



### 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 XXXXV- Issue 11 - February, 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:

**February 17, 2016 7:00 p.m.**

**Speaker: John Violette, 2nd President of MH Chapter 9.**

**Topic: How did Chapter 9 function and what went into creating it in the 1970's.**

**Refreshments: Brendan and Barbara Durkin, Steve and Susan Livingston**

**(NOTE: LOCATION AND DRIVING DIRECTIONS, See Page 6)**



### President's Message

**To the Members, Caregivers, and Friends of Mended Hearts, Chapter 9  
Greater Hartford, Connecticut**

Hello, this is Vice-President, John Dunn, filling in for our President, Walter Kovaciny. Walter asked me to write this month's message, as he is now recovering at home from surgery at St. Francis Hospital. This was not involving any heart issue.

I wanted to especially recognize here, all our Chapter 9 Accredited Hospital Visitors for their outstanding number of patient visits during 2015 at St. Francis and Hartford Hospitals. Our Chapter Members visited more than 800 patients this past year! Congratulations and thank you for your dedication.

The Core Program of Mended Hearts is our Accredited Visitor Hospital Patient Visiting. Our visitors continue to say that their visiting heart patients, families and caregivers is one of the most rewarding experiences they have been involved in! Our mission is to inspire hope in heart disease patients and their families.

As a visitor, we are there to listen and to share our own experiences, emphasizing with the anxiety and concerns of patients and their families. Our Chapter is always open to having new people join the Visiting Program at Hartford Hospital or St. Francis Hospitals. To become an Accredited Visitor, you must be a heart patient, or caregiver of a heart patient. You must become a Mended Hearts Member, and complete the Mended Hearts Inc. Accreditation Training.

If you are one of the many patients we visit with each month, or are now attending a Cardiac Rehab. Program or interested in learning more about this very rewarding program, please contact our Assistant Regional Director, Priscilla Soucy at 860-289-7422 or E-Mail: [priscillaanns@att.net](mailto:priscillaanns@att.net).

Heartfully,

John

## 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](mailto:walterkovaciny@cox.net)

Vice-President

**John A. Dunn**

15 Strawberry Hill  
Windsor, CT 06095  
860-688-5489

Email: [jjhmdunn@msn.com](mailto:jjhmdunn@msn.com)

Secretary

**Robert Hoffman**

25 Lovelace Drive  
West Hartford, CT 06117  
860-232-8417

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)

Assistant Regional Director

**Priscilla Soucy**

98 Highview Street  
East Hartford, CT 06108  
860-289-7422

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

### Schedule of Future Monthly Meetings

March 16, 2016

April 20, 2016

May 18, 2016

All 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 - 2013-2016

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:

John Klimczak 860-313-0246

E-Mail: [jklimczak@sbcglobal.net](mailto: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>

## HERE'S WHY REDUCING YOUR TOP BLOOD PRESSURE NUMBERS MATTERS.... A LOT

Individuals with systolic blood pressure at the 140 mm Hg level are usually satisfied by that number. They may be more concerned about the risks of carrying around too much body fat.

Now, however, there's new evidence that systolic pressure of 120 brings lower risks for heart disease, stroke, kidney failure and erectile dysfunction. The evidence shows that high blood pressure is the heart's worst enemy.

The higher risks were reinforced by the SPRINT trial, which was presented at the annual meeting of the American Heart Association. The trial was a large study of the effects 140 mm Hg blood pressure compared with 120 or below. Systolic pressure, represents the heart as it contracts and pumps blood to the rest of the body.

The researchers randomly assigned 9,300 hypertensive patients over age 50 to either the 140 or the 120 group. Results were published in the *Journal of the American Medical Association*.

Those who were close to 120 had significantly lower rates of premature heart-related death and death from any cause. They reduced their risk of heart failure by 38 percent and death from heart problems by 43 percent when compared to the 140s.

Dr. Paul Whelton of Tulane University, chairman of the SPRINT trial said, "Overall we deem that the benefits of lower blood pressure far outweigh any potential for risk."

Major organizations are considering the recommendation for reducing systolic pressure to 120. It could be the beginning of the new normal.

## HERE'S WHY REDUCING (cont'd)

Nearly one in three Americans has hypertension, one reason heart disease is the top killer of men and women in the United States.

Source: Pages

## U.S FOOD & DRUG ADMINISTRATION *Tip-Off to Rip-Offs. Don't fall for Health Fraud Scams*

### ***"One product does it all"***

Be suspicious of products that claim to cure a wide range of diseases. A New York firm claimed its products marketed as dietary supplements could treat or cure senile dementia, brain atrophy, atherosclerosis, kidney dysfunction, gangrene, depression, osteoarthritis, dysuria, and lung, cervical and prostate cancer. In October 2012 at FDA's request, U.S. marshals seized these products.

### ***Personal testimonials***

Success stories, such as "It cured my diabetes" or "My tumors are gone." are easy to make up and are not a substitute for scientific evidence.

### ***Quick fixes***

Few diseases or conditions can be treated quickly, even with legitimate products. Beware of language such as, "Lose 30 pounds in 30 days" or "eliminate skin cancer in days."

### ***"All natural"***

Some plants found in nature (such as poisonous mushrooms) can kill when consumed. Moreover, FDA has found numerous products promoted as "all natural" but that contain hidden and dangerously high doses of prescription drug ingredients or even untested active artificial ingredients.

## Health News

### U.S FOOD & DRUG ADMINISTRATION (cont'd)

#### ***“Miracle cure”***

Alarms should go off when you see this claim or others like it such as “new discovery.” “scientific breakthrough” or “secret ingredient.” If a real cure for a serious disease were discovered, it would be widely reported through the media and prescribed by health professionals-not buried in print ads, TV infomercials or on Internet sites.

#### ***Conspiracy theories***

Claims like “The pharmaceutical industry and the government are working together to hide information about a miracle cure” are always untrue and unfounded. These statements are used to distract consumers from the obvious, common-sense questions about the so-called miracle cure.

Even with these tips, fraudulent health products are not always easy to spot. If you’re tempted to buy an unproven product or one with questionable claims, check with your doctor or other healthcare professional first.

This article appears on FDA’s Consumer Updates page (For Consumers/Consumer Updates/default.htm)

### SEA SALT VS. TABLE SALT

#### **What is the difference between sea salt and table salt?**

Sea salt has boomed in popularity in restaurants and supermarket aisles. Many gourmet chefs say they prefer it over table salt for its coarse, crunchy texture and stronger flavor. Manufacturers are using it in potato chips and other snacks because it’s “all natural,” and less processed than table salt. And some health-conscious consumers choose it because it contains minerals like magnesium.

Each of the above-mentioned characteristics may set sea salt apart from table salt. but in one other very important respect there’s usually **little difference between the two: sodium content.**

### SEA SALT VS. TABLE SALT (cont'd)

#### **What’s the difference between the way sea salt and table salt are made?**

Sea salt is obtained directly through the evaporation of seawater. It is usually not processed, or undergoes minimal processing, and therefore retains trace levels of minerals like magnesium, potassium, calcium and other nutrients.

Table salt, on the other hand, is mined from salt deposits and then processed to give it a fine texture so it’s easier to mix and use in recipes. Processing strips table salt of any minerals it may have contained, and additives are usually added to prevent clumping or caking.

“The minute amounts of trace minerals found in sea salt are easily obtained from other healthy foods.” Johnson said.

“Sea salt also generally contains less iodine than table salt. Iodine has been added to table salt since the 1920’s to prevent the iodine-efficiency disease goiter.”

**But whichever option you choose, keep in mind that both usually contain the same amount of sodium.**

Take the pledge to reduce the sodium in your diet today.

Source: American Heart Association



**Dr. Seth Lapuk, M.D. Pediatric Cardiologist, CCMC presents on the topic Adult Congenital Heart Disease at our January Mended Hearts Chapter Meeting**

**KEEP THE COWS AWAY FROM THE CAR**

Soybean fiber has been a popular go-to product in times of scarcity in “World War II, when metal was scarce, states experimented with soybean-fiber license plates.

The idea was soon abandoned when it became clear that cows and goats loved a good soybean license plate brunch. Today the plates are rare finds for collectors.

Source: Pages

**SOME EMPLOYERS OFFER PET-BEREAVEMENT LEAVE**

Our pets have become a part of our families, and the death of a pet can lead to such grief that some employers offer pet-bereavement leave.

*The Wall Street Journal's* Sue “Shellenbarger says some employers do. Kimpton Hotels and Restaurants offer a three-day pet-bereavement leave. The company supports the special relationship humans have with their pets by welcoming pets at its hotels and providing pet insurance and bereavement leave for its 7,800 employees.

Some units of Mars, Inc., the big candy and pet-food maker, offer one or more days off, flexible hours, or freedom to work from home after a pet's death. Others grant time off under paid-time-off or sick leave policies.

It's best to wait at least a month before bringing home new pet, according to the American Society for the Prevention of Cruelty to Animals. About 1 in 3 people feels grief and sadness for at least six months after the death of a beloved pet.

Source: Pages

**SUVs TURNED 2015 INTO THE BEST SALES YEAR EVER**

In 2015, automakers sold 17.47 million vehicles, according to Autodata. It bested what Kelly Blue Book reported as the previous record of 17.35 million in 2000.

Low gas prices, cheap credit, low unemployment high consumer confidence and good weather brought a rush of buyers into showrooms in December.

Consumers continued their flight from less-lucrative cars into crossovers, sport-utility vehicles and pickups amid low gasoline prices.

At 13.9 percent of market share, the small SUV segment is now the largest category of vehicles in the United States. It is followed by small cars and midsize cars at 13.7 percent each, according to Kelly Blue Book.

Quoted in *USA Today*, AutoTrader.com analyst Michelle Krebs said, “There's no end in sight to those trends.”

In December, General Motors had a 5.7 percent increase in sales, Ford Motor saw an 8.3 percent boost, and Fiat Chrysler sales rose 12.6 percent, according to Autodata.

Tesla Motors doubled sales during the month and sold 23,650 of its luxury electric cars in the U.S. for the year.

Among Asian makers, Toyota saw a 10.3 percent increase for the month, but it posted only a 5.3 percent increase for the year.

Honda was at 9.9 percent, and Nissan at 8.7 percent.

Source: Pages

# General Interest Information/ Fun Stuff

## GO NUTS, YOU'LL LIVE LONGER

**Eating a handful of nuts daily is not only delicious, but is associated with a 20% less chance of suffering from heart disease.**

Nuts are a good source of protein, and rich in fiber, vitamins, and healthy fats. They also are loaded with phytochemicals, which are pigments that give your immune system a huge boost. The nutrients in nuts are particularly beneficial to heart health because they work together to reduce inflammation and oxidative damage. Research also indicates that people who eat a handful of nuts a day, do better with weight maintenance because the types of fats in nuts stimulate fat burning metabolism. Make nuts a part of your day and enjoy!

Source: Kaiser Permanente Positive Choice Integrative Wellness Center

## SPRINGFIELD, MASS "OFFICIAL" SATELLITE CHAPTER UPDATE

Their meetings take place at **Baystate Medical Center Cardiac Rehab. at 3300 Main St., Springfield, MA on the 1st floor - Community Room at 7:00 PM.** They meet the 1st Monday of the month.

Mended Hearts has a visiting program where visitors see heart patients pre-and post-op. in the hospital and we will start the visiting program at Baystate. Dennis Badger is currently a visitor at Hartford Hospital and he will be the coordinator for this prospective chapter. He can be reached at 413-783-7368. Bryan Hagberg, who has been the coordinator, will become active at a later date with our new official satellite.

### WELCOME NEW MEMBERS FOR OUR SATELLITE CHAPTER

Gordon & Lynda Allen  
Wilbraham, MA

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## SURGIVERSARIES

### FEBRUARY – 2016      YEARS

Saul Reichllin	28
Florence Fichman	26
David Olden	7
Ilene Mahler	5
Clifford Alderman	4
Irene Girard	4

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## FUNSTUFF

### 100 CAMELS

U.S. tourists, a man and his pretty wife, are traveling in the Middle East. An Arab approaches the husband, saying, "I'll give you 100 camels for your woman."

After a long silence, the husband says, "She's not for sale."

The indignant wife says, "What took you so long to answer?"

The husband replied, "I was trying to figure out how to get 100 camels back home."

Source: Pages

### DONATION

I just had a call from a charity asking me to donate some of my clothes to the starving people throughout the world.

I told them to forget it. Anybody who fits into my clothes isn't starving!!

Source: Pages



**President Walter Kovaciny presents Dr.Seth Lapuk, the speaker for the January Mended Hearts Chapter meeting with a Merit Award for a fine presentation**

## General Interest Information

### NOTICE TO VISITORS

When you acquire names of patients, caregivers, or others that want to receive our newsletter, please e-mail John Dunn [Email: jjhmdunn@msn.com](mailto:jjhmdunn@msn.com)

John is doing the 3-month mailing list for us and does a great job keeping them updated.

### NEW READERS

Newly visited patients, their caregivers, and others who have requested our newsletter will receive copies for three months. It is our way of keeping in touch with you. Hope and encouragement are offered by members who are living proof that people with heart disease can continue to lead full and productive lives. We hope as you recover you will be able to attend our meetings and want to become a member, or as family members, and join us in helping others.

### STOP!!

Please don't throw this newsletter away. When you have finished reading it, why not pass it along to others. You could drop it off in your doctor's office or give it to a friend or relative. This way more people will get the Mended Hearts message, and know who and what we are.

### CAUTION!

**Hartford Heartline**, is written for the education and information of the members of Mended Hearts and all those concerned with heart health. It is **not** intended as a substitute for the advice of your physician. Always check with your physician or cardiologist regarding any questions you may have about your condition.

### MANDY HEART

**Mandy Hart is our SPECIAL piggy bank for donations for the Madden Open Hearts Camp.**

**We continue to receive generous donations from the Mended Hearts Community.**

**We have received a donation from John Donavon for Mandy Hart.**

**Mandy Hart now has a balance of \$235.23.**

**We received a general donation from Mary Cowing. We thank everyone for their continued generosity.**

### MEETING LOCATION

Our meeting location which will be at:  
**Goodwin College - Community Room**  
**245 Riverside Drive**  
**East Hartford, CT**  
**January 20, 2016 – 7:00 PM**

**Note:** Using above address in your GPS gets you to correct building.

Parking is available at the front entrance to the building and also on the left side of the street there is a well lit parking lot.

**Directions:** (From 1-84 East, in Hartford)

Take Route 2 East

Take Exit 5 to Willow St / Riverside Drive

Don't go onto Willow St – Stay to the right onto Riverside Drive

**Go almost to the end of the road** and Goodwin College (the main building will be on the right.)

**Or:** Go to Main St., East Hartford...heading South. Willow Street is opposite the main entrance to Pratt & Whitney. Monroe Mufflers is on corner.

Turn right.

Turn left at the end of Willow Street onto Riverside Drive.

**Go almost to the end of the road** and Goodwin College (the main building) will be on the right.

### GENERAL QUOTES

You must gain control over your money, or the lack of it will forever control you.

Source: Dave Ramsey: American financial author

An entire area of water can't sink a ship unless it gets inside the ship. Similarly, the negativity of the world can't put you down unless you allow it to get inside you.

Goi Nasu, author of inspirational quotes

### 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!**



**Attention All Mended Heart's Friends!  
Remember to Collect and Save all of Your Loose Change!**

Announcing a Great Fundraising Opportunity to benefit Mandy Hart, the Mended Hearts Chapter 9 piggy bank whose proceeds benefits the *Madden Open Hearts Camp*.

*The Madden Open Hearts Camp (M.O.H.C.) is a non-profit, residential summer camp for children and teenagers, ages 8-16, who have undergone and recovered from open heart surgery or a heart transplant. M.O.H.C. has been fully accredited by the American Camp Association (ACA) since 2003.*

**We are sponsoring an opportunity to win a pair of Boston Red Sox tickets for the Sunday, May 22, 2016 baseball game versus the Cleveland Indians at Fenway Park, Boston Massachusetts**

Collect all of your Loose Coins and put them in a 1 Gallon ZipLock Plastic Bag and bring it to our April 20<sup>th</sup> 2016 Chapter Meeting. At that time we will present the individual who has the

**Heaviest One Gallon Ziplock Bag of Coins**  
with the pair of Red Sox Tickets.

More details to follow in future Newsletters, but please **Start Saving all of your Spare Change!!**



**Mended Hearts Chapter 9 members share a moment with Dr. Seth Lapuk after his presentation. Pictured members include: Steve Livingston Dolly and Ben Goldfarb, and Susan Livingston (right).**



**January Chapter Meeting attendees listen intently to Dr. Seth Lapuk's informative presentation on Adult Congenital Heart Disease**



**Dr. Seth Lapuk expertly fields questions during the January Mended Hearts Chapter Meeting**



**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 SOUCCY  
98 HIGHVIEW STREET  
EAST HARTFORD, CT 06108

THE MENDED HEARTS, INC.  
FOUNDED 1951 - INCORPORATED 1955  
GREATER HARTFORD - CHAPTER 9



First  
Class  
Postage

**THANKS TO HARTFORD HOSPITAL FOR THE MAILING OF THIS NEWSLETTER**

**OBJECTIVES OF MENDED HEARTS, INC.**

THE PURPOSE OF THIS ORGANIZATION IS TO OFFER HOPE, SUPPORT, AND ENCOURAGEMENT TO HEART DISEASE PATIENTS AND THEIR FAMILIES AND TO ACHIEVE THIS OBJECTIVE IN THE FOLLOWING MANNER:

- A. To visit, with physician approval, and to offer hope, encouragement and support to heart disease patients and their families.
- B. To distribute information of specific educational value to members of Mended Hearts, Inc. and to heart disease patients and their families.
- C. To establish and maintain a program of assistance to physicians, nurses, medical professionals, and health care organizations in their work with heart disease patients and their families.
- D. To cooperate with other organizations in education and research activities pertaining to heart disease.
- E. To establish and assist established heart disease rehabilitation programs for members and their families.
- F. To plan and conduct suitable programs of social and educational interest for members and for heart patients and their families.

**THANKS TO ST. FRANCIS HOSPITAL FOR THE PRINTING OF THIS NEWSLETTER**