



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 XXXIV- Issue 10 - January, 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:

January 20, 2016 7:00 p.m.

**Speaker: Seth Lapuk, M.D. Pediatric Cardiologist
Connecticut Children's Medical Center**

**Topic: Babies Grow Up – Adult Congenital Heart Disease
– The New Subspecialty of Cardiology**

Refreshments: John Klimczak and Carolyn Kolwicz

(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**

Allow me to wish everyone a Happy 2016. I realize by the time you're reading this the New Year will be several weeks old.

When the Board of Directors met on December 9, 2015, several decisions were made that will have an impact on the membership and Chapter #9:

1. In an attempt to conserve some funding it was decided to offer receiving our newsletter, Hartford Heartline electronically. John Klimczak will be collecting members email addresses.
2. Reduce the amount of newsletters sent to perspective members from 3 to 2 copies.
3. The official start time for our monthly meeting will be 7:00 p.m. rather than 6:45 p.m.
4. A suggestion for our visitors to ask patients for their phone numbers. Then Benjamin Goldfarb can follow with a phone call to explain what the chapter has to offer and to welcome them to join the Mended Hearts.
5. Dating of the Hartford Heartline will change from "June" to "Summer". Also from "November" to "November – December". Then when the visitors are offering a patient a copy of the newsletter, it doesn't look outdated.

Well, I think I'll close now with anticipating a good attendance at the January 20, 2016 membership meeting.

Heartfully,

President Walter H. 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

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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

February 17, 2016

March 16, 2016

April 20, 2016

All 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 hope**

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

CHAIRPERSONS - 2013-2016

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>

Dissolving Heart Stents Show Promise

For the nearly half a million Americans each year who need stents to hold open clogged or damaged heart arteries, a new class of dissolving devices is beginning to pass clinical trial hurdles, raising the possibility of use in the coming years.

In Europe, two such “bioresorbable” stents are commercially available, both tiny tubes, or “scaffolds,” made of polymers that slowly dissolve away with a few years after surgery: Abbott Vascular’s Absorb and Elixir Medical’s DESolve.

In theory, the experimental dissolvable devices may overcome some serious, long-term problems associated with today’s metallic stents. Among those problems: “The permanent presence of a metal stent prevents a vessel from flexing in response to normal physical changes, which can damage the vessel over time, and an accelerated form of atherosclerosis inside the stents can cause them to fail.

According to several studies published this year, Abbott’s Absorb, a dissolving stent that slowly releases the drug everolimus, performed nearly as well or just as well as its metal drug-releasing counterpart.

The studies, called ABSORB III, ABSORB II and ABSORB Japan, **represent one of the top cardiovascular research advances in 2015.**

“The fact that the outcomes are nearly the same is impressive given that this is really a first generation technology that has been rigorously compared to the best-in-class metallic drug-eluting stent.” said Gregg Stone, M.D., an investigator on two of the trials. Stone is a professor of medicine at Columbia University and a research director at New York Presbyterian Hospital/Columbia University Medical Center.

Still, in each study, the dissolving heart stent failed to show broad or significant superiority over a conventional drug-eluting stent.

Dissolving (cont’d)

“Saying they’re comparable is probably not enough for me.” said Ashvin Pande, M.D., director of invasive cardiology at Boston Medical Center.

BMC was one of many clinical trial sites for the Absorb studies, so Pande and his colleagues have been using the bioresorbable scaffolds for more than a year. Even so, it’s not clear yet that the new devices are better than their trusted, tested counterparts, he said. And Pande is especially concerned about the slightly higher rates of thrombosis with bioresorbable scaffolds.

With time and physician experience, those rates might drop, Pande said. He and his colleagues will also know if the new devices can minimize some of the longer-term issues they were designed for, such as the limited vessel motility of metallic stents.

I think patients like the idea that this is going to go in there and fade away over time, Pande said. “But really, is it going to make a clinical difference? I think it’s too early to say.”

When metallic stents were first coming into use, results were similarly “suboptimal,” Stone said. It takes doctors time to get used to techniques for implanting new devices, and time to learn which patients are most likely to benefit. The results will only improve over time. Stone said.

Source: American Heart Association News



Steve Livingston presents Dr. Sowmya Kurtakoti, the Mended Hearts Merit Award for speaking at the November meeting.

DISEASES POINT UP THE VALUE OF IMMUNIZATION

Shingles or Chicken pox. No fun.

When a child or adult recovers from a viral illness, such as chickenpox, some of the viruses lie dormant in the body only to re-emerge years, or even decades, later.

Some parents, don't have their children immunized for preventable diseases. A vaccination for chickenpox, in childhood can save people a lot of pain later in life.

Shingles is a well-known disease caused by the chickenpox virus varicella zoster. It causes painful sores on the body that can last for months. Even after the sores are gone, sufferers experience pain.

A shingles shot between the ages of 60 and 69 can dramatically reduce the risk of getting the disease, or the pain associated with it if you do get the virus.

Now, researchers have discovered a serious disease that's probably caused by the same latent virus. It's called giant cell arteritis. Only 8 percent of patients they treated didn't have varicella zoster.

Researchers say that before they can definitely say the disease is caused by the chickenpox virus, they need more research. But treatment is the same.

How the 'new disease' works – According to the journal *Scientific American*, giant cell arteritis causes inflammation and damage to the arteries that travel from the neck to the head and scalp.

Symptoms include:

- * New mild to severe headache, and tenderness or pain in the temples.
- * Scalp tenderness; It may hurt to brush or comb your hair.
- * Sudden double vision or vision disturbances that come and go, like a veil being pulled over your eye, which can cause permanent vision loss.
- * Jaw pain and weakness when you chew or open your mouth wide.
- * Pain when you use your arm.

DISEASES (cont'd)

Early indications include unexplained, weight loss, fatigue, depression, sore throat, dry cough and a low fever. If you have these symptoms, see a doctor immediately.

Treatment

Your rheumatologist will treat you with high doses of corticosteroid like prednisone. Symptoms may go away in a few days, but treatment will continue for a month, or you could be prescribed low-dose steroids for a year or more.

Source: Pages

HEART DISEASE

Can you take aspirin if you regularly take ibuprofen or another nonsteroidal anti-inflammatory drug (NSAID) for another condition?

Both aspirin and nonsteroidal anti-inflammatory medications (NSAIDs) such as ibuprofen (Motrin IB, Advil, others) and naproxen sodium (Aleve), reduce the clotting action of blood platelets. Regular use of nonsteroidal anti-inflammatory medications can increase your bleeding risk.

Some NSAIDs can increase the risk of heart attacks on their own. Additionally, some NSAIDs can adversely interact with aspirin, increasing the risk of bleeding even more.

If you need only a single dose of ibuprofen, take it two hours after the aspirin. If you need to take ibuprofen or other NSAIDs more often, talk to your doctor about medication alternatives that won't interfere with daily aspirin therapy.

If you take daily aspirin, is it still safe to take an aspirin during a heart attack?

If you think you're having a heart attack, the most important thing for you to do is call 911 or emergency medical services. Don't delay calling for help. Aspirin alone won't save your life if you're having a heart attack.

The operator may advise you to chew an aspirin, but will first ask questions to make sure you're not allergic to aspirin or have any other health conditions that would make taking an aspirin during a heart attack too risky. It's OK to chew an aspirin

Heart Disease (cont'd)

if your doctor has previously told you to do so if you think you're having a heart attack but call 911 or emergency medical services first.

Should you take a coated aspirin?

Enteric-coated aspirin is designed to pass through your stomach and disintegrate until it reaches your small intestine. It may be gentler on the stomach and may be appropriate for some people who take a daily aspirin especially in those with history of gastritis or ulcers.

However, some researchers think there's no evidence that taking an enteric-coated aspirin decreases your chance of developing gastrointestinal bleeding. In addition, some research has found that coated aspirin may not be as effective as plain aspirin when taken at the time of a possible heart attack. Talk to your doctor if you're concerned about ways to decrease your bleeding risk.

Source: Mayo Clinic

SUGAR SUBSTITUTE XYLITOL COULD KILL YOUR DOG

Xylitol a sugar substitute often used by food manufacturers, causes liver failure in dogs, often resulting in death (it's not harmful to human beings.)

Animal poison-control centers say they see a dramatic increase in xylitol calls. Ahna Brutlag, senior veterinarian toxicologist at the Pet Poison Hotline, says the center had 2,800 calls about known or suspected xylitol poisoning late last year.

It's one of the most dangerous food-related poisons her staff deals with. Brutlag says a lot of dog owners never heard of it, nor do they understand that an ordinary sweetener could be so toxic to pets. One pet saved from death, but the vet bill was \$5,000.

The substance is widely used in coated gum, mints, sweetened vitamins, toothpaste and baked goods.

Hershey & Co. says dog owners should check ingredients on items and discard those sweetened with xylitol.

Source: Pages

GENERAL INTEREST

Key fobs are handy targets for thieves

Your car is always listening for the electronic signal from your key fob. If it's a newer model, you might not even have to press a button, just approach your car and the doors will unlock. In some cases, the engine will turn on.

The key fobs signal is easy for thieves to intercept and might let them drive off in your car. The fob uses a computer chip to create a unique code that is sent to the car's security system. The car has a chip that uses algorithms to generate a second code. If the codes match up, the car opens.

Each key fob/care security pair is unique, but researchers have found that by intercepting the signal twice, they could narrow down the possible combinations. After that a computer can figure out the code in just a half-hour and unlock the car.

USA Today's Kim Komando says always-on fobs present a serious weakness in your car's security. As long as your keys are in range, anyone can open the car and the system will think it's you. That's why newer models won't unlock until the key fob is within one foot.

Thieves, however, can buy an inexpensive signal amplifier over the Internet. That means your keys could be in the house, but a thief could walk up to the car and open it.

You can buy a signal-locking pouch to hold your keys. Or you can put the key fob in the refrigerator.

You can also just wrap the key fob in aluminum foil, but wrap it well so it can't leak the signal.

Source: Pages



Dr. Sowmya Kurtakoti presents at the Mended Hearts Chapter 9 November meeting.

General Interest Information/ Fun Stuff

SURGIVERSARIES

December - 2015 Years

Benjamin Goldfarb	25
Bob Hoffman	18
Charles Woolsey	18
Carol Farr	11
Elsie Strait	8
John Dunn	7
David Miller	6
Joseph Peters	5
David Miller	6

January – 2016

John Flanner	14
Walter Dubiel	10
Lionel Fongemie	7
Ted Hoffberg	6
Steve Brewer	5
John Donovan	4

=====

FUNSTUFF

The Mechanic

A man was driving through Wyoming one spring evening. The road was deserted and he had not seen a soul for what seemed like hours. Suddenly his car started to cough and sputter and the engine slowly died, leaving him sitting by the road in total silence. He popped the hood and looked to see if there was anything that he could do to get it going again.

Unfortunately, he had a limited knowledge of cars, so all he could do was look at the engine, feeling despondent. As he peered by the gradually fading light of his flashlight, he cursed that he had not put in new batteries, like he had promised. Suddenly, through the inky shadows, came a deep voice, "It's your fuel pump." The man jumped up quickly striking his head on the underside of the hood. "Who said that?" he demanded. There were two horses standing in the field alongside and the man was amazed when the nearest of the two horses repeated, "It's your fuel pump, tap it with your flashlight and try it again."

Confused, the man tapped the fuel pump with his flashlight, turned the key and sure enough, the engine roared into life. He muttered a short thanks to the horse and screeched away.

The Mechanic (cont'd)

When he reached the next town, he ran into the local bar. "Large whiskey, please!" he said, A rancher sitting at the bar looked at the man's ashen face and asked,

"What's wrong?" You look like you've seen a ghost!" "It's unbelievable, the man said and recalled the whole tale to the rancher. The rancher took a sip of his beer and looked thoughtful. "A horse, you say? "Was it by any chance a white horse?" The man replied to the affirmative. "Yes it was! Am I crazy?" "No, you ain't crazy. In fact, you're lucky." said the rancher...because the black horse don't know anything about cars.

Thanks to Chapter 119, Newport News, VA

SPRINGFIELD SATELLITE 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 hospital visiting program where visitors see heart patients pre and post-op. When there are enough members, we will start the visiting program at Baystate. Bryan Hagberg is the coordinator and his Dad is also helping and a real advocate for heart health. You can call Bryan at 413-579-5126. Dennis Badger is currently a visitor at Hartford Hospital and he belongs to this prospective satellite. He can be reached at 413-783-7368



Attending members enjoy the presentation during the November meeting.

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 is our SPECIAL piggy bank for donations for Camp Madden.

We continue to receive generous donations from the Mended Hearts Community. Recent donations were received from:

Susan and Steve Livingston

Mandy Hart now has a balance of \$186.13.

MEETING LOCATION

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

DONATIONS

In honor of her friends, Lynda Cody and James Bernadt from Joyce Bogdan

David Siegelbaum

GENERAL QUOTES

Your imagination is your preview of life's coming attractions – *Albert Einstein, physicist*

We generate fears while we sit. We overcome them by action. Fear is nature's way of warning us to get busy
 – *Dr. Henry Link, American Psychologist*

Blessed are they who can laugh at themselves for they shall never cease to be amused.

Thou shall not weigh more than thy refrigerator
 Source: Pages

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!



**Attention All Mended Heart's Friends!
Collect and Save all of Your Loose Change!**

Announcing a Great Fundraising Opportunity to benefit Mandy Hart, the Mended Hearts Chapter 9 piggy bank whose proceeds benefits the *Madden Open Hearts Camp*.

The Madden Open Hearts Camp (M.O.H.C.) is a non-profit, residential summer camp for children and teenagers, ages 8-16, who have undergone and recovered from open heart surgery or a heart transplant. M.O.H.C. has been fully accredited by the American Camp Association (ACA) since 2003.

We are sponsoring an opportunity to win a pair of Red Sox tickets for an upcoming 2016 Weekend Baseball Game at Fenway Park, Boston Massachusetts

Collect all of your Loose Coins and put them in a 1 Gallon ZipLock Plastic Bag and bring it to our April 20th 2016 Chapter Meeting. At that time we will present the individual who has the

Heaviest One Gallon Ziplock Bag of Coins
with the pair of Red Sox Tickets.

More details to follow in future Newsletters, but please **Start Saving all of your Spare Change!!**



John Dunn and Carolyn Kolwicz intently listen to the presentation at the Mended Hearts Chapter 9 November meeting.



November meeting attendees enjoy the informative Presentation, (left to right, foreground) Walter Koviciny, Ben and Dolly Goldfarb, (left to right background) Rick LeMay, Bob Hoffman



Priscilla Soucy and Dr. Sowmya Kurtakoti share a moment during the November Mended Hearts Chapter Meeting



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

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