

American Heart Association
1101 Northchase Parkway
Marietta, GA 30067

PRST STD
U.S. Postage
PAID
Waycross, GA
Permit #76



Aorta Reporter

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

It's Great to be Alive and Help Others!

Dedicated to the Memory of Dr. Paul Ambery

LOBBYIST MARIA S. ZACK

“What’s Going on at the State Capitol and How to Become a Lobbyist”

Tuesday, November 20, 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

It’s Great to be Alive—and to Help Others

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.

***Holiday Dinner Information and
Reservation Form on Page 7***

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

THE SILENT REVOLUTION

As I do my weekly visiting at Kennestone Hospital, I am starting to sense I am gathering some seniority in my life. My "partner in crime" on these visits is Chip Starling. Chip said it well the other day when we were asked how long ago our procedures were and to describe them. Chip responded with a proud voice by saying, "Four years ago, and Doug had his quadruple bypass six years ago. Doug told me he liked it so well, he had another a couple of years later."

What I am getting at is this—the doctors who attended to us had us stay a minimum of five to seven days, and today's patients stay much less than that. Once in awhile Chip or Cathy Schmit, who is the third member of our visiting team, will come across someone who is staying beyond five or six days. What wonderful marvels medicine has developed in such a short time from when the three of us had our surgeries. It seems what was a marvel of yesterday is overtaken by today's discoveries and outdated by tomorrow's research.

I am glad my physicians kept me as long as they did because, looking back at it, they knew when I was ready to go home. I felt my physicians did not allow a "minimum-stay" sign to hang over my door. I was not rushed out the door. That is what worries me today...are we not pushing patients out too soon. I can't image how difficult it would be without a caregiver at home to help you heal physically and emotionally. I was very blessed that my wife stayed home with me to make sure that I could take care of myself if she left the house for any period of time.

The silent revolution is this—the newer physicians, nurses, and medical assistants are coming out with new innovations stacked on top of older thoughts; the pharmaceutical world has produced newer medications; and new procedures have been introduced, but the human body is not healing any faster than when grandpa had his heart surgery. Care-giving is still part of the healing process. We all still need those personal touches. Let us hope that heart surgery and disease don't become a "que sera, sera / whatever will be, will be" event in the medical world.

Doug Steingraber

CHAPTER NOTES

Lest I forget later, let me start off by wishing you a very happy Thanksgiving. We are truly blessed, having been given a second chance at life (some of us a third or more). As I have often said as we mark another official Thanksgiving, every day should be our personal thanksgiving day. Too often we pass our busy days

without giving a second thought to how fortunate we are, not for just being alive but for a mile long list of things. How long would your list be?

One nice way to give thanks for being a heart survivor is to support by walking and donating at the American Heart Association's Heart Walks that are coming up. The Cobb Walk is Saturday, October 20, at Kennesaw State University, and the Atlanta Walk is Saturday, November 3, at Piedmont Park. You might consider being a volunteer at either event.

Just a reminder that the AHA raises a lot of money for OUR cause. I always say when you help the AHA, you're helping yourself! You might be interested to know that our Greater Southeast affiliate of the AHA last year put over \$11 million into local research grants alone. Another \$8-plus million from our affiliate went into national research programs. This does not count all the resources put into other areas such as public and professional education.

I see in our November 1988 Aorta that editor Barbara Carroll was delivering a similar message for members to get out there and do the walk. She was also promoting our upcoming December holiday dinner. Guess what? This year's Holiday Dinner meeting is just around the corner—December 5 to be exact. Make your plans now and send in your reservation. You'll meet the nicest people there, I promise.

The September picnic was a lot of fun with good food and great people. Thanks to those who planned and did all the work—Doug and Sara Steingraber, Herb Jardine, Bob Fisher, John Crosbie, and Daryl Thompson. Did I miss anyone?

Missing something in this issue? You betcha. No more Cardioversaries. It seems all chapter newsletter editors have received notice that National Mended Hearts has been given advice that the information contained may violate provisions of the Privacy Act (HIPPA), and we should discontinue references to a date of a member's cardiac event! As much as I believe that this is an extreme and, frankly, narrow interpretation, in fact there may be more restrictions coming down the pike. In one of my arguments in response, I pointed out that our chapter, in over 30 years of existence, has been listing cardioversaries (I've been involved for over 20 years); and in that time, we have mailed and distributed well over a quarter million Aorta Reporter newsletters. I'm not aware of one person who has asked us to not include their name. So who is and how is anyone's privacy being affected, I ask? It only seems reasonable to expect that most everyone who joins or is interested in being a part of Mended Hearts has had some kind of cardiac event. In any case, I'm sure we'll have more on this in the future so stay tuned.

As I am accustomed to do, I'll close with a few one-liners from my favorite South Jersey Devil with their permission, of course. Here's hoping you get to read them before Halloween:

What did the mommy ghost say to the baby ghost?
Don't spook until you're spoken to.

Why don't witches like to ride their brooms when they're angry? They're afraid of flying off the handle.

What do you get when you drop a pumpkin? Squash.

How do you make a witch stew? Keep her waiting for hours.

Why couldn't Dracula's wife get to sleep? Because of his coffin.

Who do mummies make excellent spies? They're good at keeping things under wraps.

What do skeletons say before they begin dining? Bone appetite.

Until we meet again, take good care of your heart so it can take good care of you.

George Waterhouse

WELCOME NEW MEMBERS

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

**Sandra Rousseau*

HOSPITAL VISITING REPORT

During the month of September 2007, we recorded 125 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

Periodically, we will be featuring a "Know Your Visitors" section. This month we highlight Judie Housenet and Cathy Schmit:

Judie Housenet: We are happy to welcome Judie Housenet as a visitor at Saint Joseph's Hospital. Judie will be our "Stent Lady," visiting stent patients on the seventh and third floors. This will greatly enhance our opportunity to serve these patients.

Judie has been a teacher for 18 years. She is currently teaching English as a Second Language to elementary school kids in the Gwinnett school system. She has a B.S. from Florida Atlantic, M.Ed. from North Georgia College, and an Educational Specialist degree from the University of Georgia. She has been married to Ron for 38 years, and they have two children and two

grandchildren. Ron is a retired teacher and a regular volunteer at Saint Joseph's Hospital.

Cathy Schmit: Besides being our vice president, Cathy is one of the original visitors at Kennestone Hospital. She was started on the road to visiting by a visit she received from a Mended Heart when she was in Piedmont Hospital.

Cathy was a registered nurse for over 38 years, working in ICU. She finished out her career at Ridgeview Hospital in Atlanta, working in the psychiatric/chemical dependency unit. She and her husband Ralph have three children and five grandchildren.

Herb Jardine

MARIETTA SATELLITE MEETING NEWS!

Our next meeting will feature
Physician's Assistant Dammond
speaking on the subject of heart surgery.

WINE-TASTING UPDATE

Our numbers were small, but those attending the wine-tasting events had a great time.

The Marietta Wine Market featured wines from California's Sonoma Valley. Those attending made generous donations, and Mended Hearts will be proud to present the American Heart Association with a check for \$198.00.

Our thanks to Karen and Randell from the Wine Market for allowing us to host the events...stop in and visit the market anytime. You will have a pleasant experience.

Cathy Schmit

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 Satellite
will not meet until further notice.***

AMERICAN HEART ASSOCIATION CONNECTIONS

OLDER AMERICANS AND PHYSICAL ACTIVITY

- In general, people become less physically active as they get older. Nearly 40 percent of people over the age of 55 report no leisure-time physical activity.
- The older people become, the more they need regular exercise. It helps prevent bone loss (reducing the risk of fractures) and reduces the risk of dozens of diseases associated with aging. It also increases muscle strength and may improve balance and coordination, which can reduce the likelihood of falling. It also increases the ability for basic living, making it easier to carry grocery bags, get up from a chair, and take care of household chores. Being physically active is a real key in maintaining quality of life and independence.
- Studies have shown that increased levels of physical activity are associated with a reduced incidence of coronary heart disease, hypertension, non-insulin-dependent Type 2 diabetes, colon cancer, depression and anxiety.
- Active people with high blood pressure, high blood cholesterol, diabetes or other chronic diseases are less likely to die prematurely than inactive people with these conditions.
- Inactive people lose muscle fiber at a rate of 3 to 5 percent every decade after age 30. That's a 15 percent loss of muscle fiber by age 60!
- Health experts warn that as a consequence of diminished exercise tolerance, a large and increasing number of elderly people will be living below, at, or just above "thresholds of physical ability." In this condition, a minor illness could make them completely dependent on others for their daily care.

THE BENEFITS OF DAILY PHYSICAL ACTIVITY

- Reduces the risk of heart disease by improving blood circulation throughout the body
- Keeps weight under control
- Improves blood cholesterol levels
- Prevents and manages high blood pressure
- Prevents bone loss
- Boosts energy level
- Helps manage stress
- Releases tension
- Improves the ability to fall asleep quickly and sleep well

- Improves self-image
- Counters anxiety and depression and increases enthusiasm and optimism
- Increases muscle strength, increasing the ability to do other physical activities
- Provides a way to share an activity with family and friends
- Establishes good heart-healthy habits in children and counters the conditions (obesity, high blood pressure, poor cholesterol levels, poor lifestyle habits, etc.) that lead to heart attack and stroke later in life
- In older people, helps delay or prevent chronic illnesses and diseases associated with aging and maintains quality of life and independence longer

TIPS FOR EXERCISE SUCCESS

Swimming, cycling, jogging, skiing, aerobic dancing, walking or any of dozens of other activities can help your heart. They all cause you to feel warm, perspire and breathe heavily without being out of breath and without feeling any burning sensation in your muscles. Whether it is a structured exercise program or just part of your daily routine, all exercise adds up to a healthier heart.

Here are some tips for exercise success:

- If you've been sedentary for a long time, are overweight, have a high risk of coronary heart disease or some other chronic health problem, see your doctor for a medical evaluation before beginning a physical activity program.
- Choose activities that are fun, not exhausting. Add variety. Develop a repertoire of several activities that you can enjoy. That way, exercise will never seem boring or routine.
- Wear comfortable, properly fitted footwear and comfortable, loose-fitting clothing appropriate for the weather and the activity.
- Find a convenient time and place to do activities. Try to make it a habit, but be flexible. If you miss an exercise opportunity, work activity into your day another way.
- Use music to keep you entertained.
- Surround yourself with supportive people. Decide what kind of support you need. Do you want them to remind you to exercise? Ask about your progress? Participate with you regularly or occasionally? Allow you time to exercise by yourself? Go with you to a special event, such as a 10K walk/run? Be understanding when you get up early to exercise? Spend time with the children while you exercise? Try not to ask you to change your exercise routine? Share your activity time with others. Make a date with a family member, friend or co-worker. Be an active role model for your children.

- Don't overdo it. Do low- to moderate-level activities, especially at first. You can slowly increase the duration and intensity of your activities as you become more fit. Over time, work up to exercising on most days of the week for 30-60 minutes.
- Keep a record of your activities. Reward yourself at special milestones. Nothing motivates like success!

Sherelle Waters, AHA Health Integration Team

MEDICINE & TECHNOLOGY

NEW INITIATIVE TO IMPROVE AVAILABILITY OF GENERICS

On Oct. 4, 2007, FDA announced the Generic Initiative for Value and Efficiency (GIVE), a new program aimed at optimizing the generic drug review process to increase efficiency.

The Truth About Generic Drugs

People tend to have the wrong impression about generic drugs.

"It's generally believed that if something costs more, it must be of better quality," says Gary Buehler, R.Ph., Director of FDA's Office of Generic Drugs. "In the case of generic drugs, this is not true. The standards for quality are the same for brand-name and generic products."

Here are the facts:

- Generic drug applications undergo a rigorous review by FDA before they can be approved.
- Generic drugs are of the same quality as, and are equivalent in safety and effectiveness to, their brand-name counterparts.
- A generic drug must also be the same dosage, and have the same route of administration and conditions of use as its brand-name drug.
- A company that markets a generic drug must show that the product delivers the same amount of its active ingredient, over the same amount of time as the brand-name product.
- Generic products are used in more than 50 percent of all prescription drug purchases in the United States.

Why Do Generic Drugs Cost Less?

In 2004, FDA's Center for Drug Evaluation and Research (CDER) found that drug costs per day can fall by 14 percent to 16 percent if patients use generics instead of branded drugs, depending on their medical needs. Patients whose needs can be fully satisfied with generics could enjoy reductions of 52 percent in the daily costs of their medications.

Generics cost less than brand-name drugs, mostly because manufacturers of generic drugs do not have the

expense of research, development, and advertising related to a new drug.

Those expenses are taken on by the companies that do develop new drugs. These firms protect their investments with patents that give the companies the sole right to sell drugs while the patents are in effect.

Most new drugs are protected by patents for 17 years. When the patent for a drug does expire, other drug companies can start selling the generic version of the drug—after they test the drug and FDA approves it.

"Because generic drug manufacturers don't develop a drug from scratch, they can sell their product at substantial discounts," says Buehler. "Also, there is greater competition and less advertising, which keeps the price down."

"Bioequivalence" Required

Makers of generic drugs are not required to repeat the extensive clinical trials that have already been used in the development of the original drug, says Buehler. "But they must scientifically demonstrate that their product is bioequivalent. This means that it performs in the same way as the brand-name drug."

In the United States, trademark laws do not allow generic drugs to look exactly like the brand-name drug. Thus, colors, flavors, and certain other characteristics may be different. "But these differences don't affect the way the drugs work or the way they are evaluated by FDA," says Buehler. "The generic drug must have the same active ingredients."

Consumers and their health care providers should decide whether it is best to use the brand-name or generic version of a medicine. In addition, consumers should always ask whether they are being prescribed a generic or brand-name drug, and why that particular drug was prescribed.

For more information about generic drugs, contact your doctor, pharmacist or other health care worker. You can also visit these FDA websites:

CDER Office of Generic Drugs

<http://www.fda.gov/cder/>

Savings From Generic Drugs Purchased at Retail Pharmacies

<http://www.fda.gov/cder/consumerinfo/savingsfromgenericdrugs.htm>

FDA Consumer Updates

Contributed by Daryl Thompson, FDA (ret.)



THE VENT-RICLE

“What am I supposed to do with this?” grumbled a motorist as the policeman handed him a speeding ticket.

“Keep it,” the cop said. “When you collect four of them, you get a bicycle.”

Contributed by Wally Beard

It was already late fall and the Indians on a remote reservation in South Dakota asked their new chief if the coming winter was going to be cold or mild.

Since he was a chief in a modern society, he had never been taught the old secrets. When he looked at the sky, he couldn't tell what the winter was going to be like.

Nevertheless, to be on the safe side, he told his tribe that the winter was indeed going to be cold and that the members of the village should collect firewood to be prepared. But being a practical leader, after several days he got an idea. He went to the phone booth, called the National Weather Service and asked, “Is the coming winter going to be cold?”

“It looks like this winter is going to be quite cold,” the meteorologist at the Weather Service responded.

So the chief went back to his people and told them to collect even more firewood in order to be prepared.

A week later he called the National Weather Service again. “Does it still look like it is going to be a very cold winter?”

“Yes,” the man at the National Weather Service again replied, “It's going to be a very cold winter.”

The chief again went back to his people and ordered them to collect every scrap of firewood they could find.

Two weeks later the chief called the National Weather Service again. “Are you *absolutely* sure that this winter is going to be very cold?”

“Absolutely,” the man replied. “It's looking more and more like it is going to be one of the coldest winters we've ever seen.”

“How can you be so sure?” the chief asked.

The weatherman replied, “The Indians are collecting firewood like crazy!!!!!!”

SOME GROANERS

Two antennas met on a roof, fell in love and got married. The ceremony wasn't much, but the reception was excellent.

A jumper cable walks into a bar. The bartender says, “I'll serve you, but don't start anything.”

Two peanuts walk into a bar, and one was a salted.

A dyslexic man walks into a bra.

A man walks into a bar with a slab of asphalt under his arm and says, “A beer please, and one for the road.”

Two cannibals are eating a clown. One says to the other, “Does this taste funny to you?”

An invisible man marries an invisible woman. The kids were nothing to look at either.

Déjà Moo: The feeling that you've heard this bull before.

A man woke up in a hospital after a serious accident. He shouted, “Doctor, Doctor, I can't feel my legs!”

The doctor replied, “I know you can't. I've cut off your arms!”

I went to a seafood disco last week...and pulled a mussel.

What do you call a fish with no eyes? A fsh.

Two fish swim into a concrete wall. The one turns to the other and says, “Dam!”

Two Eskimos sitting in a kayak were chilly, so they lit a fire in the craft. Unsurprisingly it sank, proving once again that you can't have your kayak and heat it too.

A group of chess enthusiasts checked into a hotel and were standing in the lobby discussing their recent tournament victories. After about an hour, the manager came out of the office and asked them to disperse.

“But why,” they asked, as they moved off.

Because,” he said, “I can't stand chess-nuts boasting in an open foyer.”

A woman has twins and gives them up for adoption. One of them goes to a family in Egypt and is named Ahmal. The other goes to a family in Spain; they name him Juan. Years later, Juan sends a picture of himself to his birth mother. Upon receiving the picture, she tells her husband that she wishes she also had a picture of Ahmal. Her husband responds, “They're twins! If you've seen Juan, you've seen Ahmal.”

Mahatma Gandhi, as you know, walked barefoot most of the time, which produced an impressive set of calluses on his feet. He also ate very little, which made him rather frail and with his odd diet, he suffered from bad breath. This made him a super calloused fragile mystic hexed by halitosis.

When my grandson asked me how old I was, I teasingly replied, “I'm not sure.”

“Look in your underwear, Grandpa,” he advised. “Mine says I'm four to six.”

When my grandson Billy and I entered our vacation cabin, we kept the lights off until we were inside to keep from attracting pesky insects. Still, a few fireflies followed us in.

Noticing them before I did, Billy whispered, “It's no use, Grandpa. The mosquitoes are coming after us with flashlights.”

Contributed by Max Feinstein



HOLIDAY DINNER

Wednesday, December 5, 2007

Hilton Suites
6120 Peachtree-Dunwoody Road
770-668-0808

Cocktails & Social
with cash bar 6:30 – 7:25 p.m.

Sit-down Dinner (\$25/person) 7:30 p.m.

What a great way to start your holiday season! Join Mended Hearts for an evening of holiday fun. Those attending last year had a great time, but many of you were missing!

If you haven't been for a few years, or if you are a new member, make an effort to come this year. Mended Hearts needs you!

Everyone will receive a ticket for a surprise gift on arrival, and you'll have a chance to purchase tickets for the big raffle with prizes such as hotel weekends and dinners.



Reservation deadline — November 28, 2007

DIRECTIONS:

Take 85 North to GA 400 North (toll road - 50¢): Exit at Glenridge Connector and turn right. Turn left on Peachtree-Dunwoody. Go approximately 1.5 miles, cross over Hammond Drive. Hotel is on your left.

Going 285 West: Exit 28 (Peachtree-Dunwoody) and turn right onto Peachtree-Dunwoody Road. Cross over Hammond Drive; turn left into hotel parking lot.

Going 285 East: Exit at the Glenridge Drive (#26). Turn left onto Glenridge Drive. At Hammond Drive, make a right turn. At the fourth light (Peachtree-Dunwoody Road), make a left. Turn left into third driveway on the left.

From North: Take GA 400 south and exit at Abernathy Road (5A-B). Go left, following signs for Dunwoody. Turn right onto Peachtree-Dunwoody Road. Go straight through four lights; after fourth light, hotel will be on right (approximately 1 mile).

HOLIDAY PARTY RESERVATION FORM
December 5, 2007 / 6:30 p.m.
\$25.00 per person

Name(s) _____

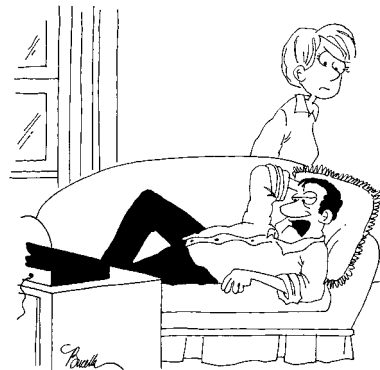
Telephone _____

Total # of Seats _____

Enclosed is my check for \$ _____

Send to: Mended Hearts, Chapter 81 (c/o John Crosbie)
 3401 Winter Wood Court; Marietta, GA 30062
 Telephone: 770-977-4358

RESERVATION DEADLINE NOVEMBER 28 2007



"Don't you hate it when you lose the remote and have to watch shows you hate?"

PAGES Editorial Service, Inc.

APPLICATION FOR MEMBERSHIP

We (I) would like to join Mended Hearts, Inc., Chapter #81

Atlanta or Satellite: Marietta Piedmont Southside

NAME _____

SPOUSE _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ DATE OF BIRTH _____

DID YOU HAVE:

Bypass Surgery Balloon Pacemaker Heart Attack

Valve Surgery: Mitral Tricuspid Aortic Pulmonary

Other _____

New member family dues are \$32.00 and new member single dues are \$22.00.
Please make your check payable to:
The Mended Hearts, Inc., Chapter #81
Mail to: John Crosbie, Treasurer
3401 Winter Wood Court
Marietta, GA 30062-1247

RETIRED YES NO

DATE OF CARDIAC EVENT OR SURGERY: _____

TYPE OF MEMBERSHIP: FAMILY SINGLE

Membership covers a 12-month period from date of enrollment and includes:

- Insignia pin
- Chapter newsletter
- Subscription to quarterly national magazine, *Heartbeat*

Aorta Reporter

A copy of *Aorta Reporter* is mailed for three consecutive months following your hospital stay or referral as a heart patient. It is our way of keeping in touch while you continue to recuperate. We enjoyed meeting you and hope you received some comfort and encouragement from us. Having lived the same experiences, we are willing to take time out of our lives because we want to share our experiences in your recovery. As you become active again, you and your family are invited to attend our Atlanta Chapter #81 or any other chapter meetings as guests. In getting to know us, we hope you will decide to join us in helping each other. Our 7:30 p.m. meetings are the third Tuesday of each month.

Mended Hearts

Mended Hearts is a nationwide support organization, affiliated with the American Heart Association, for individuals with heart disease, including persons recovering from heart attacks or open-heart surgery. Members give hope and encouragement to others by providing living proof that persons with heart disease can lead full, productive lives. Family and friends are also welcome to attend the free monthly sessions. For information, call 678-385-2062 or your local American Heart Association.

**Visit Chapter #81 at
www.mendedheartatlanta.org**

ATLANTA MENDED HEARTS, CHAPTER #81

678-385-2062

c/o American Heart Association
1101 Northchase Parkway; Marietta, GA 30067-6421
678-385-2000

Officers 2006-2007

President

Doug Steingraber770-926-0157
dsteingraber@bellsouth.net

Vice President

Cathy Schmit.....770-517-6201
cathyandralph@earthlink.net

Secretary

Neal Barronton.....770-971-2697

Treasurer

John Crosbie.....770-977-4358

Directors

Wally Beard770-594-1354
Max Feinstein.....404-355-7771
Bob Fisher770-579-6480
John Friese404-636-3656
Daryl Thompson404-296-1715
Jill Wilkins770-974-0538

Immediate Past President

Herb Jardine

Activity Chairpersons Program

Cathy Schmit.....770-517-6201

Caring

Dixie Jardine770-973-5816

Membership

Linda Ledford.....941-408-8620

Visiting

Herb Jardine770-973-5816

Telephone

Daryl Thompson404-296-1715

Historian

Patsy Woods.....404-633-0432

Editor

George Waterhouse
770-939-5799
clockdoc35@yahoo.com

Newsletter Staff

Assistant Editor

Jill Wilkins
770-974-0538
camp1nguy@aol.com

Production

Linda Ledford
941-408-8620
llgtfan@aol.com

Visiting Coordinators

CRAWFORD LONG HOSPITAL

Herb Jardine
770-973-5816

SAINT JOSEPH'S HOSPITAL

Bob Fisher
770-579-6480

ATLANTA MEDICAL CENT

Max Feinstein
404-355-7771

Howard Fine
404-634-3559

EMORY UNIVERSITY HOSPITAL

John Friese
404-636-3656

GRADY MEMORIAL HOSPITAL

James Cleveland
404-691-8537

PIEDMONT HOSPITAL

Monroe Smith
404-367-0367

WELLSTAR KENNESTONE HOSPITAL

Doug Steingraber
770-926-0157

SO. REG'L MEDICAL CEN

Lewis & Jan Harris
770-473-4725