

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

JOHN BRENNAN
EXECUTIVE VICE PRESIDENT
AMERICAN HEART ASSOCIATION

“STROKES”

Tuesday, June 19, 2007

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

LEAVE ME YOUR HISTORY, PLEASE!

Looking back at my first heart attack, I remember the doctor asking the following questions: Is your father alive? How old is he? If he is no longer living, at what age did he die? What did he die from? These questions also were asked of my mother and siblings.

Not leaving a medical history for your sons and daughters makes it very difficult, especially for heart and stroke patients. Not knowing what my uncles, aunts, and grandparents died from has made it difficult for us who have no medical history to go back to. I also wish my parents would have kept a medical history on each of us kids.

Why is it a concern to my family and me? It is because now my sister has joined that 1:2 women's group—she, too, has heart disease. She had a heart attack and a stroke, and I have not heard her speak in five weeks. In fact, she has not walked in five weeks. I may never hear her voice again.

If our family had a medical history of heart trouble, we just may have changed our lifestyles. I realize as we grow from dependency to independence to dependency, we somewhat select our own lifestyle. We somewhat modify our lifestyle after we get married. But prior to that stage, we selected our own lifestyle...good or bad.

If there is any way you can leave your children your family medical history, it sure would help. Leaving your medical history is much more important than a monetary windfall. Start writing so your children are not surprised as I was with heart disease.

Doug Steingraber

CHAPTER NOTES

Hey, what do you know? Well, I know it's June again or already. If you've been with us for at least the past few years, you know it's time for our annual humor issue. National Humor Month was back in April, but who cares...we just happen to like June. Actually, humor should be on your agenda 365 days a year. For this issue, we strive for up to 99.99% of stuff to bring you a smile or two and help heal your mended heart at the same time.

Humor, they often say, is the best medicine. You can never have enough of it. It doesn't cost you anything, and there are no negative side effects. The facts are elsewhere in this issue. Researchers have a long list of all known positive benefits, and I suggest even more will be found sometime down the road.

My own beliefs in humor have led me, as editor, to always include some humor in my column and in every issue of the *Aorta Reporter*. In my everyday life, I always try to find ways to enjoy a joke, a humorous moment, or an expression that will also bring a smile to others. Example: This month I hope to mark another birthday...now in my early 70s. What's so funny about that? I don't know, but I remind others that at my age, at least I have one less worry. I no longer have to worry about dying young! Funny thing is that many times my attempts at being humorous only bring a groan from those around me, family especially, but I try and at least I enjoy it!

What am I thankful for? I'm thankful there are also a lot of other folks out there whose singular goal in life is to invent, print, pass on, or tell jokes to make others laugh. Here are a few I like from my favorite *South Jersey Devil*, and with their permission:

1. If you don't have a sense of humor, you probably don't have any sense at all.
2. Some minds are like concrete—thoroughly mixed up and permanently set.
3. Life is like a roll of toilet paper—the closer you get to the end, the faster it goes.
4. A clear conscience is usually the sign of a bad memory.
5. "As a matter of fact" is an expression that precedes many an expression that isn't.
6. People who think they know it all bug those of us who do.

Any smiles yet? Well, read on:

A woman walks into a drugstore to return a pair of eyeglasses that she had purchased for her husband the week before.

"What seems to be the problem?" asks the clerk.

"I'm returning these glasses I bought for my husband because he's still not seeing things my way."

Did you hear about the young apprentice optometrist? He got careless and got his hand caught in the lens grinder. He wasn't seriously hurt, but he sure made a spectacle of himself!

Four high school boys decided to go fishing and skipped their morning classes. After lunch they reported to the teacher that they had a flat tire. Much to their relief, she smiled and said, "Well, you missed a test this morning so take seats apart from one another and take out a piece of paper."

Still smiling, she waited for them to sit down. Then she said, "First question, which tire was flat?"

Enough of me already. Take care, enjoy, and always take the positive road There is no newsletter in July, but I'll look forward to seeing you here again in August, God willing! We had a great visit with Alma and Milton Klein in Maryland today. They said to say hello to all their Atlanta Mended Hearts friends.

George Waterhouse

WELCOME NEW MEMBERS

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

- *Larry & Pat Drake (Marietta)
- *Erin & Michael Driscoll (Piedmont)
- *James Huey & March Price
- *Dean & Francie Klopatic
- *Debbie & David Shuppert
- *Dr. Paul & Brenda Sizemore

HOSPITAL VISITING REPORT

During the month of April 2007, we recorded 211 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.

JUNE CARDIO-VERSARIES

- | | |
|------|------------------|
| 1979 | Paul Finkel |
| 1980 | Dixie Jardine |
| 1984 | Barbara Carroll |
| 1994 | John Rutledge |
| 1995 | Doris Hughes |
| 1996 | Beverly Wilson |
| | Henry McShan |
| 1999 | Martha Dickerson |
| 2000 | James Scaglione |
| 2001 | Cora Miles |
| 2003 | Ken Wencil |
| 2006 | Al Irwin |
| | David Fields |
| | Matthew Ruck |

**No newsletter
published in July.
See you again in
August!!**



LET'S VISIT AWHILE

Since there's nothing new to report on the visiting front, how about some humor?

A sign outside a church parking lot warns: Church parking for members only!! Trespassers will be baptized.

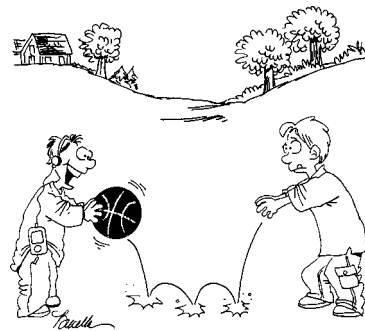
A sign on a plumber's truck: We repair what your husband tried to fix!!

Sign in the veterinarian's office: All unattended children will be given free kittens.

Remember Gracie Allen? Gracie's classic recipe for roast beef—one large roast, one small roast. Take the two roasts and put them in the oven. When the small roast burns, the large roast is done!!

I like living in the past. Things were cheaper then. That's all, folks.

Herb Jardine



"Cool! How long does it hold a charge?"

PAGES Editorial Service, Inc.

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 — Riverdale

Second Tuesday – Odd Months Only – 7 p.m.
Education Building – Room A
Call Jan or Lewis Harris at 770-473-4725

AMERICAN HEART ASSOCIATION CONNECTIONS

FUN WAYS TO REDUCE STRESS

Did you know...?

- Laughter can reduce stress hormones
- Laughter boosts your immune system
- Laughter can exercise certain muscles (diaphragm, abdominal, facial, neck, back and leg)
- Laughter lowers your blood pressure

Looking for a quick, easy way to “work out?” Laugh! Did you know that laughing 100 times is equivalent to 15 minutes on an exercise bike or 10 minutes on a rowing machine? Yep...it is. Amazing, isn't it?

These are amusing ways to reduce stress: (Some you may not want to try at home).

- ♥ Jam 30 tiny marshmallows up your nose and try to sneeze them out.
- ♥ Use your MasterCard to pay your Visa.
- ♥ Pop some popcorn without putting the lid on.
- ♥ When someone says “have a nice day,” tell them you have other plans.
- ♥ Make a list of things to do that you have already done.
- ♥ Put your grandchild's clothes on backwards and send him off to pre-school as if nothing was wrong.
- ♥ Fill out your tax forms in Roman numerals.
- ♥ Pay your electric bill in pennies.
- ♥ Read the dictionary upside down and look for secret messages.
- ♥ Bill your doctor for the time spent in his waiting room.
- ♥ Stare at people through the tines of a fork and pretend they're in jail.
- ♥ Make up a language and ask people for directions.
- ♥ Practice up on how to walk like a zombie.
- ♥ Count how many minutes it takes to stare at the phone before it rings.
- ♥ Leave a message with farm animal sounds on someone's answering machine.
- ♥ Redecorate your house. Fingerpaint the walls and blame it on the kids.
- ♥ See how many people are listed in the phone book with your last name, then call them up and tell them you're their long-lost cousin.
- ♥ Give yourself a pat on the back and affirm that you made it another day.

SOMETHING TO MAKE YOU SMILE

Heart Surgeon vs. Mechanic

In a car garage, where a famous heart surgeon was waiting for the service manager to take a look at his Mercedes, there was a loud-mouthed mechanic who was removing the cylinder heads from the motor of a car. He saw the surgeon waiting and lured him into an argument.

He asked the doc, after straightening up and wiping his hands on a rag, “Look at this car I'm working on. I also open hearts, take valves out, grind them, put in new parts; and when I finish, this baby will purr like a kitten. So, how come you get the big bucks when you and I are doing basically the same work?”

The surgeon very calmly leaned over and whispered to the loud-mouthed mechanic, “Try doing it with the engine running.”

*Sherelle Waters
Health Integration Team, AHA*

PERKS OF BEING OVER 60

1. Kidnappers are not very interested in you. In a hostage situation, you are likely to be released first.
2. No one expects you to run...anywhere.
3. People call at 9 p.m. and ask, “Did I wake you????”
4. People no longer view you as a hypochondriac.
5. There is nothing left to learn the hard way.
6. Things you buy now won't wear out.
7. You can eat supper at 4 p.m.
8. You can live without sex but not your glasses.
9. You get into heated arguments about pension plans.
10. You no longer think of speed limits as a challenge.
11. You quit trying to hold your stomach in, no matter who walks into the room.
12. You sing along with elevator music.
13. Your eyes won't get much worse.
14. Your investment in health insurance is finally beginning to pay off.
15. Your joints are more accurate meteorologists than the National Weather Service.
16. Your secrets are safe with your friends because they can't remember them either.
17. Your supply of brain cells is finally down to manageable size.
18. You can't remember who sent you this list.

Contributed by Wallace Beard

MEDICINE & TECHNOLOGY

Dr. Lee Berk and fellow researcher Dr. Stanley Tan of Loma Linda University in California have been studying the effects of laughter on the immune system. To date, their published studies have shown that laughing lowers blood pressure, reduces stress hormones, increases muscle flexion, and boosts immune function by raising levels of infection-fighting T-cells, disease-fighting proteins called Gamma-interferon and B-cells, which produce disease-destroying antibodies. Laughter also triggers the release of endorphins, the body's natural painkillers, and produces a general sense of well-being.

Following is a summary of his research, taken from an interview published in the September/October 1996 issue of the *Humor and Health Journal*.

Laughter Activates the Immune System

In Berk's study, the physiological response produced by belly laughter was opposite of what is seen in classical stress, supporting the conclusion that mirthful laughter is a eustress state—a state that produces healthy or positive emotions.

Research results indicate that, after exposure to humor, there is a general increase in activity within the immune system, including:

- An increase in the number and activity level of natural killer cells that attack viral infected cells and some types of cancer and tumor cells.
- An increase in activated T-cells (T lymphocytes). There are many T-cells that await activation. Laughter appears to tell the immune system to "turn it up a notch."
- An increase in the antibody IgA (immunoglobulin A), which fights upper respiratory tract insults and infections.
- An increase in gamma interferon, which tells various components of the immune system to "turn on."
- An increase in IgB, the immunoglobulin produced in the greatest quantity in the body, as well as an increase in Complement 3, which helps antibodies to pierce dysfunctional or infected cells. The increase in both substances was not only present while subjects watched a humor video; there also was a lingering effect that continued to show increased levels the next day.

Laughter Decreases "Stress" Hormones

The results of the study also supported research indicating a general decrease in stress hormones that constrict blood vessels and suppress immune activity. These were shown to decrease in the study group exposed to humor.

For example, levels of epinephrine were lower in the group both in anticipation of humor and after exposure

to humor. Epinephrine levels remained down throughout the experiment.

In addition, dopamine levels (as measured by dopac) were also decreased. Dopamine is involved in the "fight or flight response" and is associated with elevated blood pressure.

Laughing is aerobic, providing a workout for the diaphragm and increasing the body's ability to use oxygen.

Laughter brings in positive emotions that can enhance—not replace—conventional treatments. Hence, it is another tool available to help fight the disease.

Experts believe that, when used as an adjunct to conventional care, laughter can reduce pain and aid the healing process. For one thing, laughter offers a powerful distraction from pain.

In a study published in the *Journal of Holistic Nursing*, patients were told one-liners after surgery and before painful medication was administered. Those exposed to humor perceived less pain when compared to patients who didn't get a dose of humor as part of their therapy.

Perhaps the biggest benefit of laughter is that it is free and has no known negative side effects.

So, here is a summary of how humor contributes to physical health. More details can be found in the article, *Humor and Health*, contributed by Paul McGhee

Muscle Relaxation — Belly laugh results in muscle relaxation. While you laugh, the muscles that do not participate in the belly laugh, relaxes. After you finish laughing those muscles involved in the laughter start to relax. So the action takes place in two stages.

Reduction of Stress Hormones — Laughter reduces at least four of neuroendocrine hormones associated with stress response. These are epinephrine, cortisol, dopac, and growth hormone.

Immune System Enhancement — Clinical studies have shown that humor strengthens the immune system.

Pain Reduction — Humor allows a person to "forget" about pains such as aches, arthritis, etc.

Cardiac Exercise — A belly laugh is equivalent to "an internal jogging." Laughter can provide good cardiac conditioning especially for those who are unable to perform physical exercises.

Blood Pressure — Women seem to benefit more than men in preventing hypertension.

Respiration — Frequent belly laughter empties your lungs of more air than it takes in resulting in a cleansing effect, similar to deep breathing, especially beneficial for patients who are suffering from emphysema and other respiratory ailments.

Contributed by George Waterhouse

NUTRITION NOTES

Most people don't know that back in 1912, Hellman's mayonnaise was manufactured in England. In fact, the Titanic was carrying 12,000 jars of the condiment scheduled for delivery in Vera Cruz, Mexico, which was to be the next port of call for the great ship after New York.

The people of Mexico, who were crazy about the stuff, were eagerly awaiting delivery and were disconsolate at the loss, so much so that they declared a national day of mourning which they still observe today.



It is known, of course, as Sinko de Mayo.

AN OLDIE BUT GOODIE...

Please join me in remembering a great icon of the entertainment community. The Pillsbury Doughboy died yesterday of a yeast infection and trauma complications from repeated pokes in the belly. He was 71.

Doughboy was buried in a lightly greased coffin. Dozens of celebrities turned out to pay their respects, including Mrs. Butterworth, Hungry Jack, the California Raisins, Betty Crocker, the Hostess Twinkies, and Captain Crunch. The gravesite was piled high with flours.

Aunt Jemima delivered the eulogy and lovingly described Doughboy as a man who never knew how much he was kneaded. Doughboy rose quickly in show business, but his later life was filled with turnovers. He was not considered a very smart cookie, wasting much of his dough on half-baked schemes. Despite being a little flaky at times, he still was a crusty old man and was considered a positive roll model for millions.

Doughboy is survived by his wife Play Dough; two children, John Dough and Jane Dough; plus they had one in the oven. He is also survived by his elderly father, Pop Tart.

The funeral was held at 3:50 for about 20 minutes.

If this made you smile for even a brief second, please rise to the occasion and take time to pass it on and share that smile with someone else that may be having a crummy day and kneads it.

BRAN MUFFINS

The couple was 85 years old, and had been married for 60 years. Though they were far from rich, they managed to get by because they watched their pennies. Though not young, they were both in very good health, largely due to the wife's insistence on healthy foods and exercise for the last decade.

One day, their good health didn't help when they went on a rare vacation and their plane crashed, sending them off to Heaven.

They reached the Pearly Gates, and St. Peter escorted them inside. He took them to a beautiful mansion furnished in gold and fine silks, with a fully stocked kitchen and a waterfall in the master bath. A maid could be seen hanging their favorite clothes in the closet. They gasped in astonishment when Peter said, "Welcome to Heaven. This will be your home now."

The old man asked Peter how much all this was going to cost. "Why, nothing," Peter replied, "Remember, this is your reward in Heaven."

The old man looked out the window and saw a championship golf course, finer and more beautiful than any ever built on Earth. "What are the greens fees?" grumbled the old man.

"This is Heaven," St. Peter replied. "You can play for free every day."

Next they went to the clubhouse and saw the lavish buffet lunch with every imaginable cuisine laid out before them, from seafood to steaks to exotic desserts, free-flowing beverages, and a fountain of champagne.

"Don't even ask," said St. Peter to the man. "This is Heaven. It's all free for you to enjoy."

The old man looked around and glanced nervously at his wife. "Well, where are the low fat and low cholesterol foods and the decaffeinated tea?" he asked.

"That's the best part," St. Peter replied. "You can eat and drink as much as you like of whatever you like, and you will never get fat or sick. This is Heaven!"

The old man pushed, "No gym to work out at?"

"Not unless you want to," was the answer.

"No testing my sugar or blood pressure or..."

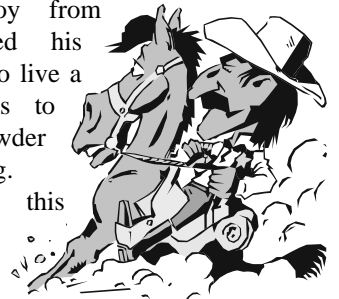
"Never again. All you do here is enjoy yourself."

The old man glared at his wife and said, "You and your damn bran muffins. We could have been here 10 years ago!"

Contributed by Wallace Beard and John Crosbie

A tough old cowboy from Denton, Texas, counseled his grandson that if he wanted to live a long life, the secret was to sprinkle a pinch of gunpowder on his oatmeal every morning.

The grandson did this religiously to the age of 103. When he died, he left 14 children, 30 grandchildren, 45 great-grandchildren, 25 great-great-grandchildren, and a 15-foot hole where the crematorium used to be.



CORNER PHARMACY

A nice calm and respectable lady went into the pharmacy, walked right up to the pharmacist, looked straight into his eyes, and said, "I would like to buy some cyanide."

The pharmacist asked, "Why in the world do you need cyanide?"

The lady replied, "I need to poison my husband!"

The pharmacist's eyes got big and he exclaimed, "Lord, have mercy! I can't give you cyanide to kill your husband! That's against the law! I'll lose my license! They'll throw both of us in jail! All kinds of bad things will happen! Absolutely not! You CANNOT have any cyanide!"

The lady reached into her purse and pulled out a picture of her husband in bed with the pharmacist's wife.

The pharmacist looked at the picture and replied, "Well, now. That's different. You didn't tell me you had a prescription."

A doctor is to give a speech at the local AMA dinner. He jots down notes for his speech. Unfortunately, when he stands in front of his colleagues later that night, he finds that he can't read his notes. So he asks, "Is there a pharmacist in the house?"

THE VENT-RICLE

A CATHOLIC HEART ATTACK

A man suffered a serious heart attack and had open-heart bypass surgery. He woke from the surgery to find himself in the care of nuns at Catholic Hospital.

As he was recovering, a nun asked him questions regarding how he was going to pay for his treatment. She asked if he had health insurance.

He replied in a raspy voice, "No health insurance."

The nun asked if he had money in the bank. He replied, "No money in the bank."

The nun asked, "Do you have a relative who could help you?"

He said, "I only have a spinster sister, who is a nun."

"The nun became agitated and announced loudly, "Nuns are not spinsters! Nuns are married to God."

The patient replied, "Send the bill to my brother-in-law."

A man was driving down the road and ran out of gas. Just at that moment, a bee flew in his window. The bee said, "What seems to be the problem?"

"I'm out of gas!"



The bee told the man to wait right there and flew away. Minutes later, the man watched as an entire swarm of bees flew to his car and into his gas tank. After a few minutes, the bees flew out.

"Try it now," said one bee.

The man turned the ignition key and the car started right up. "Wow!" the man exclaimed. "What did you put in my gas tank?"

The bee answered, "BP."

Contributed by John Crosbie

YOU MAY BE HEADED OVER THE HILL IF...

You and your teeth don't sleep together.

You try to straighten out the wrinkles in your socks and discover you aren't wearing any.

At the breakfast table, you hear snap, crackle, pop and you're not eating cereal.

Your back goes out but you stay home.

You wake up looking like your driver's license photo.

It takes two tries to get up from the couch.

When your idea of a night out is sitting on the patio.

When happy hour is a nap.

When you're on vacation, and your energy runs out before your money does.

When you say something to your kids that your mother said to you, and you always hated it.

When all you want for your birthday is to not be reminded of your age.

When you step off the curb and look down one more time to make sure the street is still there.

Your idea of weight lifting is standing up.

It takes longer to rest than it did to get tired.

Your memory is shorter and your complaining lasts longer.

You sit in a rocking chair and can't get it going.

The pharmacist has become your new best friend.

Getting "lucky" means you found your car in the parking lot.

The twinkle in your eye is merely a reflection from the sun on your bifocals.

It takes twice as long—to look half as good.

Everything hurts, and what doesn't hurt doesn't work

You look for your glasses for half an hour, and they were on your head the whole time.

You sink your teeth into a steak—and they stay there.

You give up all your bad habits and still don't feel good.

You finally get your head together and your body starts falling apart.

Contributed by Max Feinstein

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

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