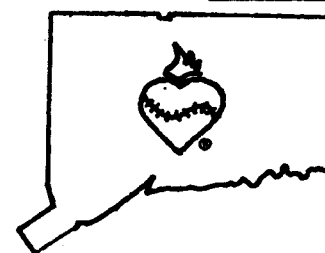


# HARTFORD HEARTLINE

## THE MENDED HEARTS, INC.

*Chartered 1977/Greater Hartford-Chapter 9*

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



Priscilla Soucy, Editor & VP  
98 Highview St., E. Htfd, CT 06108  
860-289-7422  
priscillaanns@att.net  
Volume XXXV - Issue 5

### MAY MEETING

**WHEN?** Wednesday, May 23, 2012, at 7:15 PM  **DATE CHANGE**

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

**SPEAKER?** Vickie Dauphinais, APRN, St. Francis Hospital

**TOPIC?** Special care during our Vintage Years.

Refreshments contributed by: Saul and Fran Reichlin



Happy Mother's Day!

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

*This month's message is to give thanks, appreciation and recognition to all our Mended Hearts Chapter 9 Accredited Hospital Visitors. Your continuing dedication and support of the Visiting Program has made our Chapter one of Mended Hearts National's most outstanding Chapters!*

*Additionally, special recognition and thanks is given to our Visiting Caregivers who accompany our Heart Event Visitors. We all thank Joan Gervais, Miriam Hoffberg and Joan Shevel for their ongoing hospital patients visiting, in that they too are offering hope, support and encouragement to those who they regularly visit. Caregivers do not get recognized or appreciated enough, so special focus and thanks is given here. Caregivers are now also being recognized by Mended Hearts National, as National President Gus Littlefield has just appointed a new National Caregiver Committee. The Caregiver Committee was created in an effort to support those who care for their loved ones affected by heart disease.*

*Our chapter has also been one of the few selected to participate in implementing the new National Program for Atrial Fibrillation-"Transitions of Care." to be directed by the Heart Rhythm Society (sm).*

**Reminder!** Please bring your Kringle Candle orders to our CHAPER MEETING ON WEDNESDAY, May 23rd. Please note, this is one week later due to the overlap with the National Convention.

Heartfully,

John

## OFFICERS & CHAIRPERSONS 2011-2013

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

### CHAIRPERSONS:

Visiting Chairman - Hartford Hospital	John Dunn	860-688-5489
Visiting Chairman - St. Francis Hosp.	Bob Hoffman	860-232-8417
Visiting Trainer - All Hospitals	Priscilla Soucy	860-289-7422
Program - Co-Chairman	Ben Goldfarb	860-523-5761
Program - Co-Chairman	Priscilla Soucy	860-289-7422
Corresponding Secretary	Carolyn Kolwicz	860-872-0296
Refreshments	Fran Reichlin	860-232-5078
Newsletter Editor	Priscilla Soucy	860-289-7422
Newsletter Distribution & Mailing	John & Joan Dunn	860-688-5489
Labels for 3 month mailings	Bob Lincoln	860-953-3807
Webmaster & Photographer	Bob Lincoln	860-953-3807
Meeting Greeter	Dolly Goldfarb	860-523-5761

## NOTICE TO ALL VISITORS

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

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

## MEMORIAL DAY



So Many Soldiers Living On The Street, Their Spirits Broken, With Defeat

What Must They Think When They Look Around, Eyes Passing By, Staring At The Ground?

Does Anger Fill Them When We Turn Away, From The Debts We Owe That Should Be Repaid?

What If At That Moment, Just Once, Instead, We Saluted In Honor, Right Hand To Head?

To Let Them Know They Are Not Ghosts, Thanking Them For Being Braver Than Most.

If Everyone Would Show Them Grace, We Just Might Find Their Pain Erased.

For All the Heroes Still Fighting To Live And For Heroes Like You, Who Continue To Give.

If You See Someone Who Is Really Lost, Please Stop And Remember What Our Freedom Cost.  
Never Forget.

Source: Disabled American Veterans

ALIGNED WITH AMERICAN COLLEGE OF CARDIOLOGY

## A PERSONAL TRAINER FOR WEAK HEARTS

For many of the 26 million people with chronic Congestive Heart Failure (CHF), medical treatment fails to get their hearts pumping normally. General weakness and shortness of breath just don't go away, as heart muscle, damaged by genetic conditions, coronary artery disease, heart attacks or persistent high blood pressure cannot deliver adequate nutrients and oxygen to the body.

A potential solution is now being developed in Israel. The minimally invasive Optimizer III is a pacemaker-sized device that stimulates diseased heart muscle, enabling it to contract more strongly and pump blood where it's needed.

The Optimizer III is implanted during a surgical procedure under local anesthetic. This little device simply needs to have its battery recharged weekly, at home, for about an hour and it has lasting effects. It doesn't just serve as an assistance device but actually strengthens the heart the same way exercise builds muscle.

This product is currently being sold in Europe and the Far East. A multi-center study to confirm the device's efficacy is aimed at getting the US FDA approval. More than 1,000 patients have received the Optimizer III. According to Impulse Dynamics CEO, Dr. Irit Yaniv, "Patients are usually treated with medications that help the symptoms-but not the cause of the problem or with implanted devices like pacemakers or defibrillators. Nothing else targets the muscle itself and nothing else actually "trains" the heart."

Abigail Klein Leichman, [www. ISRAEL12C.ORG](http://www.ISRAEL12C.ORG)

Thanks to Rich Braudis Chapter #42, Denver, CO

## AMAZING HEART FACTS

Sure, you know how to steal hearts, win hearts, and break hearts. But how much do you really know about your heart and how it works? Here is what you can learn:

You'll learn that your heart beats about 100,000 times in one day and about 35 million times a year. During an average lifetime, the human heart will beat more than 2.5 billion times. That the aorta, the largest artery in the body, is almost the diameter of a garden hose. Capillaries on the other hand, are so small that it takes ten of them to equal the thickness of a human hair. That your body has about 5.6 liters (6 quarts of blood.) This 5.6 liters of blood circulates through the body three times every minute. In one day, the blood travels a total of 19,000 km (12,000 miles) - that's four times the distance across the US from coast to coast.

Thanks to Chapter 119, Newport News, VA

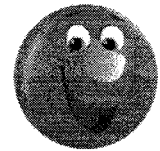
## CAMP MADDEN



Our summer Chapter 9 trip to the children's Camp Madden, 250 Monument Valley Road, Great Barrington, MA, will take place Saturday, July 14, 2012. We will meet there at 2:00 PM. If you are planning to attend, please sign up at our June meeting or call, so we can give them a count of how many people to expect. Call Priscilla Soucy, 860-289-7422.

**It's Great to be Alive - and to help Others**

## FUNSTUFF



Before there were interstates, when everyone drove the old 2 lane roads, Burma Shave signs would be posted all over the countryside in farmers' fields for advertising. Burma Shave, was a popular shaving cream. Here are some of the actual signs:

DON'T STICK YOUR ELBOW  
OUT SO FAR  
IT MAY GO HOME IN ANOTHER  
CAR.  
Burma Shave

SHE KISSED THE HAIRBRUSH  
BY MISTAKE  
SHE THOUGHT IT WAS HER  
HUSBAND JAKE  
Burma Shave

DROVE TOO LONG  
DRIVER SNOOZING  
WHAT HAPPENED NEXT  
IS NOT AMUSING  
Burma Shave

PASSING SCHOOL ZONE  
TAKE IT SLOW  
LET OUR LITTLE  
SHAVERS GROW  
Burma Shave

DON'T LOSE YOUR HEAD  
TO GAIN A MINUTE  
YOU NEED YOUR HEAD  
YOUR BRAINS ARE IN IT  
Burma Shave

CAR IN DITCH  
DRIVER IN TREE  
THE MOON WAS FULL  
AND SO WAS HE  
Burma Shave

Thanks to Johnson City, NY Chapter 262

## NATIONAL NEWS

### AFib: TRANSITIONS OF CARE PILOT PROGRAM KICKS OFF

The transitions of Care project is a collaborative effort between the Heart Rhythm Society (HRS,) American College of Cardiology (ACC) and Mended Hearts, Inc. (MHI) that identifies and develops resources to advance care coordination for patients with Atrial Fibrillation (AFib.)

The project incorporates practical resources that encourage best practices in clinical decision making and health care provider team communications with the patient care team. It includes patient-focused resources for a proactive plan of care and follow-up to empower the patients, their caregivers, and families to confidently manage AFib in collaboration with their care team.

MHI chapter currently involved in the pilot program include: Austin, Texas chapter 318; Morristown, New Jersey chapter 56, **Hartford, Connecticut Chapter 9**, Noblesville, Indiana chapter 350; Hollywood, Florida chapter 161; Arlington Heights, Illinois chapter 248; and Rancho Mirage, California chapter 281. Another 10-20 chapters will be added in June.

What this means for our chapter 9, is that our hospital visitors in the near future will be visiting patients soon that are having different procedures done to correct Afib, such as cardioversions, catheter ablation and surgical ablation. We will be broadening our visiting program to include more variations of heart problems and offering our help and support to include more patients.



## 50/50 RAFFLE

Our 50/50 Raffle winner for our April meeting was Bonnie Morassini. Congratulations Bonnie!

# HEALTH UPDATE

## **FOR BETTER HEALTH, PRACTICE LAUGHING AT YOURSELF**

People who are able to laugh at themselves may be healthier than their more serious peers, according to a study by the University of California, Berkeley, and the University of Zurich in Switzerland. That ability was linked to good mood, good sense of humor and a more upbeat personality. Study subjects were judged by how they laughed at photos of themselves. It's the first such study ever done.

The study authors say the ability to laugh at oneself is a distinct trait, separate from general readiness to laugh, and linked to better overall health.

Source: Pages

## **THERE ARE ADS THAT SAY COLA AND COFFEE HYDRATE YOU AS WELL AS WATER DOES. IS THIS TRUE?**

It is true. Researchers used to believe that caffeinated drinks had a diuretic effect. This means that you would urinate more after drinking them, which could increase your risk of becoming dehydrated. Recent research shows that this is not true and that caffeine has a diuretic effect only if you consume large amounts of it-more than 500-600 milligrams (the equivalent of 5 to 7 cups of coffee) a day. Still caffeinated drinks can make you jittery, sleepless or anxious. Water is probably your best bet to stay hydrated. It's calorie-free, caffeine-free, inexpensive and readily available.

Source: Katherine Zeratsky, Registered Dietician, Mayo Clinic

## **IS VEGETABLE JUICE AS GOOD AS WHOLE VEGETABLES?**

Low-sodium vegetable juice can be an easy way to increase the amount of vegetables in your diet, but you shouldn't routinely use it to replace other types of vegetables.

Any type of vegetable counts, whether it's raw, cooked, fresh, frozen or canned. Vegetable juice has plenty of vitamins and minerals, but it's lower in fiber than is a serving of most whole vegetables. Without enough fiber in your diet, you may risk constipation, high cholesterol, high blood sugar and weight gain.

Source: Katherine Zaretsky, RD, LD, Mayo Clinic

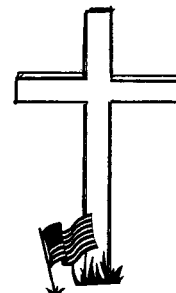
## **WHAT IS MSG? IS IT BAD FOR YOU?**

Monosodium glutamate (MSG) is a flavor enhancer commonly added to Chinese food, canned vegetables, soups and processed meats. Although the Food and Drug Administration (FDA) has classified MSG as a food ingredient that's generally recognized as safe, "the use of MSG remains controversial. For this reason when MSG is added to food, the FDA requires that it be listed on the label.

MSG has been used as a food additive for decades. Over the years, the FDA has received many anecdotal reports to foods containing MSG. These reactions-known as MSG symptom complex-include: Headache, Flushing, Sweating, Facial pressure or tightness, Numbness, tingling, or burning in the face, neck and other areas, Rapid, fluttering heartbeats (heart palpitations) Chest pain, Nausea, Weakness.

However, researchers have found no definitive evidence of a link between MSG and these symptoms. Researchers acknowledge though, that a small percentage of people may have short-term reactions to MSG. Symptoms are usually mild and don't require treatment. The only way to prevent a reaction is to avoid foods containing MSG.

Source: Katherine Zaretsky, RD, LD, Mayo Clinic



**MEMORIAL DAY - REMEMBER.....**

## DONATIONS

Donations may be made to Mended Hearts, Inc. in memory of a deceased friend, family, or member. Are you celebrating a special occasion such as a birthday, or anniversary, Chapter 9 welcomes your tax deductible contribution. All donations will be acknowledged by mail and in our monthly newsletter. Please make checks payable to: Mended Hearts, Inc. Chapter 9 and mail to:

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

Mandy Hart, our favorite piggy bank, is getting fatter, with a total of \$135.28, counting her April meeting meal.



## FUND RAISER

One of our new members, John Klimczak, created a fundraiser for the benefit of our Chapter and it was a huge success! He donated 2 Red Sox-Yankees Tickets to be raffled off at his office, with a matching donation from the company where he works, OneBeacon Insurance.

He raised a total of \$750.00. It was generated by the raffle and company match! John will present our Chapter with the check (and a large size version for a photo-op for our website.)

We give him a tremendous hug for his creativity, initiative and generosity. The funds will be used wisely.

## DO YOU WANT TO REACH OUT TO OTHERS?

If you recently had heart surgery or a heart-related procedure, you may have met a member of our Hartford Mended Hearts Chapter 9. Our trained patient visitors offer support, personal examples, and encouragement for "happy outcomes." We hope we helped you, and that Mended Hearts will continue to be an active part of your life. Our volunteers are dedicated, sincere and give much of their time.

We invite you, the newly mended, to become an "active member." Our Hartford Chapter requires active help with the hospital visiting, fund-raising, special events, and other much needed programs. Why not become a member, attend our meeting and get to share your heart event with others that have also experienced what you have? Our application is on the last page of this newsletter.

If you have questions just ask one of our officers or hospital chairman for more information. They are all listed on page 2. If you want to attend any of our meetings there is no fee.

We look forward to getting to know you and know that you will enjoy the fellowship. Think about it and get in touch with us. We are here for you.

**OUR WEBSITE: [www.mendedheartsct.org](http://www.mendedheartsct.org)**

# 35th ANNIVERSARY BANQUET

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

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

## MENU

Fruit cup with sorbet

## ENTREE

Fresh Baby Greens Salad - Assorted Rolls  
Vegetable of the Day  
Baked Potato  
Choice of 3 Entrees - Choose one  
Chicken Marsala - Chicken Francaise - Stuffed Sole with creamy shrimp sauce ( may request on the side)  
Coffee, Decaf, Tea

## DESSERT

Apple Strudel

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

(Please print)

NAME(s) \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_

TELEPHONE: \_\_\_\_\_

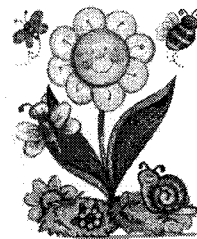
NUMBER ATTENDING \_\_\_\_\_ x \$25.00 each (member or guests Total \_\_\_\_\_

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

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



## ANNOUNCEMENTS



### SURGIVERSARIES

#### MAY - 2012                      YEARS

Martin Kesten	21
Rocky Goodwin	15
Bennett Cohens	13
Edward Cowing	13
James Curtis, Jr.	12
Bill Ulrich	5
Dorothy Malerba	1

#### Angioplasty

Janet Poitras	5
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**FOR YOUR CONTINUED GOOD HEALTH!**

### HOSPITAL VISITS

#### APRIL - 2012

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

Surgical Patients -	84
Cath Lab. -	<u>15</u>
<b>Total -</b>	<b>99 Visits</b>

**SUPER JOB!**

### NEW MEMBERS

Patrick Raycraft  
Hartford, CT

**WELCOME!**

### CAUTION!

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

### PREVIEWS OF UPCOMING SPEAKERS & EVENTS

May 16-20 2012	Annual Convention, Dallas, TX
June 13, 2012	35th Chapter Anniversary - Nutmeg Restaurant
June 20, 2012	Jeffrey Kluger, MD, Electrophysiologist
July 14, 2012	Camp Madden, Great Barrington, MA
July and August	Summer Break







# The Mended Hearts, Inc.

National Office  
Phone: (888) 432-7899

## MEMBERSHIP APPLICATION

### Member Information (please print or type)

Name (Mr./Mrs./Ms.) \_\_\_\_\_

Address (line 1) \_\_\_\_\_

Address (line 2) \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ ZIP \_\_\_\_\_

Email address \_\_\_\_\_

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

DOB \_\_\_\_\_

May we contact you regarding local chapter opportunities?  Yes  No

Date \_\_\_\_\_

Chapter 9 Member-At-Large \_\_\_\_\_

Phone ( \_\_\_\_\_ ) \_\_\_\_\_

Alt Phone ( \_\_\_\_\_ ) \_\_\_\_\_

DOB \_\_\_\_\_ Retired:  Yes  No

Vocation \_\_\_\_\_

Preferred Contact:  Phone  Email  Mail

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

Name of Heart Patient (1) \_\_\_\_\_

Date of Surgery/Treatment \_\_\_\_\_

Type of Surgery/Treatment \_\_\_\_\_

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

Many chapter newsletters include surgery/treatment anniversaries of members. Please indicate here if you are agreeable to having your name published in this way.

Yes  No \_\_\_\_\_  
Signature

Name of Heart Patient (2) \_\_\_\_\_

Date of Surgery/Treatment \_\_\_\_\_

Type of Surgery/Treatment \_\_\_\_\_

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

Many chapter newsletters include surgery/treatment anniversaries of members. Please indicate here if you are agreeable to having your name published in this way.

Yes  No \_\_\_\_\_  
Signature

**National Membership Dues:** Includes subscription to HEARTBEAT and one insignia pin for an individual or two pins for a family membership (must reside in same household). Select type of membership and include chapter dues (unless you wish to become a member-at-large). National Dues are tax deductible less \$10.00; Chapter and Lifetime Dues are 100% tax deductible.

#### Within United States

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

#### Chapter Dues

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

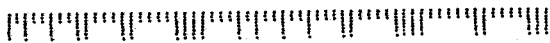
**Dues Summary:** National Dues \$ \_\_\_\_\_  
Chapter Dues \$ 5.00  
**TOTAL** \$ \_\_\_\_\_

**I am Joining as a non-heart patient:**  Physician  RN  
 Health Admin  Other Health Party  Other Interested Party  
**I am not prepared to join. Enclosed is a contribution of \$ \_\_\_\_\_**

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

Applicant – Send one check with application to local chapter Treasurer →  
Or for Members-At-Large:  
The Mended Hearts, Inc.  
National Office  
7272 Greenville Ave.  
Dallas, TX 75231

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



0610884210 0025

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



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 encouragement and support to heart disease patients and their families.
- B. To distribute information of specific educational value to members of Mended Hearts, Inc. and to heart patients and their families
- C. To establish and maintain a program of assistance to physicians, nurses, medical professionals and health care organizations in their work with heart disease patients and their families.
- D. To cooperate with other organizations in education and research activities pertaining to heart disease.
- E. To establish and to assist established heart disease rehabilitation programs for members and their families.
- F. To plan and conduct suitable programs of social and educational interest for members and for heart disease patients and their families

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