

Hartford Heartline

Volume XXXV - Issue 9 - November, 2012

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 - 2011-2012

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:

Bob Lincoln
66 Cumberland Street
Hartford, CT 06106
860-953-3807
Email: pine3@comcast.net

Treasurer:

Janet Poitras
1 King Arthur's Way
Newington, CT 06111
860-667-0431
Email: sarahcinder@sbcglobal.net

*Aligned with the
American College of Cardiology*

November 14, 2012 Meeting - 7:00 p.m.

Speaker - **Glenn Gaudette, PhD - Associate Professor, Department of Biomedical Engineering at Worcester Polytechnic Institute, Worcester, MA**

Topic: *"Update on stem cell research."* (See Page 4)

AGENDA: Election of 2013-2015 Chapter Officers.

Refreshments provided by: Bonnie Morassini & Bob Lincoln

December - Holiday Break

*"We wish you all a Happy Holiday Season...
and a very Happy New Year!!"*

January 16, 2013 Meeting - 7:00 p.m.

Speaker: - To Be Announced

Topic:

AGENDA: Installation of New 2013-2015 Chapter Officers.

February 20, 2013 Meeting - 7:00 p.m.

Speaker: - To Be Announced

March 20, 2013 Meeting - 7:00 p.m.

Speaker: - To Be Announced

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

Speaker: - To Be Announced

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

Speaker: - To Be Announced

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

Speaker: - To Be Announced

President's Message



Greetings...

to the Members, Caregivers,
and Friends of
Mended Hearts, Chapter 9
Greater Hartford, Connecticut

Thanks to everyone who came out for the American Heart Association Heart Walk and helping by walking, donating, or speaking with people at our Mended Hearts information table. Your participation made our being there very worthwhile, considering the questionable weather this day.

Last year, at this time, we had the same threatening weather for the AHA Heart Walk...We had a heavy snow storm within 3 hours after it was over. We all were without electricity for up to seven days! This year, we are now hours away from the start of a multi-day hurricane, with 80 mph winds and many inches of rain! It is likely we will be without electricity for multi-days again this year!!

In spite of all these natural disasters, and especially at Thanksgiving time, I am frequently reminded how lucky I am to have been given this second chance to continue my life as a heart-event-survivor and for having found The Mended Hearts organization. Perhaps many of you feel the same, and will focus on our good fortune to be where we are today.

After our November Meeting, on Wednesday the 14th, (one week earlier than usual, due to the next week being Thanksgiving), we will be back again in January with our Newsletter and Chapter Meeting on Wednesday, January 16th, 2013. I wish the best of times for everyone.

With this issue, we now take our December Holiday break so that we may share as much time as possible with our family and friends.

A reminder that you may see this Newsletter, and past archived issues, by going to the "Articles Page" on our website.

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

Heartfully,


John

CHAIRPERSONS - 2011-2013

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:
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Webmaster & Photographer:
Bob Lincoln 860-953-3807
E-Mail: pine3@comcast.net

Enjoy the Newsletter in color on our website!
<http://mendedheartsCT.org>

Information

HOSPITAL VISITS

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

2012 - September - October

Surgical Visits	66	65
Cath Lab Visits	<u>52</u>	<u>40</u>

TOTAL VISITS - 118 105

Great Job!!!

50 / 50 RAFFLE WINNER



Our 50/50 Raffle winner for the month of October was a smiling Dorothy Malerba.

Congratulations Dorothy!!!

(Photo by Bob Lincoln)

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.

ELECTION OF OFFICERS - 2013-2015

Our Nominating Committee consists of:

Carolyn Kolwicz, Chairperson
Steve Livingston
Tony Taschner

The Committee has put forth the following names for election of Mended Hearts, Inc. Chapter 9 Officers at our November 14th, 2012 meeting:

President:	John Dunn
Vice-President:	Priscilla Soucy
Treasurer:	Steve Livingston
Secretary:	(Open)

Additional officer nominations will be accepted from the floor at the meeting, and the election will take place after a review of the Nominees by the Nominating Committee.

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.

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.

Information

OCTOBER SPEAKER - HEIDI DOHSE - ATHLETE

We had an inspirational speaker for our October meeting, Heidi Dohse, Member-at-Large, from NJ. She is a high spirited positive person who, whatever befalls her, she picks up and moves on. Heidi is always looking forward to new challenges.

Having experienced heart problems so early in her life, it left her with a whole caseload of experience and knowledge about heart disease. She had a number of surgeries and always pushed ahead. From childhood she was an athlete. She loved sports: soccer, skiing, wind-surfing, and especially biking which became a part of her. Biking 100 miles or more was never out of the question because it was something she loved doing and insisted on doing even when she met resistance from others. Her husband worried about some of her athletic competitions but he always supported her.

Heidi was in great physical shape all her life, in spite of her heart condition. She had the endurance that all athletes require to succeed, but, she also had the spirit and drive that is required. People would never know she had a long heart history which continues. In the past she has had pacemakers placed, first on one side of her, and then on the other side in a separate surgical procedure years later. When she was younger, the pacemakers were large and visible, so she has seen medical advancements from its early years until now when the pacemakers are tiny in comparison.

Heidi is currently doing speaking engagements for "CardioSmart" (an affiliate of the American College of Cardiology.) She is an engaging speaker and we were very happy to have received a good turnout for her talk.

"MANDY HART"

Mandy Hart is being fed regularly, and now has a total of \$58.55 in her belly. She is off to a running start. Don't forget to save all that loose change over the holidays so that she will eat well in January.

A reminder -- She eats paper also!!

All funds will go towards our donation to the Mad-den Open Hearts Summer Camp for children.



(Left) Speaker: **Heidi Dohse**, Athlete, Mended Hearts Member-at-Large, New Jersey.

Topic: "A Broken Heart is not the end...Just the Beginning of a New Adventure".

Heidi did not disappoint the attending members at the October Meeting. As promised...her presentation was very dynamic, and moving!!! The "Question and Answer" session afterward, was by itself, worth the time and effort to attend this meeting. She could have gone on for hours, discussing her experiences.

(Photos by Bob Lincoln)



John Dunn, Chapter 9 President, presents **Heidi Dohse**, with a "Merit Award" for her presentation at the October Chapter 9 Meeting.

NOVEMBER SPEAKER

The speaker for our November 14th meeting will be Glenn Gaudette, PhD, Associate Professor, Department of Biomedical Engineering at Worcester Polytechnic Institute, Worcester, Massachusetts.

He will be updating us on cardiovascular regeneration. He works with stem cells and cardiac cells searching out how to get these cells to reproduce. His work has been supported by the National Institutes of Health (NIH).

You won't want to miss this very experienced knowledgeable speaker. We all want to know if our children or grandchildren will benefit from the great work being done by science in the field. Will discoveries in research create a longer life span and eliminate a life with heart disease?

He will be driving down from Worcester for this meeting, so let's have a good turnout and welcome Dr. Gaudette.

Information

SURGIVERSARIES	IN MEMORIAM																												
<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;"><u>OCTOBER - 2012</u></th> <th style="text-align: left;"><u>YEARS</u></th> </tr> </thead> <tbody> <tr> <td>John Klimczak (Heart Attack)</td> <td style="text-align: center;">1</td> </tr> <tr> <th style="text-align: left;"><u>NOVEMBER - 2012</u></th> <td></td> </tr> <tr> <td>Priscilla Soucy</td> <td style="text-align: center;">20</td> </tr> <tr> <td>John Hussey, Jr.</td> <td style="text-align: center;">12</td> </tr> <tr> <th style="text-align: left;"><u>DECEMBER - 21012</u></th> <td></td> </tr> <tr> <td>Ben Goldfarb</td> <td style="text-align: center;">22</td> </tr> <tr> <td>Bob Hoffman</td> <td style="text-align: center;">15</td> </tr> <tr> <td>Charles Woolsey</td> <td style="text-align: center;">15</td> </tr> <tr> <td>Carol Farr</td> <td style="text-align: center;">8</td> </tr> <tr> <td>Elsie Strait</td> <td style="text-align: center;">5</td> </tr> <tr> <td>John Dunn</td> <td style="text-align: center;">4</td> </tr> <tr> <td>Deborah Joly Wacholik</td> <td style="text-align: center;">4</td> </tr> <tr> <td>David Miller</td> <td style="text-align: center;">3</td> </tr> </tbody> </table> <p style="text-align: center;"><i>For your continued good health!!</i></p>	<u>OCTOBER - 2012</u>	<u>YEARS</u>	John Klimczak (Heart Attack)	1	<u>NOVEMBER - 2012</u>		Priscilla Soucy	20	John Hussey, Jr.	12	<u>DECEMBER - 21012</u>		Ben Goldfarb	22	Bob Hoffman	15	Charles Woolsey	15	Carol Farr	8	Elsie Strait	5	John Dunn	4	Deborah Joly Wacholik	4	David Miller	3	<p>On October 19, 2012, Paul Cianci, of Niantic, passed away. Paul was a member of Mended Hearts Chapter 9 for over 20 years, and also a cardiac visitor.</p> <p>Paul was smart, easy to talk to, outgoing, and always smiling. Whenever he came to our meetings, he always asked good questions of our speakers. He had that engineering mind and could figure everything out.</p> <p>Paul was a gentleman and always had something positive to say about everyone.</p> <p>He and his wife Josie, came to many of our yearly banquets. He will be missed by all who knew him.</p>
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VETERAN'S DAY	DONATIONS																												
<p>We all recognize the solemn moment of "the 11th hour of the 11th day of the 11th month." We bow our heads in recognition of the end of World Wars I and II. Most of all, on Veterans Day, we remember and honor the veterans of all American wars and conflicts. We show our gratitude in many ways.</p> <p>Some of us will attend parades, ceremonies or prayer services. Others will take time to remember family members and friends who served in past and present conflicts. Many of us will just slap a veteran on the back or give a salute, and say, "Thank you for your service."</p> <p>You won't have a hard time finding a veteran. According to the National Center for Veterans Analysis and Statistics, there are about 22.6 million living United States military veterans. About 1.8 million, or nearly 8 percent, are women.</p> <p>Veterans themselves usually take a joyful view of the event. They may gather to celebrate with their buddies, sometimes having a party with fellow unit members who have come from some distance away for the gathering. It's a popular time for reunions.</p> <p>Veterans Day celebrations at the Veterans of Foreign Wars (VFW) and American Legion clubs include music, dancing, dining and more, often arranged by the women's auxiliaries.</p> <p>The revelry, however, comes to an abrupt silence for a few moments in recognition of "The 11th Hour."</p> <p style="text-align: right; font-size: small;">(Source: Pages)</p>	<p>General Donations: Ted & Miriam Hoffberg</p> <p>Donations in Memory of Paul Cianci: Francies Buck Nancy & Brian Corner Crescent Cruise Club, Niantic Lyn Behne, Secretary Jan & Charles Driscoll, Jr. Frank & Janet Gallante Ben & Dolly Goldfarb Meredith & Alan Hager Thomas F. & Joan Hayes Frank & Ruth Kiczuk Debbie & James Levy Rachel & Mitchell Marcus Salvatore J. Perry, Esq. Patty & Bob Pulito Harriet P. Shea Priscilla & Frank Soucy Lucy A. Spatafora Donald S. Wild</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 style="text-align: center;"><i>Mended Hearts, Inc. Chapter 9</i></p> <p>...and mail to:</p> <p style="text-align: center;">Janet Poitras, Treasurer 1 King Arthur's Way Newington, CT 06111</p>																												

STUDY: DOCTORS SHOULD SHARE NOTES WITH PATIENTS

After you leave your doctor's office, there's a crucial part of the appointment that happens behind your back. Your doctor writes a note describing how the visit went.

A new study in the journal *Annals of Internal Medicine* recommends giving patients access to those notes.

"The note is sort of the narrative that holds everything else together," said Jan Walker, study co-author and nurse at Beth Israel Deaconess Medical Center in Boston. "That's where the story is."

The experiment took place at Beth Israel Deaconess Medical Center in Boston, MA, the Geisinger Health System in Pennsylvania, and Harborview Medical Center in Washington. At these centers, 105 primary care physicians and a large number of patients -- more than 13,000 -- participated in this study. However, only a little over 5,000 of these patients opened at least one doctor's note and turned in a survey about the experience.

During a period of one year, participating patients received an electronic notification when they could view a doctor's note and turned in a survey about the experience.

RESULTS:

When the experimental period ended, an impressive 99% of patients eligible to view notes said they wanted the program of "open notes" to continue, and no doctor said he or she was ceasing this practice.

IMPLICATIONS:

"Our goal is for this to become the standard of medical care," said Delbanco, co-author of this study. "Patients are extraordinarily excited about it. Doctors were nervous about it, and their anxiety proved to be unfounded."

LIMITATIONS:

Doctors volunteered to participate, meaning this

was not a randomized design, and doctors may have had some bias about the practice of making notes accessible.

The participating doctors were primary care physicians, but the researchers believe the practice of opening up notes to patients can extend to specialists as well as nurses, physical therapists and social workers.

NEXT STEPS:

Walker and Delbanco met October 11 with stakeholders in Washington to talk about how to move this forward. Providers, clinicians, the American Medical Association, the American Hospital Association, consumer groups and other interested parties will discuss how this intervention could be done on a broader scale.

(Source: Hartford Business.com)

EIGHT FOODS FOR A HEALTHIER LIFE

ALMONDS, for their vitamins and minerals.

APPLES, they lower cholesterol and glucose levels.

BANANAS, they're great sources of potassium and nutrients.

BROCCOLI, has vitamins, calcium, and minerals.

BEANS, have important nutrients and are a cancer-fighting food.

SPINACH, is a source of vitamins A, C, and folate.

SWEET POTATOES, have vitamins A, B6, C, and more.

WHEAT GERM, is a highly concentrated source of many nutrients.

(Source: Pages)

Health & Wellness

HOW TO MAKE A SAFER, QUIETER SNEEZE

Almost every workplace has a person with a very loud sneeze.

Otolaryngologists at the Standord Sinus Center say the variance in volume is caused by differences in anatomy, such as lung volume, abdominal strength, and trachea size. In some people, the body uses more muscles to sneeze than other people do.

To quiet a sneeze, the doctors recommend that you try one of these tricks:

1. Use a thick handkerchief instead of a tissue. The fabric muffles the sound and decreases the spread of germs.
2. Hold your breath right before a sneeze. It might interrupt the body's coordinated reflex.
3. Cough at the same time you sneeze, which suppresses the sound. A cough lessens the reflex and decreases the volume.
4. Clinch your teeth and jaw, which suppresses the sound. Keep your lips open to prevent air pressure buildup.
5. Put your index finger at the base of your nose and push up (the Three Stooges method.) This can suppress the sneeze or reduce its severity.

Never plug your nose when a sneeze is coming on. It closes the airway and could result in a larynx fracture, voice changes, a ruptured eardrum, damage to the soft tissue of the neck, bulging eyeballs, and more.

With the cold and flu season coming soon, you will probably have opportunities to work on the volume of your sneeze.

(Source: Pages)

BLOOD PRESSURE MEASUREMENT TECHNIQUE

American Heart Association guidelines are calling for blood pressure to be measured in both arms. The clinician should always measure both arms if this is your first visit.

Recent studies published in the *Lancet* show that if there is a substantial difference in the two readings, you could have an increased risk for heart disease.

Here's how to get the most accurate blood pressure reading:

- Your arm should be supported and at heart level, not higher or lower.
- You should be comfortably seated on a chair with back support, and your feet should be flat on the floor.
- Your legs should not be crossed.
- You should sit quietly for five minutes before being tested.
- Your upper arm should be bare.
- Neither you nor the clinician should speak while the measurement is being taken.
- The appropriate cuff size should encircle at least 80 percent of your arm's circumference.

(Source: Pages)

FUNSTUFF

GOOD PEDIGREE

A Maryland Yuppette was shopping in an upscale pet center.

"I want a dog I can be proud of," she told the salesman. "Does that one have a good pedigree?"

"Miss," declared the clerk, "If she could speak, she wouldn't talk to either one of us."

(Source: Pages)

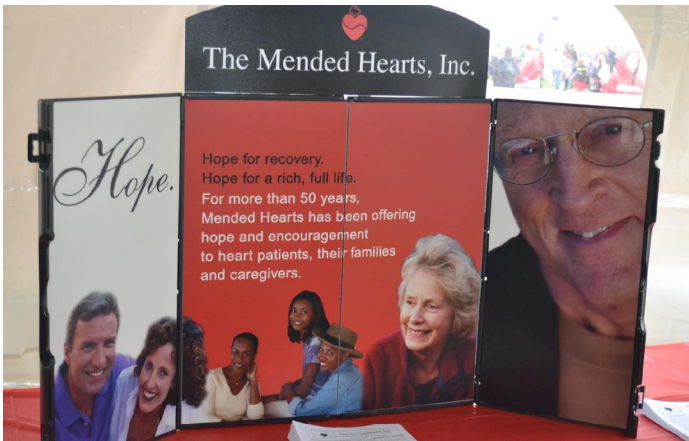
Heart Walk

ANNUAL AMERICAN HEART ASSOCIATION'S HEART WALK

Our AHA Heart Walk was a big success on Sunday, October 28th. Our chapter had five walkers plus five members working at our table in the medical tent. We also had our Mended Hearts mascot, Mia, a black lab, who wore our Mended Hearts shirt on her back. This is Mia's fourth Heart Walk with us and she loves the attention. She listens very well to her owner, Carrie Soucy. It was a misty day at Rentschler Field, but there were many walkers at the new location in East Hartford.



Bob Lincoln brought his camera and took a slew of pictures, and a short video, some of which will end up on the photo pages of the website.



We also broke our record for achieving the goal of \$2,000. Great job everyone.



Trivia

RESTAURANTS: BOSTON MARKET REIGNS IN THE SALT SHAKERS

The chain known for its rotisserie chicken and tasty, but often salty side dishes, is removing salt shakers from tables at all of its 476 locations.

At the same time, the chain is unveiling plans to reduce sodium levels in its three signature items, chicken, macaroni and cheese, and mashed potatoes, by 20 percent within months.

Pepper shakers will stay on the tables, along with a note that salt is available at beverage stations.

Pushed by health groups, many food chains have recently announced plans to reduce sodium in their offerings.

The Center for Science in the Public Interest applauds Boston Market's move. They say that if Americans were to cut their intake of sodium by about 50 percent, it would save up to 100,000 lives per year.

To boost flavors, Boston Market is adding herbs and garlic. They want to be known as a tasty food chain, not as the healthy one. (Source: Pages)

HEART WALK PHOTOS:

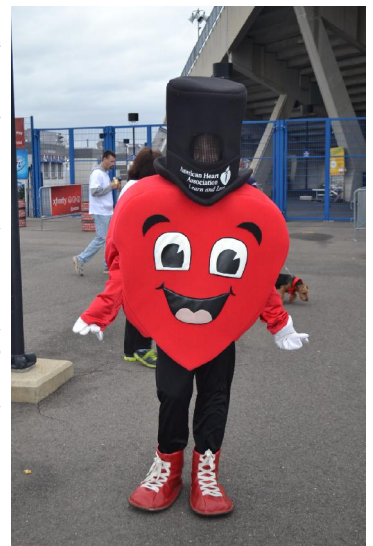
Top Left - Mia & Carrie Soucy at the Finish Line, at the end of Lap 1.

Left - Mended Hearts display at our table in the Medical tent amid brochures and handouts.

Bottom Left - Sue & Steve Livingston with Ben Goldfarb, discussing 'How attractive John Dunn looked.'

Right - The American Heart Association's mascot "Ticker," who was one of several mascots who appeared at Rentschler Field for the Heart Walk. Among others were: UCONN's "Jonathan", and GEICO's "Gecko."

Bottom - The AHA Heart Walk's "FINISH LINE!!"



(Photos by Bob)



The Mended Hearts, Inc.

National Office
Phone: (888) 432 - 7899

MEMBERSHIP APPLICATION

Member Information (please print or type)

Name (Mr./Mrs./Ms) _____ Chapter 9 Member-At-Large _____

Address (line 1) _____ Phone (____) _____

Address (line 2) _____ Alt Phone (____) _____

City _____ State _____ Zip _____ DOB _____ Retired: Yes No

Email Address _____ Occupation _____

Family member (must reside at same address): Preferred Contact: Phone Email Mail

(Mr./Mrs./Ms) _____ DOB _____ Email Address _____

May we contact you regarding local chapter opportunities? Yes No

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

Name of Heart Patient (1) _____ Name of Heart Patient (2) _____

Date of Surgery/Treatment _____ Date of Surgery/Treatment _____

Type of Surgery/Treatment _____ Type of Surgery/Treatment _____

- Angioplasty
- MI (Heart Attack)
- Aneurysm
- CABG (Bypass)
- (how many _____)
- Cath
- Atrial Septal Defect
- Pacemaker
- Transplant
- Stent
- AFib Arrhythmia
- Other Arrhythmia
- Valve Surgery
- Valve Transcath
- ICD (Defibrillator)
- R-VAD/L-VAD
- Other _____

- Angioplasty
- MI (heart attack)
- Aneurysm
- CABG (Bypass)
- (how many _____)
- Cath
- Atrial Septal Defect
- Pacemaker
- Transplant
- Stent
- AFib Arrhythmia
- Other Arrhythmia
- Valve Surgery
- Valve Transcath
- ICD (Defib)
- R-VAD/L-VAD
- Other _____

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

Yes No
Signature _____

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

Yes No
Signature _____

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

National Dues Within United States

Individual - Dues	\$17.00	<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 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: **Janet Poitras, Treasurer**
1 King Arthur's Way - Apt. 5
Newington, CT 06111

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