



Hartford Heartline

Volume XXXXVI- Issue 12 - March, 2016

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:

March 16, 2016 7:00 p.m.

Speaker: TBA

Topic: TBA

Refreshments: Dolly Goldfarb and Vera Martin

(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 All,

Well, another month, another message. I wish to piggyback on the excellent topics that Vice- President John Dunn made in last month's message while I was occupying a bed at St. Francis hospital. Indeed I wish to recognize the Accredited Hospital Visitors we have in Chapter 9 and all the visitors in the Mended Hearts organization.

For those folks that wondering why I was a patient at St. Francis Hospital, I had a colonoscopy on January 8, 2016 and was diagnosed with colon cancer on January 13 ,2016; had the cancer surgically removed on February 3, 2016. During the end of August 20, 2015, I was on vacation in Freedom, New Hampshire and was admitted to Memorial Hospital with symptoms of a headache that wouldn't go away after taking Tylenol and the sensation of pressure on my chest. I explained to the ambulance crew that I had a history of heart disease but I didn't think that was the problem. Once at the hospital, I was being treated for heart disease for 1 ½ days. I finally convinced the doctor and nurses that the care I was getting wasn't working. Then the doctor ordered a blood culture, which showed that I had an organism, Streptococcus Infantarius growing in my belly but the doctors couldn't determine the source of the organism. At least they were able to treat the organism with an intravenous drip every 12 hours. The discharge instructions included following up with a colonoscopy.

Once I was back home, I made an appointment with a Doctor to have the Colonoscopy done. After an exam and review of previous visits, I received an appointment to have the colonoscopy done on January 8, 2016. When I learned 5-days after the procedure that indeed the test showed colon cancer at the tip of the colon about the size of a small walnut I was quite upset.

The gastroenterologist sent me to see a surgeon to have the cancer removed surgically which is the reason for being a patient at St. Francis Hospital. I did see an Oncologist after the surgery and was told I'm cancer free which made me very happy. Now, I just have follow-up doctors' appointments and a colonoscopy January 2017.

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

April 20 , 2016

May 18, 2016

All Meetings start at 7:00pm

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Save the Date: June 15, 2016

Mended Hearts Chapter 9 Banquet

(More Details to follow)

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 - 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>

THE HEART TEST YOU MAY NEED--- BUT LIKELY HAVEN'T HEARD OF

Meet the coronary calcium scan, an accurate test that can help determine your future risk of heart attack or cardiovascular disease. Johns Hopkins experts explain why this test may be best for you.

How's your coronary artery calcium? What's that, you ask? Like the more familiar tests used to assess your risk of future heart problems-cholesterol, blood sugar tests, for example-coronary artery calcium (CAC) testing helps reveal your risk of heart disease, often before other warning signs appear.

Also, known as calcium score, it's one of the newer-and more accurate-assessment tools being used. "A coronary calcium scan isn't for everyone, but it's the finest way for those who are uncertain about their heart disease risk to make better decisions about treatment and medications," says Michael Blaha, MD, M.P.H., director of clinical research at the Ciccarone Center for the Prevention of Heart Disease at Johns Hopkins.

What does a coronary calcium scan do?

The scan provides images of your coronary arteries that show existing calcium deposits. Called calcifications, these deposits are an early sign of coronary artery disease.

How does the coronary calcium scan work?

Pictures of your heart are taken while you lie in a scanner for about 10 minutes. This simple and painless procedure is called a computed tomography (CT scan). A score of zero has been shown to indicate that you have a very low risk of having a heart attack within the next seven years.

THE HEART TEST (cont'd)

How is a coronary calcium scan used?

For someone who has several risk factors for heart disease, the test can help determine how aggressive treatment should be, whether different types of medications should be started, or whether a person is at very low risk for heart events. "Unlike risk factors, which can only tell you probabilities, this information is individualized, more concrete and actionable," Blaha says.

Why doesn't everyone get a coronary calcium scan?

Because this test is relatively new, it's not part of standard guidelines for heart screenings-and not all insurance plans cover it. But it's apt to be used more in the future, as several studies comparing it with other tests have shown its effectiveness in determining the risk of cardiac events. For now, ask your doctor.

Source: John Hopkins Medicine

HEART FAILURE READMISSION RATES LOWER FOR HOSPITALS WITH VISITING PROGRAMS

Mended Hearts, Inc. is pleased to report statistical findings that Mended Hearts hospitals' readmission rates for heart failure are significantly more likely to be better than the U.S. national rate, compared to other U.S. hospitals. In collaboration with the American College of Cardiology (ACC), data was extracted and analyzed from the Center for Medicare and Medicaid Services (CMS) database for hospitals that host a Mended Hearts visiting program and with hospitals that do not have a visiting program.

The following is the results of the studies:

Nine out of ten patients said the Mended Hearts visit had a favorable impact on their experience at the hospital or office.

HEART FAILURE READMISSION (cont'd)

More than half said impact was “much more favorable.”

Nearly nine out of ten patients felt the Mended Hearts visitor was helpful to them.

More than two out of three patients said “extremely helpful.”

Mended Hearts visitors were perceived to be helpful in a variety of ways, particularly support from someone with similar experiences, helpful information on medical condition and recovery, and encouragement.

On the 2nd Phase of this study:

About 3 out of 4 patients felt they were in very good/excellent health.

The top three heart conditions that patients were being treated for are hypertension (44%), high cholesterol (39%) and coronary artery disease (29%).

Atrial Fibrillation (AFib) was the most common symptom experienced post-hospital.

This exciting data supports our work as the largest peer to peer heart patient support organization in the world.

Source: Thanks to Chapter#119, Newport News, VA

**STROKE PATIENTS SHOW HIGHER RECOVERY IN MULTISTEM THERAPY STUDIED AT UNIVERSITY HOSPITAL CASE MEDICAL CENTER
Study at 2016 International Stroke Conference in Los Angeles**

Of the 65 patients treated with MultiStemR, 23.1 percent achieved a complete or near full recovery from their stroke after one year. Only 8.2 percent of the 61 placebo patients achieved that level of recovery. Patients who received the cell therapy within 36 hours after the onset of stroke did even better, with 29 percent of those 31 patients achieving an excellent outcome.

STROKE PATIENTS (cont'd)

Cathy Sila, MD, Director of the Comprehensive Stroke Center at UH Case Medical Center, and Professor of Neurology at Case Western Reserve University, was the principle investigator of the study at UH Case Medical Center.

“These results are very promising and this therapy would be an important adjunct to acute stroke care to reduce the amount of brain injury from which patients need to recover,” said Dr. Silva. “But the results are still preliminary and need to be reproduced.”

Since MultiStem therapy seems to be effective when given at 24 to 36 hours after the stroke, it means many more stroke victims would be eligible for treatment, she said.

“Current therapy for stroke is unfortunately very limited. There is only one drug tPA, that is FDA approved for acute ischemic stroke, and tPA needs to be administered within hours of onset of a stroke,” said Dr. Sila. “Despite public education and the development of stroke centers, only about 7 percent of all ischemic stroke patients nationwide receive tPA therapy and less than 2 percent undergo catheter-based clot removal therapy. New treatments are needed to reverse the effects of a stroke and promote recovery from stroke, and they need to be effective in a wider time window to help more patients.”

Ischemic stroke is caused by blockage in an artery in or to the brain, that impedes blood flow, and that can result in serious disability or even death.

MultiStemR is a proprietary medication made by the Cleveland-based biotech company, Athersys. The medication comes from a patented class of early adult stem cells called Multipotent Adult Progenitor Cells or MAPCs that are obtained from bone marrow. Hundreds of thousands to millions of doses can be made in advance, stored in the hospital and be used off the shelf.

Source: Kaiser Permanente Health Care

THE AMAZING BRAVERY OF ANIMALS HAS BEEN RECOGNIZED THROUGHOUT HISTORY

Just north of the Children's Zoo in New York's Central Park, you can see the statue of a Siberian Husky named Balto. He is standing at attention on a granite rock.

In 1925, Balto led the final team of sled dogs through 674 miles of snow and ice to bring diphtheria serum to the stricken children of Nome, Alaska.

Amanda Foreman, writing in *The Wall Street Journal* says the statue is a reminder of the debt of gratitude we owe to all the animals that served mankind and have given their lives for us. During most of history, humans have ignored the debt, but there are exceptions.

Roman historians have praised the sacred geese in the temple of Juno, whose squawks saved Rome from a surprise attack by the Gauls in 390 B.C.

Students of Socrates coined the word kynikos, meaning doglike, to encourage a return to nature.

Early Islamic teachings have a special place for animals doing God's work. The teachings mention Mahmud, a Yemeni war elephant that saved the shrine at Mecca in 570 A.D. He refused to lead invaders across the border.

During World War I, eight million horses, mules, donkeys, camels, elephants, pigeons and dogs were killed.

One dog named Stubby survived four offenses and 27 battles in France. He was promoted to sergeant, the first canine ever to be given a rank in the U.S. Army.

Cher Ami, a carrier pigeon for the U.S Signal Corps, helped to rescue 194 stranded men. Cher Ami was awarded the French War Cross.

Warrior, a war horse beloved by the Canadian Cavalry, was so courageous that his obituary appeared in the *London Times*.

THE AMAZING BRAVERY (cont'd)

The tradition of rewarding bravery and loyalty lives on today with the PDSA Dickin Medal, an international prize for the animal world.

The last American recipients of the medal were Salty and Roselle, two Labrador guide dogs who safely led their owners out of the World Trade Center on 9/11.

Source: Pages

NATIONAL DOCTORS' DAY MARCH 30, 2016

It's easy to forget just how important, valuable and necessary good doctors are – that is, until you get ill or sustain an injury. Doctors Day puts hard-working doctors in the spotlight, and encourages us to be considerate of the long hours they work, their compassion, and the effort they put into practicing medicine.

In United States, National Doctors' Day was initially detected in 1933 as local commemoration in Barrow County, Georgia, to celebrate the date on which Crawford W. Long, MD, managed the primary ether sedative for surgery on 30th March, 1842. And it was begun through Eudora Brown Almond of Winder, Georgia. And on 30th March, 1958, the U.S. House of Representatives assumed a pledge commemorating Doctors' Day. And in the year of 1990, the senate and the congress permitted legislation designating 30 March as the National Doctor's Day was marked through President George H.S. Bush in 21st February 1991. And the foremost National Doctors' Day was commemorated in 1991.

Source: Online Doctors' Day

NATIONAL CHANGES ON NEW CHAPTERS

We will no longer require 30 members to start a new chapter. We will need 10 paid members to start a chapter. This will become a little easier to establish new chapters instead of working towards having 30 people to start.

In our case, our Springfield satellite will become a new chapter since they have the required 10 members. We are in the process of going forward on this matter

General Interest Information/ Fun Stuff

SPRINGFIELD, MASS "OFFICIAL" CHAPTER UPDATE

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 visiting program where visitors see heart patients pre-and post-op. in the hospital and we will start the visiting program at Baystate. Dennis Badger is currently a visitor at Hartford Hospital and he will be the coordinator for this prospective chapter. He can be reached at 413-783-7368. Bryan Hagberg, who has been the coordinator, will become active at a later date with our new official chapter.

SURGIVERSARIES

MARCH – 2016	YEARS
Walter Kovaciny	14
Pauline Guarco	7
Mike Nicastre	5
John Lippold	3

GOOD NEWS!

There will be a National Conference next year! The word from our National office is that plans are being made to hold the conference every other year. The location is yet to be determined



Vice President John Dunn presents John Violette, 2nd President of MH Chapter 9 who spoke at the February Chapter Meeting with a Merit Award for after an very informative presentation

FUNSTUFF

A WOMAN KNOWS

A woman accompanied her husband to the doctor's office. After his checkup, the doctor called the wife into his office. He said, "If you don't do the following your husband will surely die.

Each morning, fix him a healthy breakfast. Be pleasant and make sure he is in a good mood.

For lunch, make him a nutritious meal. For dinner, prepare him an especially nice meal. And don't burden him with chores as he probably had a hard day. And don't discuss your problems with him.

On the way home, the husband asked his wife what the doctor said to her.

"You're going to die." she replied.

Source: Pages

Funny Moments from the Classroom...

TEACHER: Maria, go to the map and find North America

MARIA: Here it is.

TEACHER: Correct. Now, Class, who discovered America?

CLASS: Maria

TEACHER: Glenn, how do you spell crocodile?

GLENN: K-R-O-K-O-D-I-A-L

TEACHER: No, that's wrong.

GLENN: Maybe it's wrong, but you asked me how I spell it.

TEACHER: Clyde your composition on "My Dog" is exactly the same as your brother's. Did you copy his?

CLYDE: No sir: It's the same dog.

TEACHER: Donald, what is the chemical formula for water?"

DONALD: H I J K L M N O.

TEACHER: What are you talking about?

DONALD: Yesterday you said it's H to O.

Thanks to Chapter 16, Lynchburg, VA

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 the Madden Open Hearts Camp.

We continue to receive generous donations from the Mended Hearts Community.

We have received a donation from John Donavon for Mandy Hart.

Mandy Hart now has a balance of \$255.73.

We received a general donation from Mary Cowing. We thank everyone for their continued generosity.

MEETING LOCATION

Our meeting location which will be at:
Goodwin College - Community Room
245 Riverside Drive
East Hartford, CT
March 16, 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 memory of Fran Reichlin

Helen Klitsch
 Priscilla and Frank Soucy
 Janice and Paul Goldschmidt
 Mr. and Mrs. Julian Adler
 Carolyn Kolwicz
 Ben and Dolly Goldfarb

Many Thanks for your continued Generosity!

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!
Remember to 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, a non-profit, residential summer camp for children who have undergone and recovered from open heart surgery.

We are sponsoring an opportunity to win a pair of Boston Red Sox tickets for the Sunday, May 22, 2016 baseball game versus the Cleveland Indians at Fenway Park, Boston Massachusetts



"Virtual" view from seats at Fenway Park

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.

Keep Saving all of your Spare Change!!



John Violette, 2nd President of MH Chapter 9 who spoke at the February Chapter Meeting, shares his story at the February Chapter Meeting



John Violette, fields questions after his presentation. Pictured left to right: John Violette, Steve Livingston, Brendan Durkin, and Frank Soucy (sitting).

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
Thank you!**



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 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