



Hartford Heartline

February Edition, 2018

The Mended Hearts, Inc.

Chartered 1977 - Greater Hartford - Chapter 9

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

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.

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 21, 2018 7:00 p.m.

**Speaker: Dr. Bernard Clark, III M.D.,
Associate Chief Section of Cardiology,
Director, Noninvasive Cardiology, The Hoffman Heart Institute of
Connecticut, Saint Francis Hospital and Medical Center.**

Topic: TBD

Refreshments: Brendan & Barbara Durkin

(NOTE: LOCATION AND DRIVING DIRECTIONS, See Page 6)



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 all the people that attended the January Chapter 9 meeting. While it was a full agenda of items to accomplish, with everyone's assistance, it was completed.

The speaker, Sarabeth Campanelli, RDN, CDN gave an excellent presentation. Sarabeth also brought samples and many brochures. And the attendees asked good questions, (when I had to end the presentation after about an hour, I felt bad).

During early February, each Chapter has to submit their annual reports of visits, activities to the National office. That will be keeping me busy during the next week.

The speaker for February 21, 2018 will be Dr. Bernard Clark, III M.D., Associate Chief Section of Cardiology, Director, Noninvasive Cardiology, Saint Francis Hospital and Medical Center

We'll also have the second reading and vote of the proposed Bylaws changes. Details of these items are within this newsletter.

Heartfully,
Chapter #9 President, Walter H. Kovaciny

Mended Hearts Chapter 9 Info

Chapter 9 OFFICERS 2018-2020

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
Windsor, CT 06095
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

Regional Director

Robert Hoffman

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

Email: vrome@att.net

Schedule of Future

Monthly Meetings

February 21, 2018

March 21, 2018

April 18, 2018

May 16, 2018

All Monthly Meetings Start

@7pm

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 - 2014-2017

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

Refreshments:

Bonnie Morassini 860-635-2920

Substitute Newsletter Editor:

John Klimczak 860-593-9419

Newsletter Distribution & Mailing:

John & Joan Dunn 860-688-5489

Webmaster/Newsletter Layout

John Klimczak 860-593-9419

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>

FEBRUARY IS AMERICAN HEART MONTH

An ideal time to remind Americans to focus on their hearts and encourage them to get their families, friends and communities involved.

GO RED FOR WOMEN

COMMON MYTHS ABOUT HEART DISEASE

“It’s a man’s disease.” “But I’m too young.” “Breast cancer is the real threat.” “If you heard or said any of this before, you’re not alone.

The real fact is, relying on these false assumptions can cost you your life. It’s time to set the record straight and start thinking of this as a disease that doesn’t spare women and children. Your health is non-negotiable. We need to separate fact from fiction so that together, we can stop this killer once and for all.

MYTH: Heart disease is for men, and cancer is the real threat for women.

FACT: Heart disease is a killer that strikes more women than men, and is more deadly than all forms of cancer combined. While one in 31 American women dies from breast cancer each year, heart disease claims the lives of one in three. That’s roughly one death each minute.

MYTH: Heart disease is for old people.

FACT: Heart disease affects women of all ages. For younger women, the combination of birth control pills and smoking boosts heart disease by 20 percent. And while the risks do increase with age, things like overeating and a sedentary lifestyle can cause plaque to accumulate and lead to clogged arteries later in life. But even if you lead a completely healthy lifestyle, being born with an underlying heart condition can be a risk factor.

MYTH: Heart Disease doesn’t affect women who are fit.

FACT: Even if you’re a yoga-loving, marathon-running workout fiend, your risk for heart disease isn’t completely eliminated. Factors like cholesterol, eating habits and smoking can also have an effect.

MYTH: I don’t have any symptoms.

FACT: Sixty-four percent of women who die suddenly of coronary heart disease had no previous symptoms. Because these symptoms vary greatly between men and women, they’re often misunderstood. Media has conditioned us to believe that the telltale sign of a heart attack is extreme chest pain. But in reality, women are somewhat more likely to experience shortness of breath, nausea/vomiting and back or jaw pain. Other symptoms women should look out for are dizziness, lightheadedness or fainting, pain in the lower chest or upper abdomen and extreme fatigue.

MYTH: Heart disease runs in my family, so there’s nothing I can do about it.

FACT: Although women with a family history of heart disease are at greater risk, there’s plenty you can do to dramatically reduce it. Simply create an action plan to keep your heart healthy. Because of healthy choices and knowing the signs, more than 627,000 of women have been saved from heart disease, and 330 fewer are dying per day. What is stopping you from taking action?

(Source: www.heart.org and www.goredforwomen.org)

General Interest Information

**REMINDER:
ACTION ITEM FOR REVIEW:**

**NOTICE OF PROPOSED CHANGES
to the Mended Hearts Chapter 9 Bylaws**

****To be Voted on at the Mended Hearts
Chapter 9 February 2018 Meeting****

As referenced in the January Chapter Newsletter, below are some proposed changes to the Mended Hearts Chapter 9 Bylaws.

**PROPOSED CHANGES
to the Mended Hearts Chapter 9 Bylaws
(Changes are in quotations and are bolded)**

ARTICLE IV – MEMBERSHIP

Section 1: Members **“in good standing”** shall be persons who have paid the required MHI (National) and chapter dues, and who wish to assist in achieving the objectives of the organization.

**“Section 4:
Members who are 6 months or more late with payment of dues, will be dropped from the monthly postal (USPS) mailing list of Chapter 9 Newsletter. A letter will be sent to the member prior to being removed from the (USPS) mailing list.”**

Please review the above proposed amendments. If you have any questions please contact President Walter Kovaciny via email at: walterkovaciny@cox.net or via telephone at 860-684-7247.

In addition, please plan on attending the February 21, 2018 Mended Hearts Chapter 9 Meeting to vote on the proposed amendments.

**Mark Your Calendars for these
Important Upcoming
Mended Hearts Events:**

**Mended Hearts
Northeast Region Regional
Program**

Celebrate Survivorship!

**Saturday, April 14, 2018
9:00 am – 4:00 pm**

**Share and connect with fellow heart survivors
and caregivers
Hear healthcare experts about nutrition, TAVR
and other health topics**

**Questions and RSVP
contact Bob Hoffman 860-841-3530**

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**2018 National Education and
Training Conference**

**Join us in San Antonio: along the
Riverwalk!**

**Mended Hearts and Mended *Little* Hearts
Educational Training Conference and
Congenital Heart Disease Symposium**

July 14 – 18, 2018

**Hyatt Regency San Antonio Riverwalk
123 Losoya Street, San Antonio,
TX 78205**

**(More details can be found at:
<https://mendedhearts.org/national-education-training-conference-2018/>)**

General Interest Information



Secretary Bob Hoffman presents Sarabeth Campanelli, registered dietitian, with the Mended Hearts Inc. Merit Award for her enjoyable and informative presentation at our February Mended Hearts Chapter 9 Meeting

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VALENTINE'S DAY IS CELEBRATED BY LOVERS...AND EVERYONE ELSE

Though three medieval church figures are credited with being the Saint Valentine who started it all, the stories of all three are associated with caring and love, not necessarily romantic love. Valentine's Day began as a day to honor romantic love, but today it is an occasion to express love to anyone. Grade school children send Valentines to class members. Almost everyone gives a card or gift to their mother, grandmother, or favorite aunt. And co-workers often give cards to each other, most of which are funny.

After that, Valentine giving moves to sweethearts, spouses and partners.

Getting a Valentine makes people happy. Makers of Valentine cards are happier than anyone. Hallmark creates about 1,200 styles of Valentines, many with the traditional hearts, flowers and cupids.

It's a particularly joyful time for the candy makers, from those who create tiny sugar hearts with a message like "Be Mine," to the makers of the most elaborate boxes of chocolate.

For florists, the day is at or near the top when it comes to boosting income. They generally agree that Valentine's Day and Mother's Day are two of the busiest times of the year. Between the two, they're what keep many florists afloat during the rest of the year.

Happy Valentine's Day to one and all!!!

(Source: Pages)

Preview of Our March Chapter 9 Meeting

The March speaker will be Bob Newbold. His presentation is entitled: "A Stroke of Luck".

Bob recently received the National Stroke Association's 2017 R.A.I.S.E. Award. (Raising Awareness in Stroke Excellence)

Hope to see you on March 21st for what promises to be a very informational Meeting!

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NEW DIET SNACKS TRADE SOME CALORIES FOR TASTE

Snack brands like Edy's ice cream, Hershey's chocolate and Lay's potato chips are trying to solve the big problem of making low-calorie foods that still taste good.

They are offering mid-calorie products that have more fat and calories than their previous diet foods, but fewer than the original versions.

Sales of reduced-calorie and fat foods and drinks have risen since 2008 as consumers eager for taste but wary of calories searching for alternatives.

Fatty, sugary snacks have been blamed for obesity in the United States. (Source: Pages)

29 PERCENT

In a recent study, that's how many fewer colds people who exercised got compared with those who didn't, says HEALTH.COM.

It's one more reason to put a walk or a jog into your day whenever you can.

(Source: Pages)

General Interest Information

NOTICE TO VISITORS

When you acquire names of patients, caregivers, or others that want to receive our newsletter, please email John Dunn Email: jjhmdunn@msn.com

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.

“Mandy Hart” is our Special Piggy Bank for donations to the Madden Open Hearts Camp



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 _____

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- MI (heart attack)
- Aneurysm
- CABG (Bypass)
- Cath
- Atrial Septal Defect
- Pacemaker
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- 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	<input type="checkbox"/>
Family - Dues	\$30.00	<input type="checkbox"/>
Life - Individual Dues	\$150.00	<input type="checkbox"/>
Life - Family Dues	\$210.00	<input type="checkbox"/>

Chapter Dues

Individual - Yearly Dues	\$5.00	<input type="checkbox"/>	
Family - [No chapter 1st Year Dues]	\$0.00	<input type="checkbox"/>	\$5.00 Renewal
Life - Individual Dues	\$40.00	<input type="checkbox"/>	
Life - Family Dues	\$50.00	<input type="checkbox"/>	

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 SOUCY
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