



### 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 XXXXXIIIIV- Issue 19 – February, 2017

## 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:**

**Wednesday, February 15, 2017 7:00 p.m.**

**Speaker: TBD**

**Topic: TBD**

**Refreshments: TBD**

**(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 Members and Friends of Chapter #9,

Thanks to the eight (8) members of Chapter #9 that attended the January 18<sup>th</sup> meeting at Goodwin College. The members in attendance were able to experience the horseshoe pattern of the tables and chairs. We also decided to have the May 17, 2017 meeting in a classroom in the same building. We need to change the meeting room for this date because I was late asking for the room on the 3<sup>rd</sup> Wednesday for the eight (8) months of 2017 when we’ll be having our membership meeting at Goodwin College.

In the newsletter for the January 18, 2017 meeting both the Presidents message and another article in the newsletter covered the election we’ll be taking part in during the February 15, 2017 meeting. But there wasn’t any explanation on how to obtain an absentee ballot. So there will be a separate letter going out to all the members of Chapter #9 explaining the steps needed to receive and return the ballot.

Take care, enjoy our New England weather and plan on attending the February 15, 2017 meeting.

Heartfully,

Chapter #9 President, Walter Kovaciny

## 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](mailto:walterkovaciny@cox.net)

Vice-President

**John A. Dunn**

15 Strawberry Hill  
Windsor, CT 06095  
860-688-5489

Email: [jjhmdunn@msn.com](mailto:jjhmdunn@msn.com)

Secretary

**Robert Hoffman**

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

Email: [vrome@att.net](mailto:vrome@att.net)

Treasurer

**Steve Livingston**

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

Email: [stevlivingston@cox.net](mailto:stevlivingston@cox.net)

Assistant Regional Director

**Priscilla Soucy**

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

Email: [priscillaanns@att.net](mailto:priscillaanns@att.net)

### Schedule of Future Monthly Meetings

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**February 15, 2017**

**March 15, 2017**

**April 19, 2017**

**May 17, 2017**

**All Monthly Meetings Start at**

**7:00pm**

**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/Newsletter Layout

John Klimczak 860-313-0246

E-Mail: [jklimczak@sbcglobal.net](mailto: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>

## WHAT IS THE DIFFERENCE BETWEEN CARDIAC ARREST AND A HEART ATTACK?

The difference between cardiac arrest and a heart attack is cardiac arrest happens when the heart malfunctions and suddenly stops beating, and a heart attack happens when blood flow is restricted to the heart according to the American Heart Association. The conditions are also caused by two different things: either a problem with the electrical signals to the heart in the case of cardiac arrest or a problem with blood circulation in the case of a heart attack.

Cardiac arrest is a condition that triggers without warning and happens when the electrical signals to the heart become interrupted, causing a condition known as arrhythmia, or an irregular heartbeat, explains the American Heart Association. When the heart's pumping action stops, blood cannot reach organs such as the brain and lungs and within a few seconds, the person usually loses consciousness and has no pulse. Without immediate medical attention, death can result within minutes.

A heart attack occurs when an artery becomes clogged, preventing the flow of oxygen-rich blood to the heart, states the American Heart Association. If the artery is not unclogged quickly enough, the cells in the blocked area begin to die. Symptoms can appear suddenly, but in most cases, they develop during a period of days, weeks, or months. The heart also continues to beat during a heart attack.

Source: Mayo Clinic

## HAVE YOU HEARD OF SEPSIS?

Sepsis is a complication caused by the body's overwhelming and life-threatening response to infection. It can lead to tissue damage, organ failure, and death. Sepsis is difficult to diagnose. It happens quickly and can be confused with other conditions early on. Sepsis is a medical emergency. Time matters. When sepsis is quickly recognized and treated, lives are saved. Healthcare providers are the critical link to preventing, recognizing, and treating sepsis.

Sepsis is deadly when it's not quickly recognized and treated.

CDC evaluation found more than 90% of adults and 70% of children who developed sepsis had a health condition that may have put them at risk.

Sepsis occurs most often in people 65 years or older or younger than 1 year, with weakened immune systems, or with chronic medical conditions (e.g., diabetes).

While less common, even healthy infants, children, and adults can develop sepsis from an infection, especially when not treated properly.

Certain infections and germs lead to sepsis most often:

- \* Four types of infections are often associated with sepsis: lung, urinary tract, skin, and gut.
- \* Common germs that can cause sepsis are *Staphylococcus aureus*, *Escherichia coli* (*E. coli*) and some types of *Streptococcus*.

Sepsis begins outside of the hospital for nearly 80% of patients.

Four types of infections are most often associated with sepsis: lung, urinary tract, skin, and gut.

Source: CDC (Centers for Disease Control)

**TO MY VALENTINE**

Romance aside, Valentine’s Day can be a frantic event, but lucrative for greeting card makers, florists, and restaurant owners.

Historians trace the roots of Valentine’s Day back to the fertility festival of Lupercalia in ‘Roman times. With spring in the offing, both birds and humans were beginning to be more affectionate, and celebrating Lupercalia was encouraged to make all unions fruitful.

After Christmas, people buy more Valentines than any other type of greeting card. Some 7.4 billion affectionate and funny cards are expected to be sold for Valentine’s Day.

For most florists, Valentine’s Day is the busiest and most hectic day of the year. Many sell thousands of roses, the most preferred Valentine flower. And air freight companies go into high gear as well. Many flowers are grown in South America. Federal Express last year commissioned two extra DC-10’s to make its trips for Valentine flowers, and Tampa Air doubles its flights for the time preceding the holiday. (One 747 can carry 3.6 million roses.)

Candy stores also have a brisk business around February 14, doing about 9 percent of their annual business around the big day, says the National Confectioners Assn.

Happy Valentine’s Day. But remember as you open the card or smell the roses, the process has not been as simple as it appears.

Source: Pages

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**Reminder**

**Election of 2017-2019 National Board of Directors will be held as a part of the February 15, 2017 meeting.**

**Each chapter is allowed to indicate one vote for each winning candidate when the results are sent to National**

**Please make every attempt to attend to be able to cast your vote! .**

**BEARDS ARE IN**

Beards are sprouting everywhere, especially among men ages 18-24.

About 39 percent of these young men have beards today as opposed to a year ago, when only 15 percent had beards.

According to Simmons Research, 20 percent of all men are not shaving.

Men’s grooming products are up 15 percent, according to Euromonitor. Sales should rise another 16 percent to \$9.8 billion by 2020.

Source: Pages

**BLOOD PRESSURE IN BOTH ARMS**

It might be best to take your blood pressure in both arms. According to a study published in Clin Exp Hypertens 2016, a large difference in the systolic blood pressure between arms might be a sign of cardiovascular disease.

Mild differences are not uncommon and should not cause worry. But if the difference in systolic pressure is greater than 10 mm HG, this could mean an artery in that arm has narrowed, possibly from arteriosclerosis. And that could mean that blood flow is impeded to vital organs like the heart or brain.

The study analyzed data from seven other studies.

Source: Pages



**Kathy Marrero, RN at St. Francis Hospital emphasizes a point during her informative presentation discussing procedures related to Non-Invasive Cardiology at the January 2017 Mended Hearts Chapter 9 Meeting.**

**MEMDED HEARTS EDUCATION AND TRAINING CONFERENCE 2017  
July 3rd – 7th, 2017**

**Where?**

**Gaylord Opryland Resort & Convention Center in Nashville, TN**

You won't want to miss this one. The dates were planned for attendees to see the largest fireworks show in the country.

This will be our 64<sup>th</sup> Mended Hearts Annual Conference.



**President Walter Kovaciny, (right) presents Kathy Marrero, RN at St. Francis Hospital a Certificate of Appreciation for delivering her wonderful presentation at the January 2017 Mended Hearts Chapter 9 Meeting.**



**Chapter 9 members Wayne Johnson and Bob Hoffman share a moment during the January Mended Hearts Chapter Meeting**

**PICKUPS DRIVE AUTO SALES**

The big three Detroit automakers rule the road when it comes to Auto Pickups.

Top sellers in 2016, according to Auto data:

- 1.) Ford f Series pickup
- 2.) Chevrolet Silverado pickup
- 3.) Ram 1500 pickup
- 4.) Toyota Camry - Best selling car
- 5.) Honda Civic nudged Toyota Corolla from the fifth place spot

Source: Pages

**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](mailto:jklimczak@sbcglobal.net)

**Thank you!**



**Chapter 9 Members intently listen to the presentation given by Kathy Marrero, RN at St. Francis Hospital during the January 2017 Chapter 9 Mended Hearts Meeting**

## General Interest Information/ Fun Stuff

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### SURGIVERSARIES

February – 2017	YEARS
Saul Reichlin	29
David Olden	8
Ilene Mahler	6
Clifford Alderman	4
Irene Girard	4

If your name hasn't appeared on any of the surgiversary lists this past year or if the number of years since your surgery is listed incorrectly please let me know. Priscilla Soucy – 860-289-7422 – Editor

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### GET WELL SOON!

If you know of one of our members who has been ill or in the hospital, please let us know so that we can send get well wishes and acknowledge it in our monthly newsletter.

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### DONATIONS

**Joyce Bogdan**  
**General Donation**

**Thank You for your Generosity!**

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### FOOL'S GOLD

Gold prices rose 18 percent this year, and while analysts believe an interest rate hike will cause Gold to stall, people still see it as a good investment - but beware.

Gold dealers say there is a lot of fake gold out there. Gold coins are easy to fake with modern methods, and they are ubiquitous of websites such as Alibaba and E-Bay.

Experts can evaluate gold coins based on letter impression, color, weight size, and sound.

Source: Pages

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### FUNSTUFF

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An elderly couple was sitting on a bench waiting for their bus.

The buses were running late, and a lot of time passed. Finally, the guy turned to his wife and said, "I've been sitting here so long, my butt fell asleep!"

"I know," she said, "I heard it snoring!"

Source: Thanks to Chapter 316, Plattsburgh, NY

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### QUOTES OF THE MONTH

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"Every day you may make progress. Every step may be fruitful. Yet there will stretch out before you an ever-lengthening, ever ascending, ever improving path. You know you will never get to the end of the journey. But this, so far from discouraging, only adds to the joy and the glory of the climb."

Sir Winston Churchill, Great Britain wartime prime minister

"If opportunity doesn't knock, build a door."

Milton Berle, American Entertainer

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### BEET JUICE: DRINK UP!

Beet juice really does have health benefits. A 2015 study in the journal *Hypertension* reported that one cup of beet juice daily lowers blood pressure. It lowered the top number by 8 points on average and the bottom number by 2 to 5 points during a four week test.

According to the University of *California Berkeley Wellness Letter*, one study even suggested that beets caused greater blood flow to the frontal lobe (involved in planning and problem solving.)

Source: Pages

## 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.

### 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!

### MEETING LOCATION

Our meeting location which will be at:  
**Goodwin College - Community Room**  
**245 Riverside Drive**  
**East Hartford, CT**

**Monthly on every Third Wednesday – 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.

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**“Mandy Hart” , our Special Piggy Bank for donations to the Madden Open Hearts Camp, has a balance of**  
**\$ 547.91**

**The famous “Mandy Hart” Piggy Bank**



**We thank everyone for their continued generosity!**

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The 50/50 raffle is held every Monthly Meeting to Benefit the Mandy Hart Fund.

There is always an opportunity to donate and win at upcoming monthly meetings!





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)
- 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)
- 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.

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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

GREATER HARTFORD – CHAPTER 9

FOUNDED 1951 - INCORPORATED 1955  
**THE MENDED HEARTS, INC.**



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**