



Hartford Heartline

Volume XXXVII- Issue 5 - May, 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
MAY 21, 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 MAY Has Moved to 2nd Floor
FOR LOCATION AND DRIVING DIRECTIONS**

See Page 4

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

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

Speaker: - Dr. Jeffrey Brown, Primary Care Physician
Topic: “Back on Track- Conquering common hip & knee injuries”
Refreshments: Carolyn Kolwicz & Walter Kovaciny

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

The Westin Indianapolis, 50 South Capital Avenue,
Indianapolis, IN 46204 (See Page 4 for further details.)

June 24, 2014 37th Anniversary Banquet & Meeting

Tuesday - 6:30 p.m. - Manchester Country Club
(For Full Details & Menu - see Page 7)

**There will be no meetings during the
months of July or August.
Enjoy your Summer!!!**

September 17, 2014 Meeting - 6:45 p.m.

Speaker: - To Be Announced
Topic: To Be Announced
Refreshments: To Be Announced

October 15, 2014 Meeting - 6:45 p.m.

Speaker: - To Be Announced
Topic: To Be Announced
Refreshments: 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

I've asked Priscilla Soucy to write my message to the members this month, to wit...

I am writing this message at the request of our President, John Dunn, to keep you updated on the progress of obtaining a satellite chapter in Springfield, MA.

Mended Hearts is a national non-profit organization made up of people with heart disease and their loved ones. If you are interested in heart health, or have experienced a cardiac event and want to learn more about heart disease, we are here to keep you informed and share experiences and offer support.

We have an excellent coordinator for a new satellite in Springfield, MA, at Baystate Hospital. His name is Bryan Hagberg, and he can be reached at 413-579-5126.

Bryan is holding monthly meetings on the first Monday of the month located on the first floor Community Room, next to the cafeteria at 7:00 - 8:30 pm. The address is: Cardiac Rehab., 3300 Main St., Springfield, MA 01199.

He welcomes anyone interested in heart health or would like to become a hospital visitor in the future, visiting patients pre-op and post-op having surgical, angioplasty, or A-Fib. procedures.

Come and join him and find out more about our Mended Hearts organization.

Best regards,

Priscilla Soucy, Assistant Regional Director
Mended Hearts, Inc.

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

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 / DB Maintenance / Photographer
Bob Lincoln 860-953-3807
E-Mail: pine3@comcast.net

Webmaster:
John Klimczak 860-313-0246
E-Mail: jklimczak@sbcglobal.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	NOTE FROM YOUR EDITOR
<p style="text-align: center;">All Hospital Visits to St. Francis and Hartford Hospitals for MARCH 2014 for Pre-Op, Post-Op, Cath Lab, and A-Fib patients were 103 visits.</p> <p style="text-align: center; color: red; font-weight: bold;"><i>Our visitors are doing a Great Job!!!</i></p>	<p>If you have an interesting story to tell, send it along and I'll be happy to put it in our newsletter.</p> <p>If you find that your surgiversary date is not accurate or it was omitted or you have any questions just let me know.</p> <p>Your faithful editor, Priscilla Soucy 860-289-7422</p>
NOTICE to VISITORS	CAUTION!!!
<p>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</p> <p>Bob is doing the 3-month mailing list for us and does a great job keeping them updated.</p>	<p style="font-size: 2em; color: blue; font-weight: bold; margin: 0;">H</p> <p style="margin: 0;"><i>artford 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>
NEW READERS	"MANDY HART"
<p>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.</p>	<div style="text-align: center;">  </div> <p>Mandy Hart, our favorite piggy bank, still has a total of \$579.34 in her belly.</p> <p>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.</p>
STOP!!	
<p>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.</p>	<p style="text-align: right; font-size: small;">(Photo by Bob Lincoln)</p>

Information

DONATIONS	MEETING LOCATION IN MAY														
<p>DONATIONS IN MEMORY OF: NORMAN POLMAN</p> <p>Dolly & Ben Goldfarb</p> <p>Carolyn Kolwicz</p> <p>Melvin & Maxine Marcus</p> <p>Priscilla & Frank Soucy</p> <p>West Hartford Regents</p> <p><u>GENERAL DONATIONS:</u></p> <p>Mr. & Mrs. Joseph Donato</p> <p>Mr. John Hussey, Jr.</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: Goodwin College 245 Riverside Drive East Hartford, CT May 21, 2014 – 6:45 PM</p> <p>[NOTE: Using above address in your GPS gets you to correct building.] The location for the meeting has changed. Our room will be on the 2nd floor in the same building with elevator access. There will be signs posted on Community Room door directing where to go.</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: (From I-84 East, in Hartford) Take Route 2 East 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...heading South. 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>														
APRIL RAFFLE WINNER	62nd ANNUAL EDUCATION & TRAINING CONF.														
<p>The April 50/50 Raffle winner was</p> <p>Bob Hoffman <i>Congratulations!!!!</i></p>	<p>JUNE 19-22 2014 The Westin Indianapolis 50 South Capitol Avenue Indianapolis, IN 46204</p> <p>It's not too late! For those of you that weren't sure if you could attend, the registration date has been extended.</p>														
SURGIVERSARIES	<p>Decide now and don't miss a great experience with hundreds of other Mended Hearts. They are a special group of people who you can share comfortably about your heart experience.</p> <p>You will acquire an enormous amount of information in just four days.</p> <p>If you attend one convention, you will always want to go again.</p> <p>Our registration packet is on our national website: www.mendedhearts.org Mark your calendar now.</p>														
<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left; padding: 5px;">APRIL– 2014</th> <th style="text-align: left; padding: 5px;">YEARS</th> </tr> </thead> <tbody> <tr> <td style="padding: 5px;">Rocky Goodwin</td> <td style="padding: 5px;">17</td> </tr> <tr> <td style="padding: 5px;">Bennett Cohens</td> <td style="padding: 5px;">15</td> </tr> <tr> <td style="padding: 5px;">Edward Cowing</td> <td style="padding: 5px;">15</td> </tr> <tr> <td style="padding: 5px;">James Curtis Jr.</td> <td style="padding: 5px;">14</td> </tr> <tr> <td style="padding: 5px;">Bill Ulrich</td> <td style="padding: 5px;">7</td> </tr> <tr> <td style="padding: 5px;">Dorothy Malerba</td> <td style="padding: 5px;">3</td> </tr> </tbody> </table> <p style="text-align: center; padding: 5px;"><i>For your continued good health!!</i></p>	APRIL– 2014	YEARS	Rocky Goodwin	17	Bennett Cohens	15	Edward Cowing	15	James Curtis Jr.	14	Bill Ulrich	7	Dorothy Malerba	3	
APRIL– 2014	YEARS														
Rocky Goodwin	17														
Bennett Cohens	15														
Edward Cowing	15														
James Curtis Jr.	14														
Bill Ulrich	7														
Dorothy Malerba	3														

Information

NORTHEAST REGIONAL CLUSTER MEETING

The Regional Meeting was well attended (6 members from Chapter 9 were in attendance). Hosted by Chapter # 140 - Bobbi Cecco, President, ARD, and their members and family went out of their way to bring exceptional speakers to the meeting. Everything ran smoothly and breakfast and lunch were provided. The day's main speaker was Michele Packard-Milam, CAE the new Mended Hearts National Executive Director (*left*), who provided some of the MH visions for the near future. Several other presentations were also exceptional. Below is a group photo (sans the 2 photographers).



(Photos by Bob Lincoln)

APRIL BUSINESS MEETING



The speaker for the April Business meeting, Adam Silverman, MD, who works at several local hospitals, primarily the Connecticut Children's Medical Center, brought a new perspective to medicine in under-developed countries, Haiti in particular. His excellently narrated slide show, which covered his volunteer work in Haiti after the hurricane, gave a lot of food for thought.

The Goodwin College layout provides a safe and secure well-lit community room with excellent audio-visual equipment, with ample parking.

(Photo by Bob Lincoln)

HOW TO OBSERVE MEMORIAL DAY



This letter was received in 1999 and used with the author's permission, that sums up the true original spirit and meaning of Memorial Day.

"This weekend I am going to do something different. I am going to buy some carnations each day and go to one of the nearby cemeteries and walk through the sections for soldiers. When I find a grave that has no flowers, I'll leave one and say a prayer for the family of that person, who for some reason could not bring their soldier flowers. I will pray for our country and all who serve or have served. For their families, who also serve by losing precious days, weeks and months spent with their loved ones who are off serving, preserving peace and the freedom we have in this country. I'll pray for the families who paid the ultimate price, who's loved ones died, or were taken captive and never returned. I'll pray for anyone who may still be held in captivity and thinks perhaps they are forgotten. I do NOT forget.

I'll say a prayer for every person on the Internet who takes a moment from their time to be reminded of what this holiday really means. And I'll say a prayer of thanks and ask God's richest blessings on you."

(Sylvia Mohr - usmemorialday. org)

Could Chocolate Improve Cardiac Function in Heart Failure Patients?

Flavanols in chocolate promote heart health.

Congestive heart failure occurs when the heart can no longer pump enough blood to meet the body's needs. As a result of significantly reduced blood flow, the body is deprived of oxygen, and patients with heart failure can experience debilitating symptoms like fatigue and shortness of breath. And while there are a variety of treatments that can help minimize symptoms and slow the progression of heart failure, there is no reversing heart failure once it has developed.

Fortunately, doctors continue to research novel treatments that can help improve outcomes and quality of life for patients with heart failure—some of which might be surprising to patients. In a recent study published by the *European Heart Journal*, researchers examined the impact of chocolate consumption—particularly chocolates rich in the phytochemical flavanol—on the vascular function in patients with congestive heart failure. Why? Flavanols have been shown to boost the levels of nitric oxide in the blood, which promote better function of the endothelium, or lining, of blood vessels and improve blood flow.

Although this study was small, including only 20 patients with heart failure, findings are promising. Researchers saw improved vascular function in patients consuming flavanol-rich chocolate daily, even after just four weeks, in comparison with those consuming no chocolate. And although these findings are specific to heart failure patients, they add to a growing body of evidence that regular consumption of chocolate, rich in flavanols and healthy fats, may actually promote cardiovascular health.

What types of chocolate are high in flavanol?

In general, chocolates high in flavanol and other heart-healthy nutrients are ones that are the least processed, containing the greatest levels of cocoa powder. Although dark chocolate often contains the most nutrients, some types of mild chocolate can also contain high levels of cocoa and flavanols.

Are flavanols found in any foods other than chocolate?

Yes, aside from cocoa, flavanols can be found in many fruits and vegetables, such as apples, blueberries, black beans and tomatoes.

(Source: CardioSmart.com)

BLAME BRAIN CHEMICALS WHEN YOU FEEL FUNNY

Feeling funny? As in humorous?

Are you busting all the jokes at lunch? Zeroing in on that crunchy idea at the monthly meeting?

Yes, if you are feeling funny today you can pat yourself on the head, not the back, because it is a couple of brain chemicals that are making it all work. Researcher Baba Shiv at Stanford's Graduate School of Business has found that two brain chemicals spark creativity. Serotonin and dopamine mix it up in your brain and suddenly you're feeling funny, maybe clever or creative.

High levels of serotonin make you feel calm (low levels make you feel anxious.) High levels of dopamine make you excited and engaged (low levels make you bored and apathetic. Quoted in *Inc.* magazine, Shiv says these chemicals combine to produce a mental state in which you are calm, but energized.

The question is: How can you get those chemicals in the right mix just when you need them?

Sadly, you cannot swallow a creative pill. But Shiv does recommend some things that sound like grandma's list for happiness: Eat right, sleep right, and exercise.

Walk: Exercise helps produce serotonin. In fact, Shiv recommends you walk and talk for 10 to 15 minutes before a meeting. It's a tested method: Computer pioneer, the late Steve Jobs, loved to walk while talking business.

Eat: You can eat protein and shun carbs in the morning. Protein appears to be instrumental in producing those needed creative chemicals.

Sleep: Get deep, restful sleep, unhindered by alcohol and caffeine.

Don't worry so much: Seriously, stress reduces serotonin and makes you closed to new ideas, Shiv says.

(Source: Pages)



37th ANNIVERSARY BANQUET



MANCHESTER COUNTRY CLUB – TUESDAY, JUNE 24, 2013 - 6:30 p.m.

305 South Main Street – Manchester, CT

Members & Guests - \$25.00 per person

Cash Bar

MENU

Cheese & Crackers Tray

ENTREES

Toss Garden Salad – Assorted Rolls

Green Beans Almandine

Baked Potato

Choice of 3 Entrees – Choose one

Breast of Chicken w/ Apple Stuffing - Roast Sirloin of Beef w/ Sauce - Stuffed Filet of Sole, w/ Mornay Sauce

DESSERT

Chocolate Mousse

**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):

Breast of Chicken _____

Roast Sirloin of Beef _____

Stuffed Filet of Sole _____

Door prizes:

Please bring a door prize for the banquet...new items only. If everyone brings an item, we will all have fun and go home a winner. No one will be left out. We will draw for prizes.

General Interest

LIVE LONG, PROSPER AND MARRY (AGAIN)

As Spock says: Live long and prosper. And new studies add: Marry again.

Everyone is living longer than that means love is still blooming. Studies show that the majority of people today marry more than once and that many people live together without marrying.

Census data show the majority of Americans have married at least once by age 50. About one in four people born from 1945 to 1954, have married two times or more by age 50.

Those numbers are much higher than they were in 1960, say sociologists at the University of Virginia

Americans generally are waiting longer to marry for the first time, but they are still marrying earlier in their overall lifetimes, leaving more time for a second or third marriage.

The typical man marries at age 29, well above the historical low of 23, but only three years older than in 1890, say Census bureau demographers. Women have a similar pattern.

In 1890, however, the average man's lifetime was 43 years. Today it's 76. That leaves about two-thirds of a life left after an early divorce. (Source: Pages)

DRIVING WITH JUST A LITTLE "BUZZ" MAKES YOU DANGEROUS.

A new study by the University of California, San Diego, shows that driving after just one drink makes you a roadway hazard.

Published in *Injury Prevention*, the study looked at more than 570,000 fatal vehicle crashes between 1944 and 2011. They found that drivers with a blood alcohol level of just 0.01 percent were 46 times more likely to be officially held responsible for a crash, compared to drivers who were entirely sober.

That 0.01 is far below the legal U.S. intoxication limit of 0.08.

One problem is that people become impaired at different levels. There is no cutoff point between impaired and unimpaired driving. The actual chance of being blamed for an accident increased steadily as blood alcohol levels rose from 0.01 to 0.24.

(continued ... above - right)

General Interest

Another study, appearing in *Addiction* in 2012, showed that drivers who were only slightly tipsy tended to have more serious accidents than sober drivers. They also found that just a single drink impairs driving skills and reaction times. It also makes it more likely that drivers will speed and not wear seat belts. (Source: Pages)

Fun Stuff - APPLES

The children were lined up in the cafeteria of a Catholic elementary school for lunch. At the head of the table was a large pile of apples. The nun made a note, and posted on the apple tray: "Take only ONE. God is watching."

Moving further along the lunch line, at the other end of the table was a large pile of chocolate chip cookies. A child had written a note, "Take all you want. God is watching the apples." (Source: Pages)

RICE PREFERENCE

The young woman really thought she'd been very patient through a protracted period of dating with no talk of marriage.

One night her steady boyfriend took her to a Chinese restaurant. As he perused the menu, he casually asked her, "So...how do you like your rice? Boiled? Steamed? Or Fried?"

Without missing a beat, she looked over her menu at him and replied clearly, "Thrown." (Source: Pages)

QUOTES & One-Liners

"Things may come to those who wait, but only the things left by those who hustle." (Origin unknown, but frequently attributed to Abraham Lincoln, 16th President of the United States)

To be a great champion you must believe you are the best. If you're not, pretend you are.

(Muhammad Ali, Heavy weight boxing champion of the world.)

You know you're in trouble when...

- You're taking a bus to the bank to make your car payment.
- You see your stockbroker hitchhiking out of town.
- A black cat crosses your path and drops dead.
- The plumber floats by on your kitchen table.
- The pest control guy crawls under your house and never comes out.

(Source: Pages)



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	\$20.00	<input type="checkbox"/>
Family - Dues	\$30.00	<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 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:

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