



### 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 XXXXXIII- Issue 18 – January, 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, January 18, 2017 7:00 p.m.**

**Speaker: Kathy Marrero, RN, St. Francis Hospital, Non-Invasive Cardiology**

**Topic: Discuss procedures related to Non-Invasive Cardiology such as Stress Tests & Nuclear Stress Tests**

**Refreshments: Carolyn Kolwicz 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 Members and Friends of Chapter #9,

Welcome back after taking December 2016 off from the membership meeting. I imagine the visitors were still busy assuring patients that there is life after surgery or their heart procedure. Perhaps some of folks visited will become accredited visitors.

When the Board of Directors met on December 14, 2016 we discussed the upcoming Election of 2017-2019 National Board of Directors. We will be holding the election as part of the February 15, 2017 meeting. The process will be a bit different this time. We’ll have the option of voting by absentee ballot or using a paper ballot during the membership meeting. Each chapter is allowed to indicate one vote for each winning candidate when the results are sent to National.

Hopefully the attendance will increase at the 2017 meetings. The refreshments for the January 18, 2017 meeting will be brought in by Carolyn Kolwicz and Walter Kovaciny. I’ll be bringing some pastry called *Incredible Edibles*. Perhaps some members will attend to learn what the pastry is.

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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**January 18, 2017**

**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>

## EXPENSIVE NEW DRUGS LOWER LDL WHEN STATINS DON'T

These new drugs dramatically lower LDL cholesterol, the bad kind, when statins don't.

For now, Praluent (approved by the FDA last July) and Repatha (approved in August) are approved only for people who have:

\*Known cardiovascular disease, a history of heart attack or stroke, and for whom statins don't work.

\*Patients who have a genetic condition called familial hypercholesterolemia that causes extremely high levels of LDL-C, which is resistant to statins.

Both are injection medicines. Patients must keep syringes in the refrigerator and take them out 30 minutes before injecting so they are room temperature.

Another drawback: The treatment costs about \$14,000 a year.

Source: Pages

## HEART CANCER: IS THERE SUCH A THING?

### QUESTION:

Is there such a thing as heart cancer?

### ANSWER:

Heart cancer (primary cardiac tumor) is cancer that arises in the heart. Cancerous (malignant) tumors that begin in the heart are most often sarcomas, a type of cancer that originates in the soft tissues of the body. The vast majority of heart tumors are noncancerous (benign).

Heart cancer is extremely rare. For example, one study reviewed more than 12,000 autopsies and found only seven cases of primary cardiac tumor. At Mayo Clinic, on average only one case of heart cancer is seen each year.

## HEART CANCER (cont'd)

Although still rare, most cancers found in the heart have come from elsewhere in the body. Cancers that begin near the heart, such as lung cancer, can grow to involve the heart or the lining around the heart (pericardial sac). Or cancer can begin elsewhere in the body and spread to the heart through the bloodstream. Cancers that may affect the heart include breast cancer, kidney cancer, lung cancer, leukemia, lymphoma and melanoma, among others.

Cancer can affect the heart in other ways as well. A rare type of cancer known as carcinoid tumor at times produces hormones that can damage heart valves.

Cancer treatments also can damage the heart. Cancer treatments linked to heart problems include several types of chemotherapy drugs, certain targeted therapy drugs, radiation therapy aimed near the heart, and hormone therapy. Some heart problems are detected during treatment, while others may not become apparent for many years after treatment. In many cases, the heart damage is reversible, though some types of heart damage can be permanent.

Source: Mayo Clinic



**Denise Hyland, RN at St. Francis Hospital explains the important differences between types of cholesterol during her presentation at the November 2016 Mended Hearts Chapter 9 Meeting.**

## Health News/General Interest

### SENATORS WANT TO KEEP DRONES IN CHECK

After analyzing 891 drone sightings, the Federal Aviation Administration found more than half of the drones were flying too close to an airport. The reports prompted lawmakers to renew calls to tag the remote-controlled aircraft with electronic collars that would keep them away.

Senators Dianne Feinstein D-Calif., and Charles Schumer, D.N.Y. want "geofencing software" that works like electronic collars for pets. They would keep drones from wandering in front of passenger planes.

From April through August, the FAA reports that 248 drones came within 500 feet of a passenger plane. California had the most violations with 182, Florida had 103, New York had 89, Texas had 47, and Massachusetts had 35 violations.

*Drone hobbyist should fly drones no higher than 400 feet, away from other aircraft, and at least 5 miles from an airport unless they have permission from air traffic controllers.*

Airline pilots approaching the New York area airports, John F. Kennedy, LaGuardia and Newark, have raised alarms about collisions.

The Academy of Model Aeronautics, which represents 180,000 hobbyists, has raised questions about pilot reports to the FAA. They say birds and balloons were sometimes mistaken for drones, according to *USA Today*.

In spite of all the reports about drones that were flying near airports, pilots rarely reported close calls or taking evasive action, the Academy says.

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. The process will be a bit different this time. We'll have the option of voting by absentee ballot or using a paper ballot during the membership meeting. Each chapter is allowed to indicate one vote for each winning candidate when the results are sent to National.

### BIKE RIDERS PUSH BACK AGAINST HELMET LAWS

Cycling advocates say they're not opposed to helmet laws. They're opposed to their unintended consequences, especially amid the rise of bike-sharing programs.

Colin Browne, coordinator for the Washington (DC) Area Bicyclist Association, says, "As public policy, it's not a good idea. It just limits the ease and accessibility of bicycling."

The WABA argues that a mandatory all-ages helmet law proposed in Maryland a few years ago would do more harm than good. They cited a paper in the *British Medical Journal* That showed no noticeable drop in head injuries after enforcement of helmet laws in parts of Australia.

The Maryland bill died in committee.

Source: Pages

### MOST AMERICANS' HEARTS ARE OLDER THAN THEIR AGE

Higher heart age means higher risk of heart attacks and stroke.

Examples of actual age vs. heart age.

Actual Age **45** Year old male **75** years heart age

Reasons:

- \* *Smoker*
- \* *High blood pressure (Systolic BP 150mm Hg)*
- \* *Diabetic*
- \* *Healthy weight body mass index of 23*

Actual Age **50** Year old female **85** years heart age

Reasons:

- \* *Non-Smoker*
- \* *High blood pressure (Systolic BP of 148mmHg)*
- \* *Diabetic*
- \* *Obese (BMI of 32)*

Your heart may be older than you are and that's not good. According to a new CDC Vital Signs report, 3 out of 4 U.S. adults have a predicted heart age that is older than their actual age. This means they are at higher risk for heart attacks and stroke.

Source: CDC (Centers for Disease Control)

**CDC VITAL SIGNS REPORT**

Vital Signs is a report that appears on the first Tuesday of the month as part of the CDC journal, Morbidity and Mortality Weekly Report. The report provides the latest data and information on key health indicators. These are cancer prevention, obesity, tobacco use, motor vehicle passenger safety, prescription drug overdose, HIV/AIDS, alcohol use, health care-associated infections, cardiovascular health, teen pregnancy, food safety, and viral hepatitis.

**APP DETECTS ATRIAL FIBRILLATION**

People who have heart arrhythmia called atrial fibrillation now have a less invasive way to track the condition. All it takes is a smart phone and an app called Cardio Rhythm.

The application analyzes a person's skin color via a smart phone camera. In testing, it was accurate in 92 percent of the readings – including a select group that had been diagnosed with atrial fibrillation previously with an ECG scan.

Researchers at the Chinese University in Hong Kong created the app.

Source: Pages



**President Walter Kovaciny, (right) presents Denise Hyland, RN at St. Francis Hospital a Certificate of Appreciation for her many years in Cardiac ICU Post-op Open Heart Recovery and for her presentation at the November 2016 Mended Hearts Chapter 9 Meeting.**

**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!**



**Assistant Regional Director Priscilla Soucy shares some important Mended Hearts updates with Chapter 9 members**



**Chapter 9 Members intently listen to the presentation given by Denise Hyland, RN at the November 2016 Chapter Meeting**

# General Interest Information/ Fun Stuff

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## SURGIVERSARIES

### December – 2016

	Years
Benjamin Goldfarb	26
Bob Hoffman	19
Charles Woolsey	19
Carol Farr	12
Elsie Strait	9
John Dunn	8
David Miller	7
Joseph Peters	6

### January – 2017

John Flanner	15
Walter Dubiel	11
Lionel Fongemie	8
Ted Hoffberg	7
Steve Brewer	6
John Donovan	5
John Myers	1

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

*Richard & Joan Solomson in memory of Joan DeFontes.*

*We also have received 30 donations from CT, NY, NJ, & FL in memory of former member Blanche Koppelman*

**Thank You for your Generosity!**

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## FUNSTUFF

### A NEW YEAR

#### 2011:

I will get my weight down below 180.

#### 2012:

I will watch my calories until I get below 190.

#### 2013:

I will follow my new diet religiously until I get below 200.

#### 2014:

I will try to develop a realistic attitude about my weight.

#### 2015:

I will work out 5 days a week.

#### 2016:

I will work out 3 days a week.

#### 2017:

I will try to drive past a gym at least once a week.

Source: Pages

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## QUOTES OF THE MONTH

“The bad news is time flies. The good news is you're the pilot.”

- Michael Altshuler

“If you live to be 100, I hope to live to be 100 minus 1 day, so I never have to live without you.

- Winnie the Pooh

Be at war with your vices; at peace with your neighbors, and let every New Year find you a better man.

- Benjamin Franklin

## 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 \$ 537.89**

### 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!

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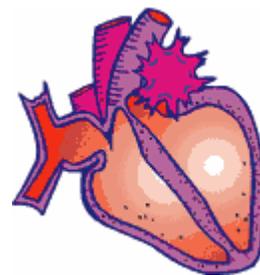
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# The Circulatory System



Find the circulatory system words below in the grid to the left.



aorta	carbon dioxide	lungs	transport
artery	circulate	nutrients	valve
blood	dark red	oxygen	vein
bright red	four chambers	pump	water
capillary	heart	red blood cells	white blood cells



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**