

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

BOB GRINSTEAD

“Stem Cells and Heart Disease”

Tuesday, May 20, 2008

7:30 – 9:00 p.m.

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

FREE PARKING AVAILABLE

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

**Remember — If you're reading this, you're invited!!!
(and we do it all for you; please come, learn and meet many other MENDED HEARTS)**

PRESIDENT'S NOTES

A SMILE AND LAUGHTER MAKE THE MEDICINE GO DOWN IN THE MOST DELIGHTFUL WAY...

The song went something like this: A spoonful of sugar helps the medicine go down...the medicine go down...the medicine go down...a spoonful of sugar helps the medicine go down, in the most delightful way.

If my memory serves me correctly, that particular song came from Walt Disney's *Mary Poppins*. Let me modify that lyric for you and replace it with my own version. A smile and a laugh will help the medicine go down...the medicine go down...the medicine go down...a smile and a laugh will help the medicine go down, in the most delightful way.

Let me share with you a pill that was hard to swallow. The many times I have had to wait for a doctor or nurse to come in and tell me something or to give me a shot. I would allow my mind to remember the funny and sometimes stupid things I have done to myself.

One grand example of my stupidity was my first day of college. I got in line to enroll and next to me I thought was the most attractive freshman any college could be blessed with. As with most lines, it moved very slowly, to my advantage. After "exhausting" this attractive coed, she agreed to go out with me. I was so excited, I turned around and forgot where I was and proceeded to walk into a glass door. I still can't figure out why that girl decided not to go out with me. I can laugh at myself now. What I am getting at is next month's issue features humor and laughter, which will bring you through many trying times.

Remember, a smile and a laugh will help the medicine go down in the most delightful way.

Doug Steingraber

CHAPTER NOTES

Can you believe it's May flower time already? That means many youngsters will be graduating and summer vacations getting underway. Memorial Day celebrations will signify the unofficial start of summer (in the South, anyway). Last month I totally forgot to remind you that April was National Humor Month. We'll be celebrating our own humor month with the June issue, as is customary for us, so I hope those of you who have a good joke will pass it on to us for possible inclusion in that 99.9 percent fun-filled issue.

Sadly, many of you missed a wonderful speaker at our March meeting. Carol Zepf, M.S., Ed.S, Director of the Hillside Counseling Center, spoke on depression.

Bottom line...I came away not depressed in the slightest! I'm a little sad, as I said above, because I just don't understand why many more of you folks don't take advantage of hearing these enlightening speakers and spending a couple of hours sharing with some really nice, sociable heart survivors!! It was a beautiful evening, weather-wise, as well.

While on the sad subject, we lost a long-time member, David Schulman, on March 27. Dave, known to many long-time members as the Honorary Mayor of Marietta Street, was 92. He is survived by his wonderful wife of 68 years, Vita, and their three children. He owned and operated a hardware and supply company on Marietta Street for 50 years. Dave was truly a great guy to everyone he ever met. We offer our sincerest sympathy to the family.

Not finished yet with the bad news...after preparing this column, I learned about the passing of another long-time member and another great guy, Roy Stockard. Roy served as chapter treasurer for a number of years. Roy's wife Edna, who once owned a florist shop in Doraville, thoughtfully provided arrangements for a number of our social functions in years past. We pass along our sincerest sympathy to Edna and the family.

FYI: we're running the notice to resume publication of the Cardioversaries Column again this month. We plan to resume with the June issue.

In the May 1989 Aorta, editor Barbara Carroll reported on the April program, Spousal or Caretaker Concerns. Apparently there was very little literature on that subject back then. Barbara also reported that our visitors made 206 visits in March. The upcoming May program was to be a rap session.

Editor's request: Got news? Something to say? Let us hear from you, please. By the way, have you noticed the Spring issue of *HeartBeat*? Along with some other Mended Hearts, they did an article on my unusual and passionate hobby.

As is my custom, I'll close with a few good ones from my favorite, The South Jersey Devil and with their permission, of course:

1. Dogs are not our whole life, but they make our lives whole.
2. Politician: A person who shakes your hand before an election, and your confidence afterwards.
3. The smartest advice on raising kids is to enjoy them while they are still on your side.
4. Money is like a promise—easier made than kept.
5. Instead of putting others in their place, put yourself in their place.
6. To succeed in politics, it is often necessary to rise above your principles.

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

George Waterhouse

WELCOME NEW MEMBERS

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

**Jim Galluzzo (Marietta)*

**Ron Quigley (Marietta)*

HOSPITAL VISITING REPORT

During the month of March 2008, we recorded 207 hospital and telephone/internet visits at Emory University Hospital, Crawford Long Hospital, Saint Joseph's Hospital, Atlanta Medical Center, Piedmont Hospital, Grady Hospital, and WellStar Kennestone Hospital.

LET'S VISIT AWHILE

Saint Joseph's Hospital Visitors!!

In case you didn't get the letter from the Volunteer Office, once again it's time for the yearly update, or reorientation if you prefer. The dates are: Monday, April 28; Wednesday, May 7; Monday, May 12; Friday, May 30; and Tuesday, June 3.

It is suggested that you use the June 3 date as a fallback in case you have to cancel out on one of the earlier dates. 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.

Herb Jardine

YOU ARE NEEDED!!

Volunteers needed to stuff materials at the American Heart Association for the "Go Red for Women" event.

Call Max Feinstein at 404-355-7771 if you can help a couple of hours on Monday, May 5, at 10 a.m.

Help and have fun at the same time!

CARDIOVERSARIES NOTICE!

Last fall we were notified by our national office of Mended Hearts that we should suspend use of our Cardioversaries list because it may be in conflict with provisions of the Privacy Act. Just recently, however, we have received notice that Mended Hearts has received a legal opinion that basically says that we are not a covered entity as defined by HIPPA.

It is our intent to reinstitute the Cardioversaries. If, as a newer member, you are not familiar with the column, it is simply a monthly list of the names of our members with the year of their surgery or other cardiac event. We feel, as do many of our members, that seeing the names and dates of members who are celebrating many years of survival after their cardiac event inspires hope in all of us! Up until this past fall, we had been publishing the Cardioversaries for over 30 years with never anyone ever (to my knowledge of some 20 years) asking that their name not be included. In that span of time, we have distributed hundred of thousands of copies of the Aorta Reporter.

The reason for this notice is also to inform you that, unless you specifically notify me in writing that **YOU DO NOT WISH US TO INCLUDE YOUR NAME** (as we have in the past), we will reinstitute the Cardioversaries, and each year your name will appear with the year of your cardiac event, similar to the following example:

APRIL CARDIOVERSARIES

1979	John Smith
1990	Jane Doe

If you want to opt out, you can e-mail me at clockdoc35@yahoo.com or mail me a note c/o: 3431 Alcan Way, Tucker, GA 30084.

George Waterhouse, Editor

May Speaker At WellStar

Jennifer Bundrick Swales
Clinical Psychologist

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

AMERICAN HEART ASSOCIATION CONNECTIONS

PHYSICAL ACTIVITY IN YOUR DAILY LIFE

At Home

It's convenient, comfortable, and safe to work out at home. It allows your children to see you being active, which sets a good example for them. You can combine exercise with other activities, such as watching TV. If you buy exercise equipment, it's a one-time expense and other family members can use it. It's easy to have short bouts of activity several times a day. Try these tips:

- Do housework yourself instead of hiring someone else to do it.
- Work in the garden or mow the grass. Using a riding mower doesn't count! Rake leaves, prune, dig, and pick up trash.
- Go out for a short walk before breakfast, after dinner or both! Start with 5-10 minutes and work up to 30 minutes.
- Walk or bike to the corner store instead of driving.
- When walking, pick up the pace from leisurely to brisk. Choose a hilly route. When watching TV, sit up instead of lying on the sofa. Better yet, spend a few minutes pedaling on your stationary bicycle while watching TV. Throw away your video remote control. Instead of asking someone to bring you a drink, get up off the couch and get it yourself.
 - Stand up while talking on the telephone.
 - Walk the dog.
 - Park farther away at the shopping mall and walk the extra distance. Wear your walking shoes and sneak in an extra lap or two around the mall.
 - Stretch to reach items in high places and squat or bend to look at items at floor level.
 - Keep exercise equipment repaired and use it!

At the Office

Most of us have sedentary jobs. Work takes up a significant part of the day. What can you do to increase your physical activity during the work day? Why not...

- Brainstorm project ideas with a co-worker while taking a walk.
- Stand while talking on the telephone.
- Walk down the hall to speak with someone rather than using the telephone.

- Take the stairs instead of the elevator. Or get off a few floors early and take the stairs the rest of the way.
- Walk while waiting for the plane at the airport.
- Stay at hotels with fitness centers or swimming pools and use them while on business trips.
- Take along a jump rope in your suitcase when you travel. Jump and do calisthenics in your hotel room.
- Participate in or start a recreation league at your company.
- Form a sports team to raise money for charity events.
- Join a fitness center or Y near your job. Work out before or after work to avoid rush-hour traffic, or drop by for a noon workout.
- Schedule exercise time on your business calendar and treat it as any other important appointment.
- Get off the bus a few blocks early and walk the rest of the way to work or home.
- Walk around your building for a break during the work day or during lunch.

At Play

Play and recreation are important for good health. Look for opportunities such as these to be active and have fun at the same time:

- Plan family outings and vacations that include physical activity (hiking, backpacking, swimming, etc.)
- See the sights in new cities by walking, jogging, or bicycling.
- Make a date with a friend to enjoy your favorite physical activities. Do them regularly.
- Play your favorite music while exercising, something that motivates you.
- Dance with someone or by yourself. Take dancing lessons. Hit the dance floor on fast numbers instead of slow ones.
- Join a recreational club that emphasizes physical activity.
 - At the beach, sit and watch the waves instead of lying flat. Better yet, get up and walk, run or fly a kite.
 - When golfing, walk instead of using a cart.
 - Play singles tennis or racquetball instead of doubles.
 - At a picnic, join in on badminton instead of croquet.
 - At the lake, rent a rowboat instead of a canoe.

*Sherelle Waters, AHA
Marketing Communications Coordinator*

MEDICINE & TECHNOLOGY

DEVICES THAT KEEP THE HEART BEATING

Heart devices such as pacemakers and defibrillators have extended and improved the lives of millions of people worldwide.

FDA approvals and oversight have made scientific and technological breakthroughs accessible, greatly expanding the number of people who can benefit from these devices.

FDA's Center for Devices and Radiological Health (CDRH) is responsible for ensuring the safety and effectiveness of all medical devices, including heart devices, sold in the United States.

Recent Actions and Approvals

Recent FDA actions and approvals related to heart devices include

- ♥ Comprehensive review of drug coated stents to address concerns about their safety. FDA has concluded that these stents are safe and effective when used within their labeled indication.

- ♥ Approval of the first totally implanted permanent artificial heart for humanitarian uses. The device is for patients with advanced heart failure involving both of the organ's pumping chambers, who are not eligible for a heart transplant, and who are unlikely to live more than a month without intervention.

- ♥ Approval of pacemakers that reduce severe heart failure symptoms by resynchronizing the pumping action of both heart chambers.

- ♥ Approval of new monitoring devices that allow implantable cardioverter defibrillators (ICDs) to transmit basic information about the patient and the device to physicians between office visits.

Types of Heart Devices

Through its "Heart Health Online" Web page at www.fda.gov/hearthealth/index.html, FDA offers consumers extensive information about a variety of heart devices.

These devices include

- ♥ **Automated External Defibrillators (AEDs):** Portable and automatic, these devices help restore normal heart rhythm to patients in cardiac arrest. They analyze heart rhythm and can help rescuers determine whether a shock is needed to restore a normal heartbeat.

- ♥ **Cardiac Ablation Catheters:** Long, thin flexible tubes that are threaded into or onto the heart, cardiac ablation catheters treat abnormally rapid heartbeats that cannot be controlled with lifestyle changes or medications. They work by modifying small areas of heart tissue that are causing abnormal heart rhythms.

- ♥ **Cardiac Angioplasty Devices:** These are long, thin, flexible tubes that are threaded into a heart blood vessel to open narrowed or blocked areas. They improve blood flow to the heart, reduce chest pain, and treat heart attacks.

- ♥ **Cardiac Pacemakers:** Small and battery-powered, pacemakers are implanted permanently into the body. Used when the heart beats too slowly or has other abnormal rhythms, they monitor the organ's electrical impulses and, when needed, deliver electrical stimuli to make it contract in a more normal tempo.

- ♥ **Implantable Cardioverter Defibrillators (ICDs):** These monitor heart rhythms and deliver shocks if dangerous rhythms are detected. Many record the heart's electrical patterns whenever an abnormal heartbeat occurs, allowing doctors to review the patterns. New monitoring devices allow ICDs to transmit basic information to physicians.

- ♥ **Prosthetic (Artificial) Heart Valves:** Used for replacing diseased or dysfunctional heart valves, these are available in two forms. Mechanical valves are made of man-made materials and can usually last a lifetime. Biological valves are made from tissue taken from animals or human cadavers.

- ♥ **Stents:** Small, lattice-shaped, metal tubes that are inserted permanently into an artery, stents help improve blood flow. Some contain drugs that reduce the chance that arteries will become blocked again.

- ♥ **Ventricular Assist Devices (VADs):** Mechanical pumps that help weak hearts pump blood adequately, VADs were originally intended for short-term use until donor hearts became available. Some are now used for long-term therapy in patients with severe heart failure who are not candidates for heart transplants.

Reporting Problems

If you're having problems with your heart device, or any other medical device, contact MedWatch, FDA's program for reporting serious reactions, product quality problems and product use errors regarding medical products. MedWatch can be found at www.fda.gov/medwatch/report/consumer/consumer.htm

Consumers can also call FDA's toll-free information line, 1-888-INFO-FDA (1-888-463-6332) for information about medical products.

For More Information

Heart Health Online (FDA)
www.fda.gov/hearthealth/index.html

Recently Approved Devices
www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfTopic/MDA/mda-list.cfm?list=1

Home Healthcare Medical Devices—A Checklist
www.fda.gov/cdrh/CDRHHC/brochure-checklist.html

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

NUTRITION NOTES

ADD SOME VEGGIES!!

Do you need to incorporate more vegetables into your diet? Eating more vegetarian items is a great way to do this. There are many benefits to eating a vegetarian diet. Vegetarian diets are lower in fat, saturated fat, and cholesterol. Vegetarians tend to consume more fruits and vegetables. This means that their diets are higher in many nutrients such as fiber, magnesium, potassium, folic acid, antioxidants, and phytochemicals. Eating an abundance of fruits and vegetables has been linked to a decreased risk of many diseases. Vegetarians generally have lower body fat percentages as well. We could all learn some things from vegetarians.

There are some nutrients that are plentiful in meat that vegetarians need to make sure that they are getting from other sources. These nutrients are protein, iron, calcium, zinc, and vitamin B12.

Protein needs can be met by plant sources such as beans, nuts, and soy products. Iron carries oxygen to the blood so it is important to consume iron fortified foods, leafy greens, black-eyed peas, and kidney beans. Calcium is important for healthy bones and teeth. Sources include fortified products, soymilk, milk, and some dark leafy vegetables. Zinc is important for immune function. Sources include some beans, fortified cereals, and wheat germ. Vitamin B12 is found in milk products, eggs, and fortified foods. If these nutrients cannot be met by food sources, it is important to supplement accordingly. Try some vegetarian entrees today!

Spinach-Stuffed Portabella Mushrooms

4 large Portobello mushrooms (about 1 lb.), cleaned
 1/4 cup KRAFT Light Zesty Italian Reduced Fat Dressing, divided
 1/4 cup chopped red pepper
 2 cloves garlic, minced
 2 bags (10 oz. each) fresh spinach
 1/4 cup KRAFT 100% Grated Parmesan Cheese

Preheat oven to 375° F. Twist or cut off stems from mushrooms. Chop stems; set aside. Use a spoon or sharp knife to scrape out the gills from mushroom caps; discard gills.

Brush 1 Tbsp. of the dressing onto rounded sides of mushroom caps; place, rounded sides down, in foil-lined 15 x 10 x 1-inch baking pan.

Heat remaining 3 Tbsp. dressing in Dutch oven on medium-high heat. Add mushroom stems, red pepper, and garlic; cook and stir 2 minutes. Add spinach.

Reduce heat to medium-low; cover and simmer 4 minutes or until spinach is wilted, stirring after 2 minutes.

Spoon evenly over mushroom caps; sprinkle with cheese.

Bake 18 to 20 minutes or until mushrooms are tender. Makes 4 servings.

Recipe Courtesy of Kraftfoods.com

Nutrition Information: Calories 100; Total Fat 3.5g; Saturated Fat 1.5g; Cholesterol 10mg; Sodium 490mg; Carbohydrate 10g; Dietary Fiber 3g; Sugar 2g; Protein 9g; Vitamin A 270% DV; Vitamin C 50% DV, Calcium 25% DV; Iron 25% DV

*Elizabeth Harris, Dietetic Intern
 Southern Regional Medical Center*

BITE-SIZE PIZZAS

Serves 4 (2 pizzas per serving)

Here's another quick and easy recipe to try in the appetizer/snack department:

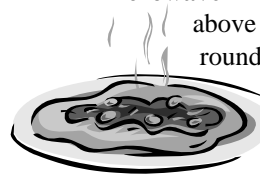
8 garlic or onion melba toast rounds
 3 tablespoons low-fat meatless spaghetti sauce
 1/3 cup shredded part-skim mozzarella cheese

Preheat broiler. Place melba toast rounds on a baking sheet. Spoon about 1 teaspoon spaghetti sauce over each round. Sprinkle with cheese.

Broil 4 inches from the heat for 1 to 2 minutes, or just until cheese melts.

Microwave Method: Prepare recipe as directed above except arrange assembled melba toast rounds in a circle on a microwave-safe plate.

Cook on 100% power (high) for 15 to 30 seconds. Rotate plate 1/2 turn and cook an additional 15 to 30 seconds, or just until cheese melts.



Nutrition Information: Calories 60kcal; Protein 3g; Carbohydrates 7g; Total Fat 2g; Saturated Fat 1g; Polyunsaturated Fat 0g; Monounsaturated Fat 1g; Cholesterol 5mg; Sodium 63mg

Reprinted with permission from the American Heart Association Quick And Easy Cookbook

THE VENT-RICLE

THE LIGHTER SIDE OF GOLF

Golf balls are like eggs. They're white, they're sold by the dozen, and every week you have to buy more.

A pro-shop gets its name from the fact that you have to have the income of a pro golfer to buy anything there.

It's amazing how a golfer who rarely helps out around the house will replace his divots, repair his ball marks, and rake his sand traps.

Did you ever notice that it's easier to get up at 6 a.m. to play golf than at 9 a.m. to mow the lawn?

It takes longer to learn golf than it does brain surgery. But you can't ride on a cart, have a beer, and eat hot dogs while doing brain surgery.

A nice drive on the 18th hole has stopped many a golfer from giving up the game.

Golf is the perfect thing to do on Sunday because it makes you pray a lot.

A good partner is always one who's slightly worse than you.

That rake by the sand trap is there for those who feel guilty about skipping out on lawn work.

If your opponent has trouble remembering whether he shot a six or a seven, he might have shot an eight.

PAGES Editorial Service, Inc.

TRUISMS

A true friend is someone who thinks you're a good egg, even if you are slightly cracked.

Never insult an alligator until you cross the river.

Crazy people who are productive are geniuses. Crazy people who are rich are eccentric. Crazy people who are neither productive nor rich are just crazy.

Two wrongs don't make a right, but three rights make a left.

My inferiority complex is not as good as yours.

Despite the cost of living, have you noticed how popular it remains?

A man with one watch knows what time it is. A man with two watches is never sure.

Don't believe in superstition—it brings bad luck.

DAFFYNITIONS

Junk: The stuff we throw away.

Stuff: The junk we keep.

Pharmacist: Someone who helps out with harvesting the crops.

Forlorn: The patch of grass at the front of your home.

Washington: A truckload of dirty laundry.

Gardening: Just another day at the plant.

Dreadlocks: The fear of not being able to open a door.

Graffiti: Vandalism spray painted very high up.

Thesaurus: Ancient reptile with an excellent vocabulary.

Vanguard: A person who protects trucks.

Pole Vault: Where Santa keeps all his presents.

BLONDE COOKBOOK

It's fun to cook for Tom. Today I made angel food cake. The recipe said to beat 12 eggs separately. The neighbors were nice enough to lend me some extra bowls.

Tom wanted fruit salad for supper. The recipe said to serve without dressing. So I didn't dress. What a surprise when Tom brought a friend home for supper.

A good day for rice. The recipe said wash thoroughly before steaming the rice. It seemed kind of silly but I took a bath anyway. I can't say it improved the rice any.

Today Tom asked for salad again so I tried a new recipe. It said prepare ingredients and lay on a bed of lettuce one hour before serving. Tom asked me why I was rolling around in the garden.

I found an easy recipe for cookies. It said to put the ingredients in a bowl and beat it. There must have been something wrong with this recipe. When I got back, everything was the same as when I left.

Tom did the shopping today and brought home a chicken. He asked me to dress it for Sunday. I don't have any clothes that fit it and for some reason Tom keeps counting to 10.

Tom's folks came to dinner. I wanted to serve roast but all I had was hamburger. Suddenly I had a flash of genius. I put the hamburger in the oven and set the controls for roast. It still came out hamburger, much to my disappointment.

Good Night Dear Diary...This has been a very exciting week! I am eager for tomorrow to come so I can try out a new recipe on Tom. If I can talk Tom into buying a bigger oven, I would like to surprise him with a chocolate moose.

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**

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

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