



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 XXXXXIIIV- Issue 20 – March, 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, March 15, 2017 7:00 p.m.

Speaker: Dr. Anthony F. LaSala, MD, FACC, Hartford Hospital

Topic: TAVR – Transcatheter Aortic Valve Replacement Procedure

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,

Well, once again my lack of organization is holding up sending the Hartford Heartline to the printer.

I just got home from our quarterly Board of Directors meeting. We discussed the annual banquet that will be held at the Wampanoag Country Club. Please save the date of Wednesday, June 21, 2017 and plan on attending the event. It will include our June 2017 meeting, a representative from the National office, and a good meal. Similar to last year you’ll have an option of a Vegetarian meal, Salmon or Chicken, The members and their guests will pay \$25.00 each with the chapter paying for the additional cost.

We also discussed the 65th Annual Mended Hearts Education and Training Conference. Any members of Chapter #9 that attend the event will be reimbursed \$300.00 once they have attended the event and come back home. Perhaps the members that attend the conference can enlighten the other members with what they learned from the workshops they attended.

Take care, enjoy our New England weather and plan on attending the March 15, 2017 monthly Chapter meeting. Let’s have a good attendance for our speaker, Anthony F. LaSala, MD, FACC who will speak about the TAVR (transcatheter aortic valve replacement) procedure.

Heartfully,
Chapter #9 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

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

March 15, 2017

April 19, 2017

May 17, 2017

All Monthly Meetings Start @7pm

June 21, 2017

**ANNUAL Chapter 9 BANQUET
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 - 2014-2017

Visiting Chairman – Hartford Hospital

John Dunn 860-688-5489

Visiting Chairman - St. Francis Hospital:

Bob Hoffman 860-232-8417

Visiting Trainer - All Hospitals:

Priscilla Soucy 860-289-7422

Program Co-Chairman:

Steve Livingston 860-644-4250

Program Co-Chairman:

Priscilla Soucy 860-289-7422

Official Greeter:

Dolly Goldfarb 860-523-5761

Corresponding Secretary:

Carolyn Kolwicz 860-872-0296

Refreshments:

Bonnie Morassini 860-635-2920

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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>

WHAT'S THE LONGEST HUMANS CAN LIVE? 115 YEARS, NEW STUDY SAYS

On Aug. 4, 1997, Jeanne Calment passed away in a nursing home in France. The Reaper comes for us all, of course, but he was in no hurry for Mrs. Calment. She died at age 122, setting a record for human longevity.

Jan Vijg doubts we will see the likes of her again. True, people have been living to greater ages over the past few decades. But now, he says, we have reached the upper limit of human longevity.

"It seems highly likely we reached our ceiling," said Dr. Vijg, an expert on aging at the Albert Einstein College of Medicine. "From now on, this is it. Humans will never get older than 115."

A child born in the United States in 1900 had an average life expectancy just short of 50 years. An American child born today can expect to live on average to age 79. Japan's average life expectancy at birth has risen the most of any country so far, to 83 years.

Based on his own experimental research, Dr. Vijg describes aging as the accumulation of damage to DNA and other molecules. Our bodies can slow the process by repairing some of this damage. But in the end it's too much to fix.

The best hope for our species is not to extend our life spans, Dr. Vijg argues, but to lengthen our years of healthy living-with healthy habits and perhaps drugs that can repair some of the cellular damage that comes with time.

Source: Science.nytimes.com

WEATHER MAY ACTUALLY PREDICT ILLS

That old saw that a change in the weather means a change in your health, could actually be true, according to a recent study by Swedish researchers. The study found that flu outbreaks occur about a week after the first cold spell of winter. They speculate that airborne particles containing the flu virus can spread more easily in cold, dry weather.

Source: Pages

ITEMS THAT WILL PUT THE POUNDS ON

A basic double hamburger can cost you about 600 to 1,200 calories, depending on size and condiments.

But that is chump change compared to dishes such as fried chicken and waffles from the Cheesecake Factory. This sumptuous Sunday brunch offering has crispy fried chicken strips on top of Belgian waffles. These are topped with poached eggs and a Hollandaise sauce. Plus, it is served with Maple Butter syrup. It's a diet killer at 2,580 calories.

Coming up just a tad under is Buffalo Wild Wings dessert nachos. A crispy flour tortilla "sprinkled with cinnamon and sugar, loaded with ice cream and gooey breaded cheesecake bites" topped with chocolate and caramel sauce. It's a sugar high that packs on the pounds at 2,100 calories.

Source: Pages

GENDER-BASED CANCER TREATMENTS

Males have a 20 percent higher risk of cancer than females and part of the reason might be genetic. A study by the Dana-Farber Cancer Institute and Massachusetts General Hospital suggests that females carry an extra copy of protective genes in their cells. These protective genes reside on the x chromosome. Females have two x chromosomes and men have one. If the protective gene mutates, causing uncontrolled cell division, cancer could develop. In females, protective genes on each X chromosome would have to mutate to cause cancer. Males have only one X chromosome so only one mutation could cause cancer.

According to Duke Medicine, this study could lead to new gender-based cancer treatments focused on the molecular mechanism for disease.

Source: Pages

SEDENTARY LIFESTYLES

An absence of physical activity is one of the leading causes of preventable death in the world today. Early death may be caused by sitting still. There is a higher risk for people who sit still more than five hours a day. People who sit still over four hours a day have a 40 percent greater risk than those who sit less than four hours a day. But the people who exercise at least four hours a week are as healthy as the people who sit fewer than four hours a day.

A sedentary lifestyle means a person does no or irregular physical activity. Couch potato is a term used to describe such a person, Sitting, reading, socializing, watching television, playing video games and computer use for a good portion of the day with little or no vigorous physical exercise - has been referred to as screen time. Too much screen time has been connected to negative health consequences.

Having a desk job, being retired, getting injured, or suffering from chronic pain could all be reasons why someone stopped moving or started to move less.

If a person has a cardiovascular condition cardiac rehab is beneficial. Light exercise can be beneficial.

Source: Thanks to Chapter 179, Hearts of Jersey Heartbeat

Gender Bias in Primary Prevention

General practitioners (Gps), especially male ones, are more attentive to primary prevention in men than in women, finds a study published in the European Journal of Preventive Cardiology in November.

Use of either the French scale or the Systematic Coronary Risk Evaluation scale was less frequent in women than in men (odds range from 0.64 and 0.63 respectively). The gender bias was less distinct when patients saw a female GP, however.

The authors call for better training.

Source: Thanks to Chapter \$179, NJ

Blood Test for MI

A device announced in May by manufacturer Philips cuts the myocardial infarction (MI) blood test wait to 10 minutes, although current plans are for availability in Europe only.

Cardiac troponin I levels are measured from a droplet of blood by the handheld Minicare I20 system. Results are comparable to laboratory testing, for which emergency physicians wait an hour or more.

Source: Thanks to Chapter #179 NJ

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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**Please Plan on attending the
March 15th, 2017 Monthly Chapter
Meeting**

The speaker will be Dr, Anthony F. LaSala, MD, FACC who is a cardiologist at Hartford Hospital. Dr. LaSala has spent his entire medical career at Hartford Hospital and he plans to speak about the TAVR (transcatheter aortic valve replacement) procedure - a minimally invasive and increasing popular cardiac procedure.

Hope to see you there!

General Interest Information

TOP OBJECTS THAT CHANGED SAFETY CULTURE, AND HEALTH

One hundred objects have shaped public health and safety for the last 100 years, says John Hopkins Bloomberg School of Health.

On its Global Health Now Website, the school describes all 100 objects, some weird, some obvious, to celebrate its centennial. (globalhealthnow.org)

Here are some important ones:

- * **Bike Helmets** - They have been around since 1860 but in wide use only since 1975.
- * **Fly Swatters** - This was the invention of a Kansas Boy Scout troop that nailed spare pieces of window screen to yardsticks.
- * **Hard Hat** - Workers in the 1900's, the hard hat has evolved from hardened tar into the tough plastic gear we know today. Their use in construction is now law.
- * **Safety Goggles** - About 2,000 workplace eye injuries occur every day. Safety goggles alone prevent about 90 percent of these injuries.
- * **Garbage Trucks** - That's a good thing because each American generates about 7 pounds of trash every day. The first hydraulic garbage truck was patented in 1938.

Source: Pages

SAVE THE DATE!

Wednesday, June 21, 2017

**Mended Hearts Chapter 9
ANNUAL BANQUET**

**Wampanoag Country Club
West Hartford, CT**

Food, Fun and Friendship!

Hope to see you there!

MEMDED HEARTS EDUCATION AND TRAINING CONFERENCE 2017 July 3rd – 7th, 2017

Where?

**Gaylord Opryland Resort & Convention Center
in Nashville, TN**

You won't want to miss this one. The dates were planned for attendees to see the largest fireworks show in the country.

This will be our 64th Mended Hearts Annual Conference.

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!

SAUL REICHLIN

This month we lost one of our past presidents, Saul Reichlin. Saul was a dedicated member of our Chapter 9, and was president of our chapter for four years.

Saul was a perfect example of a mended heart. He gave of his time, his intelligence, and his love of visiting patients who had open heart surgery.

He was dedicated through and through to Mended Hearts. Some people come along who really understand the meaning of having had open heart surgery and really want to help people get through a rough time in their lives. Saul was one of them.

He was a good listener and made a terrific president. Everyone who knew him will miss him.

Rest in peace, Saul. You did a terrific job and it won't be forgotten.

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.

“Mandy Hart” , our Special Piggy Bank for donations to the Madden Open Hearts Camp, has a balance of
\$ 560.14

The famous “Mandy Hart” Piggy Bank



We thank everyone for their continued generosity!

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!

Heart Healthy Puzzle Page

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	OXYGEN
ARTERY	PULMONARY ARTERY
ATRIUM	PULSE
BLOOD	PUMPS
CHEST	RED
CYCLES	SEPTUM
HEARTBEAT	VALVES
LOVE	VEIN
MUSCLE	VENA CAVA
ORGAN	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.

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Yes No
Signature _____

Yes No
Signature _____

National Membership Dues: Includes subscription to *HEARTBEAT* and one insignia pin for an individual or two pins for a family membership (must reside in same household). Select type of membership and include chapter dues (unless you wish to become a member-at-large). National dues are tax deductible less \$10.00; Chapter and Lifetime Dues are 100% tax deductible.

National Dues Within United States

- Individual - Dues \$20.00
- 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