



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 XXXXVIII- Issue 14 - May, 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:

May 18, 2016 7:00 p.m.

Speaker: Cynthia Heller, MD, Primary Physician

Topic: Aspirin and CAD Prevention

Refreshments: Vera Martin and Dolly Goldfarb

(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 All,

I attended the swearing in of the officers of Mended Hearts new Chapter, #403 on Monday, May 2, 2016. The chapter meets in the cafeteria of the Baystate Building in Springfield, MA. ARD, Priscilla Soucy did the honors of installing each of the officers. Chapter #9 will probably lose several members that have been driving down from Massachusetts to attend our monthly meetings. Now, they can attend their own meetings.

As our meeting schedule winds down, we hope to see you at Camp Madden on July 16th. The certified visitors will continue to be busy fulfilling their duties in their perspective hospitals.

Well, I'm late once again getting this message to our newsletter editor. With writing a newsletter for the volunteer fire department I belong to and assisting with the monthly newsletter at my church, I can appreciate what happens when information is late being submitted.

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

May 18, 2016

June 15, 2016 (Meeting/Banquet)

All Meetings start at 7:00pm

=====

Save the Date: June 15, 2016

Mended Hearts Chapter 9 Banquet

(Menu Form Attached-

Please respond ASAP!))

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>

WHEN DO VITAL ITEMS GO BAD?

The FDA does require that drugs carry an expiration date. Alan Goldhammer, PhD, associate vice president for regulatory affairs of the Pharmaceutical Research and Manufacturers of America (PhRMA), tells WebMD that safety, purity, and potency must be tested and established over time by drug manufacturers. If a drug says the expiration date is 18 months hence, it means these three qualities can only be guaranteed that long, assuming the drug is stored properly.

Some critics have accused drug manufacturers of hyping these dates to encourage more drug sales. Goldhammer implies that some drugs may be OK longer than noted, but the manufacturers have not done, say, a 10 year study of how long the drug is good. "They try to establish a reasonable date to allow for time in the supply chain and pharmacy shelves," he says.

The chemicals in drugs do break down and change over time, becoming more potent (or poisonous) or ineffective. "One of the worst places to store them," Goldhammer offers, "is in the medicine cabinet, which can be hot and humid. Consumers should not let drugs sit around. Why do you think most companies sell them a month or at most three months ahead of time?"

VanLandingham also notes that humidity can hurt drugs. "That's why they have cotton in them," he explains

The sweetener aspartame, another common item often found in sodas, does break down and become icky tasting, so don't buy or drink old products containing it.

Source: WebMD

FATHER SAVES HIS PREMATURE BABY'S LIFE USING CPR HE WAS TAUGHT BY NURSES JUST A WEEK BEFORE

A father saved his premature baby's life when she stopped breathing by performing CPR he learned just days earlier

FATHER SAVES (cont'd)

Daniel Ward, 27, from Grimsby, Lincolnshire, used his new skills after Layla-Rose turned blue and stopped breathing last week.

He leapt into action after she started coughing during a feed causing her tiny heart to stop beating.

While terrified mother, Chelsea Sowerby, 22, froze with fear, Mr. Ward brought their little girl back to life after seven minutes of chest compressions.

"It was truly terrifying when I saw Layla-Rose – I thought she was dead, she'd stopped breathing, turned blue and I couldn't hear her heart beating," he said.

"I was lying down when it happened but as soon as I saw Layla lying there I leapt up tore off her clothes and began to perform CPR.

"I was resuscitating her for around seven minutes hoping she'd pull through, I was so scared but she's my daughter I had to do something, I couldn't just let her die.

Then suddenly she made a noise and threw up what was blocking her airways, it was like a waterfall but I was just so glad she was alive."

Emergency services took her to the hospital where she was placed on a ventilator and given a transfusion to keep her alive.

After a week under close observation, doctors discovered her breathing difficulties were caused by bronchitis-an inflammation of the airways-and discharged her this week.

Now she is 11 weeks old, she was born 3 months early and weighed 1 lb. 13 oz. She was delivered at 28 weeks and measured 14 MCM in length - the same size as an iPhone.

Source: dailymail.co.uk

NEW EVIDENCE SHOWS LOWER LEVELS OF BLOOD PRESSURE PROVIDE DRAMATIC PROTECTION AGAINST HEART DISEASE

Hypertension is thought to be responsible for 50 million deaths per year nationwide. It's a major risk factor for stroke, heart attacks, heart failure and peripheral vascular disease.

Many studies have shown that patients with systolic blood pressures (the top number) below 140 have a lower risk of heart disease and death than those above 140.

The Cardiac Game Changer

Results of the Systolic Blood Pressure intervention Trial (SPRINT) represent a game-changer in the field of hypertension. The study presented to the American Heart Association, shows that patients who maintained a blood pressure of 120 or less had a 25 percent lower risk of heart failure, heart attack, stroke and cardiovascular death than those whose blood pressure was maintained at 140.

They had a 43 percent lower risk of cardiovascular death and 27 percent lower risk of death from any cause than those whose target systolic blood pressure was 140.

It Can be Difficult to Achieve

Lowering blood pressure can be difficult In order to reach the 120 systolic level, some patients could need more than one medication.

In the SPRINT trial some patients who were able to reach 120 suffered adverse effects, such as fainting and kidney problems. But the trial has been called "one of the most important achievements of 2015."

It's not the whole answer. Researchers at Duke Medicine say the 120 number is no magic bullet. It was chosen because it was significantly lower than 140.

What the trial did show was that bringing systolic blood pressure levels down below 140 can be beneficial in many ways as long as it's done safely.

Note that no diabetic patients were included in the trial.

Source: Pages

VITAMIN D HELPS DAMAGED HEARTS

A new study makes the case that patients suffering from heart failure should consider taking Vitamin D supplements daily. UK researchers who followed the progress of about 160 such patients found that the vitamin made a big difference in improving damaged hearts, reports the Telegraph. The researchers gave some patients a vitamin D3 pill daily and some a placebo. After a year, the hearts of the first group were pumping out more blood-efficiency improved from 26% to 34%, while the blood flow of those who took the dummy pill showed no improvement, reports Medical News Today.

"It's quite a big deal-that's as big as you'd expect from other more expensive treatments that we use, lead researcher Klaus Witte of the School of Medicine at Leeds tells the BBC." It's a stunning effect." He and his team say that in the best case scenario, the supplements could help some .people avoid having a costly defibrillator implanted. The study was published online in the Journal of the American College of Cardiology and presented this week in Chicago at the group's annual meeting. (Another study suggests that the hearts of men and women age differently.)

Source: Newser, April; 5. 2016

Follow-Up from April Chapter 9 Meeting

Dr.Brett Nowlan, the informative speaker from April's Chapter meeting, who spoke on **Advanced Lipid Testing** shared some additional info regarding the topic

Below are the tests that he mentioned in his talk.

- Coronary calcium score (if asymptomatic, and no known CAD history)
-
- LDL particle count, or Apo-B (essentially the same information; especially useful if prediabetic/diabetic)
-
- Lipoprotein (a) (the genetically inherited cholesterol particle)
-
- high sensitivity CRP, Lp-PLA2 (measuring inflammation)

These blood tests can all been ordered together from Quest Labs/Clinical Labs, called Cardio-IQ.

General Interest Information

STORE CLAIMS THE HAPPIEST WORKERS IN AMERICA

The associates at Publix Super Markets, Inc. say they love to work there and some continue to stay for up to 45 years.

Recently *Fortune* set out to find out what makes the company so special. Here's what they found:

* Their people aren't just employees, they are associates who own stock in the company and get bonuses for its performance. Publix, based in Lakeland, FLa., is the largest employee-owned company in the world.

* The turnover rate is just 5 percent as opposed to the retail industry average of 65 percent. Warren Buffet told *Fortune* it's the kind of company he'd like to buy, because there's magic in how they run the place.

* Associates have clean-cut personal appearance standards. Even *Fortune's* interviewer was told he had to shave his disorderly mustache. Piercings, unnatural hair color and facial hair (except for neat mustaches) are not allowed.

* Publix was founded in 1930 by George W. Jenkins with one store. He wanted to provide a great place to work, and that hasn't changed in 86 years. Associates refer to "Mr. George" and he frequently comes up in conversations.

* Lining up future CEO candidates is tough because no associate is better or more important than others. The current president, Todd Jones, started out bagging groceries at Publix 36 years ago. He became CEO on May 1.

Source: Pages



Dr. Brett Nowlan delivers a point during his presentation at the April Chapter 9 Meeting (Forefront: A portion of the proceeds from our "loose change" fundraiser)

Results for the Mandy Heart Red Sox Fundraiser!

We are pleased to share that our Fund Raiser brought in **\$758.10** for the Madden Open Hearts Camp

The winner of the Red Sox tickets who had the "heaviest bag of coins" was John Donovan whose bag's total weight was **40 pounds 8 oz!** Many other members participated and the total weight of coins collected was **97 pounds 7 oz!**

We now have **\$1427.18** in the Mandy Hart Fund.

Fantastic Job!

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.

A fulltime registered nurse is on site at all times, dispenses all medication, and is available to provide any necessary medical care for campers 24 hours a day.

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 703 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 703'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

MAY – 2016	YEARS
Rocky Goodwin	19
Bennett Cohens	17
Edward Cowing	17
James Curtis Jr.	16
Bill Ulrich	9
Dorothy Malerba	5

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!

FUNSTUFF

NINETY NINE DOLLAR CRUISE

A woman walks by a travel agency and notices a sign in the window, "Cruise Special - \$99!"

She goes inside, lays her money on the counter and says, "I'd like the \$99 cruise special, please."

The agent grabs her, takes her into the back room, ties her to a large inner tube, then carries her out the back door and downhill to the river, where he pushes her in and sends her floating down the river.

A second woman comes by a few minutes later, sees the sign, goes inside, lays her money on the counter and asks for the \$99 special. She, too, is tied to an inner tube and sent floating down the river.

Drifting into stronger current, she eventually catches up with the first woman. They float side by side for awhile before the first woman asks,

"Do they serve refreshments on this cruise?"

The second woman replies, "They didn't last year."

Source: Thanks to Chapter 262, Johnson City, N.Y.

QUOTES

When it is obvious that the goals cannot be reached, don't adjust the goals, adjust the action steps.
Confucius: Chinese philosopher

Being different and thinking differently make a person unforgettable. History does not remember the forgettable. It honors the unique minority the majority cannot forget.
Suzy Kassem, author of Rise UP and Salute the Sun

You have to learn the rules of the game. And then you have to play better than anyone else.
Albert Einstein: German Physicist

**NEW MEMBER (Sort of) ☺!
John Violette – Granby, CT**
A Former Member who was also the
Second President of Chapter 9

WELCOME BACK, JOHN!

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 \$ 1427.18

We thank everyone for their continued generosity!

The Infamous "Mandy Heart" Piggy Bank



MEETING LOCATION

Our meeting location which will be at:
Goodwin College - Community Room
245 Riverside Drive
East Hartford, CT
May 18, 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

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We received two donations from Tony Taschner and John Violette, both to be added to the Mandy Hart fund.

The 50/50 raffle from the April 20 meeting brought in \$21 and the Mandy Hart collection brought in \$6.62.

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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!

39th ANNIVERSARY Mended Hearts Chapter 9 Banquet

Wednesday, June 15, 2016, 6:30pm

WAMPANOAG COUNTRY CLUB

60 Wampanoag Drive --- West Hartford, CT.

www.wampanoagcc.com 860-236-1691

Members and Guests - \$28.00 per person - Drinks available from your table (Cash)

Hors D'oeuvres:

"Harvest Table" Selection beginning at 6:30pm; Dinner served at 7:00 pm;

Salad:

House salad Served with Balsamic Vinaigrette, Fresh Rolls and Butter

Entrees: Please choose one:

_____ Baked Salmon with Lemon Tomato Vinaigrette

_____ Chicken Marsala with Marsala Wine and Mushrooms

_____ Vegetable Lasagna with Garlic Bread

Entrees include:

Dry Baked Potato; Butter and Sour Cream available

Seasonal Vegetable

Dessert: Please choose one:

_____ Chocolate Mousse Cake

_____ Strawberry Short Cake

Coffee, Decaf and Herbal Tea Service Available

Please send completed form and check payable to: The Mended Hearts, Inc. - Chapter #9

and mail to:

John Dunn, 15 Strawberry Hill, Windsor, CT. 06095. (Please PRINT)

NAME(s): _____

ADDRESS: _____

CITY, STATE, ZIP CODE: _____

TELEPHONE: _____

E:MAIL: _____



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), 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), 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

Table with 3 columns: Dues Type, Amount, and Selection Box. Includes Individual, Family, Life - Individual, and Life - Family Dues.

Chapter Dues

Table with 4 columns: Dues Type, Amount, Selection Box, and Renewal Info. Includes Individual, Family, Life - Individual, and Life - Family Dues.

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:

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