



# Hartford Heartline

Volume XXXVI - Issue 2 - February, 2013

## 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 following upcoming meetings at:

**South Congregational Church**  
**277 Main Street, Hartford, CT**

(Corner of Buckingham Street - with Attended  
Parking on West side of church.)

*All are welcome to attend!!*

### OFFICERS - 2013-2015

President:

**John A. Dunn**

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Secretary:

**Robert Hoffman**

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Email: [vrome@att.net](mailto:vrome@att.net)

Treasurer:

**Steve Livingston**

501 Dzen Way  
South Windsor, CT 06074  
860-644-4250

Email: [stevlivingston@cox.net](mailto:stevlivingston@cox.net)

### February 20, 2013 Meeting - 7:00 p.m.

Speaker: - **Andy Buczek** - 1st heart transplant at Hartford Hospital

Topic: **What' are his experiences since his transplant?**

**AGENDA: Installation of New 2013-2015 Chapter Officers.**

Refreshments contributed by: Mal Leichter & Bonnie Morassini

### March 20, 2013 Meeting - 7:00 p.m.

Speaker: - **Joe Furey** - Chief Meteorologist for Fox CT TV (Channel 61)

Topic: **What's going on with this crazy weather? (See Page 4)**

### April 17, 2013 Meeting - 7:00 p.m.

Speaker: - **Hartford Dispatch Center**

Topic: **911 Calls**

### May 15, 2013 Meeting - 7:00 p.m.

Speaker: - To Be Announced

### June 5 - 9, 2013 - 61<sup>st</sup> National Convention

**Marriott San Diego Mission Valley**  
**San Diego, California**

### June 19, 2013 Meeting - 7:00 p.m.

Speaker: - To Be Announced

### July - August - Summer Break

*"We wish you all a Happy and Healthy Summer Season!!"*

### September 18, 2013 Meeting - 7:00 p.m.

Speaker: - To Be Announced

*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

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

Heartfully,

*John*  
**John**

**A**ll of February is Heart Awareness Month, a time to recognize and support advances in heart research and to remember heart patients.

For over 60 years, the members of Mended Hearts have offered hope, encouragement, and support to heart patients, caregivers and their families. Experience and studies confirm that a patient-to-patient visiting program is an important component in a patient's recovery and return to a fulfilling life.

Each year we attempt to broaden our reach in the communities we serve by publicizing, especially in February, our Mended Hearts local and national messages. In prior years our chapter has done event displays and made our literature available at regional health fairs, as well as making in person presentations at local organization's meetings.

If you know of any organization that would like to know more about Mended Hearts, please contact any of our Officers or Board Members so we may assist you with referral information, a visit, or a speaker during February, or at any time during the year. Also many newspapers, radio, and TV stations are seeking information to broadcast or publish about heart health and support groups throughout February. Our chapter has additional resources that can be made available to the media upon your or their request by email or postal mail.

During this month we have the opportunity to be at the forefront of the public's mind. Please let us help you to get our message heard and create awareness for heart patients and their families who, up to now, have not heard about Mended Hearts and our Greater Hartford Chapter.

### 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:  
Priscilla Soucy 860-289-7422

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

<b>NATIONAL ELECTION OF OFFICERS</b>	<b>HOSPITAL VISITS</b>
<p>We will be voting and electing National Officers at our February meeting. These officers will also be serving a 2 year term of office from 2013-2015.</p> <p>The following slate of National Officer candidates have been placed before the membership for election:</p> <p>President: Gus Littlefield            Exec. Vice-President: Donnette Smith            Treasurer: Dale Briggs            Vice-President: Lynn Berringer            Vice-President: Marvin Keyser*</p> <p><small>* Previous Chapter 9 President.</small></p>	<p>Pre-Op, Post-Op and Cath Lab visits for Hartford Hospital and St. Francis Hospital.</p> <p style="text-align: center;"><b>2012 - December</b></p> <p><b>Surgical Visits     68</b>  <b>Cath Lab Visits     <u>45</u></b></p> <p><b>TOTAL VISITS - 113</b>  <i><b>Our visitors are doing a Great Job!!!</b></i></p>
<b>NEW READERS</b>	<b>INSTALLATION OF OFFICERS - 2013-2015</b>
<p>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.</p>	<p>We will be installing our Chapter 9 Officers for the term of office from 2013-2015 at our February meeting.</p> <p>The following officers have been nominated and voted into office by our members:</p> <p>President: John Dunn            Vice-President: Priscilla Soucy            Treasurer: Steve Livingston            Secretary: Robert Hoffman</p>
<b>STOP!!</b>	<b>NOTICE to VISITORS</b>
<p><b>P</b>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 <b>Mended Hearts</b> message, and know who and what we are.</p>	<p>When you acquire names of patients, caregivers, or others that want to receive our newsletter, please e-mail Bob Lincoln at e-mail address: <a href="mailto:pine3@comcast.net">pine3@comcast.net</a></p> <p>Bob is doing the 3-month mailing list for us and does a great job keeping them updated.</p>
<b>STOP!!</b>	<b>CAUTION!!!</b>
<p><b>P</b>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 <b>Mended Hearts</b> message, and know who and what we are.</p>	<p><b>H</b>artford Heartline, written for the education and information of the members of Mended Hearts and all those concerned with heart health. It is <b>NOT</b> 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.</p>

*Information*

**FEBRUARY MEETING SPEAKER**

**S**ince February is heart month, what better time to hear about our special speaker for our monthly meeting than Andrzej (Andy) Buczek.

He was the first heart transplant patient at Hartford Hospital. He had his transplant in 1984, at the age of 34. He will take us through his years since then and tell us about his cardiac event.

You won't want to miss his excellent and inspiring heart history.

**IF YOU HAVE A WINNING LOTTERY TICKET**

The first thing to do is sign the back of the ticket immediately. It's the most important thing you can do, according to the Louisiana Lottery.

**"MANDY HART"**



**M**andy Hart is growing each month and now has a total of \$62.99 in her belly. Mandy is our piggy bank that we started last year, and all the donations will go towards the **Madden Open Hearts Summer Camp for Children.**

At each meeting she is being fed by our members attending the meeting with all their loose change... A reminder -- ***She accepts paper also!!***

We also have received funds for her from members who are unable to attend our monthly meetings.

(Photo by Bob Lincoln)

**VALENTINE'S DAY IS CELEBRATED BY LOVERS...AND EVERYONE ELSE**

Though three medieval church figures are credited with being the Saint Valentine who started it all, the stories of all three are associated with caring and love, not necessarily romantic love.

Valentine's Day began as a day to honor romantic love, but today it is an occasion to express love to anyone. Grade school children send Valentines to class members. Almost everyone gives a card or gift to their mother, grandmother, or favorite aunt. And co-workers often give cards to each other, most of which are funny.

After that, Valentine giving moves to sweethearts, spouses and partners.

Getting a Valentine makes people happy. Makers of Valentine cards are happier than anyone. Hallmark creates about 1,200 styles of Valentines, many with the traditional hearts, flowers and cupids.

It's a particularly joyful time for the candy makers, from those who create tiny sugar hearts with a message like "Be Mine," to the makers of the most elaborate boxes of chocolate.

For florists, the day is at or near the top when it comes to boosting income. They generally agree that Valentine's Day and Mother's Day are two of the busiest times of the year. Between the two, they're what keep many florists afloat during the rest of the year.

Happy Valentine's Day to one and all!!!

(Source: Pages)

**SURGIVERSARIES**

**FEBRUARY - 2013**

**YEARS**

Saul Reichlin	25
Florence Fichman	23
David Oldman	4
Clifford Alderman	1

***For your continued good health!!***



## Information

### 61ST NATIONAL ANNUAL CONVENTION

**JUNE 5-9, 2013  
SAN DIEGO, CALIFORNIA  
MARRIOTT SAN DIEGO MISSION VALLEY**

**H**ave you made your plans yet? It's only four months away. National is requesting that all chapters send as many people as possible to the convention. Their goal is to have representatives from every chapter attend and share our 61st anniversary celebration.

We encourage everyone to attend. You can bring family / guests also. Our request for a Convention Registration Packet is in our Heartbeat magazine or available online at: [www.mendedhearts.org](http://www.mendedhearts.org).

San Diego has so many outstanding sights to visit. Transportation includes bus and trolley system. Some of the sights to see are: Balboa Park, the San Diego Zoo, Sea World, San Diego Museum of Art and Natural History, Old Town, The Maritime Museum, the USS Midway aircraft carrier and many more. There are so many things to see and do.

You will have the opportunity to meet other Mended Hearts from all over the country. Hear great presentations on the latest advances in cardiac procedures and treatments.

Don't miss out on this wonderful event. Once you attend one of our conventions you will surely want to go again. It's a great experience and a lot of fun.

Mark your calendar now!!!

### CONCUSSION MYTHS AND FACTS

**MYTH:** Someone suffering a concussion should be wakened repeatedly.

**FACT:** Sleeping is the best thing for the injured person, so don't wake him or her. Getting physical and mental rest aids recovery.

**MYTH:** Contact sports are the only ones that put athletes at risk of concussion.

**FACT:** Concussions can occur in any sport or recreational activity. If there is a violent movement or blow to the head or body that causes the brain to move rapidly inside the skull, it can cause a concussion, according to Dartmouth-Hitchcock Medical Center at the University of Pennsylvania.

**MYTH:** A normal CT scan can rule out a concussion.

**FACT:** A CT scan detects structural injury and won't pick

### DONATIONS

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:

***Mended Hearts, Inc. Chapter 9***

...and mail to:

**Steve Livingston, Treasurer**

501 Dzen Way

South Windsor CT 06074

**In Memory of Paul Cianci:**

Arlene Vasquez      Loius & Ann Marie Calamari

### CORRECTION:

In our January Newsletter under donations there was a misprint. Dolly Goldfarb made a donation and not Dolly Goldberg. We are sincerely sorry for this error.

### CONCUSSION MYTHS AND FACTS - (CONT.)

up a concussion, according to Ithaca College Department of Exercise and Sport Sciences.

**MYTH:** You must lose consciousness or black out to have a concussion.

**FACT:** Only a small number of concussions involve loss of consciousness.

**MYTH:** The harder someone is hit, the worse the concussion.

**FACT:** It doesn't always take a big hit to produce a concussion. For football players who have several lower impact hits in one game or over time, the effect might be more serious than a single collision of great force, say experts reporting in Science News.

**MYTH:** The effects of a concussion are short-lived.

**FACT:** Concussions can cause cumulative damage to neurons and structural damage to the brain, both of which can cause long-term effects.

(Source: Pages)

### POST-TRAUMATIC STRESS DISORDER AND VETERANS' HEARTS

Post-traumatic stress disorder (PTSD) is a type of anxiety disorder occurring after experiencing a traumatic event. PTSD is very common among military veterans returning from war, as they are often faced with life-threatening situations that can trigger this condition. And the extra stress caused by PTSD might affect cardiovascular health and increase risk for death in veterans, a recent study shows.

This study published in the *American Journal of Cardiology* followed 891 veterans for up to 7.5 years. Ninety-one of the veterans had PTSD at the time of enrollment. At the beginning of the study, researchers measured certain biomarkers of heart health in patients and followed them over the study period for any cases of death that occurred. After analysis, they found that veterans with PTSD were not only more likely to have abnormal cardiovascular biomarkers, they were at significantly increased risk for death. And despite that fact that patients were often younger with fewer risk factors for heart disease, there was still a trend toward increased mortality in these patients.

Although research in the area of PTSD, cardiovascular risk and mortality is sparse, these findings are consistent with research on stress and heart health. Constant, high levels of stress may worsen cardiovascular risk factors such as hypertension or high cholesterol, and could increase risk for heart attack and death. PTSD may work in the same way having a negative effect on heart health and increasing mortality. However, further studies are needed to clarify exactly how PTSD affects heart health, particularly among veterans.

#### Questions for You to Consider

##### Q. What is a biomarker?

Biomarkers found in the blood or tissue may be used to indicate a normal or abnormal process, a condition or disease, or how the body is reacting to treatment.

**Q. Who gets post-traumatic stress disorder?**  
PTSD can occur in anyone experiencing a traumatic event that involves threat of injury, death, including assault, domestic abuse and war.

##### Q. What are the symptoms of PTSD?

Symptoms of PTSD often fall into three main categories - reliving the traumatic event, avoidance (feeling detached and lacking emotion or feelings,) and hyperarousal (irritable and unable to sleep.) Although these symptoms often begin immediately after the traumatic incident, they can show up much later in some individuals, resulting in delayed-onset PTSD.

(Source: CardioSmart.org)

### NEW DIET SNACKS TRADE SOME CALORIES FOR TASTE

Snack brands like Edy's ice cream, Hershey's chocolate and Lay's potato chips are trying to solve the big problem of making low-calorie foods that still taste good.

They are offering mid-calorie products that have more fat and calories than their previous diet foods, but fewer than the original versions.

Sales of reduced-calorie and fat foods and drinks have risen since 2008 as consumers eager for taste but wary of calories search for alternatives.

Fatty, sugary snacks have been blamed for obesity in the United States.

(Source: Pages)

### 29 PERCENT

In a recent study, that's how many fewer colds people who exercised got compared with those who didn't, says HEALTH.COM.

It's one more reason to put a walk or a jog into your day whenever you can.

(Source: Pages)

### FEBRUARY IS HEART MONTH

#### GO RED FOR WOMEN

#### COMMON MYTHS ABOUT HEART DISEASE.

“It’s a man’s disease.” “But I’m too young.” “Breast cancer is the real threat.” “If you heard or said any of this before, you’re not alone.

The real fact is, relying on these false assumptions can cost you your life. It’s time to set the record straight and start thinking of this as a disease that doesn’t spare women and children. Your health is non-negotiable. We need to separate fact from fiction so that together, we can stop this killer once and for all.

**MYTH: Heart disease is for men, and cancer is the real threat for women.**

**FACT:** Heart disease is a killer that strikes more women than men, and is more deadly than all forms of cancer combined. While one in 31 American women dies from breast cancer each year, heart disease claims the lives of one in three. That’s roughly one death each minute.

**MYTH: Heart disease is for old people.**

**FACT:** Heart disease affects women of all ages. For younger women, the combination of birth control pills and smoking boosts heart disease by 20 percent. And while the risks do increase with age, things like overeating and a sedentary lifestyle can cause plaque to accumulate and lead to clogged arteries later in life. But even if you lead a completely healthy lifestyle, being born with an underlying heart condition can be a risk factor.

**MYTH: Heart Disease doesn’t affect women who are fit.**

**FACT:** Even if you’re a yoga-loving, marathon-running workout fiend, your risk for heart disease isn’t completely eliminated. Factors like cholesterol, eating habits and smoking can counterbalance your other healthy habits. You can be thin and have high cholesterol. The American Heart Association recommends you start getting your cholesterol checked at age 20, or earlier, if your family has a history of heart disease. And while you’re at it, be sure to keep an eye on your blood pressure at your next checkup.

**MYTH: I don’t have any symptoms.**

**FACT:** Sixty-four percent of women who die suddenly of coronary heart disease had no previous symptoms. Because these symptoms vary greatly between men and women, they’re often misunderstood. Media has conditioned us to believe that the telltale sign of a heart attack is extreme chest pain. But in reality, women are somewhat more likely to experience shortness of breath, nausea/vomiting and back or jaw pain. Other symptoms women should look out for are dizziness, lightheadedness or fainting, pain in the lower chest or upper abdomen and extreme fatigue.

**MYTH: Heart disease runs in my family. so there’s nothing I can do about it.**

**FACT:** Although women with a family history of heart disease are at greater risk, there’s plenty you can do to dramatically reduce it. Simply create an action plan to keep your heart healthy. Because of healthy choices and knowing the signs, more than 627,000 of women have been saved from heart disease, and 330 fewer are dying per day. What is stopping you from taking action?

## Trivia

## Fun Stuff

### THINK NEGATIVE? Yes there is something to it

Six decades ago, Norman Vincent Peale wrote *The Power of Positive Thinking*. He suggested that people make a deliberate effort to think and speak hopefully about everything.

To cope with difficult times, many writers of magazine articles are still advising you to do the same. Studies, however, show that the internal pep talks and repetitions designed to raise your mood can have the opposite effect.

New York psychotherapist Albert Ellis rediscovered an insight into the Stoic philosophers of ancient Greece and Rome. They thought that sometimes the best way to face an uncertain future is to focus on a worst-case scenario.

For individuals, the idea might be termed “the negative path to happiness.” It might explain why people of economically insecure countries often report greater happiness than citizens of wealthier ones.

Thinking in detail about worse-case scenarios can help sap the future of its anxiety-producing power. It is estimated that about one-third of Americans instinctively use this strategy. Quoted in *The Wall Street Journal*, psychologist Julie Norem terms it “defensive pessimism.”

In his new book, *the Antidote: Happiness for People Who Can't Stand Positive Thinking*, Oliver Burkeman says the great value of taking the negative stance is simply realism. The future really is uncertain, and things really do go wrong as well as go right. He believes we want to put an end to the inevitable surprises in our lives. That can't happen.

Burkeman also recommends thinking more about our own mortality than we do. He reminds us of Steve Jobs, who is famously quoted as saying: “Remembering that you are going to die is the best way that I know to avoid the trap of thinking you have something to lose.”

(Source: Pages)

### MOTHER SUPERIOR

The wise old Mother Superior from county Tipperary was dying. The nuns gathered around her bed trying to make her comfortable.

They gave her some warm milk to drink, but she refused it.

Remembering a bottle of Irish whiskey received as a gift the previous Christmas, one nun opened and poured a generous amount into the warm milk.

Back at Mother Superior's bed, she held the glass to her lips. Mother Superior drank a little, then a little more. Before they knew it, she had drunk the whole glass.

“Mother,” the nuns pleaded, “please give us some of your wisdom before you die.”

She raised herself up in bed with a pious look on her face and said, “Don't sell that cow!!”

(Thanks to Chapter 191, Fall River, MA)

### END OF THE WORLD HEADLINES:

When the end of the world arrives how will the media report it?

**USA Today:** WE'RE DEAD

**The Wall Street Journal:** DOW JONES PLUMMETS AS WORLD ENDS

**Victoria's Secret Catalog:** OUR FINAL SALE

**Sports Illustrated:** GAME OVER

**Rolling Stone:** THE GRATEFUL DEAD REUNION TOUR

**America Online:** SYSTEM TEMPORARILY DOWN. TRY CALLING BACK IN 15 MINUTES.

**INC. Magaine:** TEN WAYS YOU CAN PROFIT FROM THE APOCALYPSE

**Time Magazine:** RENEW YOUR SUBSCRIPTION FOR ETERNITY.

(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 \_\_\_\_\_

- |  |   |  |  |   |  |
|--|---|--|--|---|--|
| <input type="checkbox"/> Angioplasty       | <input type="checkbox"/> Atrial Septal Defect | <input type="checkbox"/> Valve Surgery       | <input type="checkbox"/> Angioplasty       | <input type="checkbox"/> Atrial Septal Defect | <input type="checkbox"/> Valve Surgery   |
| <input type="checkbox"/> MI (Heart Attack) | <input type="checkbox"/> Pacemaker            | <input type="checkbox"/> Valve Transcath     | <input type="checkbox"/> MI (heart attack) | <input type="checkbox"/> Pacemaker            | <input type="checkbox"/> Valve Transcath |
| <input type="checkbox"/> Aneurysm          | <input type="checkbox"/> Transplant           | <input type="checkbox"/> ICD (Defibrillator) | <input type="checkbox"/> Aneurysm          | <input type="checkbox"/> Transplant           | <input type="checkbox"/> ICD (Defib)     |
| <input type="checkbox"/> CABG (Bypass)     | <input type="checkbox"/> Stent                | <input type="checkbox"/> R-VAD/L-VAD         | <input type="checkbox"/> CABG (Bypass)     | <input type="checkbox"/> Stent                | <input type="checkbox"/> R-VAD/L-VAD     |
| <input type="checkbox"/> (how many _____)  | <input type="checkbox"/> AFib Arrhythmia      | <input type="checkbox"/>                     | <input type="checkbox"/> (how many _____)  | <input type="checkbox"/> AFib Arrhythmia      | <input type="checkbox"/>                 |
| <input type="checkbox"/> Cath              | <input type="checkbox"/> Other Arrhythmia     | <input type="checkbox"/> Other _____         | <input type="checkbox"/> Cath              | <input type="checkbox"/> Other Arrhythmia     | <input type="checkbox"/> 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 \$17.00
- Family - Dues \$24.00
- 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  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**