

American Heart Association  
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Marietta, GA 30067

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# Aorta Reporter

The Mended Hearts, Inc. Atlanta Chapter #81  
Founded 1951 Chartered 1973

*It's Great to be Alive—and to Help Others*

Dedicated to the Memory of Dr. Paul Ambery

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## **MAY IS YOUR TIME!**

### **A TIME FOR US TO SHARE OUR EXPERIENCES**

**Members, guests, and hospital visitors —  
Let's talk about where we've been, how we're doing,  
and what we've learned along the way.**

**Stay for refreshments and fellowship after the meeting!**

**Tuesday, May 15, 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)**

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## **CHAPTER NOTES**

It's supposed to be the time for the May flowers, but actually, with those really warm days in March, don't you know our azaleas and dogwoods all reached their prime the last days of March and first few days of April. Except for the really bad pollen days, it is a glorious time of the year; in fact "It's great to be Alive." Although all our flowering trees and shrubs did their showing off earlier (it seems to me), they were more spectacular this year than in recent memory.

In my reporting last month, I was remiss in not mentioning that Volunteer Appreciation Week occurs in April, and it was also National Humor month. However, we always do things differently around here, and we declare June as our humor month. To celebrate the best medicine that has no negative side effects (they're all positive) and the medicine that doesn't cost anything, our June issue is traditionally one in which we try for 99.99% humor. Have a good one? Send it in before May 10.

While on the subject, I decided to do a little investigation into what national designations are celebrated in May. I'll bet you never would guess that May is Better Sleep Month, Good Car Care Month, National Photo Month, National Salad Month, National Egg Month, National Barbecue Month, National Revise Your Work Schedule Month, National Date Your Mate Month, National Hamburger Month, and last but not least, National Fungal Infections Awareness Month. I kid you not!

Thursday, May 3, is a scheduled volunteer day at the American Heart Association. Please call Max Feinstein, at 404-355-7771 to help. And we thank you.

I found my May 1988 *Aorta*. Barbara Carroll, editor then, reported we had 281 visits recorded, and total visits in our just-submitted annual report were 3,324. The meeting for May was to be held at Northside Hospital. In addition to chapter elections, a member speak-up was scheduled. A one-liner read: Some people have lousy memories—they never forget anything.

Last month I told you about my experience visiting a fellow who was about to have surgery for a torn aorta, and his face was all banged up from being in an airplane crash. He was lucky to be alive though. Last week I walked in on an almost identical situation—a fellow with virtually the same injuries, only this from a terrible auto accident. I hope to see him again in recovery on my return visit this week. I wish them both well. Let's keep them and all of our other Mended Hearts who are ill and recovering in our thoughts and prayers.

I'll never claim to be the good humor man, but I do love humor. Here are a few, with permission, from the South Jersey Devil:

1. "Why is the mistletoe hanging over the luggage counter?" asked the airline passenger.

"It's so you can kiss your luggage goodbye," the clerk replied.

2. Despite inflation, a penny is still a fair price for the thoughts of some people.

3. You're only young once. After that it takes some other excuse for acting like an idiot.

4. Always look at the bright side of life! No matter how old you are, you're younger than you'll ever be again.

Got news?

Take care and God willing I'll see you here again next month. Have a great trip, Linda!

*George Waterhouse*

## **LAUGHS AND GIGGLES**

"And what do you think is the best thing about being 104?" the reporter asked. She simply replied, "No peer pressure."

The nice thing about being senile is you can hide your own Easter eggs.

I've sure gotten old! I've had two bypass surgeries, a hip replacement, new knees, fought diabetes. I'm half blind, can't hear anything quieter than a jet engine, take 40 different medications that make me dizzy, winded, and subject to blackouts. Have bouts with dementia. Have poor circulation, hardly feel my hands and feet anymore. Can't remember if I'm 85 or 92. Have lost all my friends. But, thank God, I still have my driver's license.

I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising. I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But by the time I got my leotards on, the class was over.

An elderly woman decided to prepare her will and told her preacher she had two final requests. First, she wanted to be cremated; and second, she wanted her ashes scattered over Wal-Mart. "Wal-Mart?" the preacher exclaimed. "Why Wal-Mart?" "Then I'll be sure my daughters visit me twice a week."

My memory's not as sharp as it used to be. Also, my memory's not as sharp as it used to be.

Know how to prevent sagging? Just eat till the wrinkles fill out.

It's scary when you start making the same noises as your coffeemaker.

These days about half the stuff in my shopping cart says, "For fast relief."

Remember: You don't stop laughing because you grow old. You grow old because you stop laughing.

The Senility Prayer: Grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones I do, and the eyesight to tell the difference.

## **WELCOME NEW MEMBERS**

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

*\*Carl & Ruby Clements*

*\*James W. Hufham*

*\*Ann P. Stone*

## **HOSPITAL VISITING REPORT**

During the month of March 2007, we recorded 193 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.

## **MAY CARDIO-VERSARIES**

<b>1984</b>	<b>John Nicolescu</b>
<b>1994</b>	<b>Al Smith</b>
	<b>Bill Price</b>
<b>1997</b>	<b>Marshall Lewis</b>
<b>1998</b>	<b>Russ McDaniel</b>
	<b>Elsie Carroll</b>
<b>2000</b>	<b>Janet Thompson</b>
<b>2001</b>	<b>Harry McGinnis</b>
	<b>Rosemary Mosteller</b>
<b>2003</b>	<b>David Sanders</b>
<b>2004</b>	<b>Cathy Schmit</b>
<b>2006</b>	<b>Bob Bramblett</b>

## **LET'S VISIT AWHILE**

*Saint Joseph's*—Jim Torbert and Jim Varda have gone on stand-by status due to press of work and other commitments. We appreciate their service and hope they will be able to resume visiting in the near future.

*Piedmont*—Faye Johnson has started visitor training. We are so glad to have her aboard.

We are sorry to report that Ed Cook has had to postpone his training due to having to have two new stents placed. When Ed first volunteered to visit, I named

him "Stent Man" because he wanted to visit stent patients. Little did I know!!

I want to again express my thanks to all of our visitors.

*Herb Jardine*



## **VOLUNTEERING DATE AT AMERICAN HEART ASSOCIATION**

**May 3**

### **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.

## **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 of the month – 7 p.m.*  
Education Building – Room A  
Call Jan or Lewis Harris at 770-473-4725

## **AMERICAN HEART ASSOCIATION CONNECTIONS**

### **SLEEP APNEA COMMON, BUT UNDIAGNOSED, AMONG PACEMAKER PATIENTS**

DALLAS, March 13 – Almost 60 percent of pacemaker patients had undiagnosed sleep apnea—possibly contributing to their heart disease—researchers reported in a small study in *Circulation: Journal of the American Heart Association*.

Moreover, more than 21 percent of the patients had severe sleep apnea, characterized by 30 or more periods of interrupted breathing each hour during sleep, said Patrick Lévy, M.D., Ph.D., senior author of the study and a professor of physiology at Grenoble University in Grenoble, France.

“Because of the excessive prevalence of undiagnosed sleep apnea we found, it could be recommended that all patients referred for a pacemaker should first be screened for sleep apnea. Sleep apnea is known to increase risk of cardiovascular disease,” Lévy said.

In the study, researchers investigated the prevalence and consequences of undiagnosed sleep apnea in pacemaker patients. Ninety-eight French, British and Belgian pacemaker patients (average age 64) who were undiagnosed with sleep apnea underwent laboratory monitoring of their sleep.

Twenty-nine patients had received pacemakers to treat heart failure, which means that the heart cannot efficiently pump blood. Thirty-three patients had a high degree atrioventricular block or AV block, which is a blocked electrical signal from the heart’s upper chamber (atria) to the pumping chamber (ventricle). Thirty-six had sinus node disease, in which a heart chamber pumps too fast or too slow.

Abnormally slow heart rhythms (Bradycardic rhythm disorders) are common among patients with obstructive sleep apnea.

Researchers screened the patients with the Epworth Sleepiness Scale and polysomnography, a device that records breathing and sleep. The pacemakers were programmed to pace the heart at a uniform lower pacing rate. Sleep apnea was defined as an apnea hypopnea (abnormally shallow breathing) index of 10 or more an hour.

Fifty-seven patients (59 percent) had sleep apnea and 21 (21 percent) had severe sleep apnea, Lévy said. Half of the patients with heart failure, 68 percent of patients with AV block, and 58 percent of patients with sinus node disease had sleep apnea.

Previous studies have found that about one-fifth of the general population has sleep apnea, he said.

Researchers said they couldn’t determine if the sleep apnea preceded the pacemaker implantation or if it developed after the initiation of pacemaker therapy.

Lévy noted that successfully treating sleep apnea with weight loss, smoking cessation and continuous positive air pressure (CPAP) might eliminate the need for pacing. But additional studies are needed to define optimal treatment strategy for pacemaker patients who have obstructive or central sleep apnea.

Co-authors are lead author Stéphane Garrigue, M.D., Ph.D.; Jean-Louis Pépin, M.D., Ph.D.; Pascal Defaye, M.D.; Francis Murgatroyd, M.D.; Yann Poezevara, M.S.; and Jacques Clémenty, M.D.

*Sherelle Waters  
Health Integration Team, AHA*

## **DO YOU HAVE Heart Failure?**



If yes, you may be eligible to participate in a new heart failure study. Participants will complete questionnaires, receive education and have lab tests, body composition measurements, a clinic visit and 12 monthly phone calls.

To be eligible you must:

- ♥ Have a diagnosis of heart failure
- ♥ Be on standard heart failure medications, prescribed by your doctor for 3 months
- ♥ Be willing to participate in one educational training session
- ♥ Be willing to spend a minimum of 9 hours and a maximum of 11 hours over a 12-month period
- ♥ Be willing and able to travel one time to Emory University Hospital, General Clinical Research Center (GCRC) for study activities

Eligible participants who complete the study will be paid \$200 for their time and travel. Parking and MARTA will be reimbursed.

Principal Investigator: Dr. Sandra Dunbar  
Emory University,  
Nell Hodgson Woodruff School of Nursing  
1520 Clifton Rd., NE  
Atlanta, GA 30322

### **To find out more contact:**

Karen Lindsley, RN, MSN, CCRC, CDE  
(404) 712-9551 / (404) 617-2422 (cell)



## **MEDICINE & TECHNOLOGY**

### **HEART DISEASE DEATHS IN AMERICAN WOMEN DECLINE**

The number of heart disease deaths in American women is decreasing, according to the National Heart, Lung, and Blood Institute (NHLBI) of the National Institutes of Health. Newly analyzed data show that the number of women who die from heart disease has shifted from 1 in 3 women to 1 in 4—a decrease of nearly 17,000 deaths from 2003 to 2004.

“We have much to celebrate with the release of this data,” said NHLBI Director Elizabeth G. Nabel, M.D., in making the Feb. 1, 2007, announcement. “It is very good news indeed. To see such a significant reduction in deaths underscores that the efforts of many individuals and organizations to raise awareness, improve treatment and access, and inspire women to take action are truly saving lives.”

NHLBI experts analyzed preliminary data for 2004, the most recent year for which data are available. This analysis showed that the last few years in particular have seen a steady decline in the number of heart disease deaths in women—deaths have gone down in each of the five years from 2000 to 2004, a consecutive yearly decline that has not occurred previously. Furthermore, in 2004, life expectancy at birth reached an all-time high for women: 80.4 years. “The steady decline in heart disease mortality has certainly contributed to this trend,” said Nabel.

Additionally, significant progress has been made in increasing awareness among women that heart disease is their leading killer—up from 34 percent in 2000 to 55 percent in 2005.

“We are confident that recent advancements in the women and heart disease movement have helped to propel this change,” said Nabel. “More women are aware that heart disease is their leading killer, and research shows that this heightened awareness is leading them to take action to reduce their risk. They are more likely to step up their physical activity, eat healthier, and lose weight.”

Despite this progress, challenges remain, Nabel said. Heart disease continues to be the leading killer of women, yet many women still do not take heart disease seriously or personally, and millions have one or more of the risk factors that can dramatically increase their risk of developing the condition. And, by just about any measure—from awareness of risks, to prevalence of risk factors, to numbers of deaths—heart disease remains more serious among women of color.

“Our goal continues to be achieving even greater awareness and contributing to the trend of steady decline in deaths,” said Nabel.

Some risk factors, such as age and a family history of early heart disease, can't be changed. Women can, however, control certain risk factors, such as high blood pressure, high blood cholesterol, diabetes, smoking, being overweight or obese, and being physically inactive. Eighty percent of midlife women, ages 40 to 60, have one or more of these risk factors. Having even one risk factor doubles a woman's chance of developing heart disease, and having three or more risk factors increases the risk tenfold.

Nabel announced the study results at the Red Dress Collection Fashion Show in New York City, an annual event that seeks to increase the awareness of heart disease among women.

*FDA Consumer Magazine  
Contributed by Daryl Thompson, FDA (Ret.)*

## **CORNER PHARMACY**

### **NEW DRUG UPDATE: RIMONABANT**

Rimonabant is a drug under development by the French company Sanofi-Aventis. It is currently being sold in Europe, marketed as Acomplia®. If approved for use in the United States, it will be sold under the name Zimulti®.

Sanofi-Aventis claims that rimonabant aids in the cessation of smoking, weight loss, and suppression of appetite. The FDA has refuted the smoking cessation claim, but issued an “approvable letter” for the indication of weight loss, contingent upon several undisclosed requirements to the manufacturer.

The latest published clinical trial with rimonabant was the RIO-North America study. Out of the 3,040 patients involved, those who used 20mg daily over a two-year period saw a significant reduction in weight, waist circumference, and triglycerides in addition to an increase in HDL levels when compared to a placebo. Though these results may sound promising, progress was slow. Average weight loss over the two-year span was only 15 pounds with waist reduction between 2-4 inches. To maintain these results, chronic use is necessary.

A whopping 50 percent of patients in both the rimonabant and placebo groups dropped out of the trial. Six percent of rimonabant patients reported feelings of anxiety, and 5 percent, feelings of depression. Since the side effects of long-term therapy are currently unknown, healthcare professionals should be cautious in prescribing this medication.

*Karen Wilburn, PharmD Candidate*

## DO YOU HAVE Heart Failure?

If yes, you and your family member/partner may be able to join a new research study.

You will answer questions, learn about heart failure and have lab tests three times during the study.

### *To join you must:*

- ♥ Have been told by a doctor that you have heart failure
- ♥ Be between the ages of 30-79
- ♥ Be on standard heart failure medications
- ♥ Have a close friend or family member who will join in the study with you
- ♥ Be willing to attend learning sessions with your family member at either Grady or Emory
- ♥ Be willing and able to travel to either Emory University or Grady Memorial Hospital General Clinical Research Center (GCRC) for study activities three times over 8 months

### *You will be paid for your time and travel:*

- ♥ Persons with heart failure receive \$100 total
- ♥ Family members receive \$45 total

Principal Investigator: Dr. Sandra Dunbar  
Emory University,  
Nell Hodgson Woodruff School of Nursing  
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### *To find out more, contact:*

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## NUTRITION NOTES

### STRANGE VEGGIES: THEY ARE A HEALTHY WAY TO PERK UP YOUR PALATE

Bored with veggies? Well, the vegetables popular in North America are just a tiny portion of the varieties available. If you are wary of experimenting with strange vegetables you know nothing about, here is a quick get-started list that can help.

**Belgian Endive** – Silvery-white leaves with green edges. This sophisticated leafy vegetable is great for salads. Avoid specimens with wilted leaves. Use whole leaves as a boat for zesty fillings.

**Cardoon** – A favorite in the Mediterranean. A thistle-like plant. Use the inner leaves and stalks as a celery substitute. A favorite dish during Lent, when it is available.

**Celeriac** – A root vegetable, like a turnip. The light brown bulb root is a nice change from potatoes. Choose a small plant with no roots at top. Soft spot at top indicates decay. Peel skin before cooking. Cut into small pieces and boil until tender. Serve with butter or sauces.

**Chinese Peas** – It is not the pea, but the pod that counts here. Naturally crisp with delicate flavor. Great for stir frying with butter and soy sauce. Nice addition to stews and vegetable dishes. Do not overcook. They are made to be crisp.

**Dandelion Greens** – Pick wild dandelion leaves while they are still small and tender. Cultivated types are less bitter. Add fresh to tossed salad or combine with onion, garlic, and bacon seasoning and steam from 10 to 20 minutes.

**Salsify** – Thomas Jefferson loved this plant. Shaped like a carrot with brown skin. Peel and trim roots immediately before blanching the white flesh in salted water for 10 minutes. Add lemon juice to water. Sautee briefly in butter.

**Taro** – Well-loved in the Pacific, this tuberous plant is very digestible. It can be baked, steamed, boiled or used in soups like potatoes. Choose a firm tuber. Boil or bake with the skin on. Cooks in the same time as a potato. When tender, peel and cut into half-inch slices and brown lightly in oil or butter.

**Tomatillos** – This Mexican native is the principle ingredient in salsa verde. Choose tomatillos with a yellow-green color and a dry, split brown husk. Its tart, lemony flavor is good for sauces. To prepare: Remove husks, wash and remove skins. Cook whole or cut, steaming for 5 to 7 minutes. The result will be a sauce.

**Water Chestnuts** – Add these naturally crunchy vegetables to salads, stews or casseroles. Look for very firm dark brown skins and store in refrigerator. Light flavor and crisp texture even when stewed.

*From PAGES Editorial Service, Inc.*

## THE VENT-RICLE

### WAITING IN LINE

A minister waited in line to have his car filled with gas just before a long holiday weekend. The attendant worked quickly, but there were many cars ahead of him in front of the service station. Finally, the attendant motioned him toward a vacant pump.

"Reverend," said the young man, "Sorry about the delay. It seems as if everyone waits until the last minute to get ready for a long trip."

The minister chuckled, "I know what you mean. It's the same in my business."

*Contributed by John Crosbie*

### ANGER MANAGEMENT

Husband: "When I get mad at you, you never fight back. How do you control your anger?"

Wife: "I clean the toilet bowl."

Husband: "How does that help?"

Wife: "I use your toothbrush!"



Bubba decides to save up and get a hang-glider. He takes it to the highest mountain, and after struggling to the top, he gets ready to take flight. He takes off running and reaches the edge—into the wind he goes!

Meanwhile, Maw and Paw Hicks were sittin' on the porch swing talkin' about the good ol' days, when Maw spots the biggest bird she ever seen!

"Look at the size of that bird, Paw!" she exclaims.

Paw raises up, "Git my gun, Maw."

She runs into the house and brings out his pump shotgun. He takes careful aim.

BANG... BANG...BANG...BANG!

The monster-size bird continues to sail silently over the treetops.

"I think ya missed him, Paw," she says.

"Yeah," he replies, "but at least he let go of Bubba!"

In the beginning, God created the earth and rested. Then God created man and rested. Then God created woman. Since then, neither God nor man has rested.

Marriage is a relationship in which one person is always right, and the other is a husband.

I was always taught to respect my elders, but it keeps getting harder to find one.

The irony of life is that, by the time you're old enough to know your way around, you're not going anywhere.

Ole Roy was on his deathbed and gasped pitifully. "Give me one last request, dear," he said.

"Of course, Roy," his wife said softly.

"One year after I'm gone," he said, "I want you to marry Vinny."

"But I thought you hate Vince," she said.

With his last breath Ole Roy said, "I do!"

*From The South Jersey Devil*

### THE BENEFITS OF AGING

♥ How old would you be if you didn't know how old you are?

♥ When you are dissatisfied and would like to go back to youth, think of algebra.

♥ You know you are getting old when everything either dries up or leaks.

♥ I don't know how I got over the hill without getting to the top.

♥ One of the many things no one tells you about aging is that it is such a nice change from being young.

♥ Ah, being young is beautiful, but being old is comfortable.

♥ Old age is when former classmates are so gray and wrinkled and bald, they don't recognize you.

♥ If you don't learn to laugh at trouble, you won't have anything to laugh at when you are old.

♥ First you forget names, then you forget faces. Then you forget to pull up your zipper. It's worse when you forget to pull it down.

### A WELL-PLANNED LIFE

Two women met for the first time since graduating from high school. One asked the other, "You were always so organized in school. Did you manage to live a well planned life?"

"Yes," said her friend. "My first marriage was to a millionaire; my second marriage was to an actor; my third marriage was to a preacher; and now I'm married to an undertaker."

Her friend asked, "What do those marriages have to do with a well planned life?"

"One for the money, two for the show, three to get ready, and four to go."

"Mr. Clark, I have reviewed this case very carefully," the divorce court judge said, "And I've decided to give your wife \$775 a week."

"That's very fair, Your Honor," the husband said. "And every now and then I'll try to send her a few bucks myself."



**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](http://www.mendedheartatlanta.org)**

**ATLANTA MENDED HEARTS, CHAPTER #81  
678-385-2062**

c/o American Heart Association  
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