



Hartford Heartline

Volume XXXVI I- Issue 1 - January, 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
One Riverside Drive, Bldg. 211
East Hartford, CT
January 15, 2014 – 6:45 PM

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

All are welcome to attend!!

NOTICE:

**CHANGE OF MEETING LOCATION IN JANUARY
FOR LOCATION AND DRIVING DIRECTIONS**

See Page 4

OFFICERS - 2013-2015

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860-232-8417
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Treasurer:

Steve Livingston
501 Dzen Way
South Windsor, CT 06074
860-644-4250
Email: stevlivingston@cox.net

January 15, 2014 Non-Medical Meeting - 6:45 p.m. [At New Location]

Speaker: - **Steven G. Smith, Asst. Professor of Journalism at UCONN**
Topic: **Visual Journalism - Photographs, cinematography, and imagery**
from his outstanding career.

Refreshments: **Bonnie Morassini**

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

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

Speaker: - To Be Announced
Topic: To Be Announced

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

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

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

Speaker: - To Be Announced
Topic: To Be Announced

*Aligned with the
American College of Cardiology*

President's Message



My Monthly Greetings...

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

A New Year has started and with this will be a **NEW LOCATION** for our Chapter Meetings!

We will meet at Goodwin College, One Riverside Drive, Building 211, East Hartford, CT.

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

Parking is abundantly available near the front entrance to the building, and also on the side of the street. There is a well lit parking lot. "Handicap" spaces are on the right side (facing) the building. (Please see driving directions on page 4.)

Our meeting room is well lighted, has plenty of space, and all necessary audio visual equipment for our speakers presentations.

One reason for our location change is that here we do not have a mandatory out-the-door ending time. Because our speakers have been so interesting and engaging, we overstayed our curfew most every meeting during 2013. Here, at Goodwin we will have as long as needed, within reason. (Building closes at 10:00 PM) for our business meeting, speaker and questions.

We will not be pressured to end and be out at a fixed time, which was too short to cover our meeting adequately. Meetings will continue to start at 6:45PM. Going forward, we will consider time adjustments if needed.

Wishing everyone, a Healthy, Happy, and safe New Year!

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

Heartfully,

John

CHAIRPERSONS - 2013-2015

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

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

Visiting Trainer - All Hospitals:
Priscilla Soucy 860-289-7422

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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
SEPTEMBER, OCTOBER, NOVEMBER 2013
for Pre-Op, Post-Op, Cath Lab, and A-Fib
patients were **281** 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

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!!

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.

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.

Have a very Happy Holiday and a Great New Year!

Your faithful editor,
Priscilla Soucy
860-289-7422

CAUTION!!!

Hartford *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 **\$504.89** 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. & Mrs. Edward Cowing

David Siegelbaum (Former Webmaster)

Joyce Bogdan - In honor of my friends, Lynda Cody and James Bernadt in Florida, for a Merry Christmas and a Happy New Year.

Donations in Memory of Bob Martin:

Grace Brondum

Saul & Fran Reichlin

Frank & Priscilla Soucy

Donations to Mandy Hart:

John Donovan

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

SURVIVERSARIES

JANUARY – 2014	YEARS
John Flannery	13
Gordon Debigare	11
Walter Dubiel	9
Lionel Fongemie	6
Ted Hoffberg	5
Steve Brewer	4
John Donovan	3

For your continued good health!!

NEW MEMBER

Welcome to...

Irene Girard

Windsor, CT

NOVEMBER RAFFLE WINNER

The November 50/50 Raffle winner was:

Bonnie Morassini

Congratulations!!

NEW MEETING LOCATION IN JANUARY

We will start the New Year with our new meeting location which will be at:

Goodwin College

One Riverside Drive, Bldg. 211

East Hartford, CT

January 15, 2014 – 6:45 PM

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 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 will be on the right.

NOVEMBER BUSINESS MEETING

The November Chapter 9 Mended Hearts Business Meeting featured speaker, **Thomas Ward, M.D., Ophthalmologist**, "**The Eyes Have it!!**" and special guest speaker, **Gabriella Giordano**, who spoke on her project to produce and donate stuffed bears to benefit the children who have had heart surgery at the Childrens Medical Center, at Hartford Hospital. Both Presentations were well received.

Left:

Dr. Thomas Ward

Right:

Gabriella Giordano



(Photos by Bob Lincoln)

Information

DEDICATION EVENT FOR PAUL CIANCI

On December 9, 2013 our Chapter 9, Mended Hearts, contributed three bicycles to St. Francis Hospital Cardiac Rehabilitation Department in memory of Paul Cianci.

Paul was one of our early members of our chapter, going back over 30 years. He was a visitor for our chapter at St. Francis Hospital and now he will be remembered for his great service to us.

His name was added to a wall plaque in the cardiac rehab facility.

It was a very nice ceremony with his wife, and family, and our Mended Hearts members. They had refreshments and his family tried out the new bikes and the hospital certainly needed them.

Paul was an avid exercise person. He was always working out and following a strict diet and telling us what recent studies were being performed.

Dr. Bernard Clark gave us the rundown on the cardiac rehab. which will be enlarged and work will begin shortly.

There were several nurses present and it was a very special occasion and an honor well deserved.



In Memorium

On November 20, 2013, Bob Martin passed away.

Bob was a faithful member of our chapter, with his wife, Vera. They attended meetings regularly and were active with our Chapter 9.

Bob was a quiet person and would help out whenever asked. He was always by Vera's side.

Vera was our Chapter Secretary for several years, which called for extra meetings, and Bob was patient and dedicated. In recent years because of his illness, they were unable to attend our meetings. He will be remembered and missed by all who knew him.



Photos:

Left: The Cianci Family.

Top Right: Mrs. Josie Cianci, Dr. Bernard Clark, and Claire Karwacki-Marugg, M.S., C.E.S., Manager, Exercise Physiologist.

Bottom Right: Priscila and Frank Soucy, Bob Hoffman, Josie Cianci, Carolyn Kolwicz, and Walter Kovaciny from Mended Hearts

NIH RESEARCH TIMELINES	
<p>Yesterday</p> <p>In the 1960's, it was not uncommon for Americans to die of heart attacks in their 50's and 60's.</p> <p>The effects of smoking, cholesterol, high blood pressure, and obesity on the development of heart disease were unknown. Following a heart attack there were limited treatments for the damage suffered by the heart. Those patients who did not die from their heart attack remained severely debilitated.</p> <p>The U.S. death rate for coronary heart disease rose steadily during the first half of the 20th century, reaching a peak in 1968.</p> <p>Had this rate of coronary heart disease continued to rise, today, more than 1.7 million lives each year would be lost to heart disease.</p> <p>Today</p> <p>Fortunately, the toll is much less—there are about 425,000 deaths each year from heart disease. In addition, the death rate from stroke, the third most common cause of death, has declined by about 75% since the early 1960's.</p> <p>The gain in longevity has been remarkable! Between 1970 and 2005, the life expectancy of the average American increased by 6.6 years; 4.7 year-over 70%-of the increase-is due to reductions in deaths from cardiovascular disease. We can attribute this remarkable improvement in large part, to NIH National Institute of Health research.</p> <p>The concept of risk factors for heart disease, public health campaigns and advanced technologies are dramatically improving diagnosis and treatment.</p> <p>Tomorrow</p> <p>NIH has launched a large clinical trial-Systolic Blood Pressure Intervention Trial (SPRINT) to test whether intensive lowering of systolic blood pressure to a goal that is lower than the current recommended level will further reduce risk of heart disease and stroke.</p>	<p style="text-align: center;">(Continued...)</p> <p>The NIH-supported Cardiovascular Cell Therapy Research Network is exploring the use of bone marrow stem cells to repair acute or chronic heart damage.</p> <p>Another study, the Catheter Ablation vs. Antiarrhythmic Drug Therapy for Atrial Fibrillation (CABANA) trial, is comparing outcomes in patients with atrial fibrillation (a common type of heart arrhythmia) who are receiving medication versus outcomes in patients who undergo a procedure to alter the heart's pathways that initiate or sustain the abnormal heart rhythm.</p> <p>Another clinical study, the Aldosterone Antagonist Therapy for adults with Heart Failure and Preserved Systolic Function (TOPCAT) trial, is testing whether a drug in common use for other purposes is effective in treating heart failure with preserved systolic function, a type of heart failure that often results from high blood pressure. Results are expected to help doctors and patients make treatment decisions.</p> <p style="text-align: right;"><small>Source: report.nih.gov/nihfactsheets</small></p> <hr/> <p style="text-align: center;">LASER METHOD MAY IMPROVE CATARACT SURGERY</p> <p>A newly approved laser system will improve precision and safety in cataract surgery, say doctors at Duke University.</p> <p>About 3 million cataract procedures are done each year in the U.S., making it one of the most common surgeries.</p> <p>“Laser-assisted surgery will introduce a level of consistency, precision, and safety to cataract surgery, we have never been able to accomplish with our manual methods.” says Robin Raul Vann, Assistant Professor of Ophthalmology Service at Duke University.</p> <p>Using computer technology, the new laser system uses a 3-D image of the eye to create a precise surgical plan. It uses a high-energy pulse to make bladeless incisions.</p> <p style="text-align: right;"><small>(Source: Pages)</small></p>

Health & Wellness

HEMATOCRIT TEST – WHY IT’S DONE

A hematocrit test is part of a complete blood count (CBC). The proportion of red blood cells compared with all blood cells may help your doctor make a diagnosis or monitor your response to a treatment.

A lower than normal hematocrit may indicate:

- ~ An insufficient supply of red blood cells (anemia)
- ~ A large number of white blood cells—usually a very small portion of your blood—due to long-term illness, infection, leukemia, lymphoma or other disorders of white blood cells.
- ~ Vitamin or mineral deficiencies.
- ~ Recent or long-term blood loss.

A higher than normal hematocrit may indicate:

- ~ Dehydration
- ~ A disorder, such as polycythemia vera, that causes your body to produce too many red blood cells.
- ~ Lung or heart disease – if the body senses low oxygen levels, it will make more red blood cells in an effort to increase the amount of oxygen in the blood.

The hematocrit is a simple blood test. You won't need to fast before the test or make other preparations.

(Source: mayoclinic.com)

SAY THE DOG DID IT?

A team of physicians studying flatulence write that one of the most common places to pass gas is on airplanes.

Gas expands at higher altitudes, and that is just when you are elbow to elbow with 300 strangers

You can hold gas, doctors say. If it's for a short time. It will give you time to move to a restroom or a more convenient place where there are fewer people.

Holding gas over a longer time can cause bloating, indigestion, heartburn and even pain.

Gas is part of digestion and everyone releases a half to 2 pints a day on average. Whether you are aware of it or not, this gas will exit the body as you sleep or even cough or sneeze. If you have a serious flatulence issue, talk it over with your health care provider. Excessive gassiness can be a symptom of irritable bowel syndrome and lactose intolerance. And it often results from eating foods like beans and cruciferous vegetables.

You can buy charcoal-lined underwear at under-tee.com and seat cushions at smellbegone.com.

(Source: Pages)

BROKEN HEART SYNDROME

Broken heart syndrome is a temporary heart condition that may occur in the wake of a highly stressful emotional situation, such as the unexpected death of a loved one, or receiving bad news. Sometimes, it occurs after physical stress, such as a car accident. The syndrome is much more likely to affect women, primarily post-menopausal women. It also is referred to as takotsubo cardiomyopathy, stress-induced cardiomyopathy or apical ballooning syndrome.

For many, broken heart syndrome mimics a heart attack, causing sudden chest pain and shortness of breath. But unlike a heart attack, blockages in the heart's coronary arteries aren't the source of the chest pain. Instead, part of the heart—typically the left ventricle or the heart's main pumping chamber—is temporarily weakened.

What causes the condition is unclear. It's thought that a surge in stress hormones may be responsible for transient changes in the heart's function. A recent Mayo Clinic study found that in women diagnosed with broken heart syndrome, blood vessels react abnormally during mental stress. Recovery usually includes a hospital stay of less than a week. Although there's no specific therapy for broken heart syndrome, standard failure medications—such as angiotensin-converting enzyme (ACE) inhibitors, beta blockers or diuretics—are typically prescribed to reduce the heart's workload during recovery.

Typically, the left ventricle fully recovers within one to four weeks.

Because recurrence of broken heart syndrome is possible, long-term treatment with beta blockers may be recommended to block the effects of some stress hormones.

(Source: Health LetterMayoClinic.com)

TRY A SMILE

Researchers found smiling can reduce stress levels and lower the heart rate while performing difficult tasks.

Writing in the *Psychological Science*, the authors tell how they studied the effects of different types of smiling in difficult situations.

Tara Kraft, of the University of Kansas, said: 'Age old adages, such as 'grin and bear it' suggest that smiling is an important nonverbal indicator of happiness. Those who smiled after stressful tasks showed a decline in heart rate and faster recovery from stress.'

(Source: Pages)

General Interest

Fun Stuff

TOO BUSY FILMING TO HELP SOMEONE IN DANGER

A puppy is drowning in a swimming pool and in a heartwarming video we see the mother Labrador rescue it.

Problem is: The human was filming the action and offered no help.

A man falls onto subway tracks. Many people film the man struggling to make it up to the platform. But no one helped.

“The lack of response is becoming more and more common.” say Philadelphia’s chief of police Charles Ramsay. Quoted in The Wall Street Journal, he adds that people are more likely to record assaults on their cellphones than to call police.

On YouTube, there are hundreds of videos showing people who did nothing but film a spectacle. None had a sense of duty about what they could do to help or even to call the police.

Christine Rosen, a fellow at the New America Foundation and editor of the New Atlantic: A Journal of Technology and Society, says gadgets keep us from experiencing face-to-face situations and the unspoken obligations that go with them.

“On rare occasions, we are called upon to help others whose lives are in danger. At those moments, we should not be anticipating how many views we’ll get on YouTube if we film their distress. We should act. “To do otherwise is to risk becoming a society not just apathetic bystanders but of cruel voyeurs.”

(Source: Pages)

LOOKING FOR POTENTIAL PILOTS

Airline industry officials predict a coming shortage of pilots because of retirement, more training requirements and longer rest periods between shifts.

American Airlines, which is merging with U.S. Airways, will be the world’s largest airline. It plans to hire 1,500 pilots in the next five years.

United Airlines is recalling hundreds of pilots from furloughs in 2008.

Regional airlines worry that the cost of and difficulty of obtaining training could discourage people from becoming pilots. New pilots build their experience in the military and at regional airlines, which are key because they feed the larger hubs.

First officers at the regionals earn \$18,000 to \$20,000 a year. The average pay for a captain at a major airline is about \$100,000.

Flight school loans can add up to \$100,000.

(Source: Pages)

FRUITCAKE RECIPE (Read Carefully)

- | | |
|--------------------|-------------------|
| 1 cup water | 1 teaspoon salt |
| 1 cup sugar | 1 cup brown sugar |
| 4 large eggs | lemon juice |
| 2 cups dried fruit | walnuts |
| 1 tsp. baking soda | 1 gallon scotch |

Sample the scotch to check for quality. Take a large bowl. Check the scotch again to be sure that it is of the highest quality. Pour 1 level cup and drink. Repeat.

Turn on the electric mixer; beat 1 cup butter in a large fluffy bowl. Add 1 teaspoon sugar and beat again. Make sure the scotch is still okay. Cry another tup. Turn off the mixer. Break two legs and add to the bowl and chuck in the cup of dried fruit. Mix on the turner.

If the dried druit gets stuck in the beaterers, pry it loose with a drowscriver. Sample the scotch to check for tonsisticity. Next, sift 2 cups of salt. Or something. Who cares.

Check the scotch. Now sift the lemon juice and strain the walnuts. Add one table. Spoon. Of sugar or something. Whatever you can find. Grease the oven.

Turn the cake tin to 350 degrees.
 Don’t forget to beat off the turner.
 Throw the bowl out of the window.
 Check the scotch again. Go to bed.
 Phooey, who likes fruit cake anyway?

(Source: Unknown)

LITTLE ANNIE

Mommy had told her little girl about the making of babies. Little Annie is now silent for awhile.

“You understand it now?” Mommy asks.
 “Yes,” replies her daughter.

“Do you still have any questions?”

“Yes, how about little kittens? How does that work?”

“In exactly the same way as with babies.”

“Wow!” the girl exclaims “My Daddy can do ANYTHING...”

(Source: Chapter 119, Newport News, VA)



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:

First
Class
Postage

PRISCILLA SOUCY
98 HIGHVIEW STREET
EAST HARTFORD, CT 06108

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



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