



Hartford Heartline

Volume XXXVII- Issue 3 - March, 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
245 Riverside Drive
East Hartford, CT
February 19, 2014 – 6:45 PM

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

All are welcome to attend!!

NOTICE:

**MEETING LOCATION IN MARCH
FOR LOCATION AND DRIVING DIRECTIONS**

See Page 4

OFFICERS - 2013-2015

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Treasurer:

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

March 19, 2014 Meeting - 6:45 p.m.

Speaker: - To Be Announced
Topic: To Be Announced
Refreshments: Dolly Goldfarb & Miriam Hoffberg

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

Speaker: - Mansaur Ashani, M.D., Cardiologist at St. Francis Hospital
Topic: - How Strokes are treated.
Refreshments:

May 3, 2014 Cluster Meeting - Hackensack University Medical Center, Hackensack, New Jersey (See Page 4 for further details.)

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

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

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

Speaker: - To Be Announced
Topic: To Be Announced

June 19-22, 2014 62nd Annual Education & Training Conf.

The Westin Indianapolis, 50 South Capital Avenue,
Indianapolis, IN 46204 (See Page 5 for further details.)

*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

Over the years, our chapter has been losing members, for many reasons; some known, others unknown. This year we need to focus on building and growing our membership. Several ideas and suggestions I will list here. Also, I am seeking other ideas from our members and friends as to how do we attract, obtain and keep new members to maintain our membership?

1. Each member attending one of our chapter meetings, please bring a guest to introduce them to Mended Hearts. Ask them "Who do you know that could benefit from learning about Mended Hearts?" Then follow up by phone or e-mail.

2. Also, follow up by phone and/or e-mail with the patients and families you have visited with during your accredited hospital visits. Invite them to attend one of our meetings as soon as they feel they are able. They will receive our complimentary newsletter for three months. It is essential that we follow up or we will continue to lose them. Please remember, anyone can attend our meetings or join Mended Hearts.

3. What are your ideas to grow our membership? Also, to grow our Hospital Visiting Program, we need more members!

This is your chapter, let's build it for our future!

The February Chapter 9 Mended Hearts Business Meeting was cancelled due to icy and slippery weather. Since some of our members drive a distance to attend our monthly meetings, it was best to keep everyone safe and sound.

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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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

All Hospital Visits to
St. Francis and Hartford Hospitals for
JANUARY 2014
for Pre-Op, Post-Op, Cath Lab, and A-Fib
patients were **48** 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.

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, still has a total of **\$518.89** 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	MEETING LOCATION IN MARCH														
<p><u>GENERAL DONATIONS:</u></p> <p>JOHN DONOVAN</p> <p>WALTER KOVACINY</p> <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><i>Mended Hearts, Inc. Chapter 9</i> ...and mail to:</p> <p>Steve Livingston, Treasurer 501 Dzen Way South Windsor, CT 06074</p>	<p>Our new meeting location which will be at:</p> <p style="text-align: center;">Goodwin College 245 Riverside Drive East Hartford, CT February 19, 2014 – 6:45 PM</p> <p>[NOTE: Using above address in your GPS gets you to correct building.] Our meetings will be held in the Community Room on the Main Floor.</p> <p>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.</p> <p>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 (the main building) will be on the right.</p> <p>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 (the main building) will be on the right.</p>														
FEBRUARY RAFFLE WINNER															
There was no February 50/50 Raffle winner due to cancellation of February meeting.															
SURVIVERSARIES															
<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left; padding: 5px;">MARCH – 2014</th> <th style="text-align: left; padding: 5px;">YEARS</th> </tr> </thead> <tbody> <tr> <td style="padding: 5px;">Sid Manning</td> <td style="text-align: right; padding: 5px;">15</td> </tr> <tr> <td style="padding: 5px;">Walter Kovaciny</td> <td style="text-align: right; padding: 5px;">12</td> </tr> <tr> <td style="padding: 5px;">Pauline Guarco</td> <td style="text-align: right; padding: 5px;">5</td> </tr> <tr> <td style="padding: 5px;">Bob Lincoln</td> <td style="text-align: right; padding: 5px;">4</td> </tr> <tr> <td style="padding: 5px;">Mike Nicastre</td> <td style="text-align: right; padding: 5px;">3</td> </tr> <tr> <td style="padding: 5px;">John Lippold</td> <td style="text-align: right; padding: 5px;">1</td> </tr> </tbody> </table> <p style="text-align: center; color: blue; font-style: italic;">For your continued good health!!</p>	MARCH – 2014	YEARS	Sid Manning	15	Walter Kovaciny	12	Pauline Guarco	5	Bob Lincoln	4	Mike Nicastre	3	John Lippold	1	
MARCH – 2014	YEARS														
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MAY 3RD CLUSTER MEETING															
<p>There will be a cluster meeting held on May 3rd, at Hackensack University Medical Center in Hackensack, New Jersey on May 3, 2014. All members are welcome to attend. - A cluster meeting is a gathering of members from different chapters and a full one day schedule is planned.</p> <p>Further information will be available in our April issue of <i>Hartford Heartline</i>.</p>	<p>DO YOU BACK UP YOUR CELLPHONE?</p> <p>It probably contains the numbers of all your personal and work contacts, e-mail programs, family photos and all the music you've downloaded.</p> <p>If you dropped it into a wishing well, left it in a restaurant, or had it wrenched from your hand by a criminal, you'd be in pretty sad shape. So back it up.</p> <p>Another circumstance could have the same effect. If you use your phone for company business, don't be surprised if the company wipes it clean (without notice) if you say you're leaving them. (Source: Pages)</p> <p><u>Photographer's Note:</u> No Meeting - No Pictures!!! Pictures will be made available and printed each time we hold a Business Meeting -- PROMISE!!!</p>														

Information

62nd ANNUAL EDUCATION & TRAINING CONFERENCE

JUNE 19-22 2014

**The Westin Indianapolis
50 South Capitol Avenue
Indianapolis, IN 46204**

Get ready for a great conference. It is only three months away. Get ready for a learning experience you will not forget. There is something for everyone.

Get ready for speakers talking on subjects you are interested in. They will speak on the latest advances in cardiology and treatments.

Get ready for having fun. For seeing the sites in Indianapolis and enjoying the evening events that are planned.

Get ready to fill out your registration packet and making plans. Don't miss out! Are you ready?

Our registration packet is on our national website: www.mendedhearts.org Mark your calendar now.

MORE GUNS CONFISCATED AT AIRPORT CHECKPOINTS

Be warned. Even if you are a licensed gun owner, your weapon will be confiscated if you are carrying it or have it in your carryon.

The Transportation Security Administration found 1,828 guns on travelers preparing to board planes in 2013, a 20% increase from 2012.

To bring a gun on a trip, it must be unloaded, in a secure container, and stored in checked baggage.

About 84 percent of the confiscated weapons were loaded, and one in three had a bullet in the chamber, a TSA study shows. The weapons most frequently confiscated were .38-caliber and 9 mm handguns.

Jeffrey Price, who follows aviation security as a professor at Metropolitan State University in Denver, says travelers have become more relaxed as the attack of Sept. 11, 2001 recedes into history.

But the expansion of risk-based screening such as Pre-check, which focuses on less-frequent travelers, also might be responsible for officers finding more contraband.

(Source: Pages)

LATIN AMERICA CALLS 'JUNK FOOD' ITS #1 ENEMY

It's not only the United States that's fighting a war on obesity, Latin America is fat, too, and the food villains are the same: Fast food and soda pop.

Lots of new legislation is afoot. Mexico is adding a tax to sugary drinks.

Uruguay and Cost Rica banned junk foods in schools, and Ecuador has mandated a nutritional label system in which warnings of high salt, sugar and fat content are indicated with yellow and green circles.

These countries are now a laboratory for public policies. But according to the University of North Carolina, it will take years before there is evidence of their effectiveness, Mexico's congress recently passed a tax of 8 percent on packaged foods like potato chips as well as a per liter tax on sugary beverages. The beverage tax is seen as the most significant step yet to curb sugary-drinks.

PepsiCo's Latin American food volume sales rose by 13 percent, while contracting 1 percent in North America.

MacDonald's restaurants in Latin America and the Caribbean say their chain offers balanced meals for kids. In this region, McDonald's is out of the price range of most poor people, who are most likely to be obese.

The Pan American Health Organization says Mexico and Chile promoted the idea that junk food was modern eating. Now they are paying for that.

The United Kingdom has the highest percentage of food budgets spent on junk food, followed by Chile, the U.S., Brazil, Colombia and Mexico.

(Source: Pages)

Health & Wellness

Risks of Atrial Fibrillation Procedure Vary by Hospital

Risk of complications from catheter ablation is low among AFib patients, but varies between doctors and hospitals, according to a recent study.

For the millions of Americans living with atrial fibrillation, catheter ablation is often considered an effective treatment option. This minimally invasive procedure uses small, flexible wires to access the heart and destroy heart tissue that may be causing abnormal heartbeats. Catheter ablation is often successful in preventing irregular heartbeat and is relatively safe, carrying low risk of complications. But according to a research study, the doctor and hospital performing the procedure may have a big impact on outcomes.

Recently published in the American Heart Association's medical journal, *Circulation*, this study used national data to identify patients with atrial fibrillation who underwent catheter ablation between 2000 and 2010. Researchers identified nearly 94,000 ablation procedures taking place during this period and after analysis found that the overall risk of complications was 6.29%. Specifically, heart complications were the most common (2.54%) and risk of in-hospital death was very low (0.46).

But researchers found that risk of complications varied significantly according to who was performing the procedure. If a doctor had performed less than 25 ablations in their career or if a hospital had performed less than 50 procedures, risk of complications was much greater compared to those with more experience.

The good news is that overall risk of complications is generally low. Other studies have suggested that risk of complications from catheter ablations may run anywhere from 1-8%, and this study confirms that risk falls within this range. But what can be done to reduce variation in outcomes among doctors and hospitals?

Findings suggest that future research is needed to identify safety measures that could help reduce risk of complications, especially in hospitals where the procedure is relatively new. Catheter ablations have become increasingly popular over the years and are now performed in most major medical centers around the world. Since this trend is likely to continue, it's important to learn how we can improve safety across the board, especially in hospitals where risk of complications may be above average.

(Source: CardioSmart.com)

HEARTBURN DRUGS CAN CAUSE VITAMIN B12 DEFICIENCY

Proton pump inhibitors (PPI's,) such as Prilosec and Nexium, can interfere with the absorption of calcium and iron. Now, the Journal of the American Medical Association suggests that vitamin B12 be added to the list.

They find that people with B12 deficiencies are significantly more likely to have taken PPIs for at least two years than people without the deficiency.

Heartburn drugs called H-2 blockers, such as Zantac and Pepcid, were also linked to elevated risk, but less so.

Doctors at the University of California, Berkeley, say those who take these drugs regularly should have their B12 levels measured. B12 supplements are available in pill form, but for a serious deficiency, shots are recommended.

Left untreated B12 deficiency can lead to nerve damage, anemia, dementia and other complications.

(Source: Pages)

THE FIRST USE OF ANESTHESIA: 172 YEARS AGO

Pain-free surgery: A human achievement

Until the mid-1800s, the likelihood of surviving any malady that required surgery was minimal. The surgeon was the local barber or a member of the family. Besides lack of knowledge and sanitation, there was, more importantly to the patient, no effective way to kill pain.

Surgery was torture.

For most human history, a patient had the choice of alcohol (if available) opium (if lucky) or being strapped down (if possible or if endurable.)

For many centuries the main drugs for surgery, if available, were opiates. Cocaine was often used as a local anesthetic.

Herbal preparations were known throughout history to produce some sleepy or pain killing effects, but as 16th century physician Fallopius observed: "When soporifics are weak, they are useless, and when strong, they kill."

Health & Wellness

THE FIRST USE OF ANESTHESIA: 172 YEARS AGO (Continued)

By the 1840's that began to change. Scientists began to find ways to create a lack of awareness of pain that was reversible—anesthesia—a word suggested by poet and physician Oliver Wendell Holmes.

On March 30, 1842—172 years ago this month—an American surgeon in Georgia, Crawford Long, used diethyl ether to remove a tumor from the neck of a patient. It is recognized as the first use of effective anesthesia for surgery.

About the same time, nitrous oxide (laughing gas) came into use for dental procedures. The colorless gas made short procedures painless, which was a miracle in the day. But the gas was no good for long operations. Breathing in too much for too long causes permanent brain changes and death.

The first use of barbituates to induce drowsiness or sleep before surgery occurred in 1934 when sodium pentothal (called a truth serum) was shown to be effective.

(Source: Pages)

VEGETARIANS LIVE LONGER THAN MEAT EATERS

New Research Confirms that Vegetarian Dietary Patterns can extend longevity.

Not a big fan of meat? A recent study shows that people who stick to some form of a vegetarian diet—vegetarians, semi-vegetarians and vegans—have a lower risk of death compared to people who consume meat on a regular basis.

This study was one of the largest of its kind, attempting to verify whether meat-free diets can help us live longer. Smaller studies in the past have researched this topic, but many had conflicting findings. Some found that a vegetarian diet could reduce risk of death, while others found no difference in longevity between meat eaters and non-meat eaters. But the most recent research published in the *Journal of the American Medical Association* may settle this dispute.

This study, referred to as the Adventist Health Study 2, included nearly 96,500 U.S. and Canadian adults with a

VEGETARIANS LIVE LONGER THAN MEAT EATERS (CONTINUED)

wide array of eating patterns. Based on food questionnaires, participants were put in two broad categories: vegetarian or non-vegetarians. The non-vegetarians reported consuming any type of meat, including fish, at least once a week, while vegetarians with consumed meat and fish very rarely or not at all. And among vegetarians, subjects fell into one of four categories—vegans, lacto-ovo-vegetarians, pesco-vegetarians, and semi-vegetarians. Vegans avoid meat, fish and dairy products, while lacto-ovo-vegetarians avoid meat, but still consume eggs and dairy. Pesco-vegetarians consume fish while avoiding meat, and semi-vegetarians eat meat and fish, but infrequently.

Participants were followed for nearly six years, and after tracking their health and dietary patterns, researchers found that overall, vegetarians had significantly lower risk of death compared to non-vegetarians. When the four categories of vegetarians were compared individually with the meat-eaters, pesco-vegetarians had the lowest risk of death. Interestingly, researchers also found larger results among men, meaning there was a stronger association between the vegetarian diet and reduced mortality risk among men than women.

Based on these results, should we all swear off meat completely? Not necessarily. This study showed that a wide array of vegetarian patterns were associated with reduced risk of death. Although vegetarians who completely avoided meat and dairy products saw health benefits, so did those who ate fish on a regular basis and/or rarely consumed meat. Thus, all types of vegetarians likely benefit from both eating more fruits and vegetables and limiting intake of red meat.

Should I eat seafood?

The 2010 Dietary Guidelines encourage everyone eat at least 2 servings (8 oz) of sea-food a week. The health benefits of fish and shellfish as a source for low-fat protein heart-healthy omega-3 fatty acids outweigh the risks from mercury and other pollutants, which are sometimes found in these foods.

(Source: CardioSmart.com)

General Interest

NO-WAIT CHECK-IN SYSTEMS

It's what travelers have always dreamed of: walking by the check-in desk line and going straight to their rooms. It's possible because the hotel has sent them a message on their smartphones that gives them a virtual key.

Guests at Starwood Hotels and Resorts Worldwide can just tap or twist their phones near the room door and it will unlock using Bluetooth technology.

Only a few hotels are set up for it now, but many others have similar plans. Hotel operators have been searching for ways to eliminate the bottlenecks that can form at a hotel's front desk. "Everybody has to check in, but we are all doing it the same way we were 100 years ago," says Christopher Nassetta, CEO of Hilton Worldwide Holdings. It's something the chain is addressing.

Marriott International has a process called mobile check-in at 350 of its hotels, with another 150 getting the service this summer. Loyalty program members can check in via their phone, then go to a separate desk.

At the Starwood hotels, executives say some guests prefer the personal touch at check in and the hotels have no plan to remove the front desks, (Source: Pages)

FRONT-SEAT PASSENGERS SHOULDN'T RECLINE

When you're sitting next to the driver on a road trip, it's OK to level your seat and take a nap, right?

Not really. Considering your safety, it's not the best idea. Tilting backwards more than a few inches changes the position of the of the shoulder harness against your body. It would be less effective in a crash.

There's another reason not to lean back more than that when you're the front-seat passenger.

Several papers have been written that described injuries sustained by reclining front-seat passengers. When you lean back very far and the air bag is deployed during a crash, it may not cushion you in the right places.

There are no federal standards for seat positions for adults, but some car manuals warn against "excessive" reclining. (Source: Pages)

Fun Stuff

HOUSEKEEPER

The bride was anything but a tidy housekeeper. It didn't bother her much until one evening when her husband called from the hall, somewhat dismayed, "Honey, what happened to the dust on this table? "I had a phone number written on it."

(Source: Pages)

BOREDOM

A guy and his bored pal were sitting in the living room when the guy said, "Just so you know, I never want to live in a vegetative state, dependent on some machine and fluids from a bottle. If that ever happens, just pull the plug."

His pal got up, unplugged the TV and threw out his beer. (Source: Pages)

THE GAME OF GOLF

A nice drive on the 18th hole has stopped many a golfer from giving up the game.

Golf is the perfect thing to do on Sunday because it makes you pray a lot.

A good partner is always one who is slightly worse than you.

If your opponent has trouble remembering whether he shot a six or a seven, he might have shot an eight. (Source: Pages)

QUOTES

"Our greatest weakness lies in giving up. The most certain way to succeed is to try just one more time."

Thomas A Edison, American Inventor and businessman

"Champions aren't made in gyms but from something they have deep inside them: a desire, a dream, a vision."

Muhammad Ali, Champion boxer

"A #2 pencil and a dream can take you anywhere."

Joyce Meyer, Christian author and speaker

"You have to do your own growing, no matter how tall your grandfather was"

Abraham Lincoln



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)
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- 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

Family - Dues \$30.00

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 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