KING OF HEARTS

Newsletter

April 2025 Cardiac Support Group

The Committee

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Founder Members
George & Trish Scott
Karen Hughes

Committee

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Meetings are held at
Fullwell Cross Library
On the second Wednesday
In every month at 2pm.

COMING SOON
April 9th Nigel Colman playing the role of Sir Winston Churchill.

Dear Members and Friends April 2025

Welcome to my April newsletter and as usual I hope that now that the days are getting warmer my current newsletter letter finds you all well and please remember to be careful on April 1st and don't get caught out on April fool's day.

At our March meeting Karen introduced a very welcome guest Mari Fantoccia cardiac rehab physio leader at Queens and King Georges hospitals, Mari was invited to give the group an outline of why the rehab group exists for the benefit of members of the King of Hearts and many sufferers with heart problems. I would like to thank Mari for her talk, I have known her for many years as chairman of the group and I appreciate her support for what the club represents in the community, well done Mari.

At our April meeting apart from the AGM Karen has arranged that Mr Nigel Colman will be taking the role of Winston Churchill in a one man play which might prove to be extremely entertaining for the group members. As Karen is having a cardiac ablation on the 8th April she has sent me an apology for not being at the April meeting, so on behalf of you all I am sending her our best wishes. Karen you will be sorely missed at the meeting.

I would like to thank the committee and the group members for making the March meeting a success our good friends Alan and Angela were still not well enough to be present so on your behalf I would like to wish them well.

I would like to get the AGM meeting promptly completed as Karen has arranged for Mr Colman to start his talk at approximately 2.30. I look forward seeing you all at our April 9th meeting, I would also like to remind the group that our meetings start at 2pm, best wishes and stay safe.

Henry Phillips Chairman

On The Indignities of Age.

At some time after 1955, when Sir Winston Churchill was in his eighties and had ceded the premiership to Eden, but remained a Member of Parliament, the politician was sitting in an armchair in the member's bar of the House of Commons. He was alone. Three young Tory MPs entered and, and failing to see the old boy slouched in his armchair, began to chatter loudly. It soon became clear that the Member of Epping was the subject of their talk.
You know, one remarked, 'It's very sad about old Winston. He's getting awfully forgetful. `
Shams aren't it? Said another. `He's very doddery now, I gather`
`Not only that', added the third but Iven heard that he's going a bit-you know-gaga`
Yes rumbled a deep voice from a nearby armchair, and they say he's getting terribly deaf, as well.

Story Method.

Although it is possible to remember lists of words using association only, it is more helpful to fit the associations into a story, otherwise forgetting just one association you can lose the whole of the rest of the list.
The story method, in which images are linked together as part of the whole story, makes it easier to remember the order of events and it can help to improve your ability to remember information if you forgot the sequence of images,\it can be a lot of fun as well, so get your thinking caps on.

Taken From Book of Senior Moments