



Encourager of Hearts - Volunteer of the Month

Resource: Cherokee Tribune

Cherokee County Poll Manager, Doug Steingraber, was in the February 25th edition of the Cherokee Tribune for being honored as Cherokee FOCUS Volunteer of the Month for February for his work with a national organization called Mended Hearts, which is affiliated with the American Heart Association.

Steingraber, 66, uses his own experience following heart attacks (in the fall of 2002 and about two years later) to bring hope to others hospitalized with heart problems. After his first heart attack, he attended Mended Hearts meetings and thought so much of the work they do, he is now President of the Atlanta Chapter (Chapter 81). He is quoted as saying, “You feel so bad and depressed after something like this has happened to you. We help patients by encouraging them and showing them that you can still have a good life after heart disease.”

Mended Hearts “offers services to heart patients through visiting programs, support group meetings and educational forums.”

Doug is a member of Hillside United Methodist Church, where he serves as Lay Speaker and also on the Council of Ministries. In addition, he serves on the Wellstar Foundation Board and is a member of the Marietta Kiwanis. He is the Poll Manager of the Hillside Precinct.