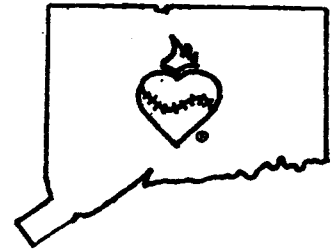


HARTFORD HEARTLINE

THE MENDED HEARTS, INC.



Chartered 1977/Greater Hartford-Chapter 9

John Dunn, President
15 Strawberry Hill
Windsor, CT 06095
860-688-5489
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98 Highview St., E. Htfd, CT 06108
860-289-7422
priscillaanns@att.net
Volume XXXV - Issue 6

JUNE MEETING

WHEN? **Wednesday, June 20, 2012, at 7:15 P.M.**

WHERE? South Congregational Church
277 Main St., Corner of Buckingham St.
Hartford, CT (Attended parking west side of church)

SPEAKER? Jeffrey Kluger, MD, Director of Arrhythmia Services
at Hartford Hospital

TOPIC? What is an Electrophysiologist and will I need one?

Refreshments contributed by: Ted & Miriam Hoffberg

President's Message:
Hello Mended Hearts Members and Friends,

I am just back from attending our 60th Mended Hearts National Convention in Dallas, Texas. Also attending were Priscilla Soucy and Bob Lincoln.

This was an outstanding event, with the Convention Theme being: "Our Foundation for the Future." Bob Lincoln was invited by our National Office to be the Official" Photographer for the event, taking over 1400 photos of all the activities. These will be used on the National (and Hartford Chapter) websites, in the National Heartbeat Magazine and as Slide-Show presentations at our Chapter meetings.

Former Chapter 9 President, and current Southern Regional Director, Marvin Keyser, was presented with the award as "The Mended Heart of the Year" by National President Gus Littlefield at the closing evening's Banquet and Awards Dinner.

Gus Littlefield will be honoring our Chapter by attending our Chapters 35th Anniversary Banquet, on Wednesday, June 13th at the Nutmeg Restaurant in East Windsor, CT. Also attending will be National Past President Margaret Elbert.

The convention featured many breakfast and luncheon presentations, educational workshops and Dallas tours during our free time. Next year's National Convention will be in early June in San Diego, California! I hope many of our members will be able to attend this exceptionally rewarding, educational and entertaining event!

Heartfully,

John



OFFICERS & CHAIRPERSONS 2011-2013

President	John Dunn	860-688-5489
Vice President	Priscilla Soucy	860-289-7422
Secretary	Bob Lincoln	860-953-3807
Treasurer	Janet Poitras	860-667-0431

CHAIRPERSONS:

Visiting Chairman - Hartford Hospital	John Dunn	860-688-5489
Visiting Chairman - St. Francis Hosp.	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
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 for 3 month mailings	Bob Lincoln	860-953-3807
Webmaster & Photographer	Bob Lincoln	860-953-3807
Meeting Greeter	Dolly Goldfarb	860-523-5761

NOTICE TO ALL VISITORS

When you acquire names of patients or others that want to receive our newsletter please call Bob Lincoln 860-953-3807 or e-mail him at pine3@comcast.net

Bob is doing our 3 month mailing list and updating it.

AMAZING HEART FACTS

Give a tennis ball a good, hard squeeze. You're using about the same amount of force your heart uses to pump blood out to the body. Even at rest, the muscles of the heart work hard—twice as hard as the leg muscles of a person sprinting.

The heart pumps about 1 million barrels of blood during an average lifetime—that's enough to fill more than 2 super tankers.

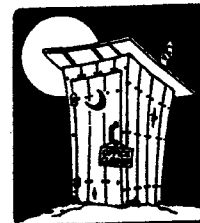
lub-DUB, lub-DUB, lub-DUB. Sound familiar? If you listen to your heart beat, you'll hear two sounds. These "lub" and "DUB" sounds are made by the heart valves as they open and close.

Source: www.pbs.org/wgbh/nova/heart/heartfacts.html

EDITOR'S NOTE!

I hope you have enjoyed reading our newsletter as much as I have enjoyed creating it. This is our last one until late summer and our meetings will resume in September. If you have something that you would like to contribute to the newsletter please let me know and we will share it with all our members. Please be sure there is a source for the information provided.

We have several summer activities that you would enjoy, such as our June meeting, Anniversary dinner, and our trip to Camp Madden. Don't miss out!
Your faithful editor - Priscilla Soucy, 860-289-7422



Office closed!

ALIGNED WITH AMERICAN COLLEGE OF CARDIOLOGY

Mended Hearts Chapter #9 Trip

MADDEN OPEN HEARTS CAMP FOR CHILDREN

**250 MOUNTAIN VALLEY RD.
GREAT BARRINGTON, MA**

SAT. - JULY 14, 2012 - 2:00 P.M.

Girls and boys, ages 8-16, who have had open heart surgery or a heart transplant, and have fully recovered from that surgery can attend the Madden Open Hearts Camp. The children attend in two week increments. We will be visiting with 11 and 12 year old children.

Come and join us for a visit with the children at camp. We will tour the facilities with David Zaleon, the Executive Director, and watch the children in action.

David has said "There is probably no one who can better understand the physical and emotional weight that these children have had to carry than another child who has endured similar realities. I think that's where the mission of our camp comes in most distinctly: We are here to connect these children in an emotionally supportive, enriching, colorful, and empowering environment that helps them relate to other children, grow individually, and have a tremendous experience."

A fulltime registered nurse is on site at all times, dispenses all medications, and is available to provide any necessary medical care for campers 24 hours a day.

Directions from Hartford: (Approx. 65 miles)

Take Rte. 44W to Canaan, CT. In Canaan take Rte. 7N. Go thru the center of Great Barrington, MA. Go past K-Mart shopping center and the turnoff is approx. 1 1/2 miles past it. Near the top of the hill take a right turn, which is Monument Valley Road. If you have gone past the high school you have gone too far. The average driving time from Hartford is 1 1/2 to 1 3/4 hours.

If you would like further information please call Priscilla Soucy at 860-289-7422.



SEE YOU THERE!

FUNSTUFF



THANKS DAD

In kindergarten, the teacher asked little Johnny if he knew his numbers.

"Yes, my dad taught me," he said.

"Good. What comes after three?"

"Four," the boy answered.

"What comes after six?"

"Seven."

"Your dad did a good job. And what comes after ten?"

"A jack!" said little Johnny.

Source: Pages

HOUSEWORK CHALLENGED

One day my husband decided to wash his sweatshirt.

After he went to the laundry room, he shouted, "What setting do I use on the washing machine?"

"It depends," I replied. "What does it say on your sweatshirt?"

He yelled back, "University of Oklahoma."

Source: Pages

A LITTLE BIT OF TRIVIA

QUICK CURES: WHEN TO CLEAN THE SHEETS

No matter your relationship status, you never go to bed alone. Nestled within your sheets are countless intruders. For an explanation, we turned to Philip M. Tierno Jr., Director of clinical microbiology and immunology at New York University's Langone Medical Center.

How often do most Americans change their sheets?

It varies. Most people have a standard of once a week. But many people go three weeks, a month or more. "Younger people seem to leave their sheets on the bed longer," Dr. Tierno says.

How often should they change their sheets?

Wash sheets and pillowcases once a week, and you'll eliminate that debris that has accumulated in the bed for that week. You'll be safer from breathing in that material.

Debris? How can sheets possibly get that dirty?

Human skin cells become food for dust mites. That is one of the biggest problems associated with bedding. Mites accumulate, along with their feces. But there is also animal hair, dander, fungal mold, fungal spores, bodily secretions and as much as a liter a night even more if you have a lot of covers," he says. And, of course, people eat in bed as they watch TV.

All this stuff is yucky, but is it a health risk?

It is mainly a threat to respiratory tracts and not an infectious source. If you have allergies or asthma, this matter can exacerbate it. If you don't have an allergy, You could develop one because you're constantly challenged.

Is there an ideal way to wash bedding?

The water should be 130 to 150 degrees Fahrenheit, typically the washing machine's hot-water cycle. Then dry using a hot drying cycle. That is germicidal; it actually kills and destroys a lot of vegetative material. It also kills the dust mites. For extra protection, "bleach is excellent. It is probably the cheapest germicide and can be used in a low concentration." Cold water non-bleach bleaches use peroxide, so they're also germicidal.

Once a week, hot water. Then I'm safe?

No. To protect the mattress, use an impervious outer cover. If you look at a mattress, it collects debris by gravity. All kinds of things collect on it that are absorbed into its core. Without the impervious cover, your mattress is a "zoological and botanical garden," he says. The outer covers are made of pliable, plastic vinyl and are commonly used by people with asthma and allergy symptoms. The covers should also go on pillowcases. "If you put an impervious outer cover over the mattress and mattress pad, your mattress won't harm you."

Source: Yahoo.com/WJSJ

HEALTH UPDATE

CLOCK TICKING WITH NEW PLAN TO FIGHT ALZHEIMER'S

Among the first steps in combating the disease is a new website-www.alzheimers.gov that Health and Human Services Secretary Kathleen Sebelius called a one-stop shop for families who need easy-to-understand information about dementia and to learn where to get help in their own communities.

This summer, doctors and other health providers can start getting some free training on how to spot the early signs of Alzheimer's and the best ways to care for those patients.

And scientists are rolling up their sleeves, (NIH) National Institutes of Health Director, Dr. Francis Collins told a meeting of world's top Alzheimer's scientists-gathered to decide the top priorities to help meet the ambitious goal of better treatments, perhaps even ways to stall the disease, by 2025.

The NIH will spend an extra \$50 million on Alzheimer's research this year, and among the new studies of possible therapies is a nasal spray that sends insulin straight to the brain. It might sound strange, but research has linked diabetes and Alzheimer's and Collins said pilot testing suggested the insulin spray improved brain function.

Already, 5.4 million Americans have Alzheimer's or related dementias. Barring a research breakthrough, those numbers will jump by 2050, when up to 16 million Americans are projected to have Alzheimer's. It's the sixth-leading killer, and there is no cure. Treatments only temporarily ease some symptoms.

Beyond the suffering, it's a budget-busting disease for Medicare, Medicaid and families. Caring for people with dementia will cost the U.S. \$200 billion this year alone, and \$1 trillion by 2050, the Alzheimer's Association estimates.

Source: hartfordbusiness.com

NUTS TO YOU

We mean walnuts, or course. When it comes to antioxidant quality, walnuts are at the top of the ground and tree nut category regarding health benefits, according to Food & Function.

They rank them above peanuts, almonds, pecans, pistachios, macadamias and all other nuts.

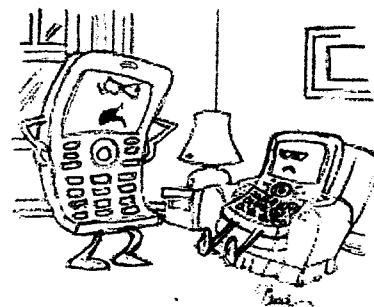
Joe Vinson of the University of Pennsylvania says, "A handful of walnuts contains almost twice as much antioxidant as an equivalent amount of any other commonly consumed nut. But unfortunately, people don't eat a lot of them."

All nuts contain high-quality protein that can substitute for meat. They also have vitamins, minerals, and dietary fiber. They are dairy- and gluten-free.

Studies link regular eating of nuts or peanut butter with decreased risk of heart disease, certain cancers, gallstones, type 2 diabetes and other conditions.

About seven walnuts a day deliver the health benefits.

Source: Pages



"Sit up straight when I'm talking to you and stop vibrating."

DONATIONS

John Hussey, Jr.
Walter Kovaciny



Best wishes to Bob Martin for good health from Saul & Fran Reichlin.

A generous donation from Mr. & Mrs. Michael Nicastre.

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:

Janet Poitras, Treasurer, 1 King Arthur's Way, #5, Newington, CT 06111

Mandy Hart, our favorite piggy bank, is getting fatter, with a total of \$142.28, counting her April meeting meal.

35th ANNIVERSARY BANQUET

JUNE 13, 2012 - NUTMEG RESTAURANT

Our 35th Anniversary Banquet should be a good one. Have you been to any of our yearly gatherings? If not, this is the one you will want to be a part of.

We have two guests coming. The first is our national president, Gus Littlefield, who will be coming from Florida to attend our event. The other will be one of our past presidents for four years, Margaret Elbert coming from Long Island, New York. Both of them will be talking about the journeys they have had with Mended Hearts and both have a wealth of information about the past, present, and future of Mended Hearts. If you have any questions they are the ones to ask.

Mended Hearts has been around for 60 years, and there aren't that many chapters that can say they are celebrating their 35th. This is it!

You can fill out the registration form on the next page and send it in. Don't forget to bring a door prize, those are always fun to have.

Can we count on you? Let's have a good turnout. See you soon.

50/50 RAFFLE

Our 50/50 Raffle winner for our May meeting was Hilary Taschner.. Congratulations Hilary!

OUR WEBSITE: www.mendedheartsct.org

35th ANNIVERSARY BANQUET

NUTMEG RESTAURANT
297 South Main Street
East Windsor, CT
6:30 P.M.

June 13, 2012 - Members & Guests - \$25.00 - Cash Bar

MENU

Fruit cup with sorbet

ENTREE

Fresh Baby Greens Salad - Assorted Rolls
Vegetable of the Day
Baked Potato

Choice of 3 Entrees - Choose one

Chicken Marsala - Chicken Francaise - Stuffed Sole with creamy shrimp sauce (may request on the side)
Coffee, Decaf, Tea

DESSERT

Apple Strudel

Please send the form below and check payable to: The Mended Hearts, Inc.- Chapter #9
and mail to: John Dunn, 15 Strawberry Hill, Windsor, CT 06095

(Please print)

NAME(s) _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

TELEPHONE: _____

NUMBER ATTENDING _____ x \$25.00 each (member or guest) Total _____

PLEASE MARK YOUR MEAL CHOICE (s) Chicken Marsala _____ Chicken Francaise _____
Stuffed Sole with creamy shrimp sauce (may request sauce on the side) _____

Door prizes: Please bring a door prize for the banquet...new items only. It doesn't matter how small the item is, it is always fun going home with something. We will draw for winners. Last year we had several very useful items. If you prefer, you can wrap the item. This is our one big gathering each year, so don't miss out. See you there!!!



ANNOUNCEMENTS



SURGIVERSARIES

JUNE - 2012 YEARS

Seymour Sard	32
Steve Livingston	14
Maureen LuddyCurtis	12
Joe Morassini	10
Joel Waterhouse	10
Shannon Griffin	7
Boris Kakmanovsky	6
Rick Lemay	2

JULY - 2012 YEARS

Wayne Johnson	27
David Siegelbaum	21
Howard Shapiro, MD	17
Wilda Wyse	16
John Bylenski, Sr.	11
Brian Curtis	10
Tony Taschner	2

AUGUST - 2012 YEARS

Mathew Sapere	32
rwin Singer	15
Norman Cohen	5

ANGIOPLASTY- JULY YEARS

Rick Bulach	11
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FOR YOUR CONTINUED GOOD HEALTH!

HOSPITAL VISITS

MAY - 2012

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

Surgical Patients	-	88
Cath Lab.	-	61
Total	-	149 Visits

These figures are accurate as of
June 1, 2012

GREAT JOB!

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 regarding any questions you may have about your condition.

PREVIEWS OF UPCOMING SPEAKERS & EVENTS

June 13, 2012	35th Chapter Anniversary - Nutmeg Restaurant
June 20, 2012	Jeffrey Kluger, MD, Electrophysiologist
July 14, 2012	Camp Madden, Great Barrington, MA
July and August	Summer Break





The Mended Hearts, Inc.

National Office
Phone: (888) 432-7899

MEMBERSHIP APPLICATION

Member Information (please print or type)

Name (Mr./Mrs./Ms.) _____

Address (line 1) _____

Address (line 2) _____

City _____

State _____ ZIP _____

Email address _____

Family member (i.e. spouse – must reside at same address): (Mr./Mrs./Ms.) _____

DOB _____

May we contact you regarding local chapter opportunities? Yes No

Date _____

Chapter 9 Member-At-Large _____

Phone (_____) _____

Alt Phone (_____) _____

DOB _____ Retired: Yes No

Vocation _____

Preferred Contact: Phone Email Mail

Medical Information/Demographics (Optional - No application is denied based on medical information, age or race.)

Name of Heart Patient (1) _____

Date of Surgery/Treatment _____

Type of Surgery/Treatment _____

- | | | |
|-----------------------------------|---|------------------------------------|
| <input type="checkbox"/> PTCA | <input type="checkbox"/> Atrial Septal Defect | VALVE: |
| <input type="checkbox"/> MI | <input type="checkbox"/> Pacemaker | <input type="checkbox"/> Aortic |
| <input type="checkbox"/> Aneurysm | <input type="checkbox"/> Transplant | <input type="checkbox"/> Mitral |
| <input type="checkbox"/> Bypass | <input type="checkbox"/> Other | <input type="checkbox"/> Pulmonary |
| (how many _____) | | <input type="checkbox"/> Tricuspid |

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

Name of Heart Patient (2) _____

Date of Surgery/Treatment _____

Type of Surgery/Treatment _____

- | | | |
|-----------------------------------|---|------------------------------------|
| <input type="checkbox"/> PTCA | <input type="checkbox"/> Atrial Septal Defect | VALVE: |
| <input type="checkbox"/> MI | <input type="checkbox"/> Pacemaker | <input type="checkbox"/> Aortic |
| <input type="checkbox"/> Aneurysm | <input type="checkbox"/> Transplant | <input type="checkbox"/> Mitral |
| <input type="checkbox"/> Bypass | <input type="checkbox"/> Other | <input type="checkbox"/> Pulmonary |
| (how many _____) | | <input type="checkbox"/> Tricuspid |

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.

Within United States

Individual – First Year Dues	\$17.00	<input type="checkbox"/>
Family – First Year Dues	\$24.00	<input type="checkbox"/>
Life – Individual Dues	\$150.00	<input type="checkbox"/>
Life – Family Dues	\$210.00	<input type="checkbox"/>

Chapter Dues

Individual – First Year Dues	\$5.00	<input type="checkbox"/>
Family – No chapter 1 st year dues	\$0	<input type="checkbox"/>
Life – Individual Dues	\$40.00	<input type="checkbox"/>
Life – Family Dues	\$50.00	<input type="checkbox"/>

Dues Summary: National Dues \$ _____
 Chapter Dues \$ 5.00
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 \$ _____

(Chapter Treasurer – send both chapter & national dues to National Office.)

Applicant – Send one check with application to local chapter Treasurer →

Or for Members-At-Large:
The Mended Hearts, Inc.
National Office
7272 Greenville Ave.
Dallas, TX 75231

Checks payable to: Mended Hearts, Inc. – Chapter 9
Mail to:
Janet Poitras, Treasurer
1 King Arthurs Way, #5
Newington, CT 06111

Priscilla Soucy
98 Highway St.
East Hartford, CT 06108-2957

GREATER HARTFORD : CHAPTER 9

FOUNDED 1961 - INCORPORATED 1966
THE MENDED HEARTS INC.



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 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 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 to 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 disease patients and their families

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