



## **L.V.A.D. And You**

### **LVAD And You December 2019**

**Welcome to the LVAD And You First Edition Newsletter for December 2019. We will have a monthly newsletter and will ensure that you can download it from either our website or our facebook group. Each month we will bring you Carrie's Corner where she will announce news from our sponsors, any new sponsors and will announce the winner of the previous months' drawing. We will have Rickey's Round Table where he will announce events that LVAD And You will be a part of, new product items to help improve your quality of life and will take selected questions sent to our email address [lvadandyou@gmail.com](mailto:lvadandyou@gmail.com). We will also feature a story from a VAD Recipient or Care-Giver to share with everyone.**

**Finally we wish to extend our sincere gratitude to our amazing sponsors who have made all of this possible: Thank You to Creative Mugs And More, Graystone CCW, Stashbandz and The Paul Parent Garden Club Radio Program. Thank you to our incredibly dedicated team to constantly demonstrating our mission: "We Exist To Help!"**

## **Carries Corner**

**Congratulations to Bobbi Johnston for winning the November drawing . On Dec 29th a live drawing will commence at 6 pm . A big shout out to all the December Birthdays . Many more blessings to you all . Please check out Creative Mugs and More for your VAD Tag as well as other VAD items available to order . To all the caregivers you are important as well and remember to take time out for yourselves. We also have a new feature soon: A live video streaming service called Zoom. This will enable us to hold conversations live with one another.**

## **Rickey's Round Table**

**Welcome to our first newsletter for LVAD And You. We are excited to bring you news about our sponsors, new and innovative products available and support for Vad Recipients & their Care-Givers. We always welcome any suggestions to improve our newsletter and website so that both provide the information and support all of us need.**

**A new product I would like to announce this month is the Graystone VAD Shirt. All of us here at LVAD And You have worked diligently with the owners of this amazing company and are pleased to announce that their new VAD shirt will be available after the first of the year. The price point will be affordable for everyone. Again on behalf of Elizabeth at Graystoneccw, we thank you for all you do for us!**

**I would like to extend my heartfelt appreciation to Carrie, whom is our Administrator and soon will be in charge of our organization, we are so lucky and fortunate to have her on board with us.**

**We have Pastor Carroll Glasscock as an Administrator whom is in charge of those seeking spiritual guidance as well as Prayer Tuesdays with him. All you have to do is private message him for prayers and or your spiritual needs.**

**Finally to the rest of our Administrators, I want to say thank you for helping us make this organization the success it has become!**

# From The Chef's Kitchen

## Grilled Caesar Chicken Salad

### Ingredients:

3 Lbs Grilled Chicken Breast diced  
1 Onion diced  
4 Celery Stalks diced  
3 Bell Peppers diced  
1 Cucumber seeded & diced  
1 Cup Halved Cherry Tomatoes  
Fresh Chopped Basil  
1 Cup Mozzarella Cheese shredded or cubed  
1 Cup Parmesan Cheese  
1 Cup Caesar Vinaigrette or Deli Vinaigrette Dressing

In a large bowl combine all ingredients, chill 2 – 3 hours serve chilled or room temperature.

**“Enjoy The Little Things, For One Day You May Look Back  
And Realize They Were The Big Things!”  
-Robert Brault**

**To All Of You, From All Of Us At LVAD And You  
We Wish You a very Happy & Safe Holiday Season!**

