



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 XXXIX- Issue 15 – Summer Edition, 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:

September 21, 2016 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,

As the summer approaches, we take a hiatus from our monthly meetings by not meeting during July and August. However, our accredited visitors will continue doing what they do best - Visiting their prospective hospitals to comfort patients that have had or will soon have procedures so that they feel better. Whether it be an implanted stent or stents, open heart surgery, or other procedures, our visitors really help the patients feel better.

Well wishes to all and some of us will see each other at Wampanoag Country Club for our annual banquet on Wednesday, June 15th at 6:30 p.m.

Heartfully,

Walter H. Kovaciny, President

Mended Hearts Chapter 9 Info

Chapter 9 OFFICERS 2015-2017

President

Walter H. Kovaciny

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

Email: walterkovaciny@cox.net

Vice-President

John A. Dunn

15 Strawberry Hill
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

Assistant Regional Director

Priscilla Soucy

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

Email: priscillaanns@att.net

Schedule of Future Monthly Meetings

July/August – No Meeting

Enjoy the Summer!

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September 21, 2016

October 19, 2016

November 16, 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 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

Enjoy the Newsletter in color on our website!

<http://mendedheartsCT.org>

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

<http://mendedhearts.org>

A New Approach To Treating AFib Patients

Dr. John Zimmerman, Chief of electrophysiology at Hackensack, talked about a new approach to treating patients with atrial fibrillation (AFib) an irregular heartbeat in the atria (the top two heart chambers.) at the cluster meeting in Hackensack, NJ. The two chambers beat too chaotically, possibly at 500 beats per minute. A healthy heart rate (while resting) ranges between 60 and 100 beats a minute for adults. AFib is considered the most common type of irregular heartbeat. Over two million people in the United States have the condition. Treatment for AFib is important because patients with it are at risk for blood clots and stroke. Medications (anticoagulants) are one treatment option for physicians when they try to reduce the stroke risk; anticoagulation has been proven to be effective. However, some patients can't tolerate anticoagulants. So what about those patients? Well, doctors now have what is called the Left Atrial Appendage Closure Implant, also known as the WATCHMAN Implant.

The left atrial appendage (LAA) is one area of the heart. It's the size of a person's thumb, described as a pouch by Dr. Zimmerman. The pouch is located on the top of the heart. Blood can clot in this area. Unfortunately, clots can leave the LAA and go to the brain, at which time a stroke can occur. The WATCHMAN Implant was developed to prevent clots from leaving the LAA. The majority of clots from the hearts of AFib patients form in the LAA.

The WATCHMAN Implant doesn't cure AFib, just like blood thinners. It doesn't prevent other causes of stroke, although it does give certain patients an alternative to a daily blood thinner regimen.

The WATCHMAN Implant is as big as a quarter. The procedure to implant the device doesn't involve open-heart surgery; general anesthesia is typically used. Similar to a stent procedure, a doctor makes a small cut in a patient's upper leg, then inserts a catheter (flexible tube) into a vein, and puts the WATCHMAN in to the heart. When the device is in the right place, the doctor will release it to seal off the LAA. Heart tissue grows

A New Approach (cont'd)

over the device as time passes. Typically, this is a one-time procedure that takes less than an hour, and hospital stay is 24 hours.

Source: Thanks to Chapter 179, Hearts of NJ.

Nearly Half Of Heart Bypass Patients Skip Medications That Keep Blood Flowing

Researchers at Thomas Jefferson University discovered that nearly half of coronary artery bypass patients are not taking statins and aspirin together when they are referred for diagnostic cardiac catheterization at least three years after their initial bypass. Their results are currently in press online in *The American Journal of Cardiology*.

"It is important for patients to understand that bypass surgery is a second chance, not a cure for their disease," said Michael P. Savage, M.D., the Ralph J. Roberts Professor of Cardiology at the Sidney Kimmel Medical College at Thomas Jefferson University and the Director of the Angioplasty Center and Cardiac Catheterization Lab at Thomas Jefferson University Hospitals.

If untreated, about half of the bypass vein grafts become occluded within 10 years of surgery and aspirin and statins have been shown to keep grafts open over the long term. The American College of Cardiology and the American Heart Association recommend both medications unless they are unsafe for the individual patient.

"Our study confirms the significant under-utilization of both aspirin and statins in patients during long-term follow up after bypass surgery. This suggests complacency, not only among patients, but also among health care providers regarding the need to continue appropriate prevention measures after successful heart surgery," Dr. Savage said.

The researchers reviewed the electronic health records of 381 consecutive diagnostic cardiac catheterization patients who had a previous coronary artery bypass graft (CABG) a minimum of three years prior. Their goal was to identify

Nearly Half (cont'd)

the long term trends with medication adherence in this high risk population. Only 52 percent of patients were taking both aspirin and a statin medication; 75 percent were taking aspirin and 67 percent were taking a statin, patients taking a statin had higher (22 percent) low-density lipid or "bad" cholesterol.

Source: Medical News Today, April 28, 2016

CENSUS: The Kids Want To Live With Parents

Census data show 18-to-34-year-olds would rather live with parents than start their own households

Census data won't tell us why. Are they less romantic? Can't find a job or hold one? Have they decided not to live on their own until they reach 35? Or do they just want help to pay off student loans. A study by Pew Research Center is delving into the situation.

It was in 2014 when living with parents (32.1 percent) passed living with a romantic partner (31.6 percent) as the top arrangement among young adults. The rest lived alone, with roommates or as single parents. It was the first time since 1880 that so many decided to live with their parents.

The researchers said there was a dramatic drop in the share of young Americans choosing to settle down romantically before age 35 or with a spouse or partner. For whatever reason forming a new family is not nearly as important as it used to be for young adults, according to Richard Fry, senior researcher at the think tank.

He found that half those 18 to 34 were living with their parents while 25 percent of those 25-29 were. But both groups were much more likely to live at home in 2014 than in 1960.

Apparently, the young adults and their parents get along pretty well and often share the young person's goals.

Source: Pages

Open Heart Surgery Pioneer: Daniel Hale Williams

Daniel Hale Williams was one of the rare individuals who was the painter of his personal life canvas. Born the son of a barber in 1856 (or 1858) he was trained as a barber and shoemaker.

About 1878, he met a Wisconsin doctor and became fascinated with medicine. He enrolled in medical school in 1880 and after graduation he opened his medical practice.

Throughout his career, he pioneered medical facilities for black Americans, sorely needed in a segregated world.

On July 10, 1893, he performed open heart surgery--- at that time, one of only four surgeons worldwide ever to attempt the operation. His patient walked out of the hospital 50 days later. A triumph!

Source: Pages

Cellphone Insurance Facts

If you make a claim on your cellphone insurance, you might be shocked that the deductible is about the same as what you paid for the phone in the first place, according to NerdWallet.com.

This is because carriers heavily subsidize cellphone prices when you sign a contract. You can get a \$400 cellphone for just \$200. If you break the phone, some insurance plans require a \$200 deductible. You will still be getting a new phone for half price, but it sure won't feel like it.

Meanwhile, if you do make a claim, the replacement phone the insurer provides you doesn't have to be the same phone as you had before. The insurer tries hard to provide the same phone, but this might require that you get a refurbished phone of the same type.

Consider shopping around for insurance plans. You might get a better deal.

Source: Pages

General Interest Information

Small Molecule Treats Cancer?

A molecule from the humble sea snail egg has performed well in tests to destroy cancer cells.

Researchers at the University of Wolongong, Australia, found a new type of molecule that can kill 100 percent of drug-resistant cancer cells of the blood, ovaries, pancreas, for example, become resistant to cancer drugs over time.

Molecules to fight cancer have been taken from egg clusters of sea snails since 2002, but this development is a new process that makes chemicals 1,000 times more effective in killing cancer cells.

If human trials are successful, the drug could be available in five to 10 years, according to lead researcher Kara Perrow.

Source: Pages

Koko turns 45

Hanabi-Ko (fireworks child). nick-named Koko, was born July 4, 1971. The famed lowland gorilla will turn 45 this year. She is the subject of the longest continuous experiment to teach language to animals. Born at the San Francisco zoo, her education in sign language began at age 1. She now signs 1,000 words.

Source: Pages

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Diabetic Socks

A new sock designed to measure pressure on a diabetic's feet, which often have limited feeling.

Researchers at the Hebrew University of Jerusalem are developing the machine-washable socks that contain tiny sensors that detect pressure. The sensors communicate with a smartphone.

The socks are still in the development phase.

Source: Pages

Followup on the Mandy Heart Red Sox Fundraiser!

As previously reported, our Fund Raiser brought in **\$758.10** for the Madden Open Hearts Camp.

The winner of the event who had the "heaviest bag of coins" was John Donovan. However due to scheduling constraints he unfortunately couldn't attend the game. Wayne Johnson, the second place finisher, also couldn't attend. Mended Hearts certainly appreciates both of their laudable efforts as both men worked diligently at saving their loose change.

As a result, the third place finisher, Frank Soucy had the opportunity to attend the game with his grandson, Tim, a recent 2016 graduate of the US Coast Guard Academy. What a wonderful and memorable day for Frank and an even better graduation present for his grandson!

Mended Hearts Chapter 9 thanks all who participated in this very successful event!

Reminder...

MADDEN OPEN HEARTS CAMP FOR CHILDREN
250 Mountain Valley Road
Great Barrington, MA
SATURDAY - JULY 16, 2016 - 2:00 PM

Girls and boys, ages 8 to 16, who have had open heart surgery or a heart transplant, and have fully recovered from that surgery can attend the Madden Open Hearts Camp. The children attend in two week increments.

Come and join us for a visit with the children at camp. We will tour the facilities with David Zaleon, the Executive Director, and watch the children in action and having a great time together.

Directions from Hartford (Approx.65 miles)

Take Rte. 44W to Canaan, CT. In Canaan take Rte.7N. Go thru the center of "Great Barrington, mA. Go past K-Mart shopping center and the turnoff is approx.. 1 1/2 miles past it. Near the top of the hill take a right turn which is Monument Valley Road. The average driving time from Hartford is 1 1/2 to 1 3/4 hours.

If you would like further information please call Priscilla Soucy at 860-289-7422.

General Interest Information/ Fun Stuff

UPDATE ON SPRINGFIELD, MA "OFFICIAL CHAPTER"

On May 2, 2016 their new Chapter 403 officers were installed. They were installed by Priscilla Soucy, Northeast Regional Director. Walter Kovaciny, president of Chapter 9 Hartford, was also present. Their normal 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.

Chapter 403's new president, Steven Goodell, is anxious to get started and a visitor training class is scheduled in a few weeks.

As with other Chapters, Springfield will have a visiting program where visitors see heart patients Pre-op and Post-op in the hospital and they will start the visiting program at Baystate.

SURGIVERSARIES

JUNE – 2016

YEARS

Seymour Sard	37
Steve Livingston	18
Rick Lemay	16
Maureen Curtis	16
Joe Morassini	14
Joel Waterhouse	14
Edgar Santillian	2

QUOTES

Don't tell me where your priorities are. Show me where you spend your money and I'll tell you what they are.

Source: James W. Frick was VP of PR, University of Notre Dame

Don't go around saying the world owes you a living. The world owes you nothing. It was here first.

Source: Mark Twain, American Author

Beware of destination addiction, a pre-occupation with the idea that happiness is in the next place, next job, or with the next partner. Until you give up the idea that happiness is somewhere else, it will never be where you are.

Source: Author unknown

FUNSTUFF

Pulled Over

A driver was pulled over by a police officer for speeding. As the officer was writing a ticket, he noticed several machetes in the car. "What are those for?" he asked suspiciously. "I'm a juggler," the man replied. "I use those in my act." The officer asked, "Please step out of the car and show me." So he got out with the machetes and started juggling them, first three, then more, finally seven at one time, overhand, underhand, behind the back, putting on a dazzling show and amazing the officer.

As this was going on another car passed by. The driver did a double take, and said to his passenger, "Did you see that" I've got to give up drinking! Look at the tests they're giving now!"

Thanks to Chapter #16, Lynchburg, VA

Lost Cookies

After a long bumpy flight, passengers were happy enough to get off the plane.

With the passengers gone, flight attendants checked for items left behind.

In one seat pocket, an attendant found a bag of home-made cookies with a note saying, "Much love, Mom."

Quickly, the attendant gave the bag to the gate agent in hopes it would be reunited with its owner.

A few minutes later, an announcement came over the public-address system in the concourse. "Would the passenger who lost his cookies on Flight 502, please return to the gate?"

Source: Pages

NEW MEMBER

Carolyn Levine - West Hartford, CT

WELCOME!

General Interest Information

NOTICE TO VISITORS

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

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

NEW READERS

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

STOP!!

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

CAUTION!

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

MANDY HEART

Mandy Hart, our **SPECIAL piggy bank for donations for the Madden Open Hearts Camp**, has a balance of **\$ 1485.18**

We thank everyone for their continued generosity!

The famous "Mandy Heart" Piggy Bank



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.

DONATIONS

We received donations from John Hussey, Jr. and Michael Nicastre to be added to the Mandy Heart Fund.

The 50/50 raffle from the May 18 meeting brought in \$18 and the Mandy Heart collection itself brought in \$18.

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!

Some Puzzle FUN

Find the **Heart** related words listed at the bottom of the page in the Heart Word Search grid. The words can be forwards, backwards, vertical, horizontal, or diagonal. Circle each letter separately and keep in mind that letters in each Heart related word may be used in more than one word. When the Heart Word Search puzzle is complete, read the remaining letters left to right, top to bottom, to learn an interesting Heart fact.

Heart Word Search Puzzle

T H E A O R D T A I A S T H E
N E G Y X O B I L O V E G G E
A S T A O N D L R O A N S G E
G S T L V E N T R I C L E O F
R T B H E H A A E A A R V T S
O A M U S C L E R T N E L R I
C Y C L E S E B S T E H A E A
O R R D V T A T C A V R V R I
E E S O E X Y R G E C N R I C
H T M U I R T A B L H O O D F
R R U O N M T E H E E S L U P
L A T E F T V H E N S T R I U
C L P E O F T H E H T E A R M
Y R E T R A Y R A N O M L U P
T T S O A L L T H E B O D Y S

AORTA
ARTERY
ATRIUM
BLOOD
CHEST
CYCLES
HEARTBEAT
LOVE
MUSCLE
ORGAN

OXYGEN
PULMONARY ARTERY
PULSE
PUMPS
RED
SEPTUM
VALVES
VEIN
VENA CAVA
VENTRICLE



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