



About Mended Hearts

Mended Hearts is a national non-profit organization made up of and serving people with heart disease and their loved ones. Mended Hearts welcomes anyone who is interested in learning more about heart disease.

Supported by a national office, 280 local chapters actively serve across the United States and Canada. The network is made up of heart patients, family members, caregivers and health care professionals who provide information and support to recovering patients and their families during hospital visits, by telephone, through group meetings and via the Internet.

Hartford Heartline

Volume XXXXVII- Issue 13 - April, 2016

The Mended Hearts, Inc.

Chartered 1977 - Greater Hartford - Chapter 9

"It's Great to be Alive - and to help Others"

Mended Hearts Chapter 9 will be excited to see all of you at our upcoming meetings. Both patients and caregivers, and interested parties are welcome to attend, FREE, with no commitment to join our organization. We have interesting speakers and refreshments. Please join us for an upcoming meeting in the Community Room on Main Floor

Goodwin College 245 Riverside Drive, East Hartford, CT

Next Meeting:

April 20, 2016 7:00 p.m.

Speaker: Dr. Brett Nowlan, Cardiologist

Topic: Advanced Lipid Testing

Refreshments: Bob Hoffman and Walter Kovaciny

(NOTE: LOCATION AND DRIVING DIRECTIONS, See Page 7)



President's Message

**To the Members, Caregivers, and Friends of Mended Hearts, Chapter 9
Greater Hartford, Connecticut**

Greetings to All,

After thinking of what to write for this month, I decided to start with several "Thank You's" and a reminder.

Thanks to all the members that are not getting the *Hartford Heartline* via e-mail. This is a money and resource win all around. From needing less mailing labels printed to less newsletters being processed. Also saving postage with getting an electronic copy.

Thanks to John Klimczak and Priscilla Soucy for designing a game similar to the television show "Family Feud" as entertainment at the March 2016 meeting when a speaker wasn't available. There may be a similar version of the game for our annual banquet that will be held on June 15th at the Wampanoag Country Club.

A "Thanks", (slightly in advance) to the members that have been saving their spare change for the Chapter 9 Open Heart Camp. The member that brings in the heaviest one gallon Ziploc bag filled with loose change will win two tickets to a Red Sox game. The tickets have been donated by John Klimczak. John will chauffeur the winners to the game and back via his personal vehicle. The funds will sponsor the scholarship fund at Camp Madden. The funds collected via our piggybank Mandy Hart will also be used for Camp Madden.

Remember the chapter is only as good as all the members make it. Having a large attendance at our monthly meeting is welcome. Also, with the upcoming banquet on June 15th, please send your reservations in early rather than the last minute. Chairman Dunn and the Board of Directors appreciate early reservations.

Heartfully,

Walter H. Kovaciny, President

Mended Hearts Chapter 9 Info

Chapter 9 OFFICERS 2015-2017

President

Walter H. Kovaciny

237 Old Springfield Road
Stafford Springs, CT 06076
860-684-7247

Email: walterkovaciny@cox.net

Vice-President

John A. Dunn

15 Strawberry Hill
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860-688-5489

Email: jjhmdunn@msn.com

Secretary

Robert Hoffman

25 Lovelace Drive
West Hartford, CT 06117
860-232-8417

Email: vrome@att.net

Treasurer

Steve Livingston

501 Dzen Way
South Windsor, CT 06074
860-644-4250

Email: stevlivingston@cox.net

Assistant Regional Director

Priscilla Soucy

98 Highview Street
East Hartford, CT 06108
860-289-7422

Email: priscillaanns@att.net

Schedule of Future Monthly Meetings

April 20 , 2016

May 18, 2016

All Meetings start at 7:00pm

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Save the Date: June 15, 2016

Mended Hearts Chapter 9 Banquet

(More Details to follow)

Mended Hearts volunteers offer peer-to-peer support to patients, family members and caregivers via:

- **Hospital Visiting – In person visit from a Mended Hearts volunteer**
- **Phone Visiting – Calling to provide a word of encouragement**

Our mission is to “inspire hope in heart disease patients and their families.”

CHAIRPERSONS - 2014-2016

Visiting Chairman – Hartford Hospital

John Dunn 860-688-5489

Visiting Chairman - St. Francis Hospital:

Bob Hoffman 860-232-8417

Visiting Trainer - All Hospitals:

Priscilla Soucy 860-289-7422

Program Co-Chairman:

Steve Livingston 860-644-4250

Program Co-Chairman:

Priscilla Soucy 860-289-7422

Official Greeter:

Dolly Goldfarb 860-523-5761

Corresponding Secretary:

Carolyn Kolwicz 860-872-0296

Refreshments:

Bonnie Morassini 860-635-2920

Newsletter Editor:

Priscilla Soucy 860-289-7422

Newsletter Distribution & Mailing:

John & Joan Dunn 860-688-5489

Webmaster:

John Klimczak 860-313-0246

E-Mail: jklimczak@sbcglobal.net

Enjoy the Newsletter in color on our website!

<http://mendedheartsCT.org>

Here's a link to the
National Mended Hearts Website:

<http://mendedhearts.org>

ENLARGED HEART

An enlarged heart (cardiomegaly) isn't a disease, but rather a symptom of another condition.

The term "cardiomegaly" most commonly refers to an enlarged heart seen on a chest X-ray. Other tests are then needed to diagnose the condition causing your enlarged heart.

You may develop an enlarged heart temporarily because of a stress of your body, such as pregnancy, or because of a medical condition, such as the weakening of the heart muscle, coronary artery disease, heart valve problems or abnormal heart rhythms.

An enlarged heart may be treatable by correcting the cause. Treatment for an enlarged heart can include medications, medical procedures or surgery.

Symptoms

In some people, an enlarged heart causes no signs or symptoms. Others may have these signs and symptoms:

Shortness of breath. Abnormal heart rhythm (arrhythmia). Swelling (edema)

An enlarged heart is easier to treat when it's detected early, so talk to your doctor if you have concerns about your heart.

Seek emergency medical care if you have any of these signs and symptoms, which may mean you're having a heart attack.

- Chest pain
- Severe shortness of breath
- Fainting
- Cardiac arrest and sudden death

Complications of enlarged heart can include:

- Heart Failure
- Blood Clots
- Heart Murmur
- Cardiac arrest and sudden death

ENLARGED HEART (cont'd)

Risk Factors

- High blood pressure.
- A family history of enlarged hearts or cardiomyopathy.
- Blocked arteries in the your heart (coronary artery disease)
- Congenital heart disease.
- Valvular heart disease.
- Heart attack.

Source: Mayo Clinic

TELEMEDICINE FOR VISION SCREENING

People with diabetes should be screened for diabetic retinopathy once a year, but most are not. A new study was reported in JAMA Ophthalmology shows that using telemedicine can greatly increase screening rates.

A primary care physician takes photos of a patient's eyes with a special camera and uploads the images to be evaluated by an eye professional.

Source: Pages

TRACKING VEGETABLE TRENDS

Nutritionists at Tufts University say that, although American farmers, who are responsible for four-fifth of the vegetables we eat, produced 5 percent more last year, American consumers aren't eating more vegetables.

A US Department of Agriculture report says vegetable consumption was about the same last year as the year before. The report did reveal a few encouraging shifts in consumption. There was a small decline in the popularity of fresh white potatoes and processed potatoes, iceberg lettuce and sweet corn.

Among the more nutritious vegetables trending up are Romaine lettuce, sweet potatoes, cauliflower, carrots, asparagus and artichokes.

Source: Pages

ATLANTA AIRPORT INSTALLS CPR TRAINING KIOSK

An unusual new kiosk at Hartsfield-Jackson International Airport offers two-minute training on CPR, aimed at helping increase the chance of survival for people who suffer cardiac arrest.

The interactive kiosk, shows a how-to video on “hands-only CPR.” It includes a mannequin torso for practice compressions to the beat of the Bee Gees ‘Stayin Alive.’ The kiosk gives feedback about the proper hand placement and the rate and depth of compressions.

Blue Cross and Blue Shield of Georgia president Jeff Fusile said about 3 million people in the United States have been trained in hands-only CPR-or about 1 out of 100 people. Nearly 400,000 people suffer out-of-hospital cardiac arrest each year in the United States, according to the American Heart Association.

“It’s important to bridge the gap between the moment when someone collapses and when medical help arrives,” Herman Taylor, a board member with the American Heart Association said, “Those early moments we’ve got to have someone step up and step in, and this tool can help us do that.”

Hartsfield-Jackson is one of several airports getting a hands-only CPR kiosk, along with Baltimore-Washington International, Chicago O’Hare, Indianapolis and Las Vegas Mccarran.

The Atlanta airport also has more than 400 automated external defibrillator machines stationed throughout the terminal and concourses, in vehicles and in other buildings.

“Within 100 feet of any locations you are at the airport, you’re going to find an AED,” said Atlanta Fire Rescue’s assistant chief of airport operations Antonio Webb.

Source: Atlanta Airport Blog

MODERN-DAY FLORENCE NIGHTINGALES NUMBER IN THE MILLIONS

Most Americans agree that a nurse has played an important role in their life on several occasions. The nurse may work in a doctor's office, a school, a hospital or a nursing home. Some provide private care in a patients home. Each is honored for a plethora of reasons: a caring nature, empathy, selflessness, dependability, honesty, trustworthiness and commitment.

May 6 is designated National Nurses Day and Nurses "Week extends through May 12th, Florence Nightingales's birthday. Millions will honor those who followed in her footsteps and regard her as their role model.

There are currently 3,130,000 Registered Nurses (RN's) in the United States and 836,000 Licensed Practical Nurses (LPN's) according to 2016 Kaiser Family Foundation research. For 14 straight years, the public has ranked nursing as the top profession for honesty and ethical standards, according to Gallup.

Source: Pages



Participants discuss potential answers during the Mended Hearts rendition of the “Family Feud” game played during the March Chapter 9 meeting. (Seated in the front, left to right, Walter Kovaciny, Bob Hoffman, John Dunn. Seated in the rear, left to right, Marion Conklin, Sue Livingston)

General Interest Information

YEAH, DO LAUNDRY LIKE A MAN

In a fundamental shift, more men are doing laundry. Marketers are adapting washers and soap formulas for those who won't sort.

Whirlpool added a cycle to keep colors from mixing because the guys don't sort. According to The Wall Street Journal, Hero Clean detergent is geared for days-old stains because men tend to leave dirty clothes sit around.

Men and women do laundry differently, but the difference is particularly stark with men, age 18 to 34, with 67 percent saying they were "mainly responsible" for the laundry, up from 44 percent in 2013. Nearly 60 percent of men, age 35 to 54 are doing laundry. Among men 55 and older, just 35 claimed laundry responsibility in the survey.

Proctor and Gamble, the largest detergent maker in the U.S., has stopped using the word "she" in its internal discussions. P&G vice president Sundar Raman of P&G's North American fabric care unit, says because habits change they now talk about him and her.

In its ads, the company deliberately portrays men as confident launderers. It's online video campaign for Tidepods features NFL stars and other athletes who are on the short side along with a "Small but powerful" slogan.

Source: Pages

ADULTS LIKE SCOOTERS

Some call them basic for multigenerational play, but adult scooter riders say the kick and steer action is a great workout and a great way to travel various distances with their children.

One dad didn't start with that in mind. The 34-year-old used his 6-year-old daughter's scooter to keep up with the kids who were learning to ride bicycles. He eventually bought an adult-size Razor model. Now he uses it to ride with them to the park, several blocks away, or to visit their uncle.

Distributors for the Swiss-made adult Micro Kickboard say they now sell 14 models, up from six models five years ago. They currently have six models for children, ranging from \$80 to \$160.

Microkickboard.com has a wide selection of adult scooters for about \$170 each.

Source: Pages

LOUISVILLE DERBY FESTIVAL NOT JUST ABOUT HORSES

Although the Kentucky Derby thoroughbred race attracts fans from around the globe, so does Louisville's Derby Festival, which precedes the two-minute race with two weeks of unique, fun, exciting events and is considered one of the foremost of its kind in the world

The festival begins on April 14 and ends when the winning Derby horse is draped with a garland of 400 red roses on May 7.

While the race draws 155,000 ticketed fans, the festival is attended by 1.5 million, thousands from other states and countries.

The festival features one of the nation's largest fireworks extravaganzas, nonstop concerts showcasing stars of every musical genre, marathons, several sports competitions, hot-air balloon events, live-bed racing and the Great Steamboat Race that pits historic paddle-wheeler on the mighty Ohio River.

What's a party without food? Festival attendees can buy everything from soup to nuts a corndog at the Chow Wagon, ethnic foods at Kroger's Fest-a-Ville, and then visit a local wine-tasting at WineFest.

Best of all? Two-thirds of the festival's 70 events are free, making them family friendly. And this year, they will flock to the festival's oldest founding event, the Pegasus Parade, on Thursday May 5. Jordan Smith, newest winner of The Voice and a Kentucky native who skyrocketed to fame, will serve as Grand Marshal.

The parade's theme, Fun for the Arts, serves as design inspiration for the floats and musical selections of the marching bands. And brings an estimated impact of \$22 million to the local economy.

Source: Pages



"Game Time" at the Mended Hearts Chapter 9 March Meeting

General Interest Information/ Fun Stuff

UPDATE ON SPRINGFIELD, MA "OFFICIAL CHAPTER"

Their meetings take place at **BAYSTATE MEDICAL CENTER CARDIAC REHAB.** at **3300 Main St., Springfield, MA on the 1st floor – Community Room at 7:00 PM.** They meet the 1st Monday of the month.

Mended Hearts has a visiting program where visitors see heart patients Pre-op and Post-op. in the hospital and we will start the visiting program at Baystate. Dennis Badger is currently a visitor at Hartford Hospital and he will be the coordinator for this soon-to-be chapter. He can be reached at 413-783-7368. They will have their own officers as soon as we have the Charter for this new chapter.

SURGIVERSARIES

APRIL – 2016	YEARS
David Fishman	24
Cynthia Peters	18
Joyce Bogdan	9
Lowell Waldo	7
Ray Oliver	1

ANGIOPLASTY

John Olsen	2
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APRIL 7 IS NATIONAL BEER DAY

This is a celebration of the Cullen-Harrison Act being signed into law by President Franklin D. Roosevelt on March 23, 1933. The Act brought an end to the national prohibition of alcohol in the United States.

The law went into effect on April 7 of that year, allowing people to buy, sell and drink beer again as long as it was just 3.2 percent alcohol.

People across the country responded by gathering outside breweries. On that first day, 1.5 million barrels of beer were sold, inspiring the future holiday. Today April 7 is recognized as National Beer Day and April 6 is known as New Beer's Eve.

The act is also the 21st Amendment to the U.S. Constitution. It repealed the 18th Amendment, which prohibited the sale of alcohol in America.

Source: Pages

FUNSTUFF

WELCOME!

A man wrote a letter to a small hotel asking if he could bring his dog and keep him in his room. The manager's reply letter said:

"In all the years I've had this hotel, I've never had a dog steal towels, sheets, silverware or pictures from the wall. I never had to evict one at night for being drunk and disorderly. And I've never had a dog run out on a hotel bill."

"Yes, your dog is welcome, and if your dog will vouch for you, you're welcome to stay here too."

Source: Pages

SAVED

A preacher holding baptisms at a lake saw a drunk come forward. After ducking him under the water, the preacher asked, "Have you found Jesus?"

The drunk gasped, "Are you sure this is where he fell in?"

Source: Pages

QUOTES

"I don't know how an oath becomes meaningful unless you have faith. Because at the end you say 'So help me God,' and a promise to God is different from a promise to anyone else."

Clarence Thomas, Supreme Court Justice

"Work separates us from three evils: boredom, vice and need."

Voltaire, 18th Century poet and philosopher

Attention:

In an effort to control costs, the Chapter is requesting anyone who is interested in receiving this newsletter via email as opposed to Postal Mail to please provide your email address to John Klimczak at jklimczak@sbcglobal.net

Thank you!

General Interest Information

NOTICE TO VISITORS

When you acquire names of patients, caregivers, or others that want to receive our newsletter, please e-mail John Dunn [Email: jjhmdunn@msn.com](mailto:jjhmdunn@msn.com)

John is doing the 3-month mailing list for us and does a great job keeping them updated.

NEW READERS

Newly visited patients, their caregivers, and others who have requested our newsletter will receive copies for three months. It is our way of keeping in touch with you. Hope and encouragement are offered by members who are living proof that people with heart disease can continue to lead full and productive lives. We hope as you recover you will be able to attend our meetings and want to become a member, or as family members, and join us in helping others.

STOP!!

Please don't throw this newsletter away. When you have finished reading it, why not pass it along to others. You could drop it off in your doctor's office or give it to a friend or relative. This way more people will get the Mended Hearts message, and know who and what we are.

CAUTION!

Hartford Heartline, is written for the education and information of the members of Mended Hearts and all those concerned with heart health. It is **not** intended as a substitute for the advice of your physician. Always check with your physician or cardiologist regarding any questions you may have about your condition.

MANDY HEART

Mandy Hart, our **SPECIAL piggy bank** for donations for the **Madden Open Hearts Camp**, has a balance of **\$255.73**

We thank everyone for their continued generosity!

The Infamous "Mandy Heart" Piggy Bank



MEETING LOCATION

Our meeting location which will be at:
Goodwin College - Community Room
245 Riverside Drive
East Hartford, CT
April 20, 2016 – 7:00 PM

Note: Using above address in your GPS gets you to correct building.

Parking is available at the front entrance to the building and also on the left side of the street there is a well lit parking lot.

Directions: (From 1-84 East, in Hartford)

Take Route 2 East

Take Exit 5 to Willow St / Riverside Drive

Don't go onto Willow St – Stay to the right onto Riverside Drive

Go almost to the end of the road and Goodwin College (the main building will be on the right.)

Or: Go to Main St., East Hartford...heading South. Willow Street is opposite the main entrance to Pratt & Whitney. Monroe Mufflers is on corner.

Turn right.

Turn left at the end of Willow Street onto Riverside Drive.

Go almost to the end of the road and Goodwin College (the main building) will be on the right.

One Last Reminder!

Bring your Spare Coins put them in a 1 Gallon ZipLock Plastic Bag and bring it to our April 20th 2016 Meeting to win a pair of Boston Red Sox tickets for the

Sunday, May 22, 2016 baseball game at Fenway Park, Boston, MA

Heaviest One Gallon Ziplock Bag of Coins wins the pair of Red Sox Tickets!

All proceeds go the Madden Open Hearts Camp!

HOSPITAL VISITS

Hospital visits to St. Francis, and Hartford Hospital continued for Pre-Op, Post-Op, Cath Lab, and A-Fib patients

SUPER JOB VISITORS!

39th ANNIVERSARY Mended Hearts Chapter 9 Banquet

Wednesday, June 15, 2016, 6:30pm

WAMPANOAG COUNTRY CLUB

60 Wampanoag Drive --- West Hartford, CT.

www.wampanoagcc.com 860-236-1691

Members and Guests - \$28.00 per person - Drinks available from your table (Cash)

Hors D'oeuvres:

"Harvest Table" Selection beginning at 6:30pm; Dinner served at 7:00 pm;

Salad:

House salad Served with Balsamic Vinaigrette, Fresh Rolls and Butter

Entrees: Please choose one:

_____ Baked Salmon with Lemon Tomato Vinaigrette

_____ Chicken Marsala with Marsala Wine and Mushrooms

_____ Vegetable Lasagna with Garlic Bread

Entrees include:

Dry Baked Potato; Butter and Sour Cream available

Seasonal Vegetable

Dessert: Please choose one:

_____ Chocolate Mousse Cake

_____ Strawberry Short Cake

Coffee, Decaf and Herbal Tea Service Available

Please send completed form and check payable to: The Mended Hearts, Inc. - Chapter #9

and mail to:

John Dunn, 15 Strawberry Hill, Windsor, CT. 06095. (Please PRINT)

NAME(s): _____

ADDRESS: _____

CITY, STATE, ZIP CODE: _____

TELEPHONE: _____

E:MAIL: _____



The Mended Hearts, Inc.

National Office

Phone: (888) 432 - 7899

MEMBERSHIP APPLICATION

Member Information (please print or type)

Date: _____

Name (Mr./Mrs./Ms) _____ Chapter 9 Member-At-Large _____

Address (line 1) _____ Phone (_____) _____

Address (line 2) _____ Alt Phone (_____) _____

City _____ State _____ Zip _____ DOB _____ Retired: Yes No

Email Address _____ Occupation _____

Family member (must reside at same address): Preferred Contact: Phone Email Mail

(Mr./Mrs./Ms) _____ DOB _____ Email Address _____

May we contact you regarding local chapter opportunities? Yes No

Medical Information/Demographics (Optional - No application is denied based on medical information, age or race.)

Name of Heart Patient (1) _____

Name of Heart Patient (2) _____

Date of Surgery/Treatment _____

Date of Surgery/Treatment _____

Type of Surgery/Treatment _____

Type of Surgery/Treatment _____

- Angioplasty
- MI (Heart Attack)
- Aneurysm
- CABG (Bypass)
- (how many _____)
- Cath
- Atrial Septal Defect
- Pacemaker
- Transplant
- Stent
- AFib Arrhythmia
- Other Arrhythmia
- Valve Surgery
- Valve Transcath
- ICD (Defibrillator)
- R-VAD/L-VAD
- Other _____

- Angioplasty
- MI (heart attack)
- Aneurysm
- CABG (Bypass)
- (how many _____)
- Cath
- Atrial Septal Defect
- Pacemaker
- Transplant
- Stent
- AFib Arrhythmia
- Other Arrhythmia
- Valve Surgery
- Valve Transcath
- ICD (Defib)
- R-VAD/L-VAD
- Other _____

Many chapter newsletters include surgery/treatment anniversaries of members. Please indicate here if you are agreeable to having your name published in this way.

Many chapter newsletters include surgery/treatment anniversaries of members. Please indicate here if you are agreeable to having your name published in this way.

Yes No _____
Signature

Yes No _____
Signature

National Membership Dues: Includes subscription to *HEARTBEAT* and one insignia pin for an individual or two pins for a family membership (must reside in same household). Select type of membership and include chapter dues (unless you wish to become a member-at-large). National dues are tax deductible less \$10.00; Chapter and Lifetime Dues are 100% tax deductible.

National Dues Within United States

- Individual - Dues \$20.00
- Family - Dues \$30.00
- Life - Individual Dues \$150.00
- Life - Family Dues \$210.00

Chapter Dues

- Individual - Yearly Dues \$5.00
- Family - [No chapter 1st Year Dues] \$0.00 \$5.00 Renewal
- Life - Individual Dues \$40.00
- Life - Family Dues \$50.00

Dues Summary: National Dues \$ _____
Chapter Dues \$ _____
TOTAL \$ _____

I am Joining as a non-heart patient: Physician RN
 Health Admin Other Health Party Other Interested Party
I am not prepared to join. Enclosed is a contribution of \$ _____ to

(Chapter Treasurer - send both Chapter & National dues to National Office.) National or Chapter 9

Applicant - Send one check with application to local Chapter Treasurer ----- Make checks payable to:

Or if joining as Members-At-Large, send to:
The Mended Hearts, Inc.
National Office
8150 N. Central Expwy, M2248
Dallas, TX 75206

Mended Hearts, Inc. - Chapter 9
Mail to: **Steve Livingston, Treasurer**
501 Dzen Way
South Windsor, CT 06074

Please retain a copy for chapter records.



TO:

PRISCILLA SOUCCY
98 HIGHVIEW STREET
EAST HARTFORD, CT 06108

THE MENDED HEARTS, INC.
FOUNDED 1951 - INCORPORATED 1955
GREATER HARTFORD - CHAPTER 9



First
Class
Postage

THANKS TO HARTFORD HOSPITAL FOR THE MAILING OF THIS NEWSLETTER

OBJECTIVES OF MENDED HEARTS, INC.

THE PURPOSE OF THIS ORGANIZATION IS TO OFFER HOPE, SUPPORT, AND ENCOURAGEMENT TO HEART DISEASE PATIENTS AND THEIR FAMILIES AND TO ACHIEVE THIS OBJECTIVE IN THE FOLLOWING MANNER:

- A. To visit, with physician approval, and to offer hope, encouragement and support to heart disease patients and their families.
- B. To distribute information of specific educational value to members of Mended Hearts, Inc. and to heart disease patients and their families.
- C. To establish and maintain a program of assistance to physicians, nurses, medical professionals, and health care organizations in their work with heart disease patients and their families.
- D. To cooperate with other organizations in education and research activities pertaining to heart disease.
- E. To establish and assist established heart disease rehabilitation programs for members and their families.
- F. To plan and conduct suitable programs of social and educational interest for members and for heart patients and their families.

THANKS TO ST. FRANCIS HOSPITAL FOR THE PRINTING OF THIS NEWSLETTER