

KING OF HEARTS

The Committee

Dr. Andrew Deaner President

Honorary Members

Trish & George Scott

Henry Phillips Chairman
0208 500 7095

maureen_henry2003@yahoo.co.uk

Durham Holbourns Secretary
0208 554 6779
durhamholb18@hotmail.co.uk

Karen Hughes Assistant Secretary.

Peter Knight/Henry Phillips Treasurer
0208 478 8464

Peter Knight Membership
peter.knightsite@hotmail.co.uk

Janet Knight
0208 478 8464

June Sheen
0208 595 6120

Sylvia Daly
0208 599 3188

Molly Ghosh
0208 597 2308

Eric Simmonds
0208 500 7724

Meetings are held at
Fullwell Cross Library
On the second Wednesday
In every month
At 7:30pm

COMING SOON

Newsletter

May 2020

Cardiac Support Group

Dear Members and Friends

May 2020

Welcome to my May newsletter, I would like to wish you all well, and hopefully you have not experienced any problems with dreadful virus. As promised I am putting my usual method of communication to you all by producing this shortened newsletter.

I am sorry to say that I have not been in touch with you on an individual bases but my mind set is currently causing me a problem as all I can think of is what will be the outcome to us all when this dreadful outbreak is over.

A good friend of mind has suggested that as a diabetic it would be helpful for me to keep an eye on the oxygen level in my blood so naturally as a compulsive buyer I have purchased an Oximeter Finger Monitor such as they use in hospitals. I purchased this monitor from Amazon so I will inform you how it works in my next letter.

As an old army man I decorated my house with bunting to celebrate VE day but looking around the other houses I was the only house holder having any respect for those who fought to save us from disaster, I must admit that I was proud to remember those who gave up their lives by putting a simple banner display on my house. So to all those who have gone before us :well done:

I will sign off now so that Durham and Peter can get this letter out to you all, so I wish you all my very best wishes and keep safe.

Regards

Henry Phillips Chairman

If you think you are beaten, you are,
If you think that you dare not, you don't
If you like to win, but you think you can't,
It's almost certain you won't.

If you think you'll lose, you've lost,
For out in the world you'll find,
Success begins with a fellow's will,
It's all in the state of mind.

If you think you are outclassed, you are,
You've got to think high to rise,
You've got to be sure of yourself before
You can win a prize.

Life battles don't always go
To the stronger or faster man,
But soon or late the man who wins
Is the man who thinks he can?

A Rose by Any Other Name.

Two elderly men, Ernest and Phillip, are having lunch together, when Ernest turns to his friend and says, my wife and I went to a wonderful restaurant last night. What was it called? Asks Phillip, noticing the sudden look of confusion clouding his friend's face. What's the name of that flower that women like to get? Ernest asks. A carnation? Phillip suggests. No Ernest frowns and looks thoughtful, before adding, it's red and has big petals. Poppy? No. It has a thorny stem. Oh, Phillip nods, you mean a rose? That's it. Rising from his chair, Ernest wanders over to the staircase and shouts upstairs ROSE! What's the name of that restaurant we went to last night?

Taken from Senior Moments book by Shelley Klein.