KING OF HEARTS

Newsletter

March 2024 Cardiac Support Group

The Committee

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Committee

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Meetings are held at
Fullwell Cross Library
On the second Wednesday
In every month at1.30pm.

COMING SOON
March 13th to be announced
April 10th AGM

Dear Members and Friends March 2024

Welcome to my March 2024 newsletter and as usual I wish you all the very best for a safe and healthy 2024. I would like to thank all the committee members who assisted in making our February meeting a great success, and I would like to thank Karen for making arrangements with our local London Fire Brigade officers who gave an interesting talk on the responsibilities of the local brigade units and they were pleased to take questions from the group members.

At our April meeting we are obliged according to the King of Hearts constitution to hold our yearly AGM meeting so I would like to ask all our group members to attend this important event.

I was pleased to see our dear friend Durham who managed to attend the February meeting, he has missed several meeting in the past as he cares for his dear wife Silvia 24/7 but he managed to attend the meeting for a short time well done Durham.

I would like to thank Angela for providing the group with refreshments well done for your continued support.

I was also pleased to see our dear friends Janet and Peter Knight at the meeting after a long absence due to ill health, you have both been sadly missed well done to you both.

At the meeting I was informed that our dear friend and long standing member John Lewis was unable to be with us as he had fallen over on a damaged footpath whilst on his daily walk, he has spent a long time in hospital due to his severe injury and is currently unable to leave his house because he is still in serious pain, John on behalf of all your friends we wish you a speedy recovery and look forward seeing soon.

Last but not least I would again like to thank all those members who attended our February meeting, and I look forward seeing many of our group members at the AGM meeting on the 10th April.

Best wishes for 2024 stay safe and healthy.

Henry Phillips Chairman

I’m Fine

There’s nothing whatever the matter with me
I’m just as healthy as I can be
I’ve arthritis in both my knees
And when I talk, I talk with a wheeze
My pulse is weak and my blood is thin
But I’m awfully well for the state I’m in.

I think my liver is out of whack
I’ve a terrible pain in the small of my back
My hearing is poor and my eyes are dim
Most everything seems to be out of trim.
I’m taking tablets most of the time
But all things considered I’m feeling fine.

Arch supports I’m wearing on both feet
Or I wouldn’t be able to walk down the street
My teeth are all gone and I’m losing my hair
The pain in my legs I can hardly bear
Blood pressure goes up as soon as I stand
But all things considered I’m feeling grand.

Now the moral is, as the tale we unfold
Tis you and I are growing old
It’s better to say, “I’m fine” with a grin
Than to tell everyone the shape we are in.
Old age is golden; I’ve heard it said,
But sometimes I wonder as I lie in bed
My “ears” in a draw, my “teeth” in a cup
My eyes on the table till I wake up.
Ere sleep overcomes me, I say to myself
Is there anything else, I can put on the shelf?
When the paperboy comes, I dust off my wits
Grab a newspaper and read the “Obits”
If my name is still missing I know I’m not dead
So I take all my tablets and go back to bed!

Thanks to Henry for sending this.