KING OF HEARTS

Newsletter

July 2026 Cardiac Support Group

The Committee

Dr. Andrew Deaner President
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
July 8th Chantelle District Nurse

Dear Members and Friends July 2026

Welcome to my July newsletter which I hope finds you all well, and still enjoying the warm weather.

At our June meeting Karen's invited community nurse was unable to be present however I am pleased to report that at our July meeting Chantelle who is a district nurse will give the group a talk on her daily routine as a community nurse I for one will find what she tells us very interesting as in the past I needed to rely on the district nurses who cared for my dear wife long may they be available. In the absence of our June speaker Karen stepped in and gave us a very interesting explanation of the various medications which are available for patients with heart problems.

On the 1st July I was invited to my great grand children's school as they were having a WW2 Evacuees day so having been an evacuee I found myself surrounded by all these children dressed up as if they were back in the day, the talk I gave about my experience turned out to be very emotional for me as this was about what happened to me and my brother in 1940 – 1945. I am still an old softy at heart

I would like to thank all the committee members especially Sylvia and Richard for making and serving the liquid refreshments. I am looking forward seeing you all at our July 8th 2026 meeting, wishing you all my best wishes, stay well and safe.

Henry Phillips Chairman

Silver Linings.

You're eighty-six years old. You smoke ten cigars a day, drink five martinis a day, and surround yourself with beautiful women. What does your doctor say about all this?
Good things about being the Oldest Person in the world. You make the Guinness World Records without doing a thing, at your 100th high school reunion you've got the buffet all to yourself .you don't need denture cleaner-you can just call the grandchildren and borrow theirs, you can suck hit a golf ball and still hit your age, you can also smoke all damn please.
I love having the freedom to do what I want, when I want and not care a darn what anyone else thinks. Like the old lady in Jenny Josephs poem. I shall spend my pension on brandy and summer gloves, and no one can stop me.
The happiness of finding idleness a duty. No more opinions, no more politics, no more practical tasks.

Junk Food.

Just because you either a)forgot to buy anything for dinner, or b) successfully located the shopping list, found the supermarket and returned with your shopping and returned with your shopping bags, only to burn your meal, there is no excuse for buying and consuming junk food and then pretending that its good for you.
Junk food contains unnaturally high levels of sugar, thus causing enormous fluctuations in our blood sugar levels, leading to loss of concentration and increased irritability. The high levels of sugar also tends to cause short bursts of energy followed by long periods of lethargy, while the high fat content of most junk food can cause clogging of the arteries and reduce the flow of blood to the brain.

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