



# Hartford Heartline

Volume XXXVII- Issue 2 - February, 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**  
**February 19, 2014 – 6:45 PM**

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

*All are welcome to attend!!*

### NOTICE:

**MEETING LOCATION IN FEBRUARY  
FOR LOCATION AND DRIVING DIRECTIONS**

See Page 4

### OFFICERS - 2013-2015

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**Steve Livingston**  
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South Windsor, CT 06074  
860-644-4250  
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### February 19, 2014 Meeting - 6:45 p.m.

Speaker: - **Anthony LaSala, M.D.,** Cardiologist at Hartford Hospital  
Topic: To Be Announced

### March 19, 2014 Meeting - 6:45 p.m.

Speaker: - To Be Announced  
Topic: To Be Announced  
Refreshments:

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

Speaker: - **Mansaur Ashani, M.D.,** Cardiologist at St. Francis Hospital  
Topic: - **How Strokes are treated.**  
Refreshments:

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

Speaker: - **Dr. Jeffery Brown,** Primary Care Physician  
Topic: To Be Announced  
Refreshments:

### June 18, 2014 Meeting - 6:45 p.m.

Speaker: - To Be Announced  
Topic: To Be Announced

### June 19-22, 2014 62nd Annual Education & Training Conf.

The Westin Indianapolis, 50 South Capital Avenue,  
Indianapolis, IN 46204 ( See Page 5 for further details. )

*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

Occasionally I like to use this space to feature one of our members heart events experiences. John Hussey, Jr. has been recognized by AHA for his achievements for heart health. Our chapter also congratulates John. Here is the story of his journey.

**LIFESTYLE CHANGE AWARD GIVEN TO JOHN J. HUSSEY, JR., AT THE AMERICAN HEART ASSOCIATION HEART WALK ON SEPT. 28, 2013**

John is a Mended Heart member and had a massive heart attack 13 years ago. He had eight bypass grafts at St. Francis Hospital and went through the cardiac rehab. program. He increased his physical activity through exercise and walking a mile or two every day and has maintained walking as of today.

John changed his eating habits after open heart surgery. In the past he ate a lot of red meat and fast food. Now, he eats heart healthy foods that consist of chicken, fish, fruits, and vegetables, complex carbs and a lot of water when he exercises.

He lost 30 pounds since his surgery in 2000 and kept it off. He was 210 lbs. and now is 180 lbs.

His blood pressure before surgery was 190/90 his cholesterol was 250. After surgery and a heart healthy lifestyle change with diet, regular exercise and proper medications, John's blood pressure is now in a normal range of 120/80 and his cholesterol dropped to 116.

John is grateful for having more energy and stamina so he can take better care of his special needs young adult son who sometimes has to be in a wheelchair due to a childhood illness. He has volunteered for the Special Olympics so he and his son can participate in it and have fun together as father and son. So, as a devoted father and husband who just celebrated 47 years with his bride, John is a happy man. His life has changed since his healthy lifestyle and he is thankful for events like the American Heart Association Heart Walk to bring awareness to heart disease and walking for a cure.

Contributed by Annette Wenker, AHA

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

Heartfully,

**John**

**CHAIRPERSONS - 2013-2015**

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Visiting Chairman - St. Francis Hospital:  
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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 Hospitals for  
DECEMBER 2013  
for Pre-Op, Post-Op, Cath Lab, and A-Fib  
patients were **68** 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, now has a total of **\$518.89** 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

### DONATIONS

#### **GENERAL DONATIONS:**

**Mr. Lowell Waldo**

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

### NEW MEMBERS

Welcome to...

**Melvin Hathorn      Cromwell, CT**

### JANUARY RAFFLE WINNER

The January 50/50 Raffle winner was:

**Bob Lincoln**

***Congratulations!!***

### SURGIVERSARIES

FEBRUARY – 2014	YEARS
Bill Galligan	36
Saul Reichlin	26
Florence Fichman	24
Deborah Joly-Warchollik	5
David Olden	5
Ilene Mahler	3
Clifford Alderman	2
Irene Girard	2

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

### MOTOROLA'S NEW MOTO X IS MADE IN TEXAS

It has great features, for example it can detect whether it's in your pocket or somewhere else.

The Motor X is voice activated so you can ask it to do things. It's the first phone made from scratch by Motorola Mobility since it was acquired by Google. You can design your own phone and get it promptly because it's made in the USA. It's \$200 for a 16-gigabyte version and \$250 for 32 GB. (Source: Pages)

### MEETING LOCATION IN FEBRUARY

Our new meeting location which will be at:

**Goodwin College  
245 Riverside Drive  
East Hartford, CT  
February 19, 2014 – 6:45 PM**

[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.

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:**

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.

**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.

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.

### JANUARY BUSINESS MEETING

The January Chapter 9 Mended Hearts Business Meeting featured speaker, Patrick Raycraft, Chapter 9 Member and Photo Journalist at the Hartford Courant. Pat gave a presentation of some of his travels and assignments around the world, featuring many local & other well-known dignitaries. His presentation was well received by one and all.

[ Photographer's Mea Culpa: Pictures were taken at this meeting - of Patrick Raycraft during his presentation and while receiving a Merit Award from President John Dunn... but...all were lost during transfer to PC. ]

## Information

### 62<sup>nd</sup> ANNUAL EDUCATION & TRAINING CONFERENCE

JUNE 19-22 2014

**The Westin Indianapolis  
50 South Capitol Avenue  
Indianapolis, IN 46204**

Come and join us for a great conference. It is only four months away.

You will meet over 300 Mended Hearts from all over the country. We encourage everyone to attend.

The conference is designed to learn, to enjoy, to collaborate, to share ideas, to tour the area, to bond with others. It is meant to create, to change, to appreciate others., to eat hearty, to laugh and have fun. The conference is a great experience and is open to all Mended Hearts and guests.

There will be great seminars, and speakers. You will have the opportunity to hear great presentations on the latest advances in cardiac procedures and treatments.

Get on board! Don't miss out! It's a great experience and a lot of fun.

Our registration packet is on our national website: [www.mendedhearts.org](http://www.mendedhearts.org) Mark your calendar now.

#### SINGING IN A GROUP CAN MAKE YOU HEALTHIER

It could be that singing exercises the lungs, or maybe it's the camaraderie singers have with each other. Whatever the reason, cognitive neuroscientist Julene Johnson, a professor at the University of California, San Francisco, has found that singing together promotes healthy aging.

After studying vocal groups in Finland, she's working with chorus members at 12 senior centers in San Francisco. To date, she has found that group singers had an improved quality of life, fewer falls, fewer colds, fewer doctor visits and less loneliness than individuals in a control group.

According to AARP, singing allows people to use their bodies and minds while creating something beautiful. The message for former choir members, barbershop quartet singers and those who join in at the piano bar: For a better, safer future, volunteer to sing in the church chorus or get back to singing with your pals again.

(Source: Pages)

### CELEBRATE THE 10<sup>TH</sup> BIRTHDAY OF **GO RED** FOR WOMEN THIS FEBRUARY

Heart disease has been called the Silent Killer because it often has no noticeable symptoms. It's more deadly than all forms of cancer combined. And it's not just "an old man's disease."

In 2003, research revealed that heart disease was by far the No. 1 killer of women, and actually killed more women than men. To save lives and raise awareness of this serious issue, the American Heart Association launched Go Red for Women. And the red dress has become the iconic symbol of our battle against heart disease in women.

We encourage everyone to wear red, raise their voices, know their cardiovascular risk and take action to live longer, healthier lives.

Through research and education to healthy lifestyles changes, we're proud that:

1. 34% fewer women now die from heart disease, saving 330 lives every day.
2. ~ 37% are losing weight.  
~ 43% are checking their cholesterol  
~ more than 50% exercise more  
~ 60% have improved their diet  
~ 33% have developed heart health plans with their doctor
3. Awareness is up. 23% more Americans now realize heart disease is the #1 killer of women.
4. Awareness among minorities is up, doubling among Hispanic women and tripling among African-American Women.
5. 15% have quit smoking, and high cholesterol has declined by 18%.

Yet, with all these successes, heart disease is still the No. 1 killer of women, killing almost 1,100 a day.

Help us save more lives. Get involved. Make a difference. Go Red and Speak Red, by telling other women about heart disease we can make a difference.

Source: AHA Go Red For Women

*Health & Wellness*

**MOM'S GENES MAY PLAY PART HOW CHILDREN AGE**

A mother's genes can affect the aging process in her children, a new study in mice suggests.

One of the major factors in aging is the accumulation of various kinds of changes that occur in mitochondria, which are the so-called power plants of cells

Mitochondria have their own DNA, which changes more than the DNA in the nucleus, and this has a significant impact on the aging process. Many mutations in the mitochondria gradually disable the cell's energy production, the researchers explained.

Their experiments with mice showed that the aging process is influenced not only by the accumulation of mitochondrial DNA damage during an individual's lifetime, but also by the mitochondrial DNA inherited from their mothers. The findings suggest that people who inherit mitochondrial DNA with mutations from their mother may age more quickly.

However, experts note that research involving animals often fails to produce similar results in humans.

The study by the researchers in the Karolinska Institute in Sweden and the Max Planck Institute for Biology of Aging in Germany appears in the August 22 issue of the journal Nature.

The study findings improve understanding of the aging process according to Nils-Goran Larsson and co-author Dr. Barry Hoffer "the findings also suggest that therapeutic interventions that target mitochondrial function may influence the time course of aging."

"There are various dietary manipulations and drugs that can up-regulate mitochondrial function and/or reduce mitochondrial toxicity," he said in a Case Western news release. "An example would be antioxidants. This mouse model would be a "platform to test these drugs/diets explained Hoffer, who is also a visiting professor at the Karolinska Institute.

Source: Medline Plus, NIH (National Institute of Health)

**LARGE REVIEW FINDS PATIENTS AT HOSPITALS IN OFF-HOURS HAVE 5 % HIGHER ODDS OF DYING**

Heart attack patients are more likely to die if they arrive at the hospital at night or on a week-end, a large review finds.

The report also said that this increased risk may result in thousands of extra deaths among heart attack patients in the United States every year.

Mayo Clinic researchers Dr. Henry Ting and colleagues analyzed 48 studies that included a

**TIMING OF HEART ATTACK TIED TO DEATH RISK (Continued)**

total of nearly 1.9 million patients to assess how arriving at hospitals during nights and weekends affected heart attack patients' risk of death. The studies were conducted in Canada, Europe and the United States.

The investigators concluded that heart attack patients who arrived at a hospital during off-hours had a 5 percent higher risk of death both while in the hospital and 30 days after discharge than those who arrived during regular hours. This led to an extra 6,000 deaths every year in the United States alone, according to the findings published Jan. 21 in the online edition of the *BMJ (British Medical Journal)*.

The Mayo Clinic team also estimated that for patients who had a type of heart attack called "ST elevation myocardial infarction" (STEMI) and arrived at the hospital during off-hours, a delay of nearly 15 minutes between arrival and undergoing balloon angioplasty to open a blocked artery could increase death risk by as much as 10 percent to 15 percent.

The researchers said further studies are needed to examine factors that cause differences in levels of care during regular and off-hours, such as number of staff and their level of expertise.

Although the review found an association between arriving at a hospital during off-hours and a higher risk of death among heart attack patients, it did not establish a cause-and-effect relationship.

Patients who arrive during off-hours "experience delays in urgent care and worse outcomes, and the gap seems to be increasing over time," University of Toronto doctors wrote in an accompanying editorial.

Hospitals seeking to improve their care of heart attack patients "should focus on improving their off-hour care with the goal of providing consistently high-quality care 24 hours a day and seven days a week," the doctors wrote.

Source: MedlinePlus, NIH

*Health & Wellness*

**HYPOTHERMIA: First Aid**

**W**hen exposed to cold temperatures, especially with a high wind chill factor and high humidity, or to a cool, damp environment for prolonged periods, your body's control mechanisms may fail to keep your body temperature normal. When more heat is lost than your body can generate, hypothermia, defined as an internal body temperature less than 95 F (35.) can result.

Wet or inadequate clothing, falling into cold water and even not covering your head during cold weather can increase your chances of hypothermia.

Signs and symptoms of hypothermia include:

Shivering, slurred speech, abnormally slow breathing, cold, pale skin, loss of coordination, fatigue, lethargy or apathy, confusion or memory loss, bright red, cold skin (infants.)

Signs and symptoms usually develop slowly. People with hypothermia typically experience gradual loss of mental acuity and physical ability, so they may be unaware that they need emergency medical treatment.

Older adults, infants, young children and people who are very lean are at particular risk. Other people at higher risk of hypothermia include those whose judgment may be impaired by mental illness or Alzheimer's disease and people who are intoxicated, homeless or caught in cold weather because their vehicles have broken down. Other conditions that may predispose people to hypothermia are malnutrition, **cardiovascular disease** and an underactive thyroid (hypothyroidism.)

To care for someone with hypothermia:

~ **Call 911 or emergency medical assistance.**

While waiting for help to arrive, monitor the person's breathing. If breathing stops or seems dangerously slow or shallow, begin cardiopulmonary resuscitation (CPR) immediately.

~ **Move the person out of the cold.** If going indoors isn't possible, protect the person from the wind, cover the head, and insulate the individual from the cold ground.

~ **Remove wet clothing.** Replace wet things with a warm, dry covering.

~ **Don't apply direct heat.** Don't use hot water, a heating pad or a heating lamp to warm the person. Instead, apply warm compresses to the center of the body—head, neck, chest and groin. Don't attempt to warm the arm and legs. Heat applied to the arms and legs forces cold blood back toward the heart, lungs and brain, causing the core body temperature to drop. This can be fatal.

~ **Don't give the person alcohol.** Offer warm non-alcoholic drinks, unless the person is vomit-ing.

~ **Don't massage or rub the person.** Handle people with hypothermia gently because their skin may be frostbitten the rubbing frostbitten tissue can cause severe damage.,

Source: Mayo Clinic Staff

**CT DISEASE OUTBREAK PREVENTION  
RANKS IN TOP 16 PERCENT**

Connecticut's efforts to prevent and control outbreaks of infectious diseases have been stronger than most states, according to a study by Trust for America's Health and the Robert Wood Johnson Foundation.

The study ranked states based on 10 criteria, from public health funding to vaccination rates, lab testing capacity and HIV screening.

The state scored seven out of 10 criteria, from public health funding to vaccination rates, lab testing capacity and HIV screening.

The state scored seven out of 10, tying with Delaware, New York, North Carolina, Oregon, Rhode Island and Washington.

New Hampshire earned the highest score-eight out of 10.

Connecticut lost points for not requiring HPV vaccinations or providing funding for education on the topic, as well as not vaccinating at half of its population for the flu.

However, Connecticut was one of only two states to have vaccinated at least 90 percent of preschoolers against whooping cough.

Source: HartfordBusiness.com

**QUOTE**

**“There are no traffic jams along  
the extra mile.”**

Roger Staubach, football star and businessman.

(Source: Pages)

## General Interest

## Fun Stuff

### DRIVING WHILE SLEEPY

The Division of Sleep Medicine at Harvard University reports:

- ~ Drowsy driving causes 1 million crashes, 500,000 injuries and 8,000 deaths in the United States each year.
- ~ One sleepless night can impair performance as much as a blood-alcohol level of 0.10.
- ~ Staying awake for 17 to 19 hours straight slows reaction time by about 50 percent compared to a well-rested driver.

(Source: Pages)

### DON'T GET PARANOID, BUT YOU ARE BEING WATCHED

If you have a cellphone, you are broadcasting your presence and not just with calls and texts. Cellphones continuously tell your location to whoever is listening. And people are listening.

But, government listening aside, private companies are listening and tracking cellphone location data to find out the preferences and activities of their customers.

A café owner knows his coffees are popular but what else could he or she offer to customers that they might want? If the café owner knows 80 percent of customers go to a gym, maybe a gym shirt with the café logo might sell.

New location companies are starting up to provide the café owner, or anyone willing to pay, exactly this type of information.

It's legal.

According to the Wall Street Journal, companies in the US do not have to get consent before collecting and sharing location data. Companies in the location tracking business say privacy concerns are overstated since tracking is not personal and not invasive.

(Source: Pages)

### THE INFLATABLE BIKE HELMET

The bike helmet is getting a makeover from a tech company in Sweden. Instead of being a hard shell, it's an inflatable air bag collar for adults who are reluctant to wear a hard helmet.

The Hovding's sensors are powered by lithium-ion polymer batteries. Its technology is similar to that found in automobile air bags. The scarf, which only partially circles the neck, uses electronics to respond to a crisis situation. It instantly inflates in to a helmet that covers the head and neck but not the face of the rider.

At a retail price of \$546, however, the scarf costs more than most bikes.

(Source: Pages)

### OUT OF GAS

A nun was on her way to the Catholic charity hospital where she worked when her car ran out of gas. She was only a block from a gas station, so she walked there.

She asked the attendant for a quart of gasoline. But the attendant said he just loaned out his only gas can.

She said that she would look in her car to find something to hold the gas. The only suitable container she found was a bedpan, which looked like it could hold a quart of gas.

The attendant filled it with gas. The nun got back to her car and started pouring the gas into her car.

As she was pouring it in, two men walked by. One of them said to the other, "If that car starts, I'm converting to Catholicism forever!"

(Source: Pages)

### AS MAJOR LEAGUE BASEBALL LOOKS FOR NEW MANAGERS, THEY ACCEPT SOME WITH NO MANAGING EXPERIENCE

An ad for a baseball team manager would ask for a proven knowledge of baseball. But some ads would also say, "no experience required."

Detroit Tigers President Dave Dombrowski says he wouldn't have hired an inexperienced manager before, but the success of ex-ball players in managing has changed his mind.

Other former players who have become great managers include Brad Ausmas, a former catcher hired by the Detroit Tigers. The Cincinnati Reds promoted pitching coach Bryan Price to manager, and the Washington Nationals hired former third baseman, Matt Williams.

According to The Wall Street Journal's Brian Costa, the trend reflects broad changes in the role of managers. The manager must get along with people in the highly visible position, but increasingly play is dictated by the front office.

Teams want someone who knows baseball and will work well with upper management. (Source: Pages)

### QUOTE

**"Life is like photography.  
You need the negatives to develop."**

(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  
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**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**