data, the study protocols did not specify how heart problems, such as heart attacks, were defined or verified. As a result, evaluating the information that was gathered about the safety of both drugs in these studies was challenging. FDA's assessment of the information from the data gathered was further supported by an additional analysis of 14 comparative studies of Prilosec, four of which were placebo-controlled. Although these studies were not specifically conducted to assess the risk of heart problems, and patient follow-up was incomplete, they do not suggest an increased risk of heart problems with the use of Prilosec or its newer formulation Nexium.

Based on everything now known at the agency, the reported difference in the frequency of heart attacks and other heart-related problems seen in the earlier analyses of the two small long-term studies does not indicate the presence of a true effect. Therefore, FDA continues to

conclude that long-term use of these drugs is not likely to be associated with an increased risk of heart problems. FDA recommends that health care providers continue to prescribe, and patients continue to use, these products as described in the labeling for the two drugs.

About Prilosec and Nexium

Prilosec and Nexium are members of a class of drugs known as proton pump inhibitors (PPIs). Nexium (esomeprazole) is the newer formulation of the original Prilosec (omeprazole) product. As prescription products, they are used to treat the symptoms of GERD and other conditions caused by excess stomach acid. PPIs work to decrease the amount of acid produced in the stomach and help heal erosions in the lining of the esophagus known as erosive esophagitis. They are also indicated for use with an antibiotic to treat gastric ulcers. Prilosec is also available as an over-the-counter medication to treat frequent heartburn.

LABELING REVISED FOR DIABETES DRUG AVANDIA

On Nov. 14, 2007, FDA announced that the manufacturer of Avandia (rosiglitazone) has agreed to add new information about potential increased risk for heart attacks to the existing boxed warning. This action follows recommendations made at the July 2007 joint meeting between FDA's Endocrine and Metabolic Drugs and Drug Safety and Risk Management Advisory Committees. Avandia, which is used to treat type 2 diabetes, is manufactured by GlaxoSmithKline (GSK), Philadelphia, Pa.

Why the New Labeling?

After carefully reviewing several sources of study data, FDA concluded there is not enough evidence to indicate that the risks of heart attacks or death are different between Avandia and some other oral type 2 diabetes treatments. Because available data are inconclusive—studies have neither confirmed nor excluded the risk—FDA is allowing Avandia to stay on the market while a new long-term study to evaluate the potential cardiovascular risk of Avandia, compared to an active control agent, is conducted by GSK. The company agreed to add new information to the drug's labeling, warning of the potential for increased risk of heart attacks.

People with type 2 diabetes who have underlying heart disease or who are at high risk of heart attack should talk with their health care provider about the revised warning as they evaluate treatment options. FDA advises health care providers to closely monitor patients who take Avandia for cardiovascular risks.

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

NUTRITION NOTES

CABBAGE HAS BECOME A NEW YEAR'S TRADITION

Cabbage, the plainest Jane of the New Year foods, actually comes from a very colorful plant family.

Brassica oleracea has been cultivated and selectively changed for thousands of years. Today, the cabbage family includes the green, crinkly leafed kale, white cauliflower, green broccoli, and tiny green brussels sprouts. There are a number of forms of cabbage itself, from the white to light green standard cabbage to the savories which come in white, red, green, and brown.

According to the University of Florida Extension Service, cabbage is relatively low in calories, but it was popular with early civilizations since it grows quickly (about three months) and tolerates cool temperatures very well. In cooler climates it can be planted in summer and fall. It is a good source of potassium, and vitamins A and C.

Cabbage is one of many foods popular for cooking on New Years. You'll find it part of the menu in Europe, including Germany, Croatia, Bosnia, and many parts of the United States.

New Year's Day Cabbage Soup

Tear a medium head of cabbage into 2-inch pieces and set aside. Braise a half pound of quarter-inch beef cubes (chuck or shoulder) in a skillet with a small amount of canola oil.

Place 2 10-ounce cans of beef broth in a large crockpot and add 1 can of carrot juice, one half teaspoon of sugar, 1 teaspoon cinnamon, 1 teaspoon ground cloves, one half teaspoon ground ginger, 1 cup of sliced carrots, 1 cup of celery, 1 teaspoon celery seed, 1 cup of coarsely-chopped onions, and salt and pepper to taste.

Add the braised meat (in some recipes ham or sausage may be substituted) and cabbage and cook in your crockpot's high setting for 3 hours, stirring occasionally. Reduce temperature and keep warm.

Accompanied by crackers or your favorite bread, cabbage soup makes for a robust meal on a cold winter's day.

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HEART HEALTH

CARDIAC DISEASE AND YOUR EMOTIONS

If you've been diagnosed with heart disease, you've probably been asked again and again about how and what you may be feeling. Any unusual discomfort? Do you

experience recurring pain? Shortness of breath? Fatigue? How about your medication—any unusual reactions? Since your diagnosis, has anyone asked you how you're "feeling" emotionally? In fact, more frequent or intense negative emotional responses would not be unexpected at the time of a cardiac event. It might be assumed that as recovery proceeds, troubling feelings would lessen as confidence and optimism return. Some research investigations suggest this may be a costly and poorly supported assumption.

For some time we've known that it would not be unusual to leave the hospital following coronary artery bypass surgery feeling in control and upbeat, to then unexpectedly feel helpless and sad in the weeks ahead. Still, negative emotions are expected to remit (and usually do) as physical stamina is restored. What may not have been recognized is the potential for negative emotions to not only continue but to increase, placing a heart patient at greater risk of further complications. For example, patients fully energized and optimistic after successful completion of a program of cardiac rehabilitation have reported feeling greater sadness, even depression, one full year later. A study out of the Lown Cardiovascular Research Foundation in Massachusetts, in which patients were followed for more than three years, found that patient levels of anxiety regarded as "normal" at baseline did not indicate what levels of anxiety would be in the months and years following diagnosis.

The lead investigator of the Lown study, Dr. Woldecherkos Shibeshi, reported increasing and persistent anxiety (increased during the 3 1/2 year period) to be associated with a doubling of the risk of heart attack or death. The level of anxiety measured at the start of the study had little predictive value. Participants feeling fearful immediately following a cardiac event who managed to cope with anxiety effectively during the three year follow-up period had better medical outcomes than those whose anxiety was either high or low in the beginning, but increased over time.

If you worry excessively, feel apprehensive, muscles tense, sleep is poor, and you're irritable, you may be anxious. Due to its complexity, the treatment for anxiety is not "one size fits all." The skills and techniques you use to manage anxiety should be specific, targeting and modifying the content of your particular worries and fears. For example, thoughts associated with generalized anxiety may require a very different emphasis of care than the thoughts associated with obsessive-compulsive disorder or panic attacks. Whatever the form of your anxiety, if you have heart disease—even if it's a year or two or more since you've had any type of cardiac event—excessive and persistent arousal resulting from anxiety may lead to further complications. If things have gotten worse—if you feel more worried and unsure than you did when this whole thing started—it may be time to talk with your doctors. Please don't wait.

Many things are lost for want of asking. (English Proverb).

The Goodheart.com

THE VENT-RICLE

A construction worker was killed at a construction site. The police began questioning a number of the other workers. Based on their past brushes with the law, many of these workers were considered prime suspects. They were a motley crew:

- The electrician was suspected of wiretapping once but was never charged.
- The carpenter thought he was a stud. He tried to frame another man one time.
- The window installer went to great panes to conceal his past. He still claims that he didn't do anything and that he was framed.
- The painter had a brush with the law several years ago.
- The roofer was almost always higher than a kite.
- The heating, ventilation, and air conditioning contractor was known to pack heat. He was arrested once but duct the charges.
- The plumber wasn't even questioned because he always had his mind in the gutter.
- The mason was suspect because he got stoned regularly.
- The drywall installer was usually plastered.
- The cabinet-maker is an accomplished counter fitter.

The autopsy led the police to arrest the carpenter, who subsequently confessed. The evidence against him was irrefutable because it was found that the workman, when he died, was hammered.

There was a church that decided to have four worship services each Sunday:

There was one for those new to the faith; another for those who liked traditional worship; one for those who had lost their faith and would like to get it back; and another for those who had a bad experience with church and were complaining about it.

They have names for each of the services: Finders, Keepers, Losers, Weepers.

The newly married husband came home from work to find his young wife in tears. "Honey, whatever is the matter?" he asked.

"Sweetie," she sobbed, "The most terrible thing has happened. I cooked my very first meat loaf for you, and I took it out of the oven to season it, and the phone rang. I talked to Mother for only a few minutes, but when I came back to the kitchen," she sobbed again, "I found that the dog had eaten it!"

"Don't worry, Darling," said her husband. "Don't cry; we'll get another dog tomorrow."

*From The South Jersey Devil
Contributed by George Waterhouse*

A blonde calls her boyfriend and says, "Please come over here and help me. I have a killer jigsaw puzzle, and I can't figure out how to get started."

Her boyfriend asks, "What is it supposed to be when it's finished?"

The blonde says, "According to the picture on the box, it's a rooster."

Her boyfriend decides to go over and help with the puzzle. She lets him in and shows him where she has the puzzle spread all over the table. He studies the pieces for a moment, looks at the box, then turns to her and says, "First of all, no matter what we do, we're not going to be able to assemble these pieces into anything resembling a rooster."

He takes her hand and says, "Second, I want you to relax. Let's have a nice cup of tea, and then," he said with a deep sigh, "let's put all the Corn Flakes back in the box. Okay?"

"Some people ask the secret of our long marriage. We take time to go to a restaurant two times a week...a little candlelight, dinner, soft music and dancing. She goes Tuesdays; I go Fridays."

Henny Youngman

Three women die together in an accident and go to heaven. When they get there, St. Peter says, "We only have one rule here in Heaven: don't step on the ducks!"

So they enter Heaven, and sure enough, there are ducks all over the place. It is almost impossible not to step on a duck, and although they try their best to avoid them, the first woman accidentally steps on one. Along comes St. Peter with the ugliest man she ever saw.

St. Peter chains them together and says, "Your punishment for stepping on a duck is to spend eternity chained to this ugly man!"

The next day, the second woman accidentally steps on a duck and along comes St. Peter, who doesn't miss a thing. With him is another extremely ugly man. He chains them together with the same admonishment as for the first woman.

The third woman has observed all this and, not wanting to be chained for all eternity to an ugly man, is very, VERY careful where she steps. She manages to go months without stepping on any ducks, but one day St. Peter comes up to her with the most handsome man she has ever laid eyes on...very tall, long eyelashes, muscular, and thin. St. Peter chains them together without saying a word.

The happy woman says, "I wonder what I did to deserve being chained to you for all of eternity?"

The guy says, "I don't know about you, but I stepped on a duck!"



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

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**

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