



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 XXXXXII- Issue 18 – November-December, 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:

Wednesday, November 16, 2016

7:00 p.m.

**Speaker: Denise Hyland, RN at St. Francis Hospital
for 25 years, 21 years in Cardiac ICU Post-op Open Heart
Recovery**

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, here I go again holding up sending the newsletter to the printer because I forgot to write this message in a timely manner.

I have some sad news to share with our members, readers, and friends. Our Regional Director, Frank Cecco, sent the following message to all the chapter presidents in the Northeast region:

“It is with deep sadness that I inform you of the passing of a former National Mended Hearts President, Raul Fernandes. If you would like to send condolences to his wife: Dorothy Fernandes, 7 Blackbird Court, Tiverton, RI 02878

Raul will be missed by all that knew him”

As a member of Chapter #9, I had the pleasure of working with Raul Fernandes at several of the conventions I’ve attended as well as when Raul served as Northeast Regional Director.

Heartfully,

Chapter #9 President, Walter Kovaciny

Mended Hearts Chapter 9 Info

Chapter 9 OFFICERS 2015-2017

President

Walter H. Kovaciny

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

Email: walterkovaciny@cox.net

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

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November 16, 2016

No December Meeting Winter Break

January 18, 2017

February 15, 2017

All Monthly Meetings Start at

7:00pm

Mended Hearts volunteers offer peer-to-peer support to patients, family members and caregivers via:

- **Hospital Visiting – In person visit from a Mended Hearts volunteer**
- **Phone Visiting – Calling to provide a word of encouragement**

Our mission is to “inspire hope in heart disease patients and their families.”

CHAIRPERSONS - 2014-2016

Visiting Chairman – Hartford Hospital

John Dunn 860-688-5489

Visiting Chairman - St. Francis Hospital:

Bob Hoffman 860-232-8417

Visiting Trainer - All Hospitals:

Priscilla Soucy 860-289-7422

Program Co-Chairman:

Steve Livingston 860-644-4250

Program Co-Chairman:

Priscilla Soucy 860-289-7422

Official Greeter:

Dolly Goldfarb 860-523-5761

Corresponding Secretary:

Carolyn Kolwicz 860-872-0296

Refreshments:

Bonnie Morassini 860-635-2920

Newsletter Editor:

Priscilla Soucy 860-289-7422

Newsletter Distribution & Mailing:

John & Joan Dunn 860-688-5489

Webmaster/Newsletter Layout

John Klimczak 860-313-0246

E-Mail: jklimczak@sbcglobal.net

Enjoy the Newsletter in color on our website!

<http://mendedheartsCT.org>

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

<http://mendedhearts.org>

NO FLU FOR YOU!

Flu season is upon us and one shot could save you two weeks of suffering, says the Centers for Disease Control (CDC)

This is recommended for everyone over the age of six months, except for those who may be adversely affected because of a weakened immune systems.

There are a variety of vaccine options available to help individuals avoid the virus, or to lessen its impact, and they come in multiple forms-typically a shot, or a nasal spray.

This year the CDC says that the nasal spray vaccine should not be used during the 2016-2017 flu season.

The CDC recommends the inactivated influenza vaccine (IIV) or the recombinant influenza vaccine (RIV). There are vaccines with three components (a trivalent shot) or four components (a quadrivalent shot)

Source: Pages

WORLD PNEUMONIA DAY NOVEMBER 12TH

*Once called "Winter Fever"
Still KILLS WORLDWIDE*

Once called "Winter Fever," the symptoms of pneumonia have been known since the time of Greek physician

Viral pneumonia is a condition that occurs after a viral disease, such as influenza. But pneumonia can also be caused by bacteria or a fungus.

Pneumonia ranges in severity from mild to severe and can be fatal.

Viral and bacterial pneumonia are contagious; fungal are not. vaccines are available to protect against bacterial types and antibiotics to treat others.

Protect yourself from pneumonia by washing your hands frequently; taking care of your general health by not smoking and by getting exercise;

WORLD PNEUMONIA DAY (cont'd)

and avoiding people who are ill, especially those sneezing and coughing.

Two big steps at prevention: Get a flu and pneumonia shot.

Source: Pages

WHAT IS THERAPEUTIC CLONING, AND WHAT BENEFITS MIGHT IT OFFER?

Therapeutic cloning, also called somatic cell nuclear transfer, is a technique to create versatile stem cells independent of fertilized eggs. In this technique, the nucleus, which contains the genetic material, is removed from an unfertilized egg. The nucleus is also removed from a somatic cell of a donor.

This donor nucleus is then injected into the egg, replacing the nucleus that was removed, a process called nuclear transfer. The egg is allowed to divide and soon forms a blastocyst. This process creates a line of stem cells that is genetically identical to the donor's—in essence, a clone.

Some researchers believe that stem cells derived from therapeutic cloning may offer benefits over those from fertilized eggs because cloned cells are less likely to be rejected once transplanted back into the donor and may allow researchers to see exactly how a disease develops.

HAS THERAPEUTIC CLONING PEOPLE BEEN SUCCESSFUL?

No. Researchers haven't been able to successfully perform therapeutic cloning with humans despite success in a number of other species.

However, in recent studies, researchers have created human pluripotent stem cells by modifying the therapeutic cloning process. Researchers continue to study the potential of therapeutic cloning in people.

Source: Mayo Clinic

Health News/General Interest

NEVER TURN LEFT

Trucks owned by the largest shipping and logistics company in the world do not turn left, most of the time anyway.

According to UPS, about 10 percent of the time, it makes sense for UPS drivers to turn left, on quiet neighborhood roads, for example. But in 90 percent of the cases, planning for a right turn is safer and saves time and fuel.

Right turns are 10 times safer than a left turn. According to the National Highway Traffic Safety Association, more than 53 percent of crossing-path crashes involve left turns, only 5.7 percent involve right turns.

If avoiding a left turn takes you around the block, you are still more efficient than idling in traffic, possibly until the light changes again, according to the Washington Post.

Source: Pages

HOLIDAY SPENDING

According to a consumer survey by the National Retail Federation planned holiday spending per person is about \$935.58. That includes food, decorations, gifts, and cards.

The president and CEO of the NRF, Matthew Shay, notes that advertising spots that would normally be full of holiday ads are now full of election ads. Consumers were expected to put off buying until the election is over.

More than half of people polled by the survey plan to spend an average of \$139.61 on themselves.

Source: Pages

NEW READERS

Newly visited patients 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 productive lives. We hope as you recover you will be able to attend our meetings and want to become a member and join us in helping others.

GUILTY PLEASURE CAN RULE BUYING CHOICES

Guilt and pleasure are oddly intertwined says Yale Professor Ravi Dhar.

In fact, in his experiments with researchers from Northwestern and Penn State Universities he found induced feelings of guilt can actually make things more pleasurable.

A prime example: The Las Vegas slogan "What happens here, stays here," Dhar says the slogan is crafted to attract tourists by emphasizing guilt associated with pleasure.

The naughty feeling of indulging in a chocolate bar, when you know you shouldn't, give rise to pleasure, not pain.

Guilt can work the other way, too. In his experiments, Dhar found that giving people a choice of an indulgent coffee drink or a \$5 donation to charity, made them give to charity. On the other hand, fewer people gave to charity when presented with the choice of a \$5 laundry detergent versus the donation.

Source: Pages

HAPPY HOLIDAYS TO ALL OUR MEMBERS

Since we don't hold a December meeting or publish a newsletter our newsletter staff would like to wish everyone a Happy Holiday.

A great deal of work and effort goes into the creation, editing and mailing of our monthly newsletter.

We give our thanks to the following members who work every month to provide all our members and potential members and readers for their efforts.

Priscilla Soucy - Editor – Creates the newsletter

John Klimczak - Lays out the newsletter

John Dunn - Mails/Distributes the newsletter

Thank You All for Your Stellar Efforts!

**As this is a Presidential Election Year
Here are Some Fun Fact about Past
Presidents**

- George Washington was the only American president to be unanimously elected. .
- Franklin Pierce was the first president to have a Christmas tree in the White House.
- John F. Kennedy was the first president to hold a press conference on television.
- John Adams and Thomas Jefferson both died on the 50th Anniversary of the Declaration of Independence in 1826.
- William McKinley was the first president to campaign by telephone.
- Franklin Pierce gave his 3,319-word inaugural address from memory, without the aid of notes.
- Theodore Roosevelt was the first president to call his residence in Washington, D.C. the "White House." Prior to his term, it had been called the Executive Mansion or the President's House.
- Lyndon B. Johnson was the first American president to name an African American to his cabinet.
- Franklin D. Roosevelt is the only American president to be elected four times. After his service, the 22nd Amendment ratified in 1951, limited the presidential office to two terms.
- Lyndon B. Johnson was the only president to take the oath of office from a female official, Judge Sarah T. Hughes.
- Harry S. Truman use to get up at 5 o'clock in the morning to practice the piano for two hours.
- William Taft, who weighed 332 pounds, got stuck in the White House bathtub the first time he used i
<http://www.legendsofamerica.com/ah-presidenttrivia.html>. A larger one was ordered

Source:<http://www.legendsofamerica.com/ah-presidenttrivia.html>



President Walter Kovaciny, (right) presents Michael Lillpopp, PAC, Physician's Assistant in Cardiac Surgery at St. Francis Hospital, a Certificate of Appreciation for his presentation at the October 2016 Mended Hearts Chapter 9 Meeting.

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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!
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Chapter 9 Members intently listen to the presentation given by Michael Lillpopp, PAC

General Interest Information/ Fun Stuff

SURGIVERSARIES

NOVEMBER – 2016 YEARS

Priscilla Soucy	24
John Hussey Jr.	16
Dolly Goldfarb	4
Jim Reilly	4

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.

Reprinted Due to Popular Demand...

The Guest Speaker for Mended Heart Chapter 9's September meeting, was John Myers who delivered an inspirational and informative account about his Quadruple Heart Surgery. His sincere gratefulness for the subsequent care that he received during his 8 day stay Hartford Hospital was expertly documented on a website.

To learn more about his amazing story go to:

<http://www.betternowthanks.com/>



FUNSTUFF

The Lone Ranger and Tonto stopped in the desert for the night. After they got their tent all set up, both men fell sound asleep. Some hours later, Tonto wakes the Lone Ranger and says, "Kemo Sabe, look towards sky, what you see?"

The Lone Ranger replies, "I see millions of stars." What that tell you?" asked Tonto?

The Lone Ranger ponders for a minute then says, "Astronomically speaking, it tells me there are millions of galaxies and potentially billions of planets. Astrologically, it tells me that Saturn is in Leo. Time wise, it appears to be approximately quarter past three in the morning. Theologically, it's evident the Lord is all-powerful and we are small and insignificant. Meterologically, it seems we will have a beautiful day tomorrow. What's it tell you Tonto?"

Tonto is silent for a moment, then says, "Kemo Sabe...You dumber than I thought. It tell me someone stole tent."

Source: Thanks to Chapter 262, Johnson City, NY

QUOTE OF THE MONTH

Secret of Failure

"I don't know the secret of success, but the secret of failure is to try to please everybody."

Source: Bill Cosby



Mended Hearts Chapter 9 Members enjoy an impromptu moment with Michael Lillpopp, PAC, during the October Chapter Meeting

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 \$ 517.69

The famous “Mandy Hart” Piggy Bank



We thank everyone for their continued generosity!

The 50/50 raffle from the October 2016 Monthly Meeting to Benefit the Mandy Hart Fund was won by Susan Livingston.

There will be more opportunity to donate and win at upcoming monthly meetings!

Fun Cardiovascular Fitness Puzzle

*Definitely Enjoy the Holidays but always
Remember to Exercise Cardiovascular Health!*



ACTIVITY
AEROBIC
AIR
BENEFIT
BLOOD
BODY
BUILDING
CANCER
CARDIOVASCULAR
DANCE
DEATH
DISEASE
DISTANCE
ENJOY
EXERCISE
FACTOR
FORM

GOOD
HEART
HEREDITY
HIGH
HIKING
INDIVIDUAL
INFLUENZA
JOGGING
KEY
LEVEL
LONG
LUNG
MADE
MUSCLE
MUSIC
OXYGEN
PASSAGE

PEOPLE
PHYSICAL
PNEUMONIA
PRESSURE
REGULAR
RESPIRATORY
ROUTINE
SEX
STEP
STRESS
SYSTEM
TENSION
TYPE
VARIETY
VESSEL
VITAL



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 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