



Hartford Heartline

Volume XXXVI - Issue 3- March, 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 - 2013-2015

President:

John A. Dunn
15 Strawberry Hill
Windsor, CT 06095
860-688-5489
Email: jjhmdunn@msn.com

Vice-President:

Priscilla Soucy
98 Highview Street
East Hartford, CT 06108
860-289-7422
Email: priscillaanns@att.net

Secretary:

Robert Hoffman
25 Lovelace Drive
West Hartford, CT 06117
860-232-8417
Email: vrome@att.net

Treasurer:

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

March 20, 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)**
Refreshments provided by:

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

Speaker: - **Hartford Dispatch Center**
Topic: **911 Calls**

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

Speaker: - **David Underhill, MD, Cardiac Surgeon**
Topic:

June 5 - 9, 2013 - 61st National Convention

Marriott San Diego Mission Valley - San Diego, California
Pre-Registration is required. (See Page 3)

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

Speaker: - To Be Announced

June xx, 2013 - Chapter 9 Annual Banquet - X:00 p.m.

Location: - To Be Announced
Menu: To Be Announced

July - August - Summer Break

“We wish you all a Happy and Healthy Summer Season!!”

September 18, 2013 - Meeting - 7:00 p.m.

Speaker: - 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

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

Heartfully,

John
John

Your Chapter Needs You !!

As our Chapter enters into its' 36th year of Serving Heart Patients, their Families and the Greater Hartford Community, our continued growth has created an overwhelming need for your participation in the support and for the future growth of Your Chapter!

With more feet on the ground and voices on the phone, clicks on the keyboard, we will continue our Chapter's growth in serving others by offering hope, encouragement and support.

The Core of Mended Hearts National and Local is our heart patients and families visiting program. We need more people to become Accredited Visitors for all the hospitals we serve; Hartford Hospital, St. Francis Hospital and UConn Medical Center. After becoming a Chapter Member, there is a short class training and then several actual hospital visits in training with an Accredited Visitor. If you would like more information about the Mended Hearts Visiting Program, please contact Priscilla Soucy, in person, by phone or email.

Also, we are in need of more people to volunteer to be "callers" to alert our members of upcoming events and weather situations where we need to quickly tell our members and guests that our meeting that evening needs to be cancelled, or follow up calls for our annual banquet.

Another area of need is to form a Membership Committee to help spread the word and works of Mended Hearts throughout our area, with focus on meeting new people, organizations and demonstrating the many benefits of becoming a Mended Hearts Member, then helping these people participate in our Chapter Meetings and Events. Growing our membership will also grow our Hospitals Visiting Program. We need people with ideas, suggestions and skills to implement our growth strategy for the future.

Anyone can become a member of Mended Hearts. We are not just for Heart Patients and their families. You may be an interested individual, Surgeon, Doctor, Nurse, Cardiac-Rehab Professional, Practice Manager, Professor or anyone who wants to become involved with and increase their knowledge of, and contact with Heart Patients and Heart related information. Please contact John or any of our Officers or Board Members for any questions or to obtain our Membership Application.

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

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

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

2013 - JANUARY

Surgical Visits	41
Cath Lab Visits	15
A-Fib	3
TOTAL VISITS -	59

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.

61ST NATIONAL ANNUAL CONVENTION

JUNE 5-9, 2013

SAN DIEGO, CALIFORNIA

MARRIOTT SAN DIEGO MISSION VALLEY

H

ave you given some serious thought to attending our convention? It's only three months away. We encourage everyone to attend.

Some members feel the cost of attending a convention is very expensive. The question that is important, is what do we get out of it? If you are a hospital visitor, you already have been receiving more than you give. It is not just learning about Mended Hearts and how it functions.

The convention is designed to learn, to enjoy, to collaborate, to share ideas, to tour the area, to bond with others. It is meant to create, to change, to appreciate others, to eat hearty, to laugh and have fun. The convention is a great experience.

If you were to take a week's vacation and see the sights for two people. You would be eating out three meals a day, flying to a destination a few thousand miles away to see something you haven't seen before, buy souvenirs, stay at a luxury hotel, go on tours and pay admission fees, go out on the town at night and pay for entertainment. What would it cost you? How many people would you meet that could become your lasting friends? At our conventions our members are always exchanging e-mail addresses and phone numbers.

Our National office spends a year planning these conventions along with assistance from the local chapter and the convention committee. They take their job seriously. They work at and require the best possible prices they can get. They keep the cost as low as is possible. There is no waste involved. This is done for all our members to enjoy.

Everyone who attends our conventions always wants to go again. You learn so much and come to appreciate what others are doing in their chapters and it can help make their own chapter better.

You have to attend one. If you want to see more sights, you can stay an extra day or come a day early and receive the same prices. We promise you the best time and it will be something you won't forget!

Information

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

We have an exciting speaker for March 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. We all look forward to seeing him in person and hearing his presentation.

"MANDY HART"



Mandy Hart is growing fatter. She now has a total of **\$87.46** in her belly. She continues to be fed by our members, both at our meetings, and through the mail. We have members that live a distance away, or are unable to attend our monthly meetings for health issues.

Everyone has taken an interest in our piggy bank, and all the donations will go towards the **Madden Open Hearts Summer Camp for Children** in Great Barrington, MA.

(Photo by Bob Lincoln)

(IMPROMPTU) FEBRUARY SPEAKER

Priscilla Soucy announced that "Tonights Speaker: Andy Buczek - First Heart Transplant at Hartford Hospital", was unable to attend, but would be re-scheduled at a later date.

First-time attendee: **Tao Labossiere** gave an extended explanation as to how he came to the meeting, and what his scheduled procedure was, and when he would have it at Hartford Hospital. He had been invited to the meeting by Ben and Dolly Goldfarb. He was joined by his wife, Amy (to his left in the picture). He continued on to elaborate on his involvement in the exhibitions, and his practice in the arts.

His presentation was well received by one and all. After the meeting, he was able to talk to many of the members regarding his scheduled procedure, and as a result, when he left the meeting he was less anxious and less apprehensive about it. (Photo: Bob Lincoln)



NEW CHAPTER OFFICERS INSTALLED



New Chapter 9 Officers (L-R) - Steve Livingston, Treasurer; John Dunn, President; Priscilla Soucy, Vice President; Bob Hoffman, Secretary.
(Photo by Bob Lincoln)

Carolyn Kolwicz, Nominating Committee Chairperson, presided over the installation of the newly elected Chapter Officers for 2013-2015. Each officer was presented with a red rose, our Mended Hearts flower, after being sworn in.

Information

SURGIVERSARIES	DONATIONS										
<p style="text-align: center;"><u>MARCH - 2013</u> <u>YEARS</u></p> <table style="width: 100%; border: none;"> <tr> <td style="padding: 2px 5px;">Sid Manning</td> <td style="text-align: right; padding: 2px 5px;">14</td> </tr> <tr> <td style="padding: 2px 5px;">Walter Kovaciny</td> <td style="text-align: right; padding: 2px 5px;">11</td> </tr> <tr> <td style="padding: 2px 5px;">Pauline Guarco</td> <td style="text-align: right; padding: 2px 5px;">4</td> </tr> <tr> <td style="padding: 2px 5px;">Bob Lincoln</td> <td style="text-align: right; padding: 2px 5px;">3</td> </tr> <tr> <td style="padding: 2px 5px;">Mike Nicastre</td> <td style="text-align: right; padding: 2px 5px;">2</td> </tr> </table> <p style="text-align: center; color: red; font-weight: bold; margin-top: 10px;"><i>For your continued good health!!</i></p>	Sid Manning	14	Walter Kovaciny	11	Pauline Guarco	4	Bob Lincoln	3	Mike Nicastre	2	<p>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="text-align: center; font-weight: bold; margin-top: 10px;"><i>Mended Hearts, Inc. Chapter 9</i> ...and mail to:</p> <p style="text-align: center; margin-top: 10px;">Steve Livingston, Treasurer 501 Dzen Way South Windsor, CT 06074</p>
Sid Manning	14										
Walter Kovaciny	11										
Pauline Guarco	4										
Bob Lincoln	3										
Mike Nicastre	2										
NEW MEMBER											
Angela Pinkerton - Berlin, CT											
<i>Welcome to the Chapter!!</i>											
CAUTION!!!											
<p>Hartford <i>Heartline</i>, 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.</p>	<p>During the month of March, nearly 40 million Americans who trace their roots back to Ireland celebrate their history, and the contributions of their immigrant ancestors, through dancing, songs, humor and especially with parades. St. Patrick, the patron saint of Ireland, died on March 17, 491 B.C, The Irish commemorate his death with many festivities each year.</p> <p>Americans will consume over 26 billion pounds of corned beef, 2 billion pounds of cabbage, and spend \$25 million on lime green chrysanthemums.</p> <p>Why green? The Irish call heaven "Green Erin" and their country the "Emerald Island," nicknames given because of the clover that covers much of it. Saint Patrick was the first to use the 3-leaf clover, a Shamrock, to illustrate the doctrine of the Trinity. Green is used on flags, banners, clothing and in dyed beer.</p> <p>Irish is the most frequently reported ancestry in the United States (12 percent of our population) trailed by German. Nine of our towns are named Dublin and four are named Shamrock.</p>										
TWO FOOT FACTS											
<p>TAKE A LOAD OFF - Some aches and pains can be relieved by simply losing weight. Walking puts three times your body weight on your feet with every step, according to the Institute for Preventive Foot Health. Even if you don't have to lose weight, address foot pain immediately. Experts say it will only get worse.</p> <p>DON'T GO CHEAP - Good shoes will save your feet. Look for a wide toe box and a firm grip on your heel. Cheap shoe construction often leaves arches and the foot pad unsupported.</p> <p style="text-align: right; font-size: small;">(Source: Pages)</p>											
AMERICANS ARE MOVING AGAIN											
<p>The Census Bureau reports that 12 percent of Americans moved from March 2011 to 2012.</p> <p>That's about 35 million people. Most of them settled within 50 miles.</p> <p style="text-align: right; font-size: small;">(Source: Pages)</p>	<p style="text-align: right; font-size: small;">(Source: Pages)</p>										

HEART DISEASE STATISTICS

These statistics are used by health researchers, clinicians, healthcare policy makers, media professionals and consumers, serving as a major source for monitoring the cardiovascular health of the wider population. Here are some of the latest findings on women and heart disease.

- Heart disease is the No. 1 killer of women, and is more deadly than all forms of cancer combined.
- Heart disease causes 1 in 3 women's deaths each year, killing approximately one woman every minute.
- An estimated 43 million women in the U.S. are affected by heart disease.
- Ninety percent of women have one or more risk factors for developing heart disease.
- Since 1984, more women than men have died each year from heart disease.
- The symptoms of heart disease can be different in women and men, and are often misunderstood.
- While 1 in 31 American women dies from breast cancer each year, 1 in 3 dies of heart disease.
- Only 1 in 5 American women believe that heart disease is her greatest health threat.
- Women comprise only 24 percent of participants in all heart-related studies.

Hispanic Women

- Hispanic women are likely to develop heart disease 10 years earlier than Caucasian women.
- Only 1 in 3 Hispanic women are aware that heart disease is their No. 1 killer.
- Only 3 in 10 Hispanic women say they have been informed that they are at a higher risk.
- Only 1 in 4 Hispanic women is aware of treatment options.
- Hispanic women are more likely to take preventive actions for their family when it comes to heart health.

African American Women

- Cardiovascular disease is the leading cause of death for African American Women.
- Of African American women ages 20 and older, 46.9 percent have cardiovascular disease.
- Only 1 in 5 African American women thinks she is personally at risk.
- Nearly 50 percent of African American women are aware of the signs and symptoms of a heart attack.
- Only 43 percent of African American women know that heart disease is their greatest risk.

(Source: AHA Heart Disease and Stroke 2012 statistics)

VISIBLE SIGNS OF AGING INCREASE CARDIOVASCULAR RISK

Wrinkles, baldness, and dry patches may impact more than our looks.

Let's face it..we all dread the inevitable signs of aging, like grey hair, baldness and wrinkles. They're a dead giveaway of our age and there's not too much we can do to prevent them. But these signs of aging may impact more than just our looks, according to a recent study.

This study, recently presented at the annual American Heart Association conference, following nearly 11,000 Danish individuals for 35 years to see whether visible signs of aging were associated with increased cardiovascular risk. At the beginning of the study, researchers noted whether study participants had four major signs of aging-baldness in the front of the head, baldness on the crown of the head, creases in the earlobes, and patches of yellow skin around the eyelids, called xanthelasmata. They then followed them to see how many developed heart disease or had a heart attack in subsequent years. After 35 years of follow up, researchers found that people with visible signs of aging had significantly higher risk for heart attack and heart disease, and the more signs of aging a person had, the greater their cardiovascular risk. In fact, subjects with three or four aging signs had nearly 40% increased risk of heart disease and nearly 60% increased risk for heart attack.

So what can we take away from the study? Visible signs of aging may be a marker of poor cardiovascular health, and may be overlooked in clinical settings. Experts suggest that healthcare providers should consider signs of aging during regular checks-ups and take this into account when treating patients. For example, someone with baldness, creases in the earlobes and yellow patches around the eyelids may want to take extra precaution to control risk factors for heart disease, like high cholesterol and high blood pressure, to help reduce overall cardiovascular risk. However, additional research is needed to fully understand exactly what role visible appearance plays when it come to cardiovascular health.

What is xanthelasmata?

Xanthelasmata are yellow patches found around the eyelids, caused by deposits of cholesterol below the skin. They are not painful or harmful, but may be associated with increased cardiovascular risk.

Can signs of aging be reversed?

Although physical signs of aging like wrinkles and baldness are not usually reversible. It's never too late to reduce cardiovascular risk. If visible signs of aging are an indication of poor heart health. It's even important that people with these aging signs take extra precautions to promote better heart health.

(Source: CardioSmart)

Health & Wellness

LARGEST HOSPITALS IN THE HARTFORD REGION

Ranked by total number of licensed beds as of January, 2013.

Rank Name	Licensed beds	FTE Employees
Hartford Hospital (1) Hartford	867	5,658
St. Francis Hospital & Medical Center (2) Hartford	617	3,854
The Hospital of Central Connecticut (3) New Britain	446 (*)	2,172 (*)
Hebrew Healthcare, Inc.(4) West Hartford	322	605
Manchester Memorial Hospital (5) Manchester	283	1,076

[Source: Individual hospitals/Researched by Roger Magnus (1) Part of HartfordHealthCare System. (2) Part of St. Francis Care System (3) Part of HartfordHealthCareSystem; figures are combined for the New Britain and Southington campuses. (*) 2011 data. (5) Part of Eastern Connecticut Health Network.

Hartford Business.com]

THE GENERIC MAY NOT BE AS GOOD AS THE BRANDED DRUG

Last year, the Food and Drug Administration declared that the generic version of Wellbutrin, and antidepressant, was not its "biological" equivalent. Its maker, Teva Pharmaceuticals, stopped selling it.

About 80 percent of prescriptions filled in 2012 were for generics, saving Americans \$193 billion, says the Generic Pharmaceutical Association.

Generics can be more different from the originals than people believe. One reason is that, although the generic may state that it contains the same ingredients, the original makers have not revealed their manufacturing processes.

The processing and the additional ingredients to aid it, can make a difference, in such areas as the amount of the drug that will be absorbed into the bloodstream and how fast it will happen.

The FDA rules for bioequivalence say the active ingredient in the blood must not fall more than 20 percent or be 25 percent above the brand name. This is a potential range of 45 percent among generics labeled as being the same.

According to Fortune magazine, the FDA standards don't regulate how quickly the medicine reaches peak concentration in the blood. It can be a big issue for patients taking generic versions of time-release medications.

If the generic drug you are taking seems to be doing the job, that's fine. If not, it could be time to switch to the branded product

(Source: Pages)

AVOID INHALING SPRAY CLEANERS

If you use a lot of sprays to clean furniture, polish glass and perfume rooms, maybe you should consider cutting back on their use. At least try to avoid inhaling the spray.

"Researchers in Europe found that adults who used these household products once a week or more increased their risk of developing asthma by 30 to 50 percent.

Most of these cleaning products come in forms other than aerosol sprays. Consider choosing one of those.

(Source: Pages)

DON'T CONSOLE - DO SOMETHING

When a friend is suffering from grief, don't stay away because you feel helpless. When visiting, don't give examples of people who suffered even worse losses, or point out a silver lining, and don't depart with the meaningless statement, "If there's anything I can do....."

You'll be most helpful when you think about what this person needs. Offer to babysit, drop by with a bag of groceries, or say you'll run errands.

Be sure you aren't taking care of them just to satisfy your need to do something.

(Source: Pages)

A Little Bit of Trivia & Fun Stuff

IF YOU WANT A 'DIFFERENT CAREER', HOW ABOUT BECOMING A DRONE PILOT?

A couple of years from now, some say by 2015, airspace over the United States will be open to unmanned air traffic. Analysts predict global spending on drones will double over the next decade.

There will be a need for pilots. According to Fortune, the new pilots will be part aeronautical engineer, part physicist and part software coder. In August 2012 the University of North Dakota graduated its first students who received a bachelor's degree in unmanned-aircraft operations.

The University was the first to offer a program in 2009 and has about 120 students today. Many are drawn to the field by the prospect of salaries that average \$100,000 a year.

The potential markets for drone use include law enforcement, wildlife management and oil and gas discovery.

Experts say aerospace companies like General Dynamics, Northrup Grumman, Boeing and Lockheed Martin are hoping to replace their retiring rank and file with drone-trained graduates.

One of the first recent grads was offered a job within two weeks after posting his resume online. (Source: Pages)

Hartford's Genomas Patient-DNA modeling now National

Hartford biomedical firm Genomas says three more states -- New York, Florida and California--have issued it clinical laboratory licenses, effectively marking a national rollout of its predictive medical treatment for patients.

Genomas founder-CEO Gualberto Ruano, M.D., said those three populous states join Connecticut, Texas and Pennsylvania, and the federal Centers for Medicare and Medicaid Services, in certifying its laboratory services.

Those lab services are the backbone of Genomas' specialty in generating predictive models based on patients' DNA for crafting pharmaceutical treatments that effectively deal with illness while minimizing harmful side effects.

In Connecticut, Genomas' distribution and customer support partner is Clinical Laboratory Partners, an affiliate of Hartford Hospital.

(Source: HartfordBusiness.com)

CONTACT LENS

The teenager lost a contact lens while playing basketball in his driveway. After searching, he told his mother the lens was nowhere to be found.

She went outside and soon returned with the lens in her hand.

"How did you manage to find it, Mom?" the teenager asked.

"We weren't looking for the same thing," she replied.

"You were looking for a small piece of plastic. I was looking for \$150."

(Source: Pages)

HIGH BLOOD PRESSURE

When a physician remarked on a new patient's extraordinarily ruddy complexion, he said, "High blood pressure, Doc. it comes from my family."

"Your mother's side or your father's?" the doctor asked.

"Neither, it's from my wife's family."

"Oh, come now, the doctor said. "How could high blood pressure come from your wife's family?"

The man sighed. "You oughta meet 'em sometime, Doc!"

(Source: Pages)

GETTING OLDER

A distraught senior citizen phoned her doctor's office.

"Is it true," she wanted to know, "that the medication you prescribed has to be taken for the rest of my life?"

"Yes, I'm afraid so," the doctor told her.

There was a moment of silence before the senior lady replied, "I'm wondering, then, just how serious is my condition because this prescription is marked 'NO REFILLS'."

(Source: Anonymous)



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	<input type="checkbox"/>
Family - 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 - 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 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
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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