



# Hartford Heartline

Volume XXXVII- Issue 4 - April, 2014

## 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.

### UPCOMING MEETINGS & EVENTS

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 the upcoming meeting at:

**Goodwin College**  
**245 Riverside Drive**  
**East Hartford, CT**  
**April 16, 2014 – 6:45 PM**

Our meetings will be held in the Community Room on the Main Floor.

*All are welcome to attend!!*

### NOTICE:

### FUTURE MEETING LOCATIONS FOR LOCATION AND DRIVING DIRECTIONS

See Page 4

### OFFICERS - 2013-2015

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**Robert Hoffman**  
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Treasurer:

**Steve Livingston**  
501 Dzen Way  
South Windsor, CT 06074  
860-644-4250  
Email: [stevlivingston@cox.net](mailto:stevlivingston@cox.net)

### April 16, 2014 Meeting - 6:45 p.m.

Speaker: - Adam Silverman, M.D.  
Topic: - Medicine in Haiti.  
Refreshments: Joan & John Dunn / Bob Lincoln

### May 3, 2014 Cluster Meeting - Hackensack University Medical Center, Hackensack, New Jersey ( See Page 4 for further details. )

### May 21, 2014 Meeting - 6:45 p.m.

Speaker: - Dr. Jeffery Brown, Primary Care Physician  
Topic: To Be Announced  
Refreshments: Carolyn Kolwicz & Walter Kovaciny

### June 19-22, 2014 62nd Annual Education & Training Conf. The Westin Indianapolis, 50 South Capital Avenue, Indianapolis, IN 46204 ( See Page 4 for further details. )

### June 24, 2014 37th Anniversary Banquet & Meeting - Tuesday - 6:30 p.m. - Manchester Country Club ( For Full Details & Menu see page 7. )

**There will be no meetings during the months of July and August - Enjoy your summer!!!**

*Aligned with the  
American College of Cardiology*

## President's Message



*My Monthly Greetings...*  
to the Members, Caregivers,  
and Friends of  
Mended Hearts, Chapter 9  
Greater Hartford, Connecticut

After several years at our previous banquet location, our attending members at the March Chapter meeting voted to hold our event at a new location. We will be at the Manchester Country Club, Manchester, CT. in the "Woodbridge Room." This scenic setting overlooks the beautiful Globe Hollow Reservoir and wooded surroundings near the Golf Course. The complete banquet description and mail-in reservation form are included in this newsletter, on page 7.

Over the past months, several members have suggested we have one event in June, instead of our Banquet and Chapter Meeting as two separate events. So, this year we will combine both into our banquet evening. Our June meeting will immediately follow our dinner. I feel, and hope, this will increase our attendance for the banquet, as this will be our only June event.

After the meeting, we have our gift raffle drawing, also mentioned later in this issue.

*This is our last event before our summer break. (We do not have the chapter meeting in July and August.)*

*With a great new location for dinner, and combined chapter meeting, we hope to have our largest attendance ever!*

*Truly, It's Great to be Alive--and to help Others!*

Heartfully,

**John**

### CHAIRPERSONS - 2013-2015

Visiting Chairman - Hartford Hospital:  
John Dunn 860-688-5489

Visiting Chairman - St. Francis Hospital:  
Bob Hoffman 860-232-8417

Visiting Trainer - All Hospitals:  
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Program Co-Chairman:  
Ben Goldfarb 860-523-5761

Program Co-Chairman:  
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Enjoy the Newsletter in color on our website!  
<http://mendedheartsCT.org>

Here's a link to the  
National Mended Hearts Website:  
<http://mendedhearts.org>

## Information

### HOSPITAL VISITS

All Hospital Visits to  
St. Francis and Hartford Hospital for  
FEBRUARY 2014  
for Pre-Op, Post-Op, Cath Lab, and A-Fib  
patients were **108** visits.

***Our visitors are doing a Great Job!!!***

### NOTICE to VISITORS

When you acquire names of patients, caregivers, or others that want to receive our newsletter, please e-mail Bob Lincoln at e-mail address: [pine3@comcast.net](mailto:pine3@comcast.net)

Bob 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 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!!

**P**lease 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.

### NOTE FROM YOUR EDITOR

If you have an interesting story to tell, send it along and I'll be happy to put it in our newsletter.

If you find that your surgiversary date is not accurate or it was omitted or you have any questions just let me know.

Your faithful editor,  
Priscilla Soucy  
**860-289-7422**

### CAUTION!!!

**H**artford Heartline, 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 HART"



Mandy Hart, our favorite piggy bank, still has a total of **\$579.34** in her belly.

We funded two children to the Madden Open Hearts Camp for two weeks last summer. The cost is \$250 for a child ages 8 to 16 to attend for two weeks. If a parent has difficulty acquiring the cost, then our funding will assure their child will be attending. No child will be left out.

(Photo by Bob Lincoln)

## Information

<b>DONATIONS</b>	<b>FUTURE MH MEETING LOCATIONS</b>														
<p><b><u>GENERAL DONATIONS:</u></b></p> <p><b>JOHN DUNN TONY TASCHNER</b></p> <p>Donations may be made to Mended Hearts, Inc. in memory of a deceased friend, family, or member. Are you celebrating a special occasion such as a birthday, or anniversary? Chapter 9 welcomes your tax deductible contribution. All donations will be acknowledged by mail and in our monthly newsletter. Please make checks payable to:</p> <p><b><i>Mended Hearts, Inc. Chapter 9</i></b> ...and mail to:</p> <p><b>Steve Livingston, Treasurer</b> 501 Dzen Way South Windsor, CT 06074</p>	<p>Our new meeting location which will be at:</p> <p style="text-align: center;"><b>Goodwin College 245 Riverside Drive East Hartford, CT April 16, 2014 – 6:45 PM</b></p> <p>[NOTE: Using above address in your GPS gets you to correct building.] Our meetings will be held in the Community Room on the Main Floor.</p> <p>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.</p> <p><b>Directions:</b> Take Route 2 West Take Exit 5 to Willow St / Riverside Drive. Don't go onto Willow St.- Stay to the right onto Riverside Drive.</p> <p><b>Go almost to the end of the road</b> and Goodwin College (the main building) will be on the right.</p> <p><b>Or:</b> Go to Main St, East Hartford. Willow Street is opposite the main entrance to Pratt &amp; Whitney. Monroe Mufflers is on corner. Turn Right. Turn left at the end of Willow Street onto Riverside Drive. <b>Go almost to the end of the road</b> and Goodwin College (the main building) will be on the right.</p>														
<b>MARCH RAFFLE WINNER</b>															
<p>The MARCH 50/50 Raffle winner was Steve Livingston <b><i>Congratulations!!!</i></b></p>															
<b>SURGIVERSARIES</b>															
<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left; padding: 5px;"><b>MARCH – 2014</b></th> <th style="text-align: left; padding: 5px;"><b>YEARS</b></th> </tr> </thead> <tbody> <tr> <td style="padding: 5px;">David Fishman</td> <td style="text-align: center; padding: 5px;">22</td> </tr> <tr> <td style="padding: 5px;">Cynthia Peters</td> <td style="text-align: center; padding: 5px;">16</td> </tr> <tr> <td style="padding: 5px;">Joyce Bogdan</td> <td style="text-align: center; padding: 5px;">7</td> </tr> <tr> <td colspan="2" style="padding: 10px 5px 5px 5px;"><b>Angioplasty</b></td> </tr> <tr> <td style="padding: 5px;">Rick Bulach</td> <td style="text-align: center; padding: 5px;">13</td> </tr> <tr> <td colspan="2" style="text-align: center; padding: 5px;"><b><i>For your continued good health!!</i></b></td> </tr> </tbody> </table>	<b>MARCH – 2014</b>	<b>YEARS</b>	David Fishman	22	Cynthia Peters	16	Joyce Bogdan	7	<b>Angioplasty</b>		Rick Bulach	13	<b><i>For your continued good health!!</i></b>		
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<b>NORTHEAST REGIONAL CLUSTER MEETING</b>															
<p>There will be a cluster meeting held at Hackensack University Medical Center in Hackensack, New Jersey on May 3, 2014, 9:00 a.m.-4:00 p.m. All members are welcome to attend. - - A cluster meeting is a gathering of members from different chapters in the Northeast and there is a full day schedule. There will be a speaker and sharing of ideas and suggestions to improve our chapter programs, and different topics of discussion.</p> <p>The cost for the day will be \$10.00 per person, to cover the cost of meals and snacks.</p> <p>Registration Forms will be available at our April meeting.</p>	<p style="text-align: center;"><b>62<sup>nd</sup> ANNUAL EDUCATION &amp; TRAINING CONFERENCE</b></p> <p style="text-align: center;"><b>JUNE 19-22 2014</b></p> <p style="text-align: center;"><b>The Westin Indianapolis 50 South Capitol Avenue Indianapolis, IN 46204</b></p> <p>Are you looking forward to our upcoming conference? It's only two months away.</p> <p>Check out the registration packet, planes, maps, sights, and everything you need to know to make this the best trip and conference ever.</p> <p>You can enjoy unlimited sightseeing and have a great time. You have to attend a convention to appreciate its outstanding rewards.</p> <p>It's time to make your move! You will be happy you did.</p>														

## Health & Wellness

### Discontinuation of Aspirin and Heart Attack Risk

Discontinuing aspirin use can increase heart attack risk by 2/3 in patients who have had a heart attack or stroke.

Regular low-dose aspirin use is the most common treatment for patients with a history of cardiac events, such as heart attack and stroke. Why? The antiplatelet characteristics as aspirin that relieve pain also help to reduce blood clotting, which can help prevent future adverse cardiac events. Therefore, aspirin use is extremely effective in reducing risk for heart attack and stroke, and is recommended long-term for most high-risk patients.

But how long should patients continue to take low-dose aspirin following a cardiac event? It turns out that patients should adhere to aspirin regimens as long as possible, as discontinuing use can greatly increase risk of heart attack. A recent study published in the *British Medical Journal* followed nearly 40,000 participants with a history of cardiovascular events for an average of 3.2 years, tracking their health and aspirin use. Data showed that patients discontinuing low-dose aspirin use were nearly two-thirds more likely to have a heart attack than current users.

Based on study findings, it is important that researchers better understand why patients prescribed low-dose aspirin discontinue its use. Most likely, patients discontinue use because they forget to take it, do not think it is benefiting their health, or because of safety concerns. However, it is important that healthcare providers now reinforce the importance of continuing aspirin use long term. Not only does low-dose aspirin use help prevent cardiac events, discontinuing aspirin use can be even more dangerous, significantly increasing risk for heart attack. And any health concerns associated with aspirin use, such as peptic ulcer disease and bleeding, are outweighed by the cardiovascular benefits achieved through low-dose aspirin regimens.

### How does aspirin help prevent heart attack and stroke?

Aspirin helps prevent heart attack and stroke by reducing blood clotting. Although blood clotting is the body's natural way of healing damaged blood vessels, blood clots can travel to the heart and block major arteries, causing heart attack and stroke. Therefore, those at high risk for heart attack and stroke often take aspirin to help reduce clotting and risk for future cardiac events.

### What aspirin dose is prescribed for patients with history of heart attack and stroke?

Patients with a history of cardiovascular events are typically prescribed 75-300 mg/day of aspirin to help reduce their risk for heart attack and stroke.

(Source: CardioSmart)

### Vicks VapoRub

When I had a cold as a child, my mother put a little Vicks VapoRub under my nose to help me breathe more easily. Does this really work?

Vicks VapoRub doesn't relieve nasal congestion. But the strong menthol odor of VapoRub tricks your brain, so you feel like you're breathing through an unclogged nose. By contrast, decongestant tablets and nasal sprays sold over-the-counter appear to narrow blood vessels in the lining of your nose, leading to reduced swelling in your nasal passages.

VapoRub has drawbacks other than its ineffectiveness as a nasal decongestant. It's unsafe for any use in children under 2 years of age. In children under the age of 6 use it only on the neck and chest.

Swallowing a few teaspoons of camphor—one of the main ingredients in VapoRub and other topical medications, such as Campho-Phenique and Bengay can cause fatal poisoning in toddlers. Topical camphor absorbed through mucous membranes or broken skin also can be toxic. That's why you should never put VapoRub in or around the nostrils—particularly a small child's nostrils. Finally, if VapoRub gets in your eye, it can injure your cornea.

## Health & Wellness

<b>MELATONIN</b>	<b>NO PROBLEM WITH GMOs</b>
<p>Melatonin is a hormone produced in the brain by the pineal gland from the amino acid tryptophan. The production and release of melatonin are stimulated by darkness and decreased by light, suggesting that melatonin is involved in circadian rhythm (the internal body clock) and regulation of diverse body functions. Levels of melatonin in the blood are highest prior to bedtime.</p> <p>The most common use of melatonin is to aid in sleep. The strongest evidence supporting the use of melatonin is for delayed deep phase syndrome, insomnia in children and the elderly, jet lag, and sleep problems in people with behavioral, developmental or mental disorders. The weakest evidence in support of melatonin is for work shift sleep disorder. Good evidence in support of melatonin for other uses is lacking.</p> <p>New drugs that block the effects of melatonin are being developed. These include BMS-214778 and luzindole, and they may have uses in various disorders.</p> <p>Evidence of these uses have been tested in humans or animals. Safety and effectiveness have not always been proven. Some of these conditions are potentially serious, and should be evaluated by a qualified healthcare provider.</p> <p>~ <b>Delayed sleep phase syndrome (DSPS)</b> Delayed sleep phase syndrome is a condition that results in delayed sleep onset despite normal sleep patterns and duration. Studies report that melatonin may help improve the amount of time it takes to fall asleep. More research is needed before further conclusions can be made.</p> <p>~ <b>Insomnia (elderly)</b> The production and elimination of melatonin from the body may be lower in older people with insomnia. Several human studies report that supplementing with melatonin may improve insomnia in the elderly. More research is needed before further conclusions can be made.</p> <p>~ <b>Sleep enhancement in healthy people</b>            People who have insomnia appear to have lower melatonin levels, and supplementing with melatonin may offer some benefit. Most human studies have been small and brief in duration. However, evidence does suggest that melatonin decreases the time it takes to fall asleep, as well as increases sleepiness and sleep duration. Melatonin may also help promote daytime sleep. More research is needed before firm conclusions can be made.  <small>Source: Mayo Clinic – The Natural Standard Research Collaboration – <a href="http://www.naturalstandard.com">www.naturalstandard.com</a></small></p>	<p>Some states want to pass legislation that says foods with any Genetically Modified Organisms (GMO) should have special labels on them.</p> <p>But no harm has been demonstrated with ingesting these foods from genetically modified plants, according to Professor Irwin Rosenberg at Tuft's University's Friedman School.</p> <p>The American Medical Association agrees that there is no proven risk in foods containing ingredients whose DNA has been modified. The World Health Organization and the National Academy of Sciences agrees.</p> <p style="text-align: right;"><small>(Source: Pages)</small></p>
	<b>IS CHEWING GUM BAD FOR YOU?</b>
	<p>Gastroenterologist J. Sumner Bell says: “The moment you toss a piece of gum into your mouth, the brain is alerted that the digestive process will begin.” If it doesn't it upsets the stomach by throwing off its acidity.</p> <p>Swallowing gum between meals is no problem because that's when intestinal housekeeping takes place.</p> <p>If you really want gum, chew sugarless gum after a meal. With the saliva it produces, it helps clean the teeth and sweeten the breath.</p> <p style="text-align: right;"><small>(Source: Pages)</small></p>
	<b>HOW TO STRENGTHEN YOUR FEET</b>
	<p>According to the University of California, Berkeley:</p> <p>Move one bare foot at a time in circles, first one way and then the other. Then move it side to side moving only your foot and ankle.</p> <p>With your foot flat on the floor, do tow curls. Lift your big toe without the other toes. Then try lifting the other toes. Try to pick up a pencil or marble with your toes.</p> <p>Roll a rubber ball or golf ball under the sole of your foot to massage it</p> <p style="text-align: right;"><small>(Source: Pages)</small></p>

*37<sup>th</sup> Anniversary Banquet*

**MANCHESTER COUNTRY CLUB – TUESDAY, JUNE 24, 2014**



**305 South Main Street – Manchester, CT**

**6:30 P.M.**

**Members & Guests - \$25.00 per person**

**Cash Bar**

**MENU**

Cheese & Crackers Tray

**ENTREES**

Toss Garden Salad – Assorted Rolls

Green Beans Almandine

Baked Potato

Choice of 3 Entrees – Choose one:

Breast of Chicken w/Apple Stuffing - Roast Sirloin of Beef w/sauce - Stuffed Filet of Sole, w/mornay sauce

**DESSERT**

Chocolate Mousse

**Please send the form below 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:** \_\_\_\_\_

**NUMBER ATTENDING** \_\_\_\_\_ **x \$25.00 each (member or guests) Total** \_\_\_\_\_

**PLEASE MARK YOUR MEAL CHOICE(s):**

**Breast of Chicken** \_\_\_\_\_ **Roast Sirloin of Beef** \_\_\_\_\_ **Stuffed Filet of Sole** \_\_\_\_\_

**Door prizes: Please bring a door prize for the banquet...new items only. If everyone brings an item, we will all have fun and go home a winner. No one will be left out. We will draw for prizes.**

## General Interest

## Fun Stuff

### BEER DRONE: It could happen!

Just when you thought drones were just evil tools of the CIA, a clever marketer for a Minnesota beer company brewed up an idea to use a drone to deliver some cold ones onto the ice for deprived and lonely ice fishermen. To the Federal Aviation Administration that did not sound like a mission of mercy and it pulled the plug on that plan.

The U.S. is the largest producer of drones, but they seriously lag behind as a user of drones.

There are actually serious reasons why the FAA is moving slowly on approval of commercial uses for drones, which have been effectively banned in the U.S.

For one thing, the U.S. has an extraordinarily complex and busy airspace, forcing the FAA to move methodically and slowly to more drone approvals.

Last fall, the FAA certified two commercial drones to work in the Arctic to gauge ice pack and whale migration projects of Conco Phillips.

But thousands of commercial uses exist in industry and farming: Mapping, aerial field fertilization, more romantic uses such as taking aerial shots from the air for movies. And you know, for delivering beer.

The drone heard around the world came from came from amazon.com's proposal to use them for package delivery. But that might take years to come about.

Overseas, drones are already being used on work sites in remote areas that have typically required manned aircraft. Mining companies use drones and 3D maps of mines that software uses to calculate how much material has been removed. A Swiss company uses them to measure gravel pits, quarries and landfills. They say it is fast and efficient.

(Source: Pages)

### PUTTING UP WITH JOCKS

The basketball coach stormed into the university president's office and demanded a raise right then and there.

"Please," protested the college president, "you already make more than the entire history department."

"Yeah, maybe so, but you don't know what I have to put up with," the coach blustered, "look."

He went out into the hall and grabbed a jock who was jogging down the hallway. "Run over to my office and see if I'm there, he ordered."

Twenty minutes later the jock returned, sweaty and out of breath.

You're not there, sir," he said.

"Oh, I see what you mean," conceded the president, scratching his head. "I would have phoned."

(Source: Pages)

### ARMY KID VS NAVY KID

An army kid was boasting about his father to a Navy kid,

"My dad is an engineer. He can do everything. Do you know the Alps?"

"Yes," said the Navy kid.

"My dad built them."

Then the Navy kid spoke: "And do you know the Dead Sea?"

"Yes."

My Dad killed it""

(Source: Pages)

### Some Buses Can Spout Warnings To Pedestrians

Everyone knows those people:

You can't sit at a table with them and chat because, when it is your turn to talk, their head is in their smartphone.

Distracted interaction of all sorts is insulting, but distracted walking has become downright dangerous.

People have fallen off piers, fallen into fountains, walking into oncoming traffic. According to CBS News, on city streets, in suburban parking lots and in shopping centers, there are usually people strolling while talking on a phone, or a person texting with his head down, listening to music, or playing a video game. The problem isn't as widely discussed as distracted driving, but the danger is real.

An Ohio State University study shows that thousands of people are treated in emergency rooms each year, and the number is growing. Distracted walking has become such a problem that cities are taking steps to stop it.

In Portland, Oregon, the TriMet transit agency is installing flashing lights on its buses or having them issue audio warnings—"Bus is turning!"—as officials search for the most effective way to wake up pedestrians.

In Rexburg, Idaho, there's a \$50 fine to texting while in a crosswalk. One Nevada state lawmaker says "Texting is like a drug. People are addicted."

(Source: Pages)





# The Mended Hearts, Inc.

National Office

Phone: (888) 432 - 7899

# MEMBERSHIP APPLICATION

## Member Information (please print or type)

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.

Yes  No  
Signature \_\_\_\_\_

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 \_\_\_\_\_

**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	<input type="checkbox"/>
Family - Dues	\$30.00	<input type="checkbox"/>
Life - Individual Dues	\$150.00	<input type="checkbox"/>
Life - Family Dues	\$210.00	<input type="checkbox"/>

### Chapter Dues

Individual - Yearly Dues	\$5.00	<input type="checkbox"/>
Family - [No chapter 1st Year Dues]	\$0.00	<input type="checkbox"/> \$5.00 Renewal
Life - Individual Dues	\$40.00	<input type="checkbox"/>
Life - Family Dues	\$50.00	<input type="checkbox"/>

**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 -----

Or if joining as Members-At-Large, send to:

**The Mended Hearts, Inc.**  
National Office  
8150 N. Central Expwy, M2248  
Dallas, TX 75206

Make checks payable to:

**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**