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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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## **Rhonda Sheridan, RN, CSA/CLTC** **Specialist in Senior Insurance Protection**

**Tuesday, March 16, 2010**  
**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 past the visitors' parking deck on the left.

Watch for the Clinical Specialty Center parking deck

also on the left (formerly known as the Cancer Center parking deck).

Ring the button at the entrance gate 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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**[www.mendedheartsatlanta.org](http://www.mendedheartsatlanta.org)**

## **PRESIDENT'S NOTES**

### **OH, NO! THERE IS A TWIN DOUG... HOW CAN THAT BE?**

Webster's Dictionary defines twin as "consisting of, or being one of a pair of, two separate but similar or closely related things."

Let me start this over and jog your memory. Do you remember the time your mother dressed you up to meet someone, or when your father tied your first tie for you? How about the time you sat in front of the mirror and combed your hair for 30 minutes...did it work, gals? I remember my older brother spending hours in front of the mirror to comb his hair just right. He used something called "Waveset." It froze your hair in place. How long did it take you to get ready for the prom or how about your wedding day? It is a shame we have spent so many wasted hours on our external appearance and so little on our interior.

As we have gotten older, we now spend much more time on our interiors than our exteriors. Think of all the medications, meals, exercising programs, workout clothes and doctor visits we now spend on our health. If only we had listened to our grandparents; they lived much healthier lives (never sick, never hospitalized), they ate much better and walked more than we do now. In fact, they had to get up and walk across the room to change radio stations. We just sit in front of our TV and change things by remote control. Unfortunately, our interior, or should I say our evil twin, is causing us to grow in all the wrong places.

So let us take better care of our interior and start walking and eating better so our twins will look great.

*Doug Steingraber*

## **CHAPTER NOTES**

What do you know...spring is right around the corner, and I can't wait. There is a light at the end of the tunnel. With all the rain and cloudy weather, I feel like we're living back in the Pacific Northwest again.

We Emory visitors met recently, and I was elected to replace our dear departed John Friese as coordinator at the hospital. I will do my best to fill his big shoes. It was a good meeting, especially since we don't get to see each other very often – very beneficial and a nice social. Several days later, we all attended the visitor reaccreditation meeting at Saint Joseph's Hospital. Herb deserves our heartfelt thanks for leading us all in a really fine training session. It makes one feel so good to be

among all of our dedicated hospital and Internet visitors. Thank you, one and all, for all you do.

Why don't you consider becoming a visitor and give others hope and inspiration by showing current patients how well you are doing! There are also other ways you can help your chapter — attend our meetings, purchase Entertainment books and/or make a donation to the chapter to help us carry on.

I agree entirely with Jill's article about the significance and inspiration the Cardioversaries column does to one. Every month we see folks beating the predictions for survival after a cardiac event. If they can do it, then so can I!

I'll close with a few from the South Jersey Devil, with their permission:

What's the difference between a large pizza and a stand-up comedian? The pizza can feed a family of four.

It's now flu season. Tell me what is the difference between the bird flu and swine flu? Answer: For the bird flu, you need tweetment and for swine flu you need oinkment.

Two dogs walk over to a parking meter, and one says to the other, "How do you like that, pay toilets!"

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

*George Waterhouse*

### **REFLECTING ON CARDIOVERSARIES**

Seeing the Cardioversaries in the *Aorta Reporter* seems like such an insignificant thing. As I was glancing at the names and dates in the February issue, I realized how profound this small bit of information really is. For someone who is recovering from a recent event, they can see the longevity of others who have survived and are thriving. It is a source of hope and a confidence builder.

I know that I look forward each year to seeing my own name in print; and now that I have reached my ninth year, I reflect on how great life is and how far I have come. In the months after my own event, I would look at the names and dates and get a sense that I was not doomed, and that with perseverance I would be stronger and better than before.

I enjoy being able to look back, reminded of how far I have come, and that others will see my own cardioversary and realize that they have many, many years to look forward to.

A small side note: I used to bemoan each birthday as it signified that I was getting older. Now that I have stared at my mortality directly, I rejoice each birthday and the absolute wonderful fact that I am getting older!

*Jill Wilkins*

## **WELCOME NEW MEMBERS**

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

*\*Jim & Kathy Bearden*

*\*Kimberly Goodloe*

## **HOSPITAL VISITING REPORT**

During the month of January 2010, we recorded 67 hospital and telephone/internet visits at Emory University Hospital, Emory University Hospital Midtown, Saint Joseph's Hospital, Atlanta Medical Center, Piedmont Hospital, Grady Hospital, WellStar Kennestone Hospital, and WellStar Cobb Hospital.

## **MARCH CARDIOVERSARIES**

1990	Hugh Weaver
1994	Alice Caldwell
1997	Dosh Jackson
1998	Vernon Darley John Crosbie
2000	Neal Barronton
2001	Rufus Moore
2002	Robert Feeney
2003	Franka Austin
2004	Ann Stone
2006	Ruby North-Allen
2007	Marvin McDaniel Pat McGreevy Rosalind Newman
2009	Charles Sanford

## **LET'S VISIT AWHILE**

I would like to compliment all of you who attended and made the recreditation meeting a success. It was lively to say the least.

I would like to thank Wralene and Jim Pritchard who are training to be Piedmont visitors. We are also getting an assist from some of the Kennestone people. We hope that Jim Bearden will take the plunge also. As always, we can't thank Joann Gorrell enough for her efforts!

Over the past several months, I have taken on the job of reminding those who have mostly inadvertently missed the due date on their annual dues. It seems that many of you have not recognized the envelope from our national office as a bill for dues. It has probably gone to junk mail hell. Now that we are in the new year, please read all

Mended Hearts letters before tossing. Otherwise, I may have to break your legs Chicago-style!!

I would like to point out that there is a place on the bill to register a donation if you would be so kind to do so. Please be sure to check the box marked "Local" so the money will go to Chapter 81. We need it!

Last but not least, since this is the March issue, March 11 marks the 55th wedding anniversary for Dixie and me. Yea, team!

*Herb Jardine*

## **MARCH SATELLITE MEETING**

### **Kennestone Hospital**

Doug Davis, Nursery Owner/Landscaper  
"How Does Your Garden/Lawn Grow?"

## **SATELLITE MEETINGS**

### *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 Joann Gorrell at 404-605-3283

### *WellStar Cobb Hospital – Rehab Center*

*First Thursday of the month – 7 p.m.*

Call Marie Thomas-Stanley at 770-732-4129

### **CARDIOVERSARY INFORMATION**

If you do not want your name to appear in the Cardioversary list, please call George Waterhouse at 770-939-5799.

### **MEMBERS NOTE:**

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

# NUTRITION NOTES

## “GOING GREEN” IN MORE WAYS THAN ONE FOR NATIONAL NUTRITION MONTH

For dietitians all over the world, the month of March is a celebration of food, and we love to share our joy! This year, the National Nutrition Month campaign theme is “Going Green,” consistent with the growing ideals of the community. At this point, we all know that by using a canvas shopping bag and by recycling, we are saving the planet one plastic bottle at a time. Now, we are taking this movement to a whole new level. We are suggesting not only that you Go Green for the environment, but that you Go Green for your health.

This can be accomplished in more ways than one. As heart-conscious individuals, you probably know everything about what it means to eat a heart-healthy diet. If you take this to the level of eating mostly organic foods, great! If not, there are still other ways to embrace a “green” lifestyle.

The campaign is also focusing on a more literal sense of the phrase — going green with more fruits and vegetables in your diet.

If you make a goal to eat at least two green foods every day, not counting the other fruits and vegetables that you will hopefully have throughout the month, you will consume at least 56 extra servings of fruits and vegetables! That’s 56 times the amount of phytochemicals, antioxidants, calcium, beta-carotene, potassium, Vitamin C, and iron that you would get in your diet otherwise. Think of the potential!

Some examples of green fruits and vegetables include, but are not limited to, the following:

- |                 |                    |
|-----------------|--------------------|
| Broccoli        | Asparagus          |
| Kale            | Celery             |
| Avocados        | Cucumbers          |
| Bok Choy        | Cabbage            |
| Zucchini        | Artichokes         |
| Turnip Greens   | Okra               |
| Lima Beans      | Green Bell Peppers |
| Green Beans     | Kiwi               |
| Edamame         | Honeydew Melon     |
| Collard Greens  | Lime               |
| Brussel Sprouts | Plantains          |
| Spinach         | Romaine Lettuce    |

You can incorporate these extra greens simply by adding them as a side to a meal, like a salad at a fast food restaurant, or by using them in a common entrée, like adding broccoli or peas to pasta dishes. To spruce up the challenge, find more recipes like the following one from [www.cdc.gov](http://www.cdc.gov):

### AVOCADO TACOS WITH FRESH TOMATO SALSA

(270 Calories, 8 g fat, 0 mg cholesterol, 7 g protein, 43 g carbohydrate)

Number of Servings: 12

**Ingredients:**

- 1 ripe avocado, peeled and seeded
- 1 medium onion, julienne
- 2 large green peppers, julienne
- 2 large red peppers, julienne
- 1 cup fresh cilantro, finely chopped
- 1-1/2 cups fresh tomato salsa (see below)
- 12 flour tortillas
- Non-stick cooking spray

**Fresh Tomato Salsa**

- 1 cup diced tomatoes
- 1/3 cup diced onions
- 1/2 clove garlic, minced
- 2 tsp. cilantro
- 1/3 tsp. chopped jalapeño peppers
- 1/2 tsp. lime juice
- Pinch of cumin

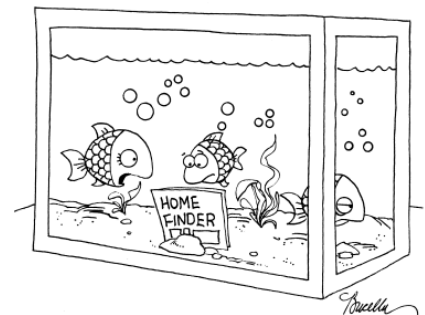
**Directions:**

Prepare salsa as listed below. Spray skillet with cooking spray. Lightly sauté onion and green and red peppers. Cut avocado into 12 slices. Warm tortillas in oven and fill with peppers, onions, avocado slices and salsa. Fold tortillas and serve.

**Fresh Tomato Salsa**

Mix together all ingredients and refrigerate in advance.

*Katie Faber, Dietetic Intern  
Southern Regional Medical Center*



“I know it’s tough starting out. Your father and I started out in a plastic bag.”

*PAGES Editorial Service, Inc.*

## **CORNER PHARMACY**

### **WHY SHOULD YOU TREAT ATHEROSCLEROSIS?**

According to the American Heart Association (AHA), atherosclerosis is defined as the process in which deposits of fatty substances, cholesterol, cellular waste products, calcium and other substances build up in the inner lining of an artery.<sup>1</sup> This buildup is referred to as plaque. As plaque grows over time, it reduces the amount of blood flow through the vessel and subsequently can cause organ damage.<sup>2</sup>

How does atherosclerosis begin? All stages of atherosclerotic plaque development are considered an inflammatory response to arterial injury. Plaque formation begins with damage to the innermost layer of the blood vessel called the endothelium, which can be caused by elevated levels of cholesterol and triglycerides in the blood, high blood pressure, tobacco smoke and diabetes. Through a series of reactions within the inflammatory response, different molecules and cell types are recruited to the site of injury and plaque formation occurs. Lipoproteins, one of the most important molecules involved in atherosclerosis, are proteins that transport cholesterol throughout the body. The two most important types of lipoproteins are low-density lipoprotein (LDL), referred to as “bad cholesterol,” and high-density lipoprotein (HDL), referred to as “good cholesterol.” HDL molecules are beneficial because they return cholesterol to the liver for recycling, whereas LDL molecules are harmful because they are deposited at the site of arterial injury where they undergo a biochemical change. The body responds to the damaged arterial wall by sending immune cells called macrophages to absorb and remove the LDL. In this case the macrophages are unable to do so and eventually grow and rupture, releasing an even greater amount of altered LDL molecules. As the plaque grows with more LDL, the muscle cells surrounding it enlarge and form a hard cover over the plaque. It is this hard cover that causes the narrowing of the artery.<sup>2</sup>

So why is atherosclerosis so important to treat? Atherosclerosis can lead to life-threatening diseases and conditions including coronary artery disease, angina, heart attack, stroke, heart failure, peripheral vascular disease and blood clots.<sup>3</sup> Because atherosclerosis is a slow developing condition and plaque formation occurs over a long period of time, the diseases it can lead to are preventable. Pharmacologic interventions and lifestyle modifications can prevent the initial formation of plaque. Pharmacologic intervention attempts to lower LDL levels and increase HDL levels in the blood. Lifestyle modifications include diet alterations, smoking cessation, increased physical activity, and weight loss.<sup>4</sup>

### **References**

1. American Heart Association. Atherosclerosis. Available at <http://www.americanheart.org/presenter.jhtml?identifier=4440>. Accessed on January 27, 2010.
2. The Merck Manuals Online Medical Library. Atherosclerosis. Available at <http://www.merck.com/mmpe/sec07/ch072/ch072b.html#sec07-ch072-ch072b-515>. Accessed on January 28, 2010.
3. Toth PP. An urgent matter-identifying your patients' cardiovascular risk and improving their outcomes. *Atherosclerosis: the underlying disease. J Fam Pract.* 2009;58:S19-25.
4. Smith SC, et al. AHA/ACC guidelines for secondary prevention for patients with coronary and other atherosclerotic vascular disease: 2006 update. *J Am Coll Cardiol.* 2006;47:2130-2139.

*Ben Pearson, PharmD Candidate*

*Mercer University College of Pharmacy & Health Sciences*

## **MENTAL WEALTH**

### **THE POWER OF APPRECIATION**

At the end of a harrowing week fraught with tough decisions, we were on the road to visit an old work city — a place my husband and I both worked and made good connections. It was one of those trips where it was hard to relax, and I found myself snippy and stressed. I was nervous – almost like a high school reunion – hadn't seen these people for three years.

Although the trip was business, our colleagues there reminded us of the significance of the connections we make and that appreciation is powerful and centering. Both our work groups made special efforts to share a meal and call friends to come see us. As one of the hosts put it, “It is a tribute that everyone said yes...of course we will come.” Both of us left the city feeling a sense of being appreciated and renewed.

It is no mystery why this occurred, as we all go through such times. Appreciation helps us feel valued. “When you are in the grip of frustration, love can seem pretty much out of the question...but appreciation is easy, even if it starts out being kind of snide like, ‘I appreciate the fact I haven't fallen on my face...yet.’ After a couple of stabs at it, you're going to stumble across one that sincerely touches you. Maybe it's your friends, your partner, or your loved ones. One strong dose of appreciation can turn your perceptions around 180 degrees,” (Childre and Martin, *HeartMath Solution*, 2007).

Appreciation and gratitude create an inner platform that helps us stay resilient in the face of tough times. How we hold our own personal ethics is a choice — and it is a documented fact that a positive mind contributes to positive health and less depression. Gini Grey (2009) chronicles the healing effects of gratitude including the probability of healthier relationships, increased financial abundance, and improved health. We become aware, accept and appreciate: aware of how we may criticize or complain — then can shift this behavior. We may stop analyzing flaws and start noticing benefits. She demonstrates these examples:

- Criticizing family and friends creates a wall of distrust. Appreciating them builds a bridge of love. Next time you feel like judging, stop and look for something to appreciate. Difficult conversations occur better in a climate of trust. More headway may be made.
- Resentment leads to bitterness and shutting down. Forgiveness leads to acceptance and appreciation. Tough to do...we do not forget when we are wronged, but we can move along and try for a different future.
- Complaining of body aches and pains shuts down the flow of healing energy. Loving the body and its innate wisdom increases the flow. Be good to your body — nurture it.

I remember in the years of counseling patients with chronic pain, relief was more achievable once the patient stopped railing against the unfairness of having the pain and rolled into working *with* the pain (i.e., “Today is a good day and I will go shopping; I may pay for it tomorrow but I will leave my schedule light and a chance for a nap tomorrow.”) The appreciation for each day grew and the pain lessened with a more relaxed body and spirit.

Getting started is as simple as realizing that we design our own personal ethics — what we value. We can choose to ask ourselves what we are grateful for each and every day.

*Nancy Craney, Executive Director  
Behavioral Health, WellStar Health System*

## **MEDICINE & TECHNOLOGY**

### **FDA APPROVES NEW INDICATION FOR CRESTOR**

On Feb. 8 the U.S. Food and Drug Administration approved the cholesterol-lowering medication Crestor (rosuvastatin) for some patients who are at increased risk of heart disease but have not been diagnosed with it.

The new indication is for reducing the likelihood of a heart attack or stroke or the need for a procedure to treat blocked or narrowed arteries in patients who have never been told they have heart disease but are nevertheless at increased risk of a cardiac event.

Specifically, this includes men 50 years of age and older and women 60 years of age and older who have an elevated amount of a substance known as high sensitivity C-reactive protein in their blood and at least one additional traditional cardiovascular risk factor such as smoking, high blood pressure, a family history of premature heart disease, or low amounts of high-density lipoprotein or HDL cholesterol, the so-called “good cholesterol.”

This new indication does not support the use of Crestor in individuals who have an elevated high sensitivity C-reactive protein but no traditional cardiovascular risk factors.

Crestor is in a class of drugs called statins, which work by stopping an enzyme called HMG-CoA reductase from making cholesterol. High amounts of low-density lipoprotein or LDL cholesterol, the so-called “bad cholesterol,” is a known risk factor for heart attacks, strokes, and heart disease.

“This expanded indication for Crestor will provide health care providers with a new therapeutic option to help appropriately-identified people lower their risk for a cardiac event,” said Eric Colman, M.D., deputy director, Division of Metabolism and Endocrinology Products in the FDA’s Center for Drug Evaluation and Research.

The new indication was based on results from a study called the JUPITER trial, which compared 8,901 patients who received Crestor for two years to the same number of patients who received a placebo. Patients who took Crestor experienced fewer cardiac events, including heart attacks and strokes, and underwent fewer procedures such as coronary angioplasty or coronary artery bypass surgery to treat or revascularize their arteries.

High sensitivity C-reactive protein is a nonspecific indicator of inflammation, which is associated with the buildup of cholesterol and other fatty material in the coronary arteries.

Crestor is already approved for use in combination with diet and exercise to lower LDL cholesterol and a related substance known as triglycerides in patients with a high amount of these substances in their blood. The medication is also approved to slow the progression of atherosclerosis — a thickening of the artery wall due to the buildup of cholesterol and other fatty materials.

*FDA News (Online)*

*Contributed by Daryl Thompson (FDA-Ret.)*

A pirate walks into a bar wearing paper towels wrapped around his head. He sits down at the bar and orders some dirty rum.



The bartender asks, “Hey, Buddy... what’s with the paper towels?”

“Arrgh...” says the pirate. “I’ve got a bounty on me head!”

*South Jersey Deviler*

## **THE VENT-RICLE**

### **OXYMORONS**

Why is the third hand on the watch called the second hand?

Why does "slow down" and "slow up" mean the same thing?

Is it good if a vacuum really sucks?

Why do "fat chance" and "slim chance" mean the same thing?

How come a "tug" boat pushes its barges?

Why do we sing "Take me out to the ball game" when we are already there?

Why are they called "stands" when they are made for sitting?

Why do we say "after dark" when it really is "after light"?

Why is "phonics" not spelled the way it sounds?

If all the world is a stage, where is the audience sitting?

How come "abbreviated" is such a long word?

Why do we drive on a parkway and park on a driveway?

*PAGES Editorial Service, Inc.*

### **THE POWER OF A BADGE**

A DEA officer stops at a ranch in Texas and talks with an old rancher. He tells the rancher, "I need to inspect your ranch for illegally grown drugs."

The rancher says, "Okay, but don't go in that field over there," as he points out the location.

The DEA officer verbally explodes saying, "Mister, I have the authority of the federal government with me." Reaching into his rear pants pocket, he removes his badge and proudly displays it to the rancher. "See this badge? This badge means I am allowed to go wherever I wish...on any land. No questions asked or answers given. Have I made myself clear? Do you understand?"

The rancher nods politely, apologizes and goes about his chores. A short time later, the old rancher hears loud screams and sees the DEA officer running for his life chased by the rancher's big Santa Gertrudis bull. With every step the bull is gaining ground on the officer, and it seems likely that he'll get gored before he reaches safety. The officer is clearly terrified.

The rancher throws down his tools, runs to the fence and yells at the top of his lungs, "Your badge. Show him your BADGE!"

When you're from the country, you look at things a little differently...

A Montana rancher got in his pickup and drove to a neighboring ranch. He knocked at the door and a young boy about nine opened it

"Is your dad home?" the rancher asked.

"No, sir, he isn't," the boy replied. "He went into town."

"Well," said the rancher, "is your mother here?"

"No, sir, she's not here either. She went into town with Dad."

"How about your brother, Howard? Is he here?"

"No, sir. He went with Mom and Dad."

The rancher stood there for a few minutes, shifting from one foot to the other and mumbling to himself.

"Is there anything I can do for you?" the boy asked politely. "I know where all the tools are if you want to borrow one. Or maybe I could take a message for Dad."

"Well," said the rancher uncomfortably, "I really wanted to talk to your dad. It's about your brother, Howard, getting my daughter, Suzie, pregnant."

The boy considered that for a moment. "You would have to talk to Pa about that," he finally conceded. "If it helps you any, I know that Pa charges \$500 for the bull and \$50 for the hog, but I really don't know how much he gets for Howard."

"If there are any idiots in the room, will they please stand up?" said the sarcastic lecturer. After a long silence, one freshman rose to his feet.

"Now then, Mister; why do you consider yourself an idiot?" inquired the lecturer with a sneer.

"Well, actually I don't," said the student, "but I hate to see you standing up there all by yourself."

*South Jersey Deviler*

### **THE LION TAMER**

A man tells the circus master that he wants to join the circus as a lion tamer. The circus master asked if he has any experience, and the man says, "Why, yes. My father was one of the most famous lion tamers in the world, and he taught me everything he knew."

"Really?" said the circus master. "Did he teach you how to make a lion jump through a flaming hoop?"

"Yes, he did," the man replies.

"And did he teach you how to have six lions form a pyramid?"

"Yes, he did," the man replies.

"And have you ever stuck your head in a lion's mouth?"

"Just once," the man replies.

The circus master asks, "Why only once?"

The man says, "I was looking for my father."

*PAGES Editorial Service, Inc.*

**APPLICATION FOR MEMBERSHIP**

We (I) would like to join Mended Hearts, Inc., Chapter #81  
 Atlanta  or Satellite: Marietta  Piedmont  WellStar Cobb   
 NAME \_\_\_\_\_  
 SPOUSE \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
 PHONE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_  
 EMAIL ADDRESS \_\_\_\_\_

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

**DID YOU HAVE:**  
 Bypass Surgery    Balloon    Pacemaker    Heart Attack  
 Valve Surgery:    Mitral    Tricuspid    Aortic    Pulmonary  
 Other \_\_\_\_\_

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*
- National dues

**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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