

Hartford Heartline

Volume XXXVI - Issue 6 - Summer Edition, 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.

OFFICERS - 2013-2015

President:

John A. Dunn
15 Strawberry Hill
Windsor, CT 06095
860-688-5489
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Vice-President:

Priscilla Soucy
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Secretary:

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860-232-8417
Email: vrome@att.net

Treasurer:

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

*Aligned with the
American College of Cardiology*

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!!

June 5 - 9, 2013 - 61st National Convention

Marriott San Diego Mission Valley - San Diego, California
Pre-Registration is required.

June 12, 2013 - Chapter 9 Annual Banquet - 6:30 p.m.

Location: - **Nutmeg Restaurant, 297 South Main St. (Rt 5),
East Windsor, CT [Crystal Room]**

Menu and Specifics: **(See Page 5)**

June 19, 2013 - Meeting - 7:00 p.m.

Speaker: - **Dr. Kanwar Singh , Cardiologist, UCONN Health Center**

Topic: **Hypertension**

Refreshments: **Walter Kovaciny & Carolyn Kolwicz**

July 13, 2013 - Trip to Camp Madden - 2:00 p.m.

For further information - **(See Page 5)**

July - August - Summer Break

"We wish you all a Happy and Healthy Summer Season!!"

September 18, 2013 - Meeting - 6:30 p.m.

Speaker: - **Dr. Neal Lippman, Electrophysiologist**

Topic: **To be announced**

Refreshments: **Bob Lincoln**

October 16, 2013 Meeting - 6:30 p.m.

Speaker: - **To Be Announced**

Topic: **To Be Announced**

November 20, 2013 Meeting - 6:30 p.m.

Speaker: - **To Be Announced**

December - Holiday Break

"We wish you all Happy and Healthy Holidays!!"

President's Message



My Monthly Greetings...
to the Members, Caregivers,
and Friends of
Mended Hearts, Chapter 9
Greater Hartford, Connecticut

"Help Wanted"

Our Greater Hartford Chapter is seeking additional people to become Mended Hearts Accredited Visitors for the hospitals we serve, Hartford Hospital, St. Francis Hospital and UCONN Medical Center. Our present Visitors say that they find visiting heart patients before and / or after their heart event to be a very rewarding experience. There is a short training program conducted by Chapter Trainer Priscilla Soucy and then several actual hospital training visits where the visitor in training is accompanied by either John Dunn for Hartford Hospital or Bob Hoffman for St. Francis Hospital. The only requirement for the program is that you must be a member of The Mended Hearts, Inc., become an Accredited Visitor, and have experienced a heart event.

We also do visiting with patients, caregivers and family members in person, by telephone and via the Internet. Patients we visit include those having open heart surgery, angioplasty, various types of atrial fibrillation and more.

Who may become a member of Mended Hearts? Mended Hearts welcomes anyone who is interested in learning more about heart disease, including Physicians, Health Administrators and Caregivers to those who have had heart events. If you would like to become a Mended Hearts Accredited Visitor or for more information, please contact Priscilla Soucy at 860-289-7422 or email: priscillaanns@att.net.

Wishing everyone a safe, healthy and happy Summer!

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

Program Co-Chairman:
Ben Goldfarb 860-523-5761

Program Co-Chairman:
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

Surgical, Cath Lab, and A-Fib visits for Hartford Hospital and St. Francis Hospital.

2013 - APRIL

Surgical Visits	74
Cath Lab Visits	19
A-Fib	11
TOTAL VISITS -	104

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.

MEETINGS NOTICE

NOTICE:

To all Members & Guests our meetings will start at **6:30 P.M.** [to meet an 8:30 curfew] effective with the September 18th, 2013 Chapter Business Meeting.

Mended Hearts Chapter 9 Board of Directors

CAUTION!!!

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

"MANDY HART"



Mandy Hart, our favorite piggy bank now has a total of **\$466.87** in her belly.

We have almost enough funds to send two children to the Madden Open Hearts Camp for two weeks this 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:
 John & Joan Dunn
 Ilene Mahler
 Robert Butler
 Ira & Gail Yellen
 Bob Lincoln

Donations in memory of Janet Poitras:
 Carolyn Kolwicz
 John & Joan Dunn
 Dolly & Ben Goldfarb
 Susan & Steven Livingston
 Tony & Hilary Taschner

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

MAY MEETING

Our May speaker, Dr. David Underhill, Cardiac Surgeon, who serves Hartford Hospital, UCONN Health Center, and St. Mary's Hospital in Waterbury, was a very exceptional speaker. His topic (TAVR) Transcatheter Aortic Valve Replacement was most appreciated by the whole audience and most relevant to them also. They posed many questions to the doctor on this subject. The presentation included many statistics, along with detailed graphics and animations related to the procedures being performed. The presentation could have gone on for another hour, at least.



Top: Dr. Underhill giving his presentation to a rapt audience.
 Bottom: John Dunn presents Dr. Underhill with our Chapter 9 "Merit Award."
 (Photos by Bob Lincoln)

SURGIVERSARIES

<u>JUNE – 2013</u>	<u>YEARS</u>
Seymour Sard	33
Steve Livingston	15
Maureen Luddy Curtis	13
Bob Lincoln	13
Joe Morassini	11
Joel Waterhouse	11
Shannon Griffen	8
Boris Kalmanovsky	7
Rick LeMay	3
<u>JULY – 2013</u>	<u>YEARS</u>
Wayne Johnson	28
David Siegelbaum	22
Howard Shapiro	18
Wilda Wyse	17
Brian Curtis	11
Tony Taschner	3
John Bylenski, Sr.	2
<u>AUGUST – 2013</u>	<u>YEARS</u>
Mathew Sapere	32
Norman Cohen	6
Malcolm Leichter	3

For your continued good health!!

MAY RAFFLE WINNER

The May 50/50 Raffle winner was:

Bonnie Morassini
Congratulations!!

Information

36TH ANNIVERSARY BANQUET INFORMATION

NUTMEG RESTAURANT – JUNE 12, 2013 - 6:30 P.M.

297 South Main Street – East Windsor, CT

Members & Guests - \$25.00 -- Cash Bar

MENU

Fruit cup with sorbet - - Fresh Baby Greens Salad –
Assorted Rolls - Vegetable of the Day - Baked Potato
Coffee, Decaf, Tea

ENTREES

Choice of 3 ENTREES– Choose one
Chicken Marsala – Chicken Francaise – Grilled Salmon
with Herb White Wine Cream

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: _____ **E-MAIL:**

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

PLEASE MARK YOUR MEAL CHOICE (s)

Chicken Marsala _____ **Chicken Francaise** _____

Grilled Salmon _____

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.

If you prefer, you can wrap the item. This is our one big gathering each year, so don't miss out. See you there!!!

JULY CHAPTER 9 TRIP TO CAMP MADDEN

MADDEN OPEN HEARTS CAMP FOR CHILDREN

250 MOUNTAIN VALLEY RD.

GREAT BARRINGTON, MA

SATURDAY – JULY 13, 2013 – 2:00 PM

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.

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.

If you would like further information please call Priscilla Soucy at 860-289-7422 or call Camp Madden at 413-528-2229.

SEE YOU THERE!

An active lifestyle may fill exercise requirement

Research on exercise science at Oregon State University shows that small increments of daily activities, even of one-to-two-minute duration, can have positive health benefits. They help to prevent high blood pressure, high cholesterol and metabolic syndrome.

The study of more than 6,000 adults showed that 43 percent of those who participated in short bouts of exercise met the federally recommended physical activity guidelines of 30 minutes a day. It's like using a rake or broom instead of leaf blower.

Less than 10 percent of those in structured exercise sessions met the minimum guidelines because they were more sedentary the rest of the day.

(Source: Pages)

Information

A THIRD CHANCE

The following story was sent in by Lois Caron, wife of George Caron, who have been members of our Chapter #9 for many years.

George has a long heart history beginning in September, 1977 at Hartford Hospital and Dr. Henry Low performed three bypasses. Then in 1994 he had Dr. Low again for a very large aortic aneurysm and he came through that fine at the UConn Health Center.

His third heart experience began on Labor Day weekend September 1, 2012. George suddenly started experiencing sharp pains in his groin and radiating up his back and he asked me to drive him to the emergency room at UConn. We were halfway there when George let out a horrible scream and started shouting, "I'm on fire, I'm burning up Lo' and at that very moment I knew his aorta had ruptured and my husband was bleeding to death right next to me. I begged him to hang on and greatly increased my speed when I spotted a Farmington police car parked in Farmington center. I knew he would come after me so I pulled up next to his car and asked for help to escort us to UConn. He offered to call an ambulance but I refused to wait so started to leave when he instructed me to pull out in front of him. We arrived at the hospital at 9:57 PM and in no time blood transfusions were started and the surgical team was in place but the outlook was very grave.

Dr. Michael Dahn, Vascular Surgeon, came to us at 7:00 AM Sunday morning and he had just completed his miraculous surgical skills but the next hours were very crucial. He also said George was awake and we could see him. His first words, with tears streaming down his face, were "I'm so happy to see you."

George had been VERY VOCAL in the OR as weeks later, Dr. Dahn told us that they could only administer a local because if they had put him to sleep his blood pressure would have plummeted and death would have been inevitable. He has incisions on both sides of his groin in order for Dr. Dahn to insert a stent inside his aorta to possibly avoid any leaks, leave alone the fact of Dr. Dahn operating in the blind due to the massive amount of blood, amazes me, to have such skill.

Dr. Bruce Liang, Head of Cardiology, was also new to us but we knew immediately that he had the same qualities as our Dr. Low and with his expertise the abnormal amount of Georges fluid retention was so carefully resolved causing less damage to his heart and kidneys. It's a miracle that his heart did not fail.

Once again I turned to our dear friend Dr. Henry Low for support. He was so happy to hear that Dr. Liang was now taking care of George. Our faithful and so caring Dr. Low was concerned and once again by our side. God bless all three of these fine doctors.

Lastly I must add our personal gratitude to Farmington Police Officer, Christopher Thomas. I inquired about him within a few days and most recently we stopped at the police station and although he was on duty, but luckily nearby, they called him in and we truly had a joyous reunion including hugs. He did make a comment about my driving ability but I **think** it was good. Maybe he thought he was behind Mario Andrigetti but little did he know Gods hands were on mine.

Now, George is 91 years old and going strong.

One must never forget to show and express appreciation for all acts of kindness. I truly believe that is what life is all about.

Forever thankful,

Lois Caron, wife of George Caron

DID MUMMIES HAVE HEART DISEASE TOO?

Heart disease was common in Ancient Egypt, possibly due to genes and poor diet.

As rates for cardiovascular disease increase among the US population, we tend to attribute this adverse trend to the modern lifestyle-unhealthy diets, physical inactivity, and high levels of stress. But is it possible that heart disease affected humans long before televisions, cars and fast food?

A recent study published in the Journal of the American College of Cardiology found that not only did ancient Egyptian mummies have atherosclerosis cardiovascular disease, but that it was actually common in the earliest of populations. In this study, researchers performed scans on 52 ancient Egyptian mummies living during a time span of over 2,000 years. Through the use of imaging, researchers were able to look at the hearts of mummies and identify calcifications in the arteries, also known as atherosclerosis. Of the 52 mummies in the study, 44 had identifiable heart structures, 20 of which had definite or probably atherosclerosis. Mummies identified with atherosclerosis appeared to be an average of ten years older at the time of death than those without.

Based on these findings, atherosclerosis was common in humans living in Ancient Egypt. In fact, this study identified the oldest person known to have heart disease – a princess living between 1550 and 1580 BC. It is hypothesized that these high rates of cardiovascular disease may be a result of diet and biological predispositions intrinsic to humans. With frequent physical labor and activity, those living in Ancient Egypt were likely very fit, but poor diet may have contributed to the build up of plaque in the arteries. These findings not only provide insight into the cardiovascular health of humans living thousands of years ago, but they also raise questions about the impact of certain risk factors for heart disease that may be unchangeable.

How old were the mummies with atherosclerosis?

The mean age at time of death for the 20 mummies with definite or probable atherosclerosis was 45.1 years old. In comparison, mummies without atherosclerosis were 34.5 years old, on average, at the time of death. This discovery raises interesting questions about the impact of age on the development of cardiovascular disease.

How were the hearts of the mummies examined?

An advanced process known as multislice computed tomography scanning was used on the mummies to identify the heart and analyze the arteries. The age of mummies was determined by similar computed tomography performed on the skeleton. Images collected were interpreted by professionals to access the age and cardiovascular health of the mummies.

(Source: Pages)

New drug coming for those who can't take statins

Reducing bad cholesterol most important

Doctors and researchers are rethinking their advice on cholesterol management. Lowering LDL, the bad kind, is once again their goal, since their previous advice of raising HDL, the good kind failed to make much difference.

For high LDL patients who can't take statins, an antibody called AMG 145 is in phase two testing and showing good results. But it won't be available for another year or more.

In the meantime, doctors are considering no longer prescribing drugs that increase good cholesterol. Clinical trials now show that raising HDL produces little or no cardiovascular benefit and the drugs may have side effects.

How to lower LDL without medications:

~ A high body mass index (BMI) places you at risk for heart disease and is correlated with high LDL levels. Avoid high-fat foods like bacon, cheeseburgers, fatty cheeses, high-fat ice cream, fatty meats and fried foods.

~ Exercise in moderate amounts may help lower your cholesterol. Aerobic exercise can lower LDL by 5% to 10%.

~ Quit smoking. It's linked to higher LDL levels.

~ One or two alcoholic drinks per day may lower LDL by 4 to 8 percent, but if you don't drink, don't start.

(Source: Pages)

CT's Protein Sciences Arming for Bird-Flu Vaccine

Meriden flu-vaccine maker Protein Sciences Inc. says it is ramped up and ready to produce enough quantities of vaccine as necessary to prevent a pandemic from the deadly H7N9 bird flu virus that has taken root in China.

The company claims that in just 100 days, it renovated and outfitted Pfizer Inc.'s former Pearl River, NY, facility to produce three lots of antigens for its Flublok brand seasonal anti-flu treatment that won federal approval back in January.

Moreover, the state of New York and current and former Pfizer staff "have been incredibly helpful and supportive" in ramping up the Pearl River plant, Protein Sciences President and CEO Manon Cox said in a statement.

PSI says it has 21 workers in Pearl River, and 90 in Meriden.

The federal Centers for Disease Control also contributed a killed sample of H7N9 so the company could craft its biochemical agent to combat it, Cox said.

So far this year, 24 bird-flu deaths have been reported in China, a situation the World Health Organization has said it views as a serious global-health threat.

(Source: HartfordBusiness.com)

A Little Bit of Trivia & Fun Stuff

TAKING CARE OF YOUR EYES:	EDITORS NOTE
<p>Seasonal and all-year advice</p> <p>Doctors call it allergic conjunctivitis, an inflammation of the conjunctiva (the membrane covering the white part of the eye) due to allergy. It causes red, itchy, watery eyes.</p> <p>The rest of us call it spring hay fever or rose fever. It's caused by pollen released by the spring flowering of trees, grasses and plants.</p> <p>When the pollen comes in contact with an allergic person's eyes, it causes cells known as mast cells to release histamine, which causes swelling and wateriness, according to the American College of Allergy, Asthma and Immunology.</p> <p>The first step in treatment is the avoidance of trees and grasses that cause the symptoms. Not everyone can stay indoors, but you can avoid activities that keep you outdoors for any length of time.</p> <p>Treatment with antihistamines is generally effective. Using over the counter medications, such as Claritin or Zyrtec, will usually clear up your symptoms. Antihistamines also are in nasal spray and eye drop form.</p> <p>If you have asthma, or if over-the-counter medications don't work well enough for you, see your doctor for a prescription.</p> <p>Dry eye syndrome</p> <p>It can occur any time during the year when you don't produce enough tears to lubricate your eyes. Sometimes dry eye is caused by working long hours at a computer without blinking occasionally. If you do this type of work, purposely blink your eyes so they remain lubricated.</p> <p>You can also treat dry eyes with over-the-counter preservative-free tear solutions. Some people find that taking an omega-3 fish oil capsule each day prevents dry eyes.</p> <p>Some medications, like antidepressants, antihistamines and decongestants can also dry out your eyes. (Source: Pages)</p>	<p>This year is one of our best years for speakers. They have all been outstanding. I hope you have enjoyed reading our monthly newsletter. If you have any articles or stories to tell, please send them to me. We do need a source on anything we print. Local newspaper articles are not used, because most of our members get these papers or read them online.</p> <p>Enjoy the summer. Relax, have fun, and hope to see you all at our June banquet and also at the Madden Open Hearts Children's camp in July.</p> <p>Your editor, Priscilla Soucy 860-289-7422</p>
<p style="text-align: center; color: blue;">MAN ON A DESERT ISLAND</p> <p>A man of many vices, stranded on a desert island for over 10 years, sees a speck on the horizon. "It's not a ship," he thinks to himself and as it gets closer, he sees it's not a small boat or a raft.</p> <p>Suddenly, emerging from the surf comes a beautiful woman in a wet suit and scuba gear.</p> <p>She asks how long it's been since he had a cigarette, and he says "Ten years." She opens a waterproof pocket on her left sleeve and pulls out a pack. He lights one up and says, "Great!"</p> <p>"And how long has it been since you've had a sip of good whiskey?" she asks. Trembling, he says it has been 10 years. She unzips her right sleeve and pulls out a flask. He takes a long swig and says, "Absolutely fantastic!"</p> <p>At this point she starts to unzip the front of her wet suit, and asks, "How long has it been since you've played around?"</p> <p>With tears in his eyes, the man falls to his knees and sobs, "Oh, heavens! Don't tell me you've got golf clubs in there too." (Source: Pages)</p>	<p style="text-align: center; color: blue;">One Liners</p> <p>~ I live in my own little world. But it's OK. They know me here.</p> <p>~ I don't approve of political jokes. I've seen too many of them get elected.</p> <p>~ I love being married. It's so great to find that one special person you want to annoy for the rest of your life.</p> <p>~ I am a nobody, and nobody is perfect; therefore, I am perfect.</p> <p>~ Every time I walk into a singles bar I can hear Mom's wise words: "Don't pick that up, you don't know where it's been!" (Source: Thanks to Chapter 154, Sudbury, Canada)</p>
<p style="text-align: center; color: blue;">START AT THE VERY BEGINNING...</p> <p>When the new patient was settled comfortably on the couch, the psychiatrist began his therapy session.</p> <p>"I'm not aware of your problem," the doctor said. "So perhaps, you should start at the very beginning."</p> <p>"Of course," replied the patient. "In the beginning, I created the heavens and the earth..." (Source: Pages)</p>	



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 \$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

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

National or Chapter 9

Applicant - Send one check with application to local Chapter Treasurer -----

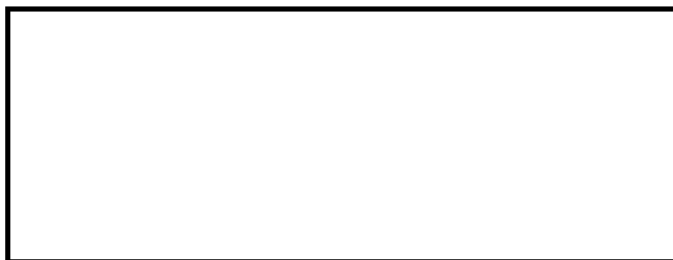
Or if joining as Members-At-Large, send to:

The Mended Hearts, Inc.
National Office
8150 N. Central Expwy, M2248
Dallas, TX 75206

Make checks payable to:

Mended Hearts, Inc. - Chapter 9
Mail to: **Steve Livingston, Treasurer**
501 Dzen Way
South Windsor, CT 06074

Please retain a copy for chapter records.



TO:

PRISCILLA SOUCY
98 HIGHVIEW STREET
EAST HARTFORD, CT 06108

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



First
Class
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