



MATTERS OF THE *Heart*

Georgia's Family Caregiving Magazine



Special Souvenir Issue

5th Anniversary Collection

ISSN 2832-2401



9 772832 240108



MATTERS OF THE HEART Magazine

Established 2020

1114 GA Highway 96 • Suite C-1, #177 • Kathleen, GA 31047
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National Caregivers Network, Magazine Subscription,

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Welcome To The 5th Anniversary Matters of The Heart Magazine 2025 Special Issue!

This 2025 Collection of Matters of The Heart Magazine Celebrates 5 Years of Excellence, marking a period of innovation and success in social media free online publishing!



Shirley Morman
Editor-In-Chief

From its humble beginnings in Georgia, Matters of The Heart Magazine has grown into a beacon for humanity seeking connection, education, wisdom, and truth. Our story is one of vision, perseverance, and unwavering belief in the transformative power of sharing our passions, hearts, professional backgrounds, knowledge, and experience. Matters of The Heart Magazine stands as a tribute to the enduring importance of matters of the heart-for individuals, families, and communities everywhere.

Matters of The Heart Magazine has influenced a new generation of readers. Its archives serve as a living record of societal change, family transitions and life stages. Today, Matters of The Heart Magazine remains a beloved and enduring presence. Its legacy is evident in the pages of articles published, the communities served, and the lives it has touched. Quarterly issues and themed issues became a hallmark of the Magazine. Each of our topics deeply resonated with true life events. Over the years our online reach extended beyond the Georgia borders. The editorial team expanded, welcoming new contributors whose diverse backgrounds enriched the Magazine's content.

The Magazine contributing writers-an eclectic group of writers, educators, psychologists, healthcare career professionals and scientists-sought to create content that transcended the conventional boundaries of health and health education magazines. Their ambition was not merely to chronicle traditional focus on humanity matters, health education and feel-good subjects, but rather to initiate meaningful conversations and discussions about the emotional complexities inherent in human existence and relationships, As the Magazine's founder, editor, and publisher, I was driven by a desire to address the "heart"-not merely as the seat of emotion, but as the nexus of the human experience. My vision was to provide a platform where humanity could explore topics where personal and family life matters would be addressed and shared openly and comprehensively, fostering a sense of community and understanding among readers about their real-life matters.

As we reflect on our journey, we are filled with gratitude for our writers, readers and community who have made our pages come to life. Your engagement has been the heartbeat of this publication, and it is your passion that fuels our own. With our legacy built on your support, we Thank You for your loyal readership.

Shirley Morman

Editor-In-Chief





"Reaching From The Heart"

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Inspiring Healthy Living



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Summer 2024

Issue No. 15 | Commitment



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SONS The Call, The Duty, The Joy

James Howard Lewis, II



SYNERGY HomeCare of Richmond, Virginia

Matthew J. Enderle-Owner

Duty Nurse-Lydia , Caregiver-Katina

CEO-Beth Pollard (Not Pictured)

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By
Dr. Cori Cooper

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The Importance of Clinical Trials



Doc Wilson, J.D., Ph.D.

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Wound Healing:

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Article and Photos Provided By
Kimberly N. Carr, Ph.D, MPH

John Goode's legacy, pictured at the 20th
Annual Commemoration of the
May 16th, 1997 Presidential Apology of
the USPHS Syphilis Study at Tuskegee,
Tuskegee University



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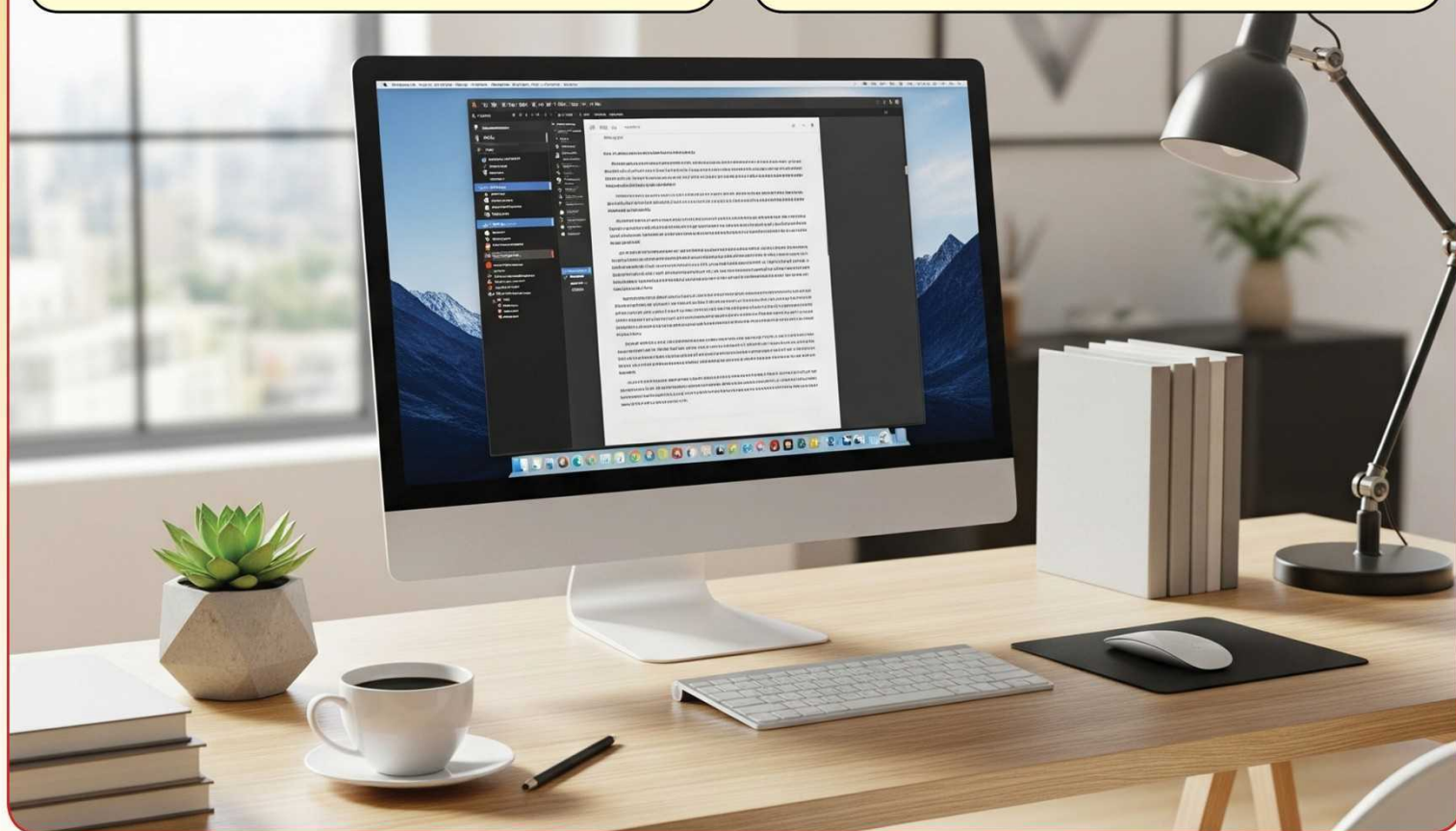
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Issue: March 2021 - Matters Of The Heart Magazine

THIS ISSUE: What Is A Consultant Pharmacist And How Is It Different Than A Retail Pharmacist. • Becoming Healthy and Whole...One Simple Change! • A Note To The Caregiver Who Starts Caring For A Loved One • Listen To The Lambs, Part 2 • Keep it Moving To Promote A Healthy Lifestyle • Alzheimer's: Little-Known Facts Versus Fiction • 4 Proven Ways You Can Feel Happier Later In Life



Issue: June 2021 - Matters Of The Heart Magazine

THIS ISSUE: DIABETES & The EPIDEMIC in Type 2 Diabetes • Becoming Healthy, Wealthy, and Wise: My Journey • The Changing Population of Long-Term Care • YOU ARE NOT IN THIS ALONE! Overcoming Obstacles: A Short Autobiography • Strengthening Relationships in Caregiving - Listen To The Lambs, Part 3 • Managing Health Care Costs in Retirement • Living Out Your God-Given Purpose • Digital Connect Care System Post-COVID19 Pandemic • Get the Men in Your Life to the Doctor for Check-Ups • The Value of Precious Memories Through The Years



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THIS ISSUE: What REALLY is Great Mental Health? & How to Get It! • THE HEART - Leading & Strengthening Relationships • Vaccinations and The Older Adult • Why Thoughtful Legacy Planning is Important For Black Business Owners • Becoming Whole Food Rich: Sounding the Alarm! • How Do I Select a Good Long-Term Healthcare Community for My Loved One? (Part 2)

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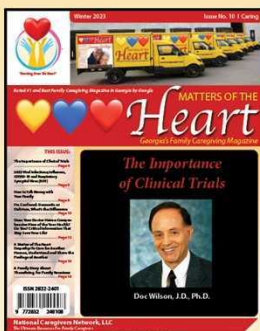
Issue: Summer 2022 - Matters Of The Heart Magazine

THIS ISSUE: A Family Caregiver Concept - The Face Of Dementia: Speech at The Georgia National Memory Walk (2009) By: Aytch Wooden, Former Caregiver • Satiating Salads in a Jar! One Simple Change Toward Becoming a Healthier, Wealthier, & Wiser Community Together! • Could You Be Diabetic & NOT Know It? • Learn To Love The Seniors In Your Life • RELATIONSHIPS: The Caregiving Romance Blossoming From Relationships To Partnerships • Post-COVID-19 Syndrome: (Also Known As LongCOVID-19, Post-Acute COVID Syndrome) • If God be for us, then not only who, but what can be against us?



Issue: September 2022 - Matters Of The Heart Magazine

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