



Rickey's Roundtable

On December 21, 2019 4 Administrators from our group held a fund-raiser at a Christmas party in Roxboro, NC. There was a huge turn out and we were able to sell candy bars at the event. Our Hostess was Bettie Jackson and it was held at her venue Southern Treasures. Carrie & Tom were both able to speak with the Director of Tourism as well as the President of the Chamber of Commerce in an attempt to

discuss additional fund-raisers as well as getting the word out about VADs. Both the Chamber and Tourism offices now have LVAD And You brochures to distribute through out the community.

Carrie and Tom printed LVAD And You labels with our logo on them to wrap the candy bars in. I made white & dark chocolate bark which we also sold to raise funds. These funds are to assist us in assisting others with items to make life easier and more mobile. As many of you are aware, Carrie has worked diligently to bring a

Give-Away drawing every month, without her help we would not be able to hold a drawing, so Carrie, thank you so very much for helping to allow others to be more mobile and to feel better about themselves through the giving a VAD Shirt, Stash Bandz and a VAD Tag!

It is our hope that within the next 8 weeks we will have incorporated LVAD And You into a non-profit. Currently we have a lot going on and need to focus and getting things in order before we can thrust ourselves into putting the non-profit together.

I want to say thank you to our LVAD And You family for making the website, facebook page and you tube channel a huge success! As we take on the New Year please remember that a smile is free, and many times just a smile to someone you know or may not know will make all the difference! Now, go take on the New Year.
R.E.

From The Chef's Kitchen



Hearty Beef Stew

Ingredients:

2 Lbs. Cubed Beef
1 Onion Roughly Chopped
1 Bunch Celery Stalk Roughly Chopped
1 Bunch Carrots Roughly Chopped
5 Potatoes Quartered
2 Packages Instant Beef Gravy
2 Cups Beef Broth
Place all ingredients in a large slow cooker, making sure all vegetables and meat are coated. Place on low for 8 hours!



Facebook Give-Away Winners Are:

November 2019 - Wendy Connick
Lake Helen, FL

December 2019 - Becky Rierson
Rose Hill, KS

Carrie's Corner

Happy New Year! Let's welcome this new year with some great announcements.

The Facebook Give-Away will be held at 6pm on Friday January 31st. Good luck to all and be sure to register for each monthly drawing.

Happy Birthday to all of you celebrating another milestone this month. If you would like to email your birthday to us along with your VAD implant date we can share this on next month's newsletter.

Great news to VADers. LVAD And You has been working with Graystone CCW to help create a shirt specifically designed for LVADers. We hope that this newly designed shirt will allow proper function for the battery support along with a comfortable fit. This is still in design test and we hope to have more details next month.

What's coming... A new way to get together. Let me say that I have been testing an online video conferencing app that allows any and all of us to get together and talk with the option of us putting a name to a voice and a voice to a face. Please sign up on our webpage to receive this monthly newsletter so I can send you the details of this new app via email.
C.F.

Larson's Journey

Appreciate where you are in your journey, even if it's not where you want to be.

September 28th 2018 will be the day that changed my life forever. I went to work just like any normal day and half way through the day I started to feel like the flu was coming on so I went home and slept . I woke up and couldn't breath so we went to the ER and it turns out that I was having a massive cardiac event. I woke up three days later in the ICU with Fred Flintstone feet. Holy cow I'm five months from retirement and they're saying I have two weeks to live. I can't die, there's too many things I want to do after retirement.

So they sent me to abbott hospital and on 11\2 they installed this thing called an LVAD. Three days later I woke up with a long scar, seven tubes in my chest and people staring at me. What the heck just happened, I felt like someone left their elephant on my

chest. One week later the chest tubes came out and the water weight finally left. I was standing and walking for the first time in seven weeks. I was going home. I was alive and would never take it for granted again. Starting cardiac rehab was the hardest step along the journey. The first day I couldn't make it around the track without help, but watching myself get stronger every day is amazing. I still go to rehab center five days a week. Thirteen months into my new life the micro farm is started and have been paying it forward by showing fire/ems personnel how the lvad works and what to do, and of course loving retirement. *L.L.*



Prayer Tuesday

Feel free to message Pastor Glasscock through Facebook Messenger anytime you need spiritual guidance.

²I will say of the LORD, *He is* my refuge and my fortress: my God; in him will I trust. ³Surely he shall deliver thee from the snare of the fowler, *and* from the noisome pestilence. ⁴He shall cover thee with his feathers, and under his wings shalt thou trust: his truth *shall be thy* shield and buckler.

⁵**Thou shalt not be afraid for the terror by night; *nor* for the arrow *that* flieth by day;** ⁶*Nor* for the pestilence *that* walketh in darkness; *nor* for the destruction *that* wasteth at noonday. ⁷A thousand shall fall at thy side, and ten thousand at thy right hand; *but* it shall not come nigh thee.

Psalms 91:2-7

A Word Of Thanks...

To each and every one of you that makes this group what it is.

Together we can make this journey we are on a better ride.

“We Exist To Help!

Member Comments Q&A

If you have a comment to make or have a specific question please send us an email from our Contact Us page on our website.