

The Beat Goes On

The Mended
Hearts, Inc.
Founded 1951

Virginia Peninsula
Chapter 119
Founded Oct. 1, 1981
Chartered Dec. 3, 1981

VOLUME XXV, NUMBER 3 • MARCH 2007



From the President

This will be my third tour as your president even though it will be for only two months. I served as President 1996-1998 and again 1999-2001. These were very rewarding times as we had ample people to serve where ever needed. We won the best newsletter award three years during that period. We hosted a very successful Mid-Atlantic Workshop and saw our own Louise Sears elected as Mid-Atlantic Regional Director.

Unfortunately things are not the same at this time. Most of the people serving your chapter are the same ones who were doing it then. We are getting older, some of us are having recurring health problems, and we just cannot do what we did a few years ago.

There are a lot of capable members sitting out there at our meetings who we need to step up and assume some

leadership roles in the chapter. Your nominating committee will be contacting you regarding some of these jobs. Please give careful consideration to any request. We also need visitors as the few who are doing it are vastly overworked. This is a very rewarding job and it's really what we are all about - helping people with heart disease and their families.

If this sounds like a negative start, it's not intended to be. One of the goals of all your present officers is to get more people involved in the daily operation of the chapter.

I am looking forward to seeing each of you at the March meeting.

– Richard W. Taylor, President



Email articles/recipes/ideas for the newsletter - make sure you put MH in the subject box.
Email: newsletter@heart119.org or editor@heart119.org This newsletter is yours. Please feel free to let Ron or Judy know what you would like to read about, see in the newsletter, etc.
Make sure you put MH in the subject box.

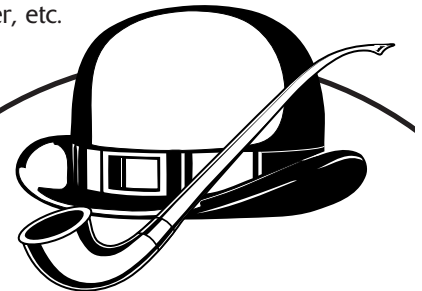
Mended Hearts Prayer

We ask for your blessings Lord
We ask for strength that we may pass it on to others.
We ask for faith that we may give hope to others.
We ask for health that we may encourage others.
We ask, Lord, for wisdom that we may use all our gifts well.

– By Herbert G. Maedl

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Inspiring Hope In Heart Disease Patients & Their Families

Monthly Meeting Highlights

Due to the weather, our February 1st meeting was rescheduled to the 15th.

I would love a volunteer to take notes at the next few meetings if I am unable to attend. (See Editor's Corner for reason why). Stu might be able to be there, but we are not sure. The notes don't have to be lengthy. Just a small blurb on what happened during the meeting (speaker or program).

Please write your article and then send it to: newsletter@heart119.org OR editor@heart119.org Please make sure you put MH in the subject line.

Thanks!

– Judy Lund

The following notes were taken by Ron Mallon as Judy was unable to stay for the meeting. She was feeling ill, and went home early.

Our guest speaker was Mary Rountree, Diabetes Nutrition Specialist, Riverside Health System, who gave one of the most interesting talks this listener has had the privilege of hearing for a long time. Mary has been in the diabetes and nutrition field for over 30 years, and with that much experience, when she speaks, we should listen. Thank you Clarence Clodfelter, for finding such an interesting and articulate speaker. I do not use those words lightly. Interesting and articulate. Sometimes, speakers either talk down to their audience or over their heads. Mary did neither. She held our attention from the first opening sentence to the last question from the audience. Thank you Mary!

Now, for what Mary spoke on. She spoke on diabetes, and its ramifications in our body in relation to our health, and the health and well being of our bodies, and how diabetes works, and hinders the healthful function of some of our body parts. What is diabetes? The inability of your body to make enough insulin to breakdown glucose, a type of sugar, which your body uses as fuel for your energy. Sounds simple, right? Wrong! Read on and you will understand more. Don't forget, these are only notes from someone unfamiliar with diabetes. The real story is much more interesting, and if you missed the meeting, you missed the WHOLE story.

Diabetes has two types. Type II, which is the most common, usually onsets in adulthood. It accounts for about 95% of all diagnosed diabetes cases. The other is Type I, which accounts for about 5% of the diagnosed cases. Type I is controlled by injection of insulin, or pills, and by diet. Type II, being the most common, is the type most of us have heard of.

*There cannot be a crisis today;
my schedule is already full.*

Type II will show up mostly in adults over 40. There is usually no advance warning, and many folks do not know they have it until they go in for a physical or a screening of some type, and it is discovered. There has been shown to be a direct linkage between diabetes and heart disease. Exercise and diet are major contributors to diabetes. The less exercise one does, and the more fat one consumes, the greater are the chances of coming down with this disease. As a general rule, there has been no relation between weight, size and diabetes. Skinny people get it also, not just us overweight couch potatoes.

Mary cleared up a few myths for us. Sweets are not really bad for us, in relation to diabetes. Carbs have no relation to diabetes. Most diets consist of some type of carbs. (Mary was not impressed with most of the so-called "fad" diets out there. Our daily intake of fiber, which seems to help in diabetes, is normally 8 to 10 grams, in today's world. It should be increased to 30 grams. We should eat lots more fruits and veggies. (But, we knew that already, didn't we?)) Lots of fiber seems to be the key to warding off diabetes. Well, it also wards off a lot of other things. (But, we knew that also, did we not?).

Interesting notes: The original carrot came from Afghanistan, and was purple! Lots of notes, like I said at the beginning. 70% of potato chip calories comes from the fat it is fried in. Antioxidants protect us from heart disease, cancer, arthritis. Antioxidants occur only in the plant kingdom. (No, cows do not convert it from the grass to the steak!). Best foods to help are nuts, about 1/2 cup per day, salt free of course, and the use of olive oil when preparing foods. Also flax seed, but only if it can be found fresh. Potato, by itself, good. Sour cream on the potato, bad. The types of food in descending order are, #1, Frozen, #2, unsalted canned, #3, fresh, but only if picked locally. Fresh food loses its nutritional value the further it must be shipped from the picking point.

Exercise is a big deal in preventing diabetes, as it uses the extra fat as energy and thus reduces the risk of the disease. (But, we knew that as well, didn't we?). The guidelines for exercise now are 150 minutes per week. It can be divided up into 3 sessions daily of 10 minutes each, for those of us who cannot do 30 minutes of continuous exercise. Work your way up, and be faithful and the results will come.

Potassium and sodium are opposites. Potassium is destroyed by processing foods, and sodium raises

blood pressure. The aim is to reduce sodium in our diet, and raise potassium. According to Mary, bananas are highly overrated. But, better than nothing. Vinegar has NO medicinal value. Remember, this lady has been in the nutrition field for over 30 years. She ought to know. Fish oil is good. Use 1,000 mg to 3,000 mg per day. Vitamin E is not particularly recommended. If used, 200 IU per day, is maximum. Most vitamins should be taken with care, especially for heart patients who are already on blood thinners. Check with your doctor and/or pharmacist before taking any over the counter vitamin supplements.

For those who are already being treated for diabetes, the recommended times for checking glucose levels are just after rising in the morning before eating or drinking anything, and just before supper. These seem to be the most opportune times to check and record levels, and will aid your health care provider in determining your best treatment. Some of the causes for the spike in glucose levels are stress, coffee, and tea. There are others.

In regards to the best choice of frozen dinners, Mary said the best for us would be Healthy Choice, as it makes the best effort to reduce the use of sodium in preparing its foods. She also mentioned a few new drugs which are being introduced to treat diabetes. Mary has a VEGAN diet available at her office. She can be reached through the Riverside Network, or by calling her office at 757-534-5050. She also does consultations and is very helpful in determining the best course of action regarding our diet.

Thank you again, Mary, and Clarence, for a very interesting and informative evening.

Mended Hearts Chapter 119 Nominating Committee Report

Committee members: Chair, Sudie Stultz, Judy Lund, Margaret Holland.

The slate of officers nominated are as follows: President, Clarence Clodfelter, 1st Vice President, Sue Nelson, 2nd Vice President, Maggie Salls, Recording Secretary, David Williams, Treasurer, Leonard Schneider.

Opportunity for membership to nominate from the floor, March 1, 2007.

PLEASE, if you nominate someone from the floor, check with that person first, to make sure they will serve in the office they are being nominated for, and that they are present at the meeting to accept that nomination.)

Membership votes on officers, April 5, 2007.

MH Volunteers Report

If you would like to be a Mended Hearts Volunteer, please notify Louise Sears, 877-3643.

Louise Sears had knee surgery the end of January/first of February and will have the January report for the newsletter in the April issue. We all send our best wishes to Louise and hope recovery is coming along nicely.

Pillow Report

Since 1991, to date, 4,994 pillows have been delivered. When these last ones are delivered, we will have presented over 5,000 pillows to heart patients. WOW, is all I can say. If anyone is interested in helping, contact Richard or Mary Taylor. (599-4033)

Editor's Corner

HELP WANTED!!!!!!

Your editor has been diagnosed with a medical condition that will take some time to resolve. I plan to continue to do the newsletter with the help of my family and the wonderful members of Chapter 119.

I would like to ask anyone who would like to be a guest editor, to please write your article and email it to: newsletter@heart119.org OR editor@heart119.org Please make sure you put MH in the subject line. Thanks!

– Judy Lund

Assistant Editor's Corner

SPECIAL EDITORS NOTE: This newsletter is yours. By that, I mean the chapters. It does not belong to the Chapter President, any of the officers, nor the editor. It belongs to the chapter as a whole, and as such should present such articles and information as would be informative and interesting to the chapter as a whole. Most of what is written comes from a very few chapter members. More articles are desired and solicited. We want to hear from YOU. You can contact any Chapter officer or the newsletter editor by phone, e-mail, snail-mail, smoke signals, flashing lights, etc. Our phone numbers are in every newsletter (pg 7), and the links to us by e-mail can be gotten by going to Heart119.org on the internet. Believe it or not, you can also reach us by typing in Mended Hearts in your

search engine. Select the one in Dallas, and look through the web page. Type in Newport News, and there we are! Easy, no?

We need help. We cannot do all this by ourselves. Judy has her plate full with her family and health, and I, as Assistant Editor, live way up here in the country, and am pretty much limited in what I can do. Help us to help you get the chapter information you want and need. Funny stories, heart healthy recipes, jokes (clean ones), exercise info, anything you think the general membership would be interested in. I know many of you have very interesting stories to tell, about yourselves, your spouses, your heart event or treatment, or amusing things that happened to you during your hospital stay. I will say it again. THIS NEWSLETTER IS YOURS, SO HELP US WITH IT. Some of the formatting in the newsletter is dictated by National, so we can be considered for honors and recognition. The rest is up to us. Here is an old German proverb that might jiggle your "Help Us" button: "Many hands make light work"

Thanks - Ron Mallon, Assistant Editor.

Yard Sale

A committee composed of Bruce Rogerson, Clarence Clodfelter, and Dick Taylor recommended a Yard Sale Regulation be adopted. The board approved it at their January 23rd meeting. The recommendation states: Yard Sale Purchases by Members. All items purchased before the yard sale and/or during the yard sale will be paid for before taking items out of the door and home.

It is never too early to think of the Yard Sale. That is our big fundraiser for the year. This year, 2007, the yard sale will be held at Hilton Christian Church on September 29th. Start saving your treasures for the sale now. This gives us plenty of notice :)

Special Tribute TO BRUCE ROGERSON

Bruce Rogerson was the presiding President at tonight's meeting. At the end of the meeting, Bruce stated that this would be his last time acting as President! Do you know something you are not telling us, Bruce? Anyway, this reporter was very touched by the poem that Bruce read at the end of the meeting. So touched, that I have included it here, in its entirety for the enjoyment of those who did not attend the meeting.

Bruce is known to many as our "Training Officer." He is the one, who, for many years, we have had the pleasure of being trained by for Visiting. He has served this chapter for 23 years, and this writer hopes he will serve for many more. He has filled many positions in the chapter, and is always available to help in any capacity. Thank you Bruce, for all you have done for us and the chapter. The following poem was read by Bruce to the chapter, to describe his feelings toward us, but it just as well can be read back to him, to describe our feelings towards him.

IN THE SPIRIT, MY SPECIAL LIST

I have a list of folks I know, all written in a book,
And every now and then, I go and take a look;
And that is when I realize that these names are
all a part.

Not of the book they're written in, but of my
very heart.

For each name stands for someone who has crossed
my path sometime,

And in that meeting they've become the rhythm in
each rhyme;

And while it sounds fantastic for me to make this
claim,

I really feel that I'm composed of each
remembered name.

Though you may not be aware of any special link,
Just meeting you has changed my life, a lot more
than you think;

For once I've met somebody, the years cannot erase
The memory of those pleasant words nor of a
friendly face.

So please don't think my greeting as just a mere
routine,

Your name was not forgotten somewhere in-between;
For when I send a greeting, that is addressed to you,
It's because you are on that list of folks that I'm
indebted to.

For I am the total of many folks that I have met,
And you happen to be one of those I prefer not
to forget.

So whether I have known you for many years or few,
In some way you have been a part in shaping
things I do.

And every year at this time, I realize anew.

The best gift life can offer is meeting folks like you.
So may the Spirit of this Season, that ever endures,
Leave the richest blessings in the hearts of YOU
and YOURS.

(Poem by Shelby Hairston Pilkington, December 1996)



Healthy Eating

Six more from the list of

36 Foods We Should Not Do Without

Eggs: One egg a day is fine, especially eggs with extra omega-3 fatty acid DHA. Also, buy eggs from free-roaming hens who have a chance to eat their natural diet, not just chicken feed.

Flaxseeds: Lignan is a phytoestrogen in the whole seed that improved cholesterol profiles. The lignan is removed to make the oil (an excellent source of omega-3 fatty acid, but don't heat it. Men should avoid the oil, but the seeds are okay.

Garlic: Phytochemicals are cancer fighters and may lower blood pressure. It takes a lot of garlic, but every little bit helps. Raw and cooked are equally as beneficial.

Ginger: Antioxidants in ginger fight cancer and heart disease.

Kale: The number one antioxidant source in the vegetable kingdom. It has antioxidants for eyes, and fights cancer. It also has fiber, beta-carotenes, and Vitamin C. It is also slightly bitter, but you can offset the flavor with strong herbs, such as garlic and soy sauce. Too strong? Chop a little into casseroles, soup, and other cooked vegetables to reduce the impact.

Kiwi: Best source of potassium known, plus Vitamin C, fiber, folate, magnesium, Vitamin E, copper, and lutein.

VEGETABLE MEDLEY

Serves 4

1 tablespoon acceptable margarine; 2 medium yellow summer squash, sliced; 1 medium zucchini, sliced; 1 medium yellow onion, diced; 3 medium fresh tomatoes, diced; 1/2 cup frozen corn; 1 clove garlic, minced; 1/2 teaspoon oregano; 1/2 teaspoon basil; 1/4 teaspoon freshly ground black pepper

In a large pan over medium heat, melt margarine. Add squash, zucchini and onion. Saute 3 to 4 minutes. Add tomatoes, corn, garlic and seasonings and cook another 2 to 3 minutes. Serve immediately.

Calories: 92 kcal; Protein: 4 gm; Carbohydrates: 15 gm; Total Fat: 3 gm; Saturated Fat: 1 gm; Polyunsaturated Fat: 1 gm; Monounsaturated Fat: 1 gm; Cholesterol: 0 mg; Sodium: 15 mg; Potassium: 642 mg; Calcium: 45 mg

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HEALTHFUL MACARONI AND CHEESE

Serves 4; 1 cup per serving

6 cups water; 1 9- or 10-ounce package frozen no-salt-added vegetables; 1 7 1/4-ounce package macaroni and cheese dinner mix; 1/4 cup skim milk; 1/4 cup nonfat or low-fat sour cream; 1/4 teaspoon dried Italian seasoning (optional); 1/4 teaspoon black pepper (optional); 1/2 cup shredded low-fat cheddar cheese

In a large saucepan, bring water to a boil over high heat. Add vegetables and macaroni, reserving the cheese- sauce mix. Return to a boil. Reduce heat, cover and simmer 7 to 10 minutes, or until vegetables are tender-crisp and macaroni is tender. Drain. Return macaroni mixture to saucepan. Place over medium heat and stir in milk, sour cream and reserved cheese-sauce mix from package. Heat through, about 3 to 5 minutes. If desired, stir in Italian seasoning and pepper. Sprinkle each serving with 2 tablespoons shredded cheese.

Calories: 281 kcal; Protein: 15 g; Carbohydrates: 43 g; Total Fat: 5 g; Saturated Fat: 3 g; Polyunsaturated Fat: 0 g; Monounsaturated Fat: 1 g; Cholesterol: 12 mg; Sodium: 337 mg

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"Easy Eddie"

Conclusion of last month's story about Al Capone

World War II produced many heroes. One such man was Lieutenant Commander Butch O'Hare. He was a fighter pilot assigned to the aircraft carrier Lexington in the South Pacific. One day his entire squadron was sent on a mission. After he was airborne, he looked at his fuel gauge and realized that someone had forgotten to top off his fuel tank. He would not have enough fuel to complete his mission and get back to his ship. His flight leader told him to return to the carrier. Reluctantly, he dropped out of formation and headed back to the fleet.

As he was returning to the mother ship he saw something that turned his blood cold: a squadron of Japanese aircraft were speeding their way toward the American fleet. The American fighters were gone on a sortie, and the fleet was all but defenseless. He couldn't reach his squadron and bring them back in time to save the fleet. Nor could he warn the fleet of the approaching danger.

There was only one thing to do. He must somehow divert them from the fleet. Laying aside all thoughts of personal safety, he dove into the formation of Japanese planes. Wing-mounted 50 caliber's blazed as he charged in, attacking one surprised enemy plane and then another. Butch wove in and out of the now broken formation and fired at as many planes as possible until all his ammunition was finally spent. Undaunted, he continued the assault. He dove at the planes, trying to clip a wing or tail in hopes of damaging as many enemy planes as possible and rendering them unfit to fly.

Finally, the exasperated Japanese squadron took off in another direction. Deeply relieved, Butch O'Hare and his tattered fighter limped back to the carrier. Upon arrival, he reported in and related the event surrounding his return. The film from the gun-camera mounted on his plane told the tale. It showed the extent of Butch's daring attempt to protect his fleet. He had, in fact, destroyed five enemy aircraft.

This took place on February 20, 1942, and for that action Butch became the Navy's first Ace of WWII, and the first Naval Aviator to win the Congressional Medal of Honor. A year later Butch was killed in aerial combat at the age of 29. His home town would not allow the memory of this WW II hero to fade, and today, O'Hare Airport in Chicago is named in tribute to the courage of this great man.

So, the next time you find yourself at O'Hare International, give some thought to visiting Butch's memorial displaying his statue and his Medal of Honor. It's located between Terminals 1 and 2.

SO WHAT DO THESE TWO STORIES HAVE TO DO WITH EACH OTHER? Butch O'Hare was "Easy Eddie's" son.

Thanks to Harold Garman for sending this to us.

'Dry Mouth' Can Cause Big Problems

If your mouth feels dry when you wake up in the morning, usually a glass of water and brushing your teeth will make it feel good again. For a large number of people, this is not the case. They may have chronic dry mouth, which can cause the tongue to feel hot, sore throat, and difficulty swallowing dry foods.

Saliva is an important part of the immune system. It contains antibodies, enzymes, and minerals. Saliva works to eliminate oral bacteria, start the digestion of food, and helps you taste food. It protects the teeth from mouth acids and makes it possible for teeth to remineralize, which is essential to dental health.

Doctors at Johns Hopkins Medical Centers say many medications can cause the dry-mouth feeling. Common drugs that can cause it include antidepressants, antihypertensives, diuretics, decongestants such as Sudafed, sedatives, and anti-Parkinson drugs. If you think a medication is causing your mouth to feel dry, ask your doctor for a different medicine.

Be sure to take steps to protect your teeth. Get frequent dental checkups and fluoride treatments. Follow a low-sugar diet and include plenty of fruits, soups, and other foods high in water content. Avoid dry snacks.

Try chewing sugarless gum to stimulate saliva production, and don't smoke or drink much alcohol. Use a dehumidifier at home, sip water frequently, and have a bottle of water by your bed. Brush your teeth with fluoride toothpaste and floss frequently.

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Websites to Visit

NEW WEBSITE:

www.snopes.com (Good place to go to see if internet messages are true or false)

PREVIOUS WEBSITES

www.heart119.org

www.americanheart.org www.deliciousdecisions.org

www.heartcenteronline@heartcenteronline.com

www.healthdiscovery.net

www.lowsodiumcooking.com

www.mrsdash.com

www.health.yahoo.com

www.seniornet.org

www.websoduko.com

www.Wired4Life.net

(online support group for women with pacemakers)

www.bhg.com

STATE TIDBITS:

ALABAMA ... Was the first place to have 9-1-1, started in 1968. ALASKA ... One out of every 64 people has a pilot's license. ARIZONA ... Is the only state in the continental U.S. that doesn't follow Daylight Savings Time. ARKANSAS ... Has the only active diamond mine in the U.S. CALIFORNIA ... Its economy is so large that if it were a country, it would rank seventh in the entire world. COLORADO ... In 1976 it became the only state to turn down the Olympics. CONNECTICUT ... The Frisbee was invented here at Yale University. DELAWARE ... Has more scientists and engineers than any other state. FLORIDA ... At 759 square miles, Jacksonville is the U.S.'s largest city. GEORGIA ... It was here, in 1886, that pharmacist John Pemberton made the first vat of Coca-Cola.

MH Members News

Renewal Memberships:

"For a member who is delinquent on dues and wants to renew their membership within six months, a reinstatement form will be sent to National Headquarters including the amount of renewal dues. The member will be renewed with their original expiration date. If a person has been out for more than six months, it is necessary to pay new member dues. They will be renewed the month their dues are received by the National Office for a full year."

- Ms. Ruby W. Adair
- Mr. & Mrs. Larry K. Pritchard
- Mr. & Mrs. Joe O. Purter
- Mr. James W. Burden
- Ms. Libby Crossland
- Mr. Herbert B. McCoy
- Mr. Ray Muhich
- Ms. Ruth B. Stubbs
- Mr. & Mrs. Kenneth Gene Stultz
- Mr. Calvin R. Greene
- Mr. & Mrs. Charles F. Helderman
- Mr. & Mrs. James H. Hughes
- Ms. Joan K. DePriest
- Ms. Ursula Karahalios
- Mrs. Sarah McGehee
- Ms. Marquerite Salls
- Mr. & Mrs. Charles A. Stay Jr.

New Membership:

- Mr. & Mrs. Walter C. Breckons

Jan. 2007 Visiting Report

	YTD	
PATIENTS VISITED	22	22
PATIENT VISIT	33	33
FAMILY VISITS	30	30
INTERNET VISITS	0	0
800 LINE VISITS	0	0
TOTAL VISITS	63	63

8 Visitors Used:

Gene & Sudie Stultz, Polly Clodfelter, Charlie Harman, Bill Owens, Maggie Salls, Richard W. Taylor, and Bruce Rogerson.

Thank you for being there when you were needed. The time you spend visiting is not wasted as you are giving of yourself to others, what a gift. "YOU HAVE BEEN THERE AND DONE THAT", so you know the value of your visit to the Patient and the Family. You are a great example of our motto. "IT'S GREAT TO BE ALIVE AND TO HELP OTHERS".

– Bruce Rogerson, Visiting Chairman



We wish these members a heartfelt Happy Birthday in March!

Valvo, Pat	01
Thurlow, David B.	02
Karahalios, Ursula	03
Walker, Wesley M.	03
White, Camile K.	04
Whitenack, Garmon	06
Carrington, Ralph W.	07
Tajovsky, Reinhold	09
Abrams, Arnold G.	10
Clodfelter, Clarence	10
Christensen, Dale C.	11
Whitenack, Janis A.	19
Owens, Bessie	20
Downs, Cynthia	22
Lupyon, Paul	23
Campbell, Elaine	24
Carrington, Barbara S.	24
Freas, Bob R.	25
Garman, Corazon C.	25
Valvo, Bill	28
Cath, William S.	29



March Surgerversaries

We missed a February surgery for the second year in a row. We are terribly sorry. Hopefully it won't happen again. Sheila Lia's surgery was February 14, 2005.

	date	yr
Crockett, Syphron T.	01	96
Matthews, Kenneth R.	03	03
Thurston, Lewis B.	03	00
Walker, Wesley M.	05	99
Yeatts, Donald A.	05	82
Downs, William	13	90
Taylor, Richard W.	23	91
Campbell, Elaine	28	96
Hughes, Jim H.	28	04
Clodfelter, Polly	31	97



**MENDED HEARTS, INC.
VIRGINIA PENINSULA
CHAPTER 119**

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Clarence Clodfelter, 596-3952

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Mended Hearts Chapter 119

Riverside Regional Medical Center
 500 J. Clyde Morris Blvd.
 Newport News, VA 23601

Affiliated with the American Heart Association

POSTMASTER:

**DATED MATERIAL – PLEASE
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Thank You!

*The Luck O' the Irish to you on
 St. Patrick's Day*

Inspiring Hope in Heart Disease Patients & Their Families

Mark your Calendars!

Chapter Meetings

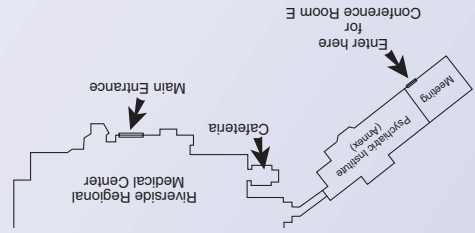
Held at 7 p.m. on the 1st Thursday of each month at Riverside - Annex, Rooms D, E, & F.
 ■ March 1 - Nominate Chapter Officers, including nominations from the floor
 ■ April 5 - Election of Chapter Officers
 ■ May 3

Board Meetings

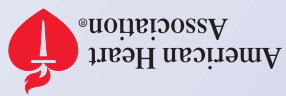
Held monthly in the Hospital Cafeteria at 7 p.m.
 ■ Tuesday, March 27
 ■ Tuesday, April 24
 ■ Tuesday, May 22

March Meeting

Dr. Dilip Sarkar, a retired cardiologist and by-pass patient, will speak to Mended Hearts at our March 1st chapter meeting. He will be presenting a program on Drug Free Healthy Living. His main focus will be on Prevention, Healthy Lifestyle, and Wellness through individual determination with the possibility of decreasing the amount of drugs. We invite all of you to come and be motivated and educated by this most interesting presentation.



Mended Hearts, Inc.
 Virginia Peninsula Chapter 119



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