

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

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## **DOUG STEINGRABER**

### **“Pressing Issues That Need To Be Addressed”**

**Tuesday, June 17, 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)

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## **PRESIDENT'S NOTES**

### **STEALING, OR IS IT STEELING, ANOTHER MAN'S THUNDER**

The following I copied from one of our board members, Wally Beard. It starts out like this:

Whew!! And we wonder why Spanish is on-track to becoming our official language!!! Read to the end...a new twist.

1. The bandage was wound around the wound.
2. The farm was used to produce produce.
3. The dump was so full, it had to refuse more refuse.
4. We must polish the Polish furniture.
5. He would lead if he would get the lead out.
6. The soldier decided to desert his dessert in the desert.
7. A bass was painted on the head of the bass drum.
8. When shot at, the dove dove into the bushes.
9. I did not object to the object.
10. Since there is no time like the present, he thought it was time to present the present.
11. Adios, or is it haydeos...bye or is it buy? now.

*Doug Steingraber*

## **CHAPTER NOTES**

June is busting out all over, and you guessed it...it's time for our annual devotional to the cheapest of all medicines: HUMOR! We now know, and we hope you know, that as the old saying goes: Laughter is the best medicine! Yes, even science has come around to recognize the heart-healthy benefits of laughter. In addition to helping replace negative thoughts and feelings with positive feelings, laughter helps our muscles and blood vessels relax and even improve circulation. You just can't go wrong with this kind of medicine that doesn't cost anything, doesn't have negative side effects, and best of all, it's fun.

The bottom line for us is that we try to throw a little humor into every issue during the year and aim for up to 99.9 percent every June! In other words, we'll try to reach out and touch your funny bone a little more this month. Note: April is National Humor Month. We just celebrate it 10 months earlier than everyone else.

Talk about positive feelings, that's how we feel about our own James and Anne Cleveland and Jack and Alene Roebuck, all recently celebrating their 60th wedding

anniversaries. And how about Lulu Parker turning 85! Congratulations, folks!

By the same token, I'm sorry to report on the passing of a really long-time member, Ida Macher, age 93, the widow of George Macher. A wonderful couple they were and will so remain in our thoughts and memories. Our sincerest sympathy is sent to their children and families.

I would be remiss if I didn't tell you what a special event our April covered dish supper was. It was a really nice turnout with excellent food brought in by everyone to satisfy our palates, all amongst great company. Then to top it all off, cardiologist, Dr. Mangel, gave a wonderful, comprehensive review of current heart treatments and procedures and responded to many good questions, all given and explained in language we could easily comprehend. It was just a great evening all around. Many thanks to Jim and Marilyn Torbert and Doug and Sara Steingraber for letting us add to our good feelings memory banks. We appreciate all you do for us.

As is my custom, I will close with a few from the South Jersey Devil, with their permission, of course.

1. The secret of staying young is to live honestly, eat slowly, and lie about your age.

2. A hug is a great gift. It comes in all sizes, and it's easy to exchange.

3. The future is in the rearview mirror, those smiling faces in the back seat asking, "Are we there yet?"

4. An atheist university professor told his class that he was going to prove that there is no God. He said, "God, if you are real, then I want you to knock me off this platform. I'll give you five minutes!"

Three minutes went by. He kept taunting God, saying, "Here I am, God. I'm still waiting." He was down to the last minute when a marine reservist, just back from Iraq and newly registered in the class, walked up to the professor, hit him square in the face, and sent him flying from the platform. The professor, obviously shocked and hurt, struggled up and moaned, "What's the matter with you? Why did you do that?"

The marine replied, "God was busy; He sent me."

God willing, I'll see you here again in August because we're taking off the month of July. In the meantime, take good care of your heart so it can take care of you.

*George Waterhouse*



**NO NEWSLETTER IN JULY...  
SEE YOU IN AUGUST!**

## **WELCOME NEW MEMBERS**

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

*\*Donald & Renae Watson*

## **HOSPITAL VISITING REPORT**

During the month of April 2008, we recorded 149 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.

## **JUNE CARDIOVERSARIES**

1979	<b>Paul Finkel</b>
1980	<b>Dixie Jardine</b>
1984	<b>Barbara Carroll</b>
1994	<b>John Rutledge</b>
1996	<b>Beverly Wilson</b>
	<b>Henry McShan</b>
2000	<b>James Scaglione</b>
2001	<b>Cora Miles</b>
2003	<b>Ken Wenzl</b>
2006	<b>David Fields</b>
	<b>Matthew Ruck</b>

## **LET'S VISIT AWHILE**

### **SAINT JOSEPH'S HOSPITAL VISITORS!!**

Don't forget the yearly update, or reorientation if you prefer, on Tuesday, June 3, if you didn't attend an earlier session. The test will be given by computer in the computer lab, which is open from 8 a.m. to 2 p.m. *No reservation is needed.*

You will need to take the TB test at the same time. Employee Health is open from 7 a.m. to 3:30 p.m. Don't forget...you must have the results read within 48-72 hours after the test.

This update is mandatory if you expect to continue to visit at Saint Joseph's. Study sheets for the test were sent out previously. If you don't have one, call me or pick one up at the Volunteer Office.

## **GETTING OLD**

Forget the health food. I need all the preservatives I can get.

You know you are getting old when you stoop to tie your shoelaces and wonder what else you can do while you're down there.

You're getting old when you get the same sensation from a rocking chair that you used to get from a roller coaster.

Time may be a great healer but it is a lousy beautician.

Golf can be best described as an endless series of tragedies obscured by the occasional miracle, followed by a bottle of beer or two.

The only difference between a taxman and a taxidermist is the taxidermist leaves the skin. (Mark Twain)

There is no distinctly American criminal class, save Congress. (Mark Twain)

What this country needs is a few more unemployed politicians. (Edward Langley)

A lady noticed her husband standing on the bathroom scale sucking in his stomach. Thinking he was trying to weigh less, she commented, "I don't think that's going to help."

"Sure it does," he said. "It's the only way I can see the numbers."

Well, at least there's one good thing about high gas prices; whenever I fill up, I double the value of my car!

*Herb Jardine*

## **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

## **JUNE WELLSTAR SPEAKER**

**Sherri Barton, M.D.**  
**Urgent Care &**  
**Family Practice Specialist**

## ETERNAL TRUTHS

Once over the hill, you pick up speed.

I love cooking with wine. Sometimes I even put it in the food.

If it weren't for stress I'd have no energy at all.

Whatever hits the fan will not be evenly distributed.

Everyone has a photographic memory. Some just don't have film.

I know God won't give me more than I can handle. I just wish He didn't trust me so much.

Dogs have owners. Cats have staff.

We cannot change the direction of the wind...but we can adjust our sails.

Some days are a total waste of makeup.

Do you believe in love at first sight...or should I walk by you again?

If the shoe fits...buy it in every color.

If you're too open-minded, your brains will fall out.

Age is a very high price to pay for maturity.

Going to church doesn't make you a Christian any more than standing in a garage makes you a car.

Artificial intelligence is no match for natural stupidity.

If you must choose between two evils, pick the one you've never tried before.

My idea of housework is to sweep the room with a glance.

Not one shred of evidence supports the notion that life is serious.

It is easier to get forgiveness than permission.

For every action, there is an equal and opposite government program.

If you look like your passport picture, you probably need the trip.

Bills travel through the mail at twice the speed of checks.

A conscience is what hurts when all your other parts feel so good.

Men are from earth. Women are from earth. Deal with it.

A balanced diet is a cookie in each hand.

Middle age is when broadness of the mind and narrowness of the waist change places.

Opportunities always look bigger going than coming.

Junk is something you've kept for years and throw away three weeks before you need it.

There is always one more imbecile than you counted on.



Experience is a wonderful thing. It enables you to recognize a mistake when you make it again.

By the time you can make ends meet, they move the ends.

Someone who thinks logically provides a nice contrast to the real world.

Learn from the mistakes of others. You can't live long enough to make them all yourself.

## MY CAREER

My first job was working in an orange juice factory, but I got canned...couldn't concentrate.

Then I worked in the woods as a lumberjack, but I just couldn't hack it, so they gave me the ax.

After that I tried to be a tailor, but I just wasn't suited for it—mainly because it was a sew-sew job.

Next I tried working in a muffler factory, but that was too exhausting.

Then I tried to be a chef. I figured it would add a little spice to my life but I just didn't have the thyme.

I attempted to be a deli worker, but any way I sliced it, I couldn't cut the mustard.

My best job was being a musician, but eventually I found I wasn't noteworthy enough.

I studied a long time to become a doctor, but I didn't have any patience.

Next was a job in a shoe factory. I tried, but I just didn't fit in.

I became a professional fisherman, but discovered that I couldn't live on my net income.

I managed to get a good job working for a pool maintenance company, but the work was just too draining.

So then I got a job in a workout center, but they said I wasn't fit for the job.

I finally got a job as a historian—until I realized there was no future in it.

My last job was working at Starbucks, but I had to quit because it was always the same old grind.

So I retired...and found I am perfect for the job.

I read that polar bears can “only” be found in the Arctic Ocean basin including Northern Canada and Siberia. In other words, polar bears do not live in Antarctica. If they introduced polar bears to Antarctica, what would they be called?

Answer: If polar bears were introduced to Antarctica, they would likely be referred to as “bipolar” bears.

I'm not saying our very pretty new receptionist is dumb, but this is how she filled out her insurance forms: Date of birth: March 12, 1978. Weight: 7 pounds, 9 ounces. Height: 21 inches.

*Reprinted with permission from South Jersey Deviler*

## MEDICINE & TECHNOLOGY

We all know that smoking is unhealthy...but maybe for an entirely different reason than you think.

### THE DAY GRAMPS QUIT SMOKING

The house behind the house  
As I recall the days of yore  
Was the little house, behind the house,  
With the crescent o'er the door.

'Twas a place to sit and ponder  
With your head all bowed down low;  
Knowing that you wouldn't be there,  
If you didn't have to go.

Ours was a multi-holer, three,  
With a size for everyone.  
You left there feeling better,  
After your job was done.

You had to make those frequent trips  
In snow, rain, sleet, or fog...  
To that little house where you usually  
Found the Sears-Roebuck catalog.

Oft times in dead of winter,  
The seat was spread with snow.  
'Twas then with much reluctance,  
To that little house you'd go.

With a swish you'd clear that wooden seat,  
Bend low, with dreadful fear;  
You'd shut your eyes and grit your teeth  
As you settled on your rear.

I recall the day ol' Granddad,  
Who stayed with us one summer,  
Made a trip out to that little house  
Which proved to be a bummer.

'Twas the same day that my Dad had  
Finished painting the kitchen green.  
He'd just cleaned up the mess he'd made  
With rags and gasoline.

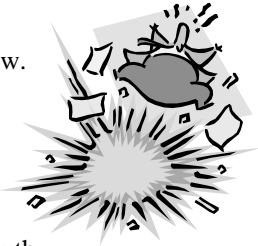
He tossed the rags down in the hole  
Went on his usual way,  
Not knowing that by doing so  
He'd eventually rue the day.

Now Granddad had an urgent call,  
I never will forget!  
This trip he made to the little house  
Stays in my memory yet.

He sat down on the wooden seat,  
With both feet on the floor.  
He filled his pipe and tapped it down  
And struck a match on the outhouse door.

He lit the pipe and sure enough,  
It soon began to glow.  
He slowly raised his rear a bit  
And tossed the flaming match below.

The blast that followed, I am told,  
Was heard for miles around;  
And there was poor ol' Granddad,  
Sprawled out there on the ground.



The smoldering pipe still in his mouth,  
His eyes were shut real tight;  
The celebrated three-holer  
Was blown clear out of sight.

We asked him what had happened,  
What he said I'll ne'er forget.  
He said he thought it must have been  
The pinto beans he et!

Next day we had a new one;  
Dad put it up with ease.  
But this one had a door sign  
that read: No Smoking, Please!

Now that's the story's end, my friend,  
Of memories long ago,  
When we went to the house behind the house,  
Because we had to go.

For those who never had to trot out in the cold...just give thanks!

Three men—an American, a Japanese and an Irishman—were sitting naked in a sauna. Suddenly there was a beeping sound. The American pressed his forearm, and the beep stopped. The others looked at him questioningly.

"That was my pager," he said. "I have a microchip under the skin of my arm."

A few minutes later a phone rang. The Japanese fellow lifted his palm to his ear. When he finished, he explained, "That was my mobile phone. I have a microchip in my hand."

The Irishman felt decidedly low-tech and not wanting to be outdone, he decided he had to do something just as impressive. He stepped out of the sauna and went to the bathroom. He returned with a piece of toilet paper hanging from his behind. The others raised their eyebrows and stared at him.

The Irishman finally said, "Well, will you look at that. I'm getting a fax."

## **NUTRITION NOTES**

### **GOT FIBER?**

Did you know that the recommendation for fiber is 21-38g per day, but the average American only consumes 15g? Fiber is the part of plant foods that our bodies are not able to digest. There are two types of fiber, soluble and insoluble. Soluble fiber will partially dissolve in water and insoluble fiber will not dissolve in water. They are both very important. Some sources of soluble fiber include oatmeal, nuts, legumes, apples, pears, and strawberries. Some sources of insoluble fiber are whole grain cereal, whole-wheat pasta, barley, carrots, cucumbers, and squash.

Fiber has been shown to relieve constipation, lower blood pressure, lower cholesterol, lower the risk of developing type 2 diabetes, and prevent obesity. Fiber-rich foods tend to make you feel full faster so you eat less. To eat more fiber, you should eat more fruits and vegetables. Eat whole fruits instead of drinking fruit juice. Choose whole grains. Instead of eating white bread, pasta, and rice, choose whole grain bread and pasta and brown rice. Snack on raw vegetables, popcorn, nuts, seeds, or whole grain cereal. Try to eat legumes instead of meats for dinner a couple times per week.

#### **BARLEY-MUSHROOM PILAF**

(Yields 4 1½ cup servings)

##### **Ingredients**

3 cups fat-free, less-sodium chicken broth  
 1/3 cup dried porcini mushrooms, chopped (about 1/3 ounce)  
 1-1/2 cups uncooked quick-cooking barley  
 2 tablespoons olive oil  
 3 cups quartered shiitake mushroom caps (about 8 ounces)  
 2 cups chopped onion  
 3/4 teaspoon salt  
 1/2 teaspoon dried rosemary  
 1 (8-oz.) package pre-sliced mushrooms  
 1/4 cup dry Marsala  
 2 teaspoons sherry vinegar

Combine broth and porcini in a large saucepan. Bring to a boil; stir in barley. Cover, reduce heat, and simmer 12 minutes or until tender.

While barley cooks, heat oil in a Dutch oven over medium-high heat. Add shiitake caps, onion, salt, rosemary, and pre-sliced mushrooms; sauté 5 minutes. Stir in Marsala; cook 1 minute. Stir in barley mixture and vinegar; cook 2 minutes or until thoroughly heated, stirring frequently.

##### **Nutrition Information:**

**Calories** 415 (19% from fat); **Fat** 8.7g (sat 1.3g, mono 5.2g, poly 1.5g); **Protein** 15.3g; **Cholesterol** 0.0mg; **Calcium** 46mg; **Sodium** 805mg; **Fiber** 15g; **Iron** 4.6mg; **Carbohydrate** 66.6g

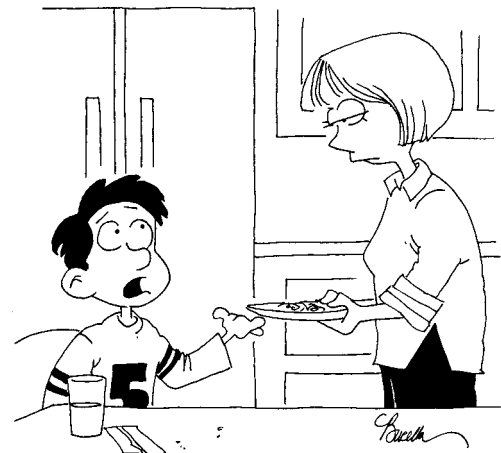
*Recipe Courtesy of Cooking Light*

*Elizabeth Harris, Dietetic Intern  
 Southern Regional Medical Center*

A wife was making a breakfast of fried eggs for her husband. Suddenly, her husband burst into the kitchen. "Careful," he said, "CAREFUL! Put in some more butter! Oh, my GOD! You're cooking too many at once. TOO MANY! Turn them! TURN THEM NOW! We need more butter. Oh, my GOD! WHERE are we going to get MORE BUTTER? They're going to STICK! Careful. CAREFUL! I said be CAREFUL! You NEVER listen to me when you're cooking! Never! Turn them! Hurry up. Are you CRAZY? Have you LOST your mind? Don't forget to salt them. You know you always forget to salt them. Use the salt. USE THE SALT! THE SALT!"

The wife stared at him. "What in the world is wrong with you? You think I don't know how to fry a couple of eggs?"

The husband calmly replied, "I just wanted to show you what it feels like when I'm driving."



"No dessert? Couldn't you have told me that before I ate my vegetables?"

*PAGES Editorial Service, Inc.*

## THE VENT-RICLE

All of us like collecting examples of other people's stupidity, if only to make us look better in comparison...

While looking at a house, my brother asked the real estate agent which direction was north because, he explained, he didn't want the sun waking him up every morning. She asked, "Does the sun rise in the north?"

When my brother explained that the sun rises in the east (and has for some time), she shook her head and said, "Oh, I don't keep up with that stuff."

I used to work in technical support for a 24x7 call center. One day I got a call from an individual who asked what hours the call center was open. I told him, "The number you dialed is open 24 hours a day, 7 days a week."

He responded: "Is that Eastern or Pacific time?"

So my colleague and I were eating our lunch in our cafeteria, when we overheard one of the administrative assistants talking about the sunburn she got on her weekend drive to the shore. She drove down in a convertible, but "didn't think she'd get sunburned because the car was moving."

My sister has a lifesaving tool in her car. It's designed to cut through a seatbelt if she gets trapped. She keeps it in the trunk.

I was hanging out with a friend when we saw a woman with a nose ring attached to an earring by a chain. My friend said, "Wouldn't the chain rip out every time she turned her head?"

I explained that a person's nose and ear remain the same distance apart no matter which way the head is turned.

I couldn't find my luggage at the airport baggage area so I went to the lost luggage office and told the woman there that my bags never showed up. She smiled and told me not to worry because she was a trained professional and I was in good hands.

"Now," she asked me, "has your plane arrived yet?"

## NEOLOGISM CONTEST

The Washington Post's Style Invitational once again asked readers to take any word from the dictionary, alter it by adding, subtracting, or changing one letter, and supply a new definition. Here are some of the winners:

1. Bozone (n.) The substance surrounding stupid people that stops bright ideas from penetrating. The bozone layer, unfortunately, shows little sign of breaking down in the near future.

2. Cashtration (n.) The act of buying a house, which renders the subject financially impotent for an indefinite period.

3. Giraffiti (n.) Vandalism spray-painted very, very high.

4. Sarchasm (n.) The gulf between the author of sarcastic wit and the person who doesn't get it.

5. Inoculate (v.) To take coffee intravenously when you are running late.

6. Hipatitis (n.) Terminal coolness.

7. Osteopornosis (n.) A degenerate disease. (This one got extra credit.)

8. Karmageddon (n.) It's like, when everybody is sending off all these really bad vibes, right? And then, like, the Earth explodes and it's like, a serious bummer.

9. Decafalon (n.) The grueling event of getting through the day consuming only things that are good for you.

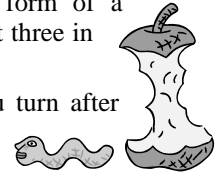
10. Glibido (v.) All talk and no action.

11. Dopeler effect (n.) The tendency of stupid ideas to seem smarter when they come at you rapidly.

12. Arachnoleptic fit (n.) The frantic dance performed just after you've accidentally walked through a spider web.

13. Beelzebug (n.) Satan in the form of a mosquito that gets into your bedroom at three in the morning and cannot be cast out.

14. Caterpallor (n.) The color you turn after finding half a grub in the fruit you're eating.



## THE NEW HOSPITAL

When a panel of doctors was asked to vote on adding a new wing to their hospital, the allergists voted to scratch it and the dermatologists preferred no rash moves.

The gastroenterologists had a gut feeling about it, but the neurologists thought the administration had a lot of nerve, and the obstetricians stated they were laboring under a misconception.

The ophthalmologists considered the idea shortsighted; the pathologists yelled, "Over my dead body!" while the pediatricians said, "Grow up!"

The psychiatrists thought it was madness; the surgeons decided to wash their hands of the whole thing, and the radiologists could see right through it!

The internists thought it was a bitter pill to swallow, but the plastic surgeon said, "This puts a whole new face on the matter."

The podiatrists thought it was a step forward, but the urologists felt the scheme wouldn't hold water.

The anesthesiologists thought the whole idea was a gas, and the cardiologists didn't have the heart to say no.

And in the end, the proctologists left the decision up to some (*you fill in the blank!*) who didn't give a crap.

**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  
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