

# Hartford Heartline

Volume XXXVI - Issue 1 - January, 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 - 2013-2014

President:

**John A. Dunn**

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

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

Vice-President:

**Priscilla Soucy**

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

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

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: [stevivingston@cox.net](mailto:stevivingston@cox.net)

#### **January 16, 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)**

**AGENDA: Installation of New 2013-2014 Chapter Officers.**

Refreshments contributed by: John Klimczak and Saul Reichlin

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

Speaker: - To Be Announced

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

Speaker: - To Be Announced

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

Speaker: - To Be Announced

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

Speaker: - To Be Announced

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

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!!”*

*Aligned with the  
American College of Cardiology*

## President's Message



*New Year's 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**

**O**ne of the most underutilized recovery tools by heart event patients is the taking advantage of professionally administered Cardiac Rehabilitation Programs, at a local hospital or other qualified provider. Statistics show that less than 20% of heart event patients will participate in this beneficial accelerated path to their recovery.

After a heart event, your doctor may prescribe cardiac rehabilitation as part of your recovery plan. The purpose of Cardiac-Rehab is to speed your recovery and help you develop the tools you need to put yourself on the path to a healthy way of life. In turn, this helps you reduce your chances of experiencing heart problems in the future. Your doctor may give you a prescription with specific instructions.

Many patients experience an improved quality of life in terms of more motivation, more strength and endurance and a general sense of well-being. Cardiac Rehab Programs typically include four components: medical evaluation, physical activity, lifestyle education and support.

Our Mended Hearts Chapter is fortunate to serve several hospitals, two of which are in Hartford, that offer a complete Cardiac-Rehab Program, Hartford Hospital and St. Francis Hospital. Both hospitals have outstanding teams of dedicated professionals who carefully monitor your progress and offer their continuous support.

Our Chapter frequently visits these hospitals to inform and educate their patients about Mended Hearts Hartford Chapter, inviting them to attend a no cost or obligation meeting and offering informational literature. I took part in and graduated from this program. The results accelerated my time for recovery from my aortic valve replacement several years ago, and gave me a more optimistic outlook about my future.

\*Parts of this message were excerpted from The Mended Hearts, Inc. publication: "Patients and Their Hearts-Path to Recovery-Managing Your Heart Health" (C).

### CHAIRPERSONS - 2011-2013

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:  
Priscilla Soucy 860-289-7422

Official Greeter:  
Dolly Goldfarb 860-523-5761

Corresponding Secretary:  
Carolyn Kolwicz 860-872-0296

Refreshments:  
Fran Reichlin 860-232-5078

Newsletter Editor:  
Priscilla Soucy 860-289-7422

Newsletter Distribution & Mailing:  
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Bob Lincoln 860-953-3807  
E-Mail: [pine3@comcast.net](mailto:pine3@comcast.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>

## Information

### HOSPITAL VISITS

Pre-Op, Post-Op and Cath Lab visits for Hartford Hospital and St. Francis Hospital.

#### 2012 - November

**Surgical Visits**      72

**Cath Lab Visits**     42

**TOTAL VISITS - 114**

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

### 50 / 50 RAFFLE WINNER



Our 50/50 Raffle winner for the month of November was a very HAPPY - Rick Lemay.

*Congratulations Rick!!*

(Photo by Bob Lincoln)

### 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.

### ELECTION OF OFFICERS - 2013-2015

Our Nominating Committee consisted of:  
Carolyn Kolwicz, Chairperson,  
Steve Livingston,  
Tony Taschner.

The Committee had put forth the following names for election of Mended Hearts, Inc. Chapter 9 Officers at our November 14th, 2012 meeting:

President:	John Dunn
Vice-President:	Priscilla Soucy
Treasurer:	Steve Livingston
Secretary:	Robert Hoffman*

\*An additional officer nomination for Secretary was accepted from the floor at the meeting. The election took place after a review of the Nominees by the Nominating Committee; the Officers to be installed at our January Meeting.

### 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.

### 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.

*Information*

**JANUARY SPEAKER - JOE FUREY  
CHIEF METEOROLOGIST - FOX CT TV**

**W**e are starting off the New Year with an exciting speaker that is well known and his subject matter will be of interest to everyone. Each year we have tried to have one non-medical speaker.

Our speaker will be Joe Furey. Most of you know him. He is the Chief Meteorologist for Fox CT TV (Channel 61). He has been delivering weather forecasts for Southern New England on both radio and TV for the last 27 years. He also is on WTIC New Talk 1080 radio and was an assistant director of the weather center under the direction of Dr. Mel Goldstein.

Joe will tell us everything about the weather and fun stories from his past experiences in forecasting.

Make sure you don't miss his expert presentation.

**"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)

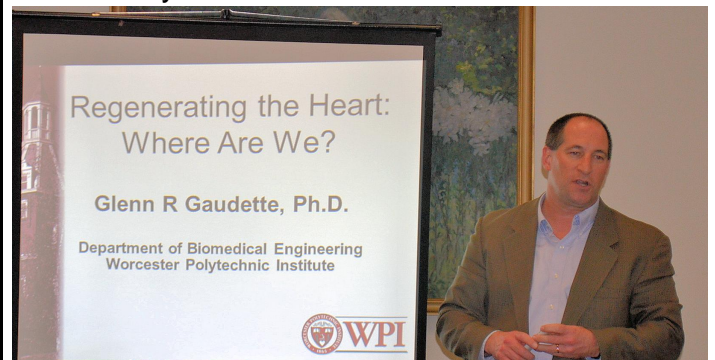
**AMERICAN HEART ASSOCIATION  
"HEART WALK - 2012"**

Our Chapter 9 did a terrific job at last year's Heart Walk in October. All the funds are now in which include the walkers and donations online that were donated to our team Mended Hearts for a grand total of \$2,175.00.

We received a very nice thank you letter from the AHA for our chapter team's efforts in raising these funds and know that all these funds will be directed toward lifesaving heart research.

**EXCEPTIONAL NOVEMBER SPEAKER**

The speaker for our November meeting was Glenn Gaudette, Ph.D., Associate Professor, Department of Biomedical Engineering at Worcester Polytechnic Institute, Worcester, MA., who was one of our guest speakers about four years ago, also. He works with others on research with stem cells and cardiac cells regarding cardiovascular regeneration. His topic was: "An Update on Stem Cell Research," which was very interesting, and very well received by all.



TOP: Dr. Glenn Gaudette in the middle of his presentation. BOTTOM: President John Dunn presents a Chapter "Merit Award" to the speaker. (Photos by Bob Lincoln)

## Information

<b>SURGIVERSARIES</b>	<b>NEW MEMBER!!!</b>																																								
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<p style="text-align: center; font-weight: bold; color: blue; margin-bottom: 5px;"><b>LIVE LIKE THERE'S NO SECOND CHANCE</b></p> <p style="text-align: center; color: blue; font-weight: bold; font-size: small; margin-bottom: 10px;"><i>BY EDWARD T. CREAGAN, M.D., ONCOLOGIST</i></p> <p style="font-size: 2em; color: red; float: left; margin-right: 5px; line-height: 1;">T</p> <p style="clear: both;">he story of people's lives can inspire and educate us as our lives unfold. Of course we can learn from professors and textbooks, but the lasting lessons come from each other. Let me explain.</p> <p>I recently met a patient who was doing well with advanced cancer. Being curious, I always ask patients about their occupation. This gentleman said he was a high-wire electrician and explained that his area of expertise was high-voltage environments.</p> <p>I asked about the risks with this kind of work. Here's what he told me. "You don't get a second chance." In a humorous way, he explained that if he touched one of the wires he would be electrocuted. And, because he typically worked on high-rise construction projects, the chance of resuscitation was virtually zero.</p> <p>Intrigued, I asked him to tell me how he'd been able to do this kind of work for 20 years. This was his checklist:</p> <ul style="list-style-type: none"> <li>• Always ask what can go wrong.</li> <li>• Stay physically fit.</li> <li>• Get a solid night's sleep.</li> <li>• Stay alert and focused. Distractions can be fatal.</li> </ul> <p>These lessons will stay with me. I would also like to add that you need to be vigilant for opportunities. A door may open or another may close and you may miss it if you're not paying attention.</p> <p style="text-align: center; font-size: small; margin-top: 20px;">(Source: Mayo Clinic)</p>																																									

### COULD TAI CHI IMPROVE HEALTH IN HEART FAILURE PATIENTS?

**O**ver the years, patients with heart failure have been encouraged to participate in regular physical activity to help improve their condition. For many, however, it's easier said than done. As heart failure constricts patients' abilities to exercise, many patients become nervous about increasing their physical activity, or are just too tired to start. But what if heart failure patients could experience significant health benefits from more relaxing, low-intensity forms of exercise?

A recent study published by the American Medical Association demonstrated numerous benefits from the use of an ancient meditative exercise, known as Tai Chi, in patients with heart failure. Tai Chi is a low-impact meditative exercise that focuses on balance, movement and breathing techniques to increase internal awareness. While this activity may seem simple, it can actually increase the heart rate by 50-74% and help relax the mind, which can have many health benefits.

In 100 patients with systolic heart failure, researchers found that those participating in a 12 week tai chi program saw significant improvements in quality of life, mood, and confidence in performing exercise-related activities. While data failed to demonstrate significant improvements in the exercise capacity and function of patients participating in tai chi, the other health benefits seen are extremely encouraging for both patients and providers.

Suffering from chronic heart failure can be extremely discouraging to patients over time. Through the use of meditative practices such as tai chi patients are provided an outlet, increases their confidence in physical activity, and most importantly can significantly improve their quality of life and mood. In fact, most participants practiced tai chi at home in addition to the weekly class part of the study, and reported continued practice after the study ended. Therefore, not only were the clinical benefits of tai chi in patients with heart fail-

ure proven by researchers, patients were responsive on a personal level, enjoying the practice and reaping the health benefits.

#### **Q: How often was tai chi practiced in this study?**

Study participants attended one tai chi class each week, and were encouraged to practice at home after viewing an instructional video on home practice. Each class was 60 minutes long.

#### **Q: Can tai chi be dangerous for some patients?**

There were no adverse events related to the practice of tai chi in this study. However, patients with heart failure should consult their physician before beginning a new type of exercise, to make sure that it's right for them.

#### **WHO is CardioSmart?**

CardioSmart is the patient education and support program developed by the American College of Cardiology (ACC). It's mission is to engage, inform and empower patients to better prepare them for participation in their own care.

(Source: CardioSmart.org)

### TIAs CAN HAVE LONG-TERM EFFECTS

A new study published in the online journal **Stroke**, analyzed adults' death records for up to nine years after hospitalization for a TIA (mini stroke). The study showed that the life expectancy of these patients was lower than that of the general population. Further, life expectancy of these patients was even lower than in older people.

Several factors may explain the findings. But doctors at Johns Hopkins Medicine say the take home point is that individuals already treated for a TIA have more to gain from controlling their risk factors than those who have never had one.

Risk factors include high blood pressure, high cholesterol, smoking, diabetes and an abnormal heart rhythm (atrial fibrillation.)

(Source: Pages)

## Health & Wellness

### HERE'S HOW TO 'GO NUTS' WITHOUT GAINING WEIGHT

It's no wonder that we like nuts. Scientific evidence shows it's a hereditary human characteristic passed down from the Stone Age to prehistoric nomads and Egyptian kings.

Some modern doubters say they do believe that nuts have great vitamin and protein content, but they are also high in fats. They think nuts can make them gain weight.

Doctors at Tufts University say it's true that eating a handful of nuts each day can boost your daily calories by 10 percent or more. But people who eat more nuts typically don't weigh more.

A 2011 Harvard University study shows that, over a period of 20 years, nuts rank second only to yogurt as a food linked to weight loss.

Note that potato chips were found to be the top food causing weight gain.

Here are some nutty facts for you to consider:

- ~ Almonds, peanuts and pistachios have the highest protein content of almost all nuts.
- ~ Macadamias, Brazils, and pecan halves have highest monounsaturated fat content (as in olive oil.)
- ~ ALmonds, cashews and pistachios have the highest levels of potassium.
- ~ All nuts have magnesium, zinc, copper, vitamin B6, folate, riboflavin, niacin, vitamin E and calcium.

You don't have to eat a whole handful to get benefits. You can sprinkle nuts on steamed vegetables, stir-fries, ice cream, frozen yogurt and salads.

(Source: Pages)

### FAT CELLS NEED SLEEP TO PERK UP THEIR METABOLISM

You know that getting too little sleep can leave you sluggish and irritable but did you know it can make you fat?

Too little sleep increases levels of hormones that make you hungry. If that isn't bad enough, it also decreases hormones that make you full. According to new research, lack of sleep reduces your fat cells' ability to respond properly to insulin, which is pivotal in regulating how your body uses and stores calories.

Quoted in USA Today, University of Chicago researcher Matthew Brady, said, "Our fat cells need sleep to function properly. If you don't get enough sleep, you may feel groggy, and it turns out that your fat cells will be metabolically groggy too."

The findings are from a laboratory study that included seven young volunteers whose diet and sleep were monitored in a sleep laboratory for four days on two separate occasions.

The results, reported in the Annals of Internal Medicine, show that four nights of inadequate sleep reduce the body's ability to respond to insulin by 16 percent.

Fat cells were even more sleepy, with their ability to use insulin dropping by 30 percent. Insulin helps in the release of the hormone leptin, which makes you feel full. Without sleep, less leptin is released, telling your body it is hungry, increasing your appetite and, bingo, making you gain weight.

All because you pulled an all-nighter.

(Source: Pages)

### FLU SHOTS

#### **VISITORS - For your information:**

This year - hospitals are requiring all employees and all volunteers to submit to getting a Flu Shot (and providing proof of compliance) to protect all patients and/or their families from possible infection of the Flu. **No Shot - No Visits!!!**

*Trivia*

*Fun Stuff*

**FOUR ITEMS YOU SHOULD NEVER CARRY IN YOUR WALLET OR PURSE**

In these days when identity theft is the new favorite of criminals everywhere, there are some things you just can't have stolen and that means you can't have them in your wallet or purse.

**1. Your Social Security card and Medicare card.**

The card with that number is the criminal ticket to Shangri-la and your passport to misery as the bad guy merrily takes out credit cards in your name and goes on a spending spree. Also, he guts your bank account and ruins your good name. Do not put it in your wallet or purse.

**2. A password cheat sheet.** Don't give a bad guy the secret to your bank accounts. Just isn't worth it.

**3. Checks.** Once the currency of choice, carrying checks now can lead to trouble. With the routing and account numbers, a thief can electronically transfer funds from your account. Never carry more checks than you will immediately need. Leave the checkbook at home.

**4. Multiple Credit Cards.** Carry one card only for unplanned emergencies and purchases. Leave the rest at home and be sure you have computer access to all your credit accounts.

(Source: Pages)

**THE CORVETTE AT 60**

In 1953, when the first Corvette rolled off the assembly line, it was just another car with a pretty face, because underneath all that style was a mere 155 horsepower, six cylinder engine.

But by 1955, just when the Corvete looked doomed, the brass substituted a V8 engine. Then that pretty face could do zero to 60 in 8.5 seconds. New Corvettes, just start waking up at zero to 60 in a little over 3 seconds.

In it's 60 years of performance as America's own sportscar, the Vette has continued to impress: Big engines, hidden eyeball headlights, fastbacks, and fancy fenders, all have been part of the Vette cult.

Today fans pay \$49K to get that 420 horsepower V8 that can skim the track at 205 mph. Not bad for an aging beauty queen.

(Source: Pages)

**ARRESTING MOM**

A police recruit was asked on an exam, "What would you do if you had to arrest your own mother?"

In the blank, he wrote, "Call for back-up."

(Source: Pages)

**VIOLIN PRACTICE**

Little Harold was practicing the violin while his father was trying to read.

The family dog was lying in the den, and as the screeching sounds reached his ears, he began to howl loudly.

The father jumped up and yelled, "For pity sake, can't you play something the dog doesn't know?"

(Source: Pages)

**EATING**

"Part of the secret of success in life is to eat what you like and let the food fight it out inside."

~ Mark Twain ~

**FOUR STAGES OF LIFE:**

1. You believe in Santa Claus.
2. You don't believe in Santa Claus.
3. You are Santa Claus.
4. You look like Santa Claus.

(Source: Thanks to Chapter 262 - Johnson City, NY)

**PAGES**

In our monthly newsletters you will often see the words, **(Source: Pages)**. Have you been curious as to who they are?

**Pages** is an editorial service. It's a magazine that has art and health articles that have been researched and permission to reprint has been established, which allows us to use the material in our **Mended Hearts** newsletters. Mended Hearts National pays a fee for this service each year, so that editors can put their articles in their monthly newsletters. Many of the features in **Pages**, are up-to-the-minute research results which have recently been released to the media.





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 \_\_\_\_\_

- Medical procedure checkboxes: Angioplasty, MI (Heart Attack), Aneurysm, CABG (Bypass), Cath, Atrial Septal Defect, Pacemaker, Transplant, Stent, AFib Arrhythmia, Other Arrhythmia, Valve Surgery, Valve Transcath, ICD (Defibrillator), 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 \$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  National or  Chapter 9

(Chapter Treasurer - send both Chapter & National dues to National Office.)

Applicant - Send one check with application to local Chapter Treasurer ----- Make checks payable to: Mended Hearts, Inc. - Chapter 9
Or if joining as Members-At-Large, send to: Steve Livingston, Treasurer
The Mended Hearts, Inc. 501 Dzen Way
National Office South Windsor, CT 06074
8150 N. Central Expwy, M2248
Dallas, TX 75206

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

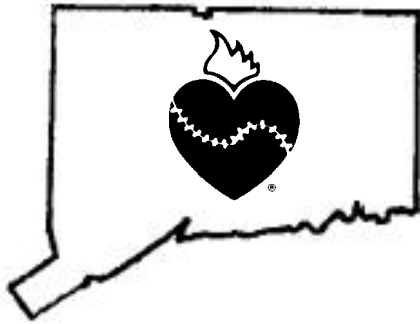
**THANKS TO HARTFORD HOSPITAL FOR THE MAILING OF THIS NEWSLETTER**

**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**



# Hartford Heartline

Volume XXXVI - Issue 1 - January, 2013

## The Mended Hearts, Inc. Chartered 1977 - Greater Hartford - Chapter 9

*"It's Great to be Alive - and to help Others"*

About Mended Hearts	UPCOMING MEETINGS & EVENTS
<p>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.</p> <p>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.</p>	<p>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.</p> <p>Please join us for the following upcoming meetings at:  <b>South Congregational Church</b>  <b>277 Main Street, Hartford, CT</b>                      (Corner of Buckingham Street - with Attended Parking on West side of church.)</p> <p style="text-align: center;"><i>All are welcome to attend!!</i></p>
<p><b>OFFICERS - 2013-2014</b></p>	<p><b>January 16, 2013 Meeting - 7:00 p.m.</b>                      Speaker: - Joe Furey - Chief Meteorologist for Fox CT TV (Channel 61)                      Topic: <b>What's going on with this crazy weather? (See Page 4)</b>  <b>AGENDA: Installation of New 2013-2014 Chapter Officers.</b>                      Refreshments contributed by: John Klimczak and Saul Reichlin</p>
<p><u>President:</u>  <b>John A. Dunn</b>                      15 Strawberry Hill                      Windsor, CT 06095                      860-688-5489                      Email: <a href="mailto:jjhmdunn@msn.com">jjhmdunn@msn.com</a></p>	<p><b>February 20, 2013 Meeting - 7:00 p.m.</b>                      Speaker: - To Be Announced</p>
<p><u>Vice-President:</u>  <b>Priscilla Soucy</b>                      98 Highview Street                      East Hartford, CT 06108                      860-289-7422                      Email: <a href="mailto:priscillaanns@att.net">priscillaanns@att.net</a></p>	<p><b>March 20, 2013 Meeting - 7:00 p.m.</b>                      Speaker: - To Be Announced</p>
<p><u>Secretary:</u>  <b>Robert Hoffman</b>                      25 Lovelace Drive                      West Hartford, CT 06117                      860-232-8417                      Email: <a href="mailto:vrome@att.net">vrome@att.net</a></p>	<p><b>April 17, 2013 Meeting - 7:00 p.m.</b>                      Speaker: - To Be Announced</p>
<p><u>Treasurer:</u>  <b>Steve Livingston</b>                      501 Dzen Way                      South Windsor, CT 06074                      860-644-4250                      Email: <a href="mailto:stevlivingston@cox.net">stevlivingston@cox.net</a></p>	<p><b>May 15, 2013 Meeting - 7:00 p.m.</b>                      Speaker: - To Be Announced</p>
<p><b>Aligned with the American College of Cardiology</b></p>	<p><b>June 5 - 9, 2013 - 61<sup>st</sup> National Convention</b>                      San Diego, California</p>
	<p><b>June 19, 2013 Meeting - 7:00 p.m.</b>                      Speaker: - To Be Announced</p>
	<p><b>July - August - Summer Break</b>  <i>"We wish you all a Happy and Healthy Summer Season!!"</i></p>

## President's Message



*New Year's 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**

One of the most underutilized recovery tools by heart event patients is the taking advantage of professionally administered Cardiac Rehabilitation Programs, at a local hospital or other qualified provider. Statistics show that less than 20% of heart event patients will participate in this beneficial accelerated path to their recovery.

After a heart event, your doctor may prescribe cardiac rehabilitation as part of your recovery plan. The purpose of Cardiac-Rehab is to speed your recovery and help you develop the tools you need to put yourself on the path to a healthy way of life. In turn, this helps you reduce your chances of experiencing heart problems in the future. Your doctor may give you a prescription with specific instructions.

Many patients experience an improved quality of life in terms of more motivation, more strength and endurance and a general sense of well-being. Cardiac Rehab Programs typically include four components: medical evaluation, physical activity, lifestyle education and support.

Our Mended Hearts Chapter is fortunate to serve several hospitals, two of which are in Hartford, that offer a complete Cardiac-Rehab Program, Hartford Hospital and St. Francis Hospital. Both hospitals have outstanding teams of dedicated professionals who carefully monitor your progress and offer their continuous support.

Our Chapter frequently visits these hospitals to inform and educate their patients about Mended Hearts Hartford Chapter, inviting them to attend a no cost or obligation meeting and offering informational literature. I took part in and graduated from this program. The results accelerated my time for recovery from my aortic valve replacement several years ago, and gave me a more optimistic outlook about my future.

\*Parts of this message were excerpted from The Mended Hearts, Inc. publication: "Patients and Their Hearts-Path to Recovery-Managing Your Heart Health" (C).

### CHAIRPERSONS - 2011-2013

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:  
Priscilla Soucy 860-289-7422

Official Greeter:  
Dolly Goldfarb 860-523-5761

Corresponding Secretary:  
Carolyn Kolwicz 860-872-0296

Refreshments:  
Fran Reichlin 860-232-5078

Newsletter Editor:  
Priscilla Soucy 860-289-7422

Newsletter Distribution & Mailing:  
John & Joan Dunn 860-688-5489

Labels / Database Maintenance:  
Bob Lincoln 860-953-3807  
E-Mail: pine3@comcast.net

Webmaster & Photographer:  
Bob Lincoln 860-953-3807  
E-Mail: pine3@comcast.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>**

## Information

### HOSPITAL VISITS

Pre-Op, Post-Op and Cath Lab visits for Hartford Hospital and St. Francis Hospital.

#### 2012 - November

**Surgical Visits**     72

**Cath Lab Visits**     42

**TOTAL VISITS - 114**

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

### 50 / 50 RAFFLE WINNER



Our 50/50 Raffle winner for the month of November was a very HAPPY - Rick Lemay.

***Congratulations Rick!!***

(Photo by Bob Lincoln)

### 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.

### ELECTION OF OFFICERS - 2013-2015

Our Nominating Committee consisted of:  
Carolyn Kolwicz, Chairperson,  
Steve Livingston,  
Tony Taschner.

The Committee had put forth the following names for election of Mended Hearts, Inc. Chapter 9 Officers at our November 14th, 2012 meeting:

President:	John Dunn
Vice-President:	Priscilla Soucy
Treasurer:	Steve Livingston
Secretary:	Robert Hoffman*

\*An additional officer nomination for Secretary was accepted from the floor at the meeting. The election took place after a review of the Nominees by the Nominating Committee; the Officers to be installed at our January Meeting.

### 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**

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

### 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.

*Information*

**JANUARY SPEAKER - JOE FUREY  
CHIEF METEOROLOGIST - FOX CT TV**

**W**e are starting off the New Year with an exciting speaker that is well known and his subject matter will be of interest to everyone. Each year we have tried to have one non-medical speaker.

Our speaker will be Joe Furey. Most of you know him. He is the Chief Meteorologist for Fox CT TV (Channel 61). He has been delivering weather forecasts for Southern New England on both radio and TV for the last 27 years. He also is on WTIC New Talk 1080 radio and was an assistant director of the weather center under the direction of Dr. Mel Goldstein.

Joe will tell us everything about the weather and fun stories from his past experiences in forecasting.

Make sure you don't miss his expert presentation.

**"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)

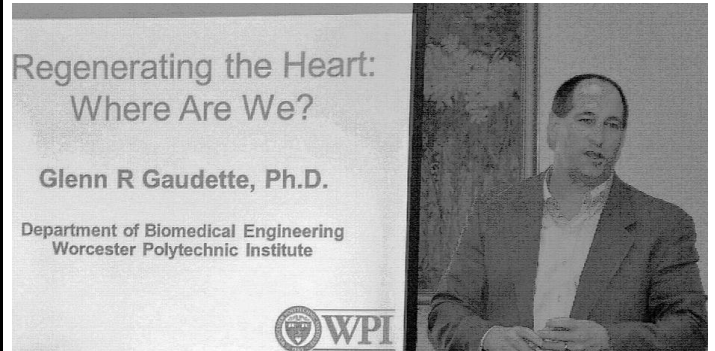
**AMERICAN HEART ASSOCIATION  
"HEART WALK - 2012"**

Our Chapter 9 did a terrific job at last year's Heart Walk in October. All the funds are now in which include the walkers and donations online that were donated to our team Mended Hearts for a grand total of \$2,175.00.

We received a very nice thank you letter from the AHA for our chapter team's efforts in raising these funds and know that all these funds will be directed toward lifesaving heart research.

**EXCEPTIONAL NOVEMBER SPEAKER**

The speaker for our November meeting was Glenn Gaudette, Ph.D., Associate Professor, Department of Biomedical Engineering at Worcester Polytechnic Institute, Worcester, MA., who was one of our guest speakers about four years ago, also. He works with others on research with stem cells and cardiac cells regarding cardiovascular regeneration. His topic was: "An Update on Stem Cell Research," which was very interesting, and very well received by all.



TOP: Dr. Glenn Gaudette in the middle of his presentation. BOTTOM: President John Dunn presents a Chapter "Merit Award" to the speaker. (Photos by Bob Lincoln)

## Information

<b>SURVIVERSARIES</b>	<b>NEW MEMBER!!!</b>																																								
<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left; padding: 5px;"><u><b>JANUARY - 2013</b></u></th> <th style="text-align: right; padding: 5px;"><u><b>YEARS</b></u></th> </tr> </thead> <tbody> <tr> <td style="padding: 5px;">John Flannery</td> <td style="text-align: right; padding: 5px;">12</td> </tr> <tr> <td style="padding: 5px;">Gordon Debigare</td> <td style="text-align: right; padding: 5px;">10</td> </tr> <tr> <td style="padding: 5px;">Walter Dubiel</td> <td style="text-align: right; padding: 5px;">8</td> </tr> <tr> <td style="padding: 5px;">Ted Hoffberg</td> <td style="text-align: right; padding: 5px;">4</td> </tr> <tr> <td style="padding: 5px;">Steve Brewer</td> <td style="text-align: right; padding: 5px;">8</td> </tr> <tr> <td style="padding: 5px;">John Donovan</td> <td style="text-align: right; padding: 5px;">2</td> </tr> <tr> <td style="padding: 5px;">Frank Soucy</td> <td style="text-align: right; padding: 5px;">1</td> </tr> </tbody> </table> <p style="text-align: center; padding: 5px;"><i>For your continued good health!!</i></p>	<u><b>JANUARY - 2013</b></u>	<u><b>YEARS</b></u>	John Flannery	12	Gordon Debigare	10	Walter Dubiel	8	Ted Hoffberg	4	Steve Brewer	8	John Donovan	2	Frank Soucy	1	<p style="text-align: center; padding: 10px;"><b>Jim Reilly</b></p> <p style="text-align: center; padding: 5px;"><b>Wethersfield, CT</b></p> <p style="text-align: center; padding: 10px;"><i>Welcome!!!</i></p> <hr/> <p style="text-align: center; padding: 5px;"><b>DONATIONS</b></p> <p style="padding: 5px;"><b>In honor of Steve Livingston:</b> Ted &amp; Miriam Hoffberg</p> <p style="padding: 5px;"><b>In Honor of her friends, Lynda Cody &amp; Jim Bernadt, for a Merry Christmas and a Happy New Year:</b> Joyce Bogdan</p> <p style="padding: 5px;"><b>Best Wishes for good health to Dolly Goldberg:</b> Saul &amp; Fran Reichlin</p> <p style="padding: 5px;"><b>In Memory of Paul Cianci:</b></p> <table style="width: 100%; padding: 5px;"> <tbody> <tr> <td style="width: 50%;">Lisa M. Amendola</td> <td style="width: 50%;">The Mittleman Family</td> </tr> <tr> <td>Gene &amp; Susie Bartley</td> <td>Niantic Bay Yacht Club</td> </tr> <tr> <td>Bresacome Barton, Inc.</td> <td>Carolyn Pakenas</td> </tr> <tr> <td>Mr &amp; Mrs Mario Bucchi</td> <td>Saul &amp; Fran Reichlin</td> </tr> <tr> <td>Nino &amp; Lucia Cirinna</td> <td>Elizabeth Sayre</td> </tr> <tr> <td>Barry &amp; Helaines Hanenbaum</td> <td>William &amp; Mary Sears</td> </tr> <tr> <td>Cynthia Heckart</td> <td>Shepard Steel Co., Inc.</td> </tr> <tr> <td>Rick &amp; Claudia Kon</td> <td>Sandy SHEehan</td> </tr> <tr> <td>Sylvia Lentz</td> <td>Eliot &amp; Carrie Streim</td> </tr> <tr> <td>Levin, Bengston &amp; Smith</td> <td>Ann &amp; Peter Visgilio</td> </tr> <tr> <td>Joan S. Maxwell</td> <td>Larry &amp; Mary Warren</td> </tr> <tr> <td>Salvatore Miano</td> <td></td> </tr> </tbody> </table> <p style="padding: 5px;">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 style="padding: 5px;"><b><i>Mended Hearts, Inc. Chapter 9</i></b> ...and mail to:</p> <p style="padding: 5px;"><b>Steve Livingston, Treasurer</b> 501 Dzen Way South Windsor CT 06074</p>	Lisa M. Amendola	The Mittleman Family	Gene & Susie Bartley	Niantic Bay Yacht Club	Bresacome Barton, Inc.	Carolyn Pakenas	Mr & Mrs Mario Bucchi	Saul & Fran Reichlin	Nino & Lucia Cirinna	Elizabeth Sayre	Barry & Helaines Hanenbaum	William & Mary Sears	Cynthia Heckart	Shepard Steel Co., Inc.	Rick & Claudia Kon	Sandy SHEehan	Sylvia Lentz	Eliot & Carrie Streim	Levin, Bengston & Smith	Ann & Peter Visgilio	Joan S. Maxwell	Larry & Mary Warren	Salvatore Miano	
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<p style="text-align: center; padding: 5px;"><b>LIVE LIKE THERE'S NO SECOND CHANCE</b> <i>By EDWARD T. CREAGAN, M.D., ONCOLOGIST</i></p> <p style="padding: 5px;"><b>T</b>he story of people's lives can inspire and educate us as our lives unfold. Of course we can learn from professors and textbooks, but the lasting lessons come from each other. Let me explain.</p> <p style="padding: 5px;">I recently met a patient who was doing well with advanced cancer. Being curious, I always ask patients about their occupation. This gentleman said he was a high-wire electrician and explained that his area of expertise was high-voltage environments.</p> <p style="padding: 5px;">I asked about the risks with this kind of work. Here's what he told me. "You don't get a second chance." In a humorous way, he explained that if he touched one of the wires he would be electrocuted. And, because he typically worked on high-rise construction projects, the chance of resuscitation was virtually zero.</p> <p style="padding: 5px;">Intrigued, I asked him to tell me how he'd been able to do this kind of work for 20 years. This was his checklist:</p> <ul style="list-style-type: none"> <li>• Always ask what can go wrong.</li> <li>• Stay physically fit.</li> <li>• Get a solid night's sleep.</li> <li>• Stay alert and focused. Distractions can be fatal.</li> </ul> <p style="padding: 5px;">These lessons will stay with me. I would also like to add that you need to be vigilant for opportunities. A door may open or another may close and you may miss it if you're not paying attention.</p> <p style="text-align: right; padding: 5px;"><small>(Source: Mayo Clinic)</small></p>																																									

### COULD TAI CHI IMPROVE HEALTH IN HEART FAILURE PATIENTS?

**O**ver the years, patients with heart failure have been encouraged to participate in regular physical activity to help improve their condition. For many, however, it's easier said than done. As heart failure constricts patients' abilities to exercise, many patients become nervous about increasing their physical activity, or are just too tired to start. But what if heart failure patients could experience significant health benefits from more relaxing, low-intensity forms of exercise?

A recent study published by the American Medical Association demonstrated numerous benefits from the use of an ancient meditative exercise, known as Tai Chi, in patients with heart failure. Tai Chi is a low-impact meditative exercise that focuses on balance, movement and breathing techniques to increase internal awareness. While this activity may seem simple, it can actually increase the heart rate by 50-74% and help relax the mind, which can have many health benefits.

In 100 patients with systolic heart failure, researchers found that those participating in a 12 week tai chi program saw significant improvements in quality of life, mood, and confidence in performing exercise-related activities. While data failed to demonstrate significant improvements in the exercise capacity and function of patients participating in tai chi, the other health benefits seen are extremely encouraging for both patients and providers.

Suffering from chronic heart failure can be extremely discouraging to patients over time. Through the use of meditative practices such as tai chi patients are provided an outlet, increases their confidence in physical activity, and most importantly can significantly improve their quality of life and mood. In fact, most participants practiced tai chi at home in addition to the weekly class part of the study, and reported continued practice after the study ended. Therefore, not only were the clinical benefits of tai chi in patients with heart fail-

ure proven by researchers, patients were responsive on a personal level, enjoying the practice and reaping the health benefits.

#### **Q: How often was tai chi practiced in this study?**

Study participants attended one tai chi class each week, and were encouraged to practice at home after viewing an instructional video on home practice. Each class was 60 minutes long.

#### **Q: Can tai chi be dangerous for some patients?**

There were no adverse events related to the practice of tai chi in this study. However, patients with heart failure should consult their physician before beginning a new type of exercise, to make sure that it's right for them.

#### **WHO is CardioSmart?**

CardioSmart is the patient education and support program developed by the American College of Cardiology (ACC). It's mission is to engage, inform and empower patients to better prepare them for participation in their own care.

(Source: CardioSmart.org)

### TIAs CAN HAVE LONG-TERM EFFECTS

A new study published in the online journal **Stroke**, analyzed adults' death records for up to nine years after hospitalization for a TIA (mini stroke). The study showed that the life expectancy of these patients was lower than that of the general population. Further, life expectancy of these patients was even lower than in older people.

Several factors may explain the findings. But doctors at Johns Hopkins Medicine say the take home point is that individuals already treated for a TIA have more to gain from controlling their risk factors than those who have never had one.

Risk factors include high blood pressure, high cholesterol, smoking, diabetes and an abnormal heart rhythm (atrial fibrillation.)

(Source: Pages)



## Health & Wellness

### HERE'S HOW TO 'GO NUTS' WITHOUT GAINING WEIGHT

It's no wonder that we like nuts. Scientific evidence shows it's a hereditary human characteristic passed down from the Stone Age to prehistoric nomads and Egyptian kings.

Some modern doubters say they do believe that nuts have great vitamin and protein content, but they are also high in fats. They think nuts can make them gain weight.

Doctors at Tufts University say it's true that eating a handful of nuts each day can boost your daily calories by 10 percent or more. But people who eat more nuts typically don't weigh more.

A 2011 Harvard University study shows that, over a period of 20 years, nuts rank second only to yogurt as a food linked to weight loss.

Note that potato chips were found to be the top food causing weight gain.

Here are some nutty facts for you to consider:

- ~ Almonds, peanuts and pistachios have the highest protein content of almost all nuts.
- ~ Macadamias, Brazils, and pecan halves have highest monounsaturated fat content (as in olive oil.)
- ~ ALmonds, cashews and pistachios have the highest levels of potassium.
- ~ All nuts have magnesium, zinc, copper, vitamin B6, folate, riboflavin, niacin, vitamin E and calcium.

You don't have to eat a whole handful to get benefits. You can sprinkle nuts on steamed vegetables, stir-fries, ice cream, frozen yogurt and salads.

(Source: Pages)

### FAT CELLS NEED SLEEP TO PERK UP THEIR METABOLISM

You know that getting too little sleep can leave you sluggish and irritable but did you know it can make you fat?

Too little sleep increases levels of hormones that make you hungry. If that isn't bad enough, it also decreases hormones that make you full. According to new research, lack of sleep reduces your fat cells' ability to respond properly to insulin, which is pivotal in regulating how your body uses and stores calories.

Quoted in USA Today, University of Chicago researcher Matthew Brady, said, "Our fat cells need sleep to function properly. If you don't get enough sleep, you may feel groggy, and it turns out that your fat cells will be metabolically groggy too."

The findings are from a laboratory study that included seven young volunteers whose diet and sleep were monitored in a sleep laboratory for four days on two separate occasions.

The results, reported in the Annals of Internal Medicine, show that four nights of inadequate sleep reduce the body's ability to respond to insulin by 16 percent.

Fat cells were even more sleepy, with their ability to use insulin dropping by 30 percent. Insulin helps in the release of the hormone leptin, which makes you feel full. Without sleep, less leptin is released, telling your body it is hungry, increasing your appetite and, bingo, making you gain weight.

All because you pulled an all-nighter.

(Source: Pages)

### FLU SHOTS

#### VISITORS - For your information:

This year - hospitals are requiring all employees and all volunteers to submit to getting a Flu Shot (and providing proof of compliance) to protect all patients and/or their families from possible infection of the Flu. **No Shot - No Visits!!!**

## Trivia

## Fun Stuff

### FOUR ITEMS YOU SHOULD NEVER CARRY IN YOUR WALLET OR PURSE

In these days when identity theft is the new favorite of criminals everywhere, there are some things you just can't have stolen and that means you can't have them in your wallet or purse.

#### 1. Your Social Security card and Medicare card.

The card with that number is the criminal ticket to Shangri-la and your passport to misery as the bad guy merrily takes out credit cards in your name and goes on a spending spree. Also, he guts your bank account and ruins your good name. Do not put it in your wallet or purse.

**2. A password cheat sheet.** Don't give a bad guy the secret to your bank accounts. Just isn't worth it.

**3. Checks.** Once the currency of choice, carrying checks now can lead to trouble. With the routing and account numbers, a thief can electronically transfer funds from your account. Never carry more checks than you will immediately need. Leave the checkbook at home.

**4. Multiple Credit Cards.** Carry one card only for unplanned emergencies and purchases. Leave the rest at home and be sure you have computer access to all your credit accounts.

(Source: Pages)

### THE CORVETTE AT 60

In 1953, when the first Corvette rolled off the assembly line, it was just another car with a pretty face, because underneath all that style was a mere 155 horsepower, six cylinder engine.

But by 1955, just when the Corvette looked doomed, the brass substituted a V8 engine. Then that pretty face could do zero to 60 in 8.5 seconds. New Corvettes, just start waking up at zero to 60 in a little over 3 seconds.

In it's 60 years of performance as America's own sports car, the Vette has continued to impress: Big engines, hidden eyeball headlights, fastbacks, and fancy fenders, all have been part of the Vette cult.

Today fans pay \$49K to get that 420 horsepower V8 that can skim the track at 205 mph. Not bad for an aging beauty queen.

(Source: Pages)

### ARRESTING MOM

A police recruit was asked on an exam, "What would you do if you had to arrest your own mother?"

In the blank, he wrote, "Call for back-up."

(Source: Pages)

### VIOLIN PRACTICE

Little Harold was practicing the violin while his father was trying to read.

The family dog was lying in the den, and as the screeching sounds reached his ears, he began to howl loudly.

The father jumped up and yelled, "For pity sake, can't you play something the dog doesn't know?"

(Source: Pages)

### EATING

"Part of the secret of success in life is to eat what you like and let the food fight it out inside."

~ Mark Twain ~

### FOUR STAGES OF LIFE:

1. You believe in Santa Claus.
2. You don't believe in Santa Claus.
3. You are Santa Claus.
4. You look like Santa Claus.

(Source: Thanks to Chapter 262 - Johnson City, NY)

### PAGES

In our monthly newsletters you will often see the words, (Source: Pages). Have you been curious as to who they are?

**Pages** is an editorial service. It's a magazine that has art and health articles that have been researched and permission to reprint has been established, which allows us to use the material in our **Mended Hearts** newsletters. Mended Hearts National pays a fee for this service each year, so that editors can put their articles in their monthly newsletters. Many of the features in **Pages**, are up-to-the-minute research results which have recently been released to the media.



# 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

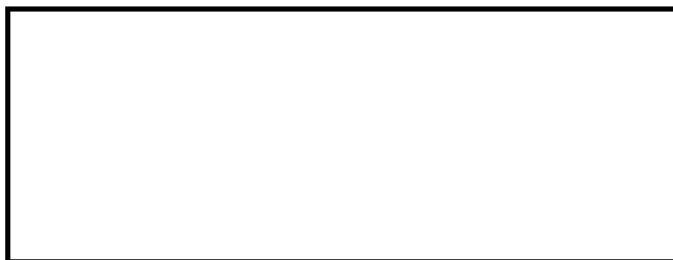
I am not prepared to join. Enclosed is a contribution of \$ \_\_\_\_\_ to  National or  Chapter 9  
(Chapter Treasurer - send both Chapter & National dues to National Office.)

**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**



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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**