

Hartford Heartline

Volume XXXVI - Issue 9 - November, 2013

The Mended Hearts, Inc. Chartered 1977 - Greater Hartford - Chapter 9

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

About Mended Hearts

Mended Hearts is a national non-profit organization made up of and serving people with heart disease and their loved ones. Mended Hearts welcomes anyone who is interested in learning more about heart disease.

Supported by a national office, 280 local chapters actively serve across the United States and Canada. The network is made up of heart patients, family members, caregivers and health care professionals who provide information and support to recovering patients and their families during hospital visits, by telephone, through group meetings and via the Internet.

UPCOMING MEETINGS & EVENTS

Mended Hearts Chapter 9 will be excited to see all of you at our upcoming meetings. Both patients and caregivers, and interested parties are welcome to attend, FREE, with no commitment to join our organization. We have interesting speakers and refreshments.

Please join us for the upcoming meeting at:

South Congregational Church
277 Main Street, Hartford, CT

(Corner of Buckingham Street - with Attended
Parking on West side of church.)

All are welcome to attend!!

OFFICERS - 2013-2015

President:

John A. Dunn

15 Strawberry Hill
Windsor, CT 06095
860-688-5489

Email: jjhmdunn@msn.com

Vice-President:

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Secretary:

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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

November 20, 2013 Meeting - 6:45 p.m.

Speaker: **Dr. Thomas Ward, Ophthalmologist**

Topic: **The Eyes Have It!**

Refreshments: Steve Livingston

December - Holiday Break

"We wish you all Happy and Healthy Holidays!!"

January 15, 2014 Meeting - 6:45 p.m. [At New Location]

Speaker: - To Be Announced

Topic: To Be Announced

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

Speaker: - To Be Announced

Topic: To Be Announced

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

Speaker: - To Be Announced

Topic: To Be Announced

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

Speaker: - To Be Announced

Topic: To Be Announced

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

Speaker: - To Be Announced

Topic: To Be Announced

NOTICE:

**CHANGE OF MEETING LOCATION IN JANUARY
FOR LOCATION AND DRIVING DIRECTIONS**

See Page 4

*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

November brings the end of Daylight Savings Time, darkness during late afternoon and colder temperatures. It also brings the start of many Holiday events for our members, caregivers and their families.

November brings Thanksgiving, and in addition to the traditional feast day, a remembrance of all that we have to be thankful for, individually and as members of The Mended Hearts.

We have been given a second chance, (or more), to continue on this life's journey as the result of the expertise of physicians, surgeons and medications that keep us well.

I am so very fortunate to have been given my second chance, to be able to continue with my life's present challenges and goals. Every day is different, a new beginning, a new opportunity to move forward, to continue learning and giving of myself to our Mended Hearts Chapter, charitable organizations that help people and animals, and to make a meaningful contribution in Public Service.

Wishing everyone a Healthy and Happy Holiday Season!



Reaccreditation Meeting - 11/2/13. (Photo by Bob Lincoln)

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

Heartfully,

John Dunn
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

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Corresponding Secretary:
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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 FOR
OCTOBER, NOVEMBER, AND DECEMBER
WILL BE REPORTED IN THE JANUARY
NEWSLETTER.**

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.

Have a very Happy Holiday and a Great New Year!

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, now has a total of **\$278.71** 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

GENERAL DONATION:

Charles Rotenberg

Mandy Hart Donation for Camp Madden:

John & Donna Donovan

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:

Steve Livingston, Treasurer

501 Dzen Way
South Windsor, CT 06074

SURGIVERSARIES

NOVEMBER – 2013 YEARS

Priscilla Soucy	21
John Hussey Jr.	13
Jim Reilly	1

DECEMBER - 2013

Benjamin Goldfarb	23
Bob Hoffman	16
Charles Woolsey	16
Carol Farr	9
Elsie Strait	6
John Dunn	5
David Miller	4
Joseph Peters	3

For your continued good health!!

OCTOBER RAFFLE WINNER

The October 50/50 Raffle winner was:

Fran Reichlin

Congratulations!!

NEW MEETING LOCATION IN JANUARY

We will start the New Year with our new meeting location which will be at:

Goodwin College
One Riverside Drive, Bldg. 211
East Hartford, CT

January 15, 2014 – 6:45 PM

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

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.

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 will be on the right.

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 will be on the right.

OCTOBER BUSINESS MEETING

The October Chapter 9 Mended Hearts Business Meeting featured speaker, **Sue Keefe, APRN** of the **St. Francis Women's Health Palliative Care Program**. She was well received and questions from the audience regarding the program she was involved with were most informative.



Sue Keefe is presented a Merit Award by Ben Goldfarb & John Dunn.

(Photo by Bob Lincoln)

Health & Wellness

AFIB HAS DIFFERENT EFFECT ON MEN & WOMEN

A recent study finds that women with AFib experience worse symptoms but that men with the condition are at a greater risk of dying.

Atrial fibrillation, often referred to as AFib, is the most common type of abnormal heart rhythm and affects more than 2 million Americans. A recent study presented at the *American College of Cardiology's 62nd Annual Scientific Session* discovered that both symptoms and outcomes for AFib patients vary significantly by gender.

This study analyzed data collected from the Outcomes Registry for Better Informed Treatment of Atrial Fibrillation (ORBIT AF), which included more than 10,000 male and female patients with AFib. Researchers found that compared to men, women had greater stroke risk and were more likely to suffer from symptoms such as heart palpitations, shortness of breath, dizziness, fatigue and chest discomfort. Women also received slightly different care for AFib compared to men and had worse control of their heart rhythm. However, men with AFib had significantly greater risk of death than woman with the same condition.

These findings are interesting because they show that AFib can affect men and women differently, which could have an impact on the treatment of AFib patients. If women experience worse symptoms from Afib than men, the goal of treatment may be to minimize these symptoms and improve quality of life. On the other hand, if AFib increases risk of death more in men, treatment may be aimed at lowering risk of complications and death. More research is needed to fully understand how AFib affects men and women differently, but this study has uncovered knowledge that could ultimately improve AFib treatment in the future.

What are the most common complications associated with atrial fibrillation (AFib)?

The most common complications associated with AFib include stroke and heart failure. However, proper treatment can help significantly reduce risk of these complications.

What is the goal of atrial fibrillation (AFib) treatment?

The goals of AFib treatment include controlling a normal heart rate, reducing risk of complications, minimizing symptoms and improving quality of life.

(Source: CardioSmart.com)

HEART ASSOCIATION TELLS WOOF-WOOF HEALTH BENEFITS

The latest evidence that pets are good for your health comes from the American Heart Association in a Scientific Statement paper published in *Circulation*.

- ~ People with cardiovascular disease who own a dog live longer,
- ~ Pets relieve stress. Even in offices, a dog increases morale and cooperation. Pets enhance emotional and psychological well being. They don't replace relationships with humans, but they complement them.
- ~ Pets add structure to your life, because you have to feed them, walk them, take them to the vet, clean their bedding and more.
- ~ Pets are good for kids. They learn responsibility and get companionship. Children raised with dogs and on farms are less likely to develop ear infections, allergies and asthma.
- ~ People with dementia show less agitation when a dog is present.

(Source: Pages)

NIH FUNDS DEVELOPMENT OF NOVEL ROBOTS TO ASSIST PEOPLE WITH DISABILITIES, AID DOCTORS

Three projects have been awarded funding by the National Institutes of Health to develop innovative robots that work cooperatively with people and adapt to changing environments to improve human capabilities and enhance medical procedures. Funding for these projects totals approximately \$2.4 million over the next five years, subject to the availability of funds.

A Co-Robotic Navigation Aid for the Visually impaired: The goal is to develop a co-robotic **cane** for the visually impaired that has enhanced navigation capabilities and that can relay critical information about the environment to its user. Using computer vision, the proposed cane will be able to recognize indoor structures such as stairways and doors, as well as detect potential obstacles. Using an intuitive human device interaction mechanism, the cane will then convey the appropriate travel direction to the user. In addition to increasing mobility for visually impaired and thus quality of life, methods developed in the creation of this technology could lead to general improvements in the autonomy of small robots and portable robotics that have many applications in military surveillance, law enforcement, and search and rescue efforts. Cang Ye, Ph.D., University of Arkansas at Little Rock (co-funded by the National Institute of Biomedical Imaging and Bioengineering (NIBIB) and the National Eye Institute.)

(Source NIH.com)

MAYO CLINIC EXPERTS: WHAT SHOULD YOU KNOW ABOUT E-CIGARETTES?

Electronic cigarettes, often called e-cigarettes, are battery operated devices that provide inhaled doses of a vaporized solution of either propylene glycol or vegetable glycerin along with liquid nicotine. An atomizer heats the solution into a vapor that can be inhaled. The process, referred to as “vaping,” creates a vapor cloud that resembles cigarette smoke. Some liquids contain flavoring, making them more appealing to users.

“As of right now, there is no long-term safety data showing the impact of repeated inhalation of propylene glycol or vegetable glycerin on lung tissue,” cautions Jon Ebbert, M.D., associate director at Mayo Clinic’s Nicotine Dependence Center. “There is some short term data suggesting that e-cigarettes may cause airway irritation, but until we have long-term safety data, we are not recommending e-cigarettes for use among cigarette smokers to help people stop smoking.”

So, what is known about electronic cigarettes? Manufacturers claim that electronic cigarettes are a safe alternative to conventional cigarettes.

The Food and Drug Administration (FDA) has questioned the safety of these products.

FDA analysis of two popular brands found variable amounts of nicotine and traces of toxic chemicals, including known cancer-causing substances (carcinogens.)

The FDA has issued a warning about potential health risks associated with electronic cigarettes. but is not yet regulating their use or standards of manufacture.

It’s an amazing thing to watch a new product like that just appear. There’s no quality control,” says Richard Hurt, M.D., director of Mayo Clinic’s Nicotine Dependence Center. “Many of them are manufactured in China under no control conditions, so the story is yet to be completely told.”

(Source: Mayo Clinic)

WOMEN, ASPIRIN & COLON CANCER PROTECTION

Many studies show that taking a baby aspirin every day can reduce a man’s risk of colon cancer.

Now, a new study published in the Annals of Internal Medicine shows that middle-aged women who took 100 milligrams of aspirin (a little more than standard baby aspirin) at least every other day for 10 years were less likely to develop colon cancer.

Women at high risk because of family history or previous polyps should discuss it with their doctors.

(Source: Pages)

NURSE PRACTITIONERS WANT TO WORK WITHOUT DOCTOR SUPERVISION

Nurse practitioners in five states are fighting for the right to treat patients without oversight from doctors. Proposed legislation **COMING SOON FOR ALL COMPUTERS** authority in California, Pennsylvania, Michigan and Massachusetts, while a bill in New Jersey would give them autonomy after two years of collaboration with a physician.

Nonphysician health care professionals want NPs to expand their roles, citing a shortage of doctors and the millions of new newly insured patients that come under the Affordable Health Care Act.

NPs say that are positioned to fill such gaps. Unlike physician assistants, who practice under a doctor’s supervision, NPs have more training and education than physicians assistants or nurses.

They are trained to examine, diagnose and treat patients, manage acute and chronic illnesses and can prescribe medications, including controlled substances in all 50 states.

(Source: Pages)

FAMOUS FACE TEST MAY SPOT EARLY DEMENTIA

Researchers say inability to name icons like Einstein or Elvis might signal primary progressive aphasia.

What do Albert Einstein, Bill Gates, John F. Kennedy and Oprah Winfrey all have in common? Widespread fame. And now new research suggests that middle-aged Americans who fail to recognize or name them and their like may suffer from a specific type of early onset dementia.

Called primary progressive aphasia, this particular form of dementia tends to initially strike men and women between the ages of 40 and 65. It is principally known for disrupting language skills, making it difficult for patients to understand or find the right words when trying to articulate their thoughts.

With that in mind, investigators believe they have devised a simple, cheap and easy-to-administer screening test than can accurately unearth evidence of the disease based on a patient’s inability to verbally identify photos of well-known faces.

Although several other tests assess knowledge of famous faces, many contain stimuli unfamiliar to younger individuals

(Continued on next page)

Health & Wellness

Information

FAMOUS FACE TEST MAY SPOT EARLY DEMENTIA (Continued)

(Continued from previous page)

who are seeking neurological treatment for early dementia, said study author Tamar Gefen, a clinical psychology doctoral candidate at the Northwestern University Feinberg School of Medicine, in Chicago.

“Our test includes images of faces, like Oprah, that are appropriate for a younger generation,” Gefen said “and ours is the first study to look at face identification difficulties in a particular group of individuals with primary progressive aphasia, a disease that strikes early and destroys slowly a person’s ability to communicate, speak, understand and write.”

To test the potential of photo recognition as a dementia screening tool, the authors focused 30 patients (60 percent of whom were female) already diagnosed with primary progressive aphasia, as well as 27 healthy patients.

On average, study participants were roughly 62 years old. All were asked to look at a series of 20 black-and-white images downloaded from the Internet. All depicted so-called cultural icons, including Lucille Ball, Princess Diana, Martin Luther King Jr., Elvis Presley and Muhammad Ali. About half to the images were of people who are still alive. About two-thirds were of men, and about a quarter were of black celebrities.

Participants were first asked to try to provide the full name of the person in each image. Partial credit was given for offering just the first or last name. If no part of the name could be recalled, participants were instead asked to offer some form of detailed and relevant description concerning the celebrated person at hand.

At the same time, MRI brain scans were taken of everyone in the study in the hopes of mapping brain irregularities linked to primary progressive aphasia.

The result: Those who were healthy fared much better overall than those with primary progressive aphasia.

Whereas 93 percent of the healthy group was able to successfully put a name to a famous face, the same was true of just 46 percent of the primary progressive aphasia patients.

There was agreement among the scientists that more studies are needed to use this test before they know how sensitive it is or whether it is more sensitive to early disease than other fairly sensitive tests.

In research, the more true positive results a test produces, the more “sensitive” the test is considered.

(Source: MedlinePlus-NIH National Institutes of Health.)

SUPERSTITIOUS FLYERS AND AIRLINES

Passengers may give the plane a lucky tap when boarding and others have been known to kiss the fuselage. Some do a little jig, and some wear the same shirt every time they fly. One woman gets strapped in with her stuffed monkey.

In an interview, lead flight attendant Bobby Laurie said, “Some people have emotional-support support animals and some have emotional-support shirts.” He see many of the same mannerisms every day, which can make boarding be like watching a show.

Airlines may put lucky numbers on flights to gambling destinations, such as Southwest’s Flight 711 from San Antonio to Las Vegas. Alaska Airlines has many passengers flying from Las Vegas to Bellingham, Washington, so it numbers the flight 649. Canada’s lottery is called Lotto 6/49.

Airlines also recognize passenger’s superstitions by avoiding the number 13. There is never a flight 13 and no airline gates are numbered 13. According to SeatGuru.com most airlines don’t have a seating row 13.

Traditionally, no airline uses the flight number of a plane that crashed.

(Source: Pages)

COMING SOON FOR ALL COMPUTERS

Your computers will soon do research for you, even when you don’t ask.

New voice recognition software will enable computers to listen to the conversations of humans and figure out the subject of conversation. Then the computer will find suitable internet references and files.

Experts say this will vastly improve efficiency. It may even spawn a whole new world of Facebook memes based on common phrases like “I hate the boss.” (Source: Pages)

A Little Bit of Trivia & Fun Stuff

GENERAL INTEREST	ADVICE FROM CHILDREN
<p>VETERANS DAY – NOVEMBER 11</p> <p>They Did Their Share</p> <p>On Veteran’s Day we honor soldiers who protect our nation. For their service as our warriors they deserve our admiration.</p> <p>Some of them were drafted, some were volunteers, for some it was just yesterday, for some it’s been many years</p> <p>In the jungle or the desert, on land or on the sea, they did whatever was assigned to produce a victory.</p> <p>Some came back; some didn’t. They defended us everywhere. Some saw combat; some rode a desk, all of them did their share.</p> <p>No matter what the duty, for low pay and little glory, these soldiers gave up normal lives, for duties mundane and gory.</p> <p>Let every veteran be honored, don’t let politics get in the way, without them, freedom would have died, what they did, we can’t repay.</p> <p>We owe so much to them, who kept us safe from terror, so when we see a uniform, let’s say “Thank You” to every wearer.</p> <p style="text-align: right; font-size: small;">(Source: Joanna Fuchs)</p>	<p>What promises do a man and a woman make when they get married? A man and a woman promise to go through sickness and illness and diseases together. Marion – Age 10</p> <p>How to make a marriage work: Tell your wife she looks pretty even if she looks like a truck! Ricky, Age 7 If you want to last with your man, you should wear a lot of sexy clothes...especially under- wear that is red and maybe has a few diamonds on it. Lori – Age 8</p> <p>Getting married for a second time: Most men are brainless, so you might have to try more than one to find a live one. Angi – Age 10</p> <p>Which is better, being single or being married? Single is better, for the simple reason that I wouldn’t want to change no diapers. Of course, if I did get married, I’d figure something out. I’d just phone my mother and have her come over for some coffee and diaper changing. Kristen – Age 10 (Thanks to Chapter 260, Huntsville, AL)</p>
DON’T BE FOOLED BY LOTTERY SCAMMERS	LAUGH AND BE MERRY
<p>Data show that people age 65 to 74 are more likely to be contacted by lottery scammers. Here’s how it works.</p> <p>They receive a phone call, e-mail or letter saying they have won a lottery, often in another country. But to receive their winnings, they’ll have to pay some sort of fee by wiring money through a service like Western Union, or MoneyGram.</p> <p>Seniors are targeted because they have money and because they are accessible, according to AARP. They’re more likely to be home and answering the phone. If they do send the money, not only is it lost, but many other scammers will target them.</p> <p style="text-align: right; font-size: small;">(Source: Pages)</p>	<p>Did you hear about the kid who wrote home from college to say he had grown another foot? His mother knitted him a third sock.</p> <p>Customer: “Can you clean these pants? Dry cleaner: “Well Ma’am, these pants are satin.” Customer: “I know that! I want you to remove whatever it was I sat in!”</p> <p>Moe: “Why were you running up the street?” Joe: “I was trying to stop a fight.” Moe: “Who was fighting?” Joe: “Me and another guy.”</p> <p style="text-align: right; font-size: small;">(Source: Pages)</p>



The Mended Hearts, Inc.

National Office

Phone: (888) 432 - 7899

MEMBERSHIP APPLICATION

Member Information (please print or type)

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

Address (line 1) _____ Phone (____) _____

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

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

Email Address _____ Occupation _____

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

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

May we contact you regarding local chapter opportunities? Yes No

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

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

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

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

- | | | | | | |
|--|---|--|--|---|--|
| <input type="checkbox"/> Angioplasty | <input type="checkbox"/> Atrial Septal Defect | <input type="checkbox"/> Valve Surgery | <input type="checkbox"/> Angioplasty | <input type="checkbox"/> Atrial Septal Defect | <input type="checkbox"/> Valve Surgery |
| <input type="checkbox"/> MI (Heart Attack) | <input type="checkbox"/> Pacemaker | <input type="checkbox"/> Valve Transcath | <input type="checkbox"/> MI (heart attack) | <input type="checkbox"/> Pacemaker | <input type="checkbox"/> Valve Transcath |
| <input type="checkbox"/> Aneurysm | <input type="checkbox"/> Transplant | <input type="checkbox"/> ICD (Defibrillator) | <input type="checkbox"/> Aneurysm | <input type="checkbox"/> Transplant | <input type="checkbox"/> ICD (Defib) |
| <input type="checkbox"/> CABG (Bypass) | <input type="checkbox"/> Stent | <input type="checkbox"/> R-VAD/L-VAD | <input type="checkbox"/> CABG (Bypass) | <input type="checkbox"/> Stent | <input type="checkbox"/> R-VAD/L-VAD |
| <input type="checkbox"/> (how many _____) | <input type="checkbox"/> AFib Arrhythmia | <input type="checkbox"/> | <input type="checkbox"/> (how many _____) | <input type="checkbox"/> AFib Arrhythmia | <input type="checkbox"/> |
| <input type="checkbox"/> Cath | <input type="checkbox"/> Other Arrhythmia | <input type="checkbox"/> Other _____ | <input type="checkbox"/> Cath | <input type="checkbox"/> Other Arrhythmia | <input type="checkbox"/> Other _____ |

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

Yes No
Signature _____

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

Yes No
Signature _____

National Membership Dues: Includes subscription to *HEARTBEAT* and one insignia pin for an individual or two pins for a family membership (must reside in same household). Select type of membership and include chapter dues (unless you wish to become a member-at-large).

National dues are tax deductible less \$10.00; Chapter and Lifetime Dues are 100% tax deductible.

National Dues Within United States

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

Chapter Dues

Individual - Yearly Dues	\$5.00	<input type="checkbox"/>
Family - [No chapter 1st Year Dues]	\$0.00	<input type="checkbox"/> \$5.00 Renewal
Life - Individual Dues	\$40.00	<input type="checkbox"/>
Life - Family Dues	\$50.00	<input type="checkbox"/>

Dues Summary:

National Dues \$ _____

Chapter Dues \$ _____

TOTAL \$ _____

I am Joining as a non-heart patient:

Physician Health Admin Other Health Party Other Interested Party

I am not prepared to join. Enclosed is a contribution of \$ _____ to

(Chapter Treasurer - send both Chapter & National dues to National Office.)

National or Chapter 9

Applicant - Send one check with application to local Chapter Treasurer -----

Or if joining as Members-At-Large, send to:

The Mended Hearts, Inc.
National Office
8150 N. Central Expwy, M2248
Dallas, TX 75206

Make checks payable to:

Mended Hearts, Inc. - Chapter 9
Mail to: **Steve Livingston, Treasurer**
501 Dzen Way
South Windsor, CT 06074

Please retain a copy for chapter records.



TO:

PRISCILLA SOUCY
98 HIGHVIEW STREET
EAST HARTFORD, CT 06108

THE MENDED HEARTS, INC.
FOUNDED 1951 - INCORPORATED 1955
GREATER HARTFORD -- CHAPTER 9



First
Class
Postage

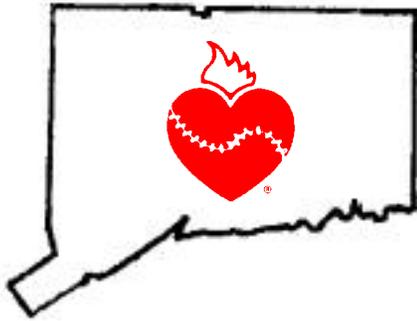
THANKS TO HARTFORD HOSPITAL FOR THE MAILING OF THIS NEWSLETTER

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



Hartford Heartline

Volume XXXVI - Issue 9 - November, 2013

The Mended Hearts, Inc.

Chartered 1977 - Greater Hartford - Chapter 9

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

About Mended Hearts

Mended Hearts is a national non-profit organization made up of and serving people with heart disease and their loved ones. Mended Hearts welcomes anyone who is interested in learning more about heart disease.

Supported by a national office, 280 local chapters actively serve across the United States and Canada. The network is made up of heart patients, family members, caregivers and health care professionals who provide information and support to recovering patients and their families during hospital visits, by telephone, through group meetings and via the Internet.

UPCOMING MEETINGS & EVENTS

Mended Hearts Chapter 9 will be excited to see all of you at our upcoming meetings. Both patients and caregivers, and interested parties are welcome to attend, FREE, with no commitment to join our organization. We have interesting speakers and refreshments.

Please join us for the upcoming meeting at:

South Congregational Church
277 Main Street, Hartford, CT

(Corner of Buckingham Street - with Attended Parking on West side of church.)

All are welcome to attend!!

OFFICERS - 2013-2015

President:

John A. Dunn

15 Strawberry Hill
Windsor, CT 06095
860-688-5489

Email: jhmdunn@msn.com

Vice-President:

Priscilla Soucy

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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

November 20, 2013 Meeting - 6:45 p.m.

Speaker: **Dr. Thomas Ward, Ophthalmologist**

Topic: **The Eyes Have It!**

Refreshments: Steve Livingston

December - Holiday Break

"We wish you all Happy and Healthy Holidays!!"

January 15, 2014 Meeting - 6:45 p.m. [At New Location]

Speaker: - To Be Announced

Topic: To Be Announced

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

Speaker: - To Be Announced

Topic: To Be Announced

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

Speaker: - To Be Announced

Topic: To Be Announced

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

Speaker: - To Be Announced

Topic: To Be Announced

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

Speaker: - To Be Announced

Topic: To Be Announced

NOTICE:

**CHANGE OF MEETING LOCATION IN JANUARY
FOR LOCATION AND DRIVING DIRECTIONS**

See Page 4

*Aligned with the
American College of Cardiology*

President's Message



My Monthly Greetings...
to the Members, Caregivers,
and Friends of
Mended Hearts, Chapter 9
Greater Hartford, Connecticut

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

Heartfully,

John

November brings the end of Daylight Savings Time, darkness during late afternoon and colder temperatures. It also brings the start of many Holiday events for our members, caregivers and their families.

November brings Thanksgiving, and in addition to the traditional feast day, a remembrance of all that we have to be thankful for, individually and as members of The Mended Hearts.

We have been given a second chance, (or more), to continue on this life's journey as the result of the expertise of physicians, surgeons and medications that keep us well.

I am so very fortunate to have been given my second chance, to be able to continue with my life's present challenges and goals. Every day is different, a new beginning, a new opportunity to move forward, to continue learning and giving of myself to our Mended Hearts Chapter, charitable organizations that help people and animals, and to make a meaningful contribution in Public Service.

Wishing everyone a Healthy and Happy Holiday Season!



Reaccreditation Meeting - 11/2/13. (Photo by Bob Lincoln)

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:
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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	NOTE FROM YOUR EDITOR
<p>ALL HOSPITAL VISITS FOR OCTOBER, NOVEMBER, AND DECEMBER WILL BE REPORTED IN THE JANUARY NEWSLETTER.</p> <p><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>Have a very Happy Holiday and a Great New Year!</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>Hartford <i>Heartline</i>, written for the education and information of the members of Mended Hearts and all those concerned with heart health. It is NOT intended as a substitute for the advice of your physician. Always check with your physician or cardiologist regarding any questions you may have about your condition.</p>
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>	
STOP!!	<p>Mandy Hart, our favorite piggy bank, now has a total of \$278.71 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>
<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>(Photo by Bob Lincoln)</p>

Information

DONATIONS

GENERAL DONATION:

Charles Rotenberg

Mandy Hart Donation for Camp Madden:

John & Donna Donovan

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:

Steve Livingston, Treasurer
501 Dzen Way
South Windsor, CT 06074

SURGIVERSARIES

NOVEMBER – 2013 YEARS

Priscilla Soucy	21
John Hussey Jr.	13
Jim Reilly	1

DECEMBER - 2013

Benjamin Goldfarb	23
Bob Hoffman	16
Charles Woolsey	16
Carol Farr	9
Elsie Strait	6
John Dunn	5
David Miller	4
Joseph Peters	3

For your continued good health!!

OCTOBER RAFFLE WINNER

The October 50/50 Raffle winner was:

Fran Reichlin
Congratulations!!

NEW MEETING LOCATION IN JANUARY

We will start the New Year with our new meeting location which will be at:

Goodwin College
One Riverside Drive, Bldg. 211
East Hartford, CT

January 15, 2014 – 6:45 PM

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

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.

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 will be on the right.

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 will be on the right.

OCTOBER BUSINESS MEETING

The October Chapter 9 Mended Hearts Business Meeting featured speaker, **Sue Keefe, APRN** of the **St. Francis Women's Health Palliative Care Program**. She was well received and questions from the audience regarding the program she was involved with were most informative.



Sue Keefe is presented a Merit Award by Ben Goldfarb & John Dunn.

(Photo by Bob Lincoln)

Health & Wellness

AFIB HAS DIFFERENT EFFECT ON MEN & WOMEN

A recent study finds that women with AFib experience worse symptoms but that men with the condition are at a greater risk of dying.

Atrial fibrillation, often referred to as AFib, is the most common type of abnormal heart rhythm and affects more than 2 million Americans. A recent study presented at the *American College of Cardiology's 62nd Annual Scientific Session* discovered that both symptoms and outcomes for AFib patients vary significantly by gender.

This study analyzed data collected from the Outcomes Registry for Better Informed Treatment of Atrial Fibrillation (ORBIT AF), which included more than 10,000 male and female patients with AFib. Researchers found that compared to men, women had greater stroke risk and were more likely to suffer from symptoms such as heart palpitations, shortness of breath, dizziness, fatigue and chest discomfort. Women also received slightly different care for AFib compared to men and had worse control of their heart rhythm. However, men with AFib had significantly greater risk of death than woman with the same condition.

These findings are interesting because they show that AFib can affect men and women differently, which could have an impact on the treatment of AFib patients. If women experience worse symptoms from Afib than men, the goal of treatment may be to minimize these symptoms and improve quality of life. On the other hand, if AFib increases risk of death more in men, treatment may be aimed at lowering risk of complications and death. More research is needed to fully understand how AFib affects men and women differently, but this study has uncovered knowledge that could ultimately improve AFib treatment in the future.

What are the most common complications associated with atrial fibrillation (AFib)?

The most common complications associated with AFib include stroke and heart failure. However, proper treatment can help significantly reduce risk of these complications.

What is the goal of atrial fibrillation (AFib) treatment?

The goals of AFib treatment include controlling a normal heart rate, reducing risk of complications, minimizing symptoms and improving quality of life.

(Source: CardioSmart.com)

HEART ASSOCIATION TELLS WOOF-WOOF HEALTH BENEFITS

The latest evidence that pets are good for your health comes from the American Heart Association in a Scientific Statement paper published in *Circulation*.

~ People with cardiovascular disease who own a dog live longer,

~ Pets relieve stress. Even in offices, a dog increases morale and cooperation. Pets enhance emotional and psychological well being. They don't replace relationships with humans, but they complement them.

~ Pets add structure to your life, because you have to feed them, walk them, take them to the vet, clean their bedding and more.

~ Pets are good for kids. They learn responsibility and get companionship. Children raised with dogs and on farms are less likely to develop ear infections, allergies and asthma.

~ People with dementia show less agitation when a dog is present.

(Source: Pages)

NIH FUNDS DEVELOPMENT OF NOVEL ROBOTS TO ASSIST PEOPLE WITH DISABILITIES, AID DOCTORS

Three projects have been awarded funding by the National Institutes of Health to develop innovative robots that work cooperatively with people and adapt to changing environments to improve human capabilities and enhance medical procedures. Funding for these projects totals approximately \$2.4 million over the next five years, subject to the availability of funds.

A Co-Robotic Navigation Aid for the Visually impaired: The goal is to develop a co-robotic **cane** for the visually impaired that has enhanced navigation capabilities and that can relay critical information about the environment to its user. Using computer vision, the proposed cane will be able to recognize indoor structures such as stairways and doors, as well as detect potential obstacles. Using an intuitive human device interaction mechanism, the cane will then convey the appropriate travel direction to the user. In addition to increasing mobility for visually impaired and thus quality of life, methods developed in the creation of this technology could lead to general improvements in the autonomy of small robots and portable robotics that have many applications in military surveillance, law enforcement, and search and rescue efforts. Cang Ye, Ph.D., University of Arkansas at Little Rock (co-funded by the National Institute of Biomedical Imaging and Bioengineering (NIBIB) and the National Eye Institute.)

(Source NIH.com)

Health & Wellness

MAYO CLINIC EXPERTS: WHAT SHOULD YOU KNOW ABOUT E-CIGARETTES?

Electronic cigarettes, often called e-cigarettes, are battery operated devices that provide inhaled doses of a vaporized solution of either propylene glycol or vegetable glycerin along with liquid nicotine. An atomizer heats the solution into a vapor that can be inhaled. The process, referred to as “vaping,” creates a vapor cloud that resembles cigarette smoke. Some liquids contain flavoring, making them more appealing to users.

“As of right now, there is no long-term safety data showing the impact of repeated inhalation of propylene glycol or vegetable glycerin on lung tissue,” cautions Jon Ebbert, M.D., associate director at Mayo Clinic’s Nicotine Dependence Center. “There is some short term data suggesting that e-cigarettes may cause airway irritation, but until we have long-term safety data, we are not recommending e-cigarettes for use among cigarette smokers to help people stop smoking.”

So, what is known about electronic cigarettes? Manufacturers claim that electronic cigarettes are a safe alternative to conventional cigarettes.

The Food and Drug Administration (FDA) has questioned the safety of these products.

FDA analysis of two popular brands found variable amounts of nicotine and traces of toxic chemicals, including known cancer-causing substances (carcinogens.)

The FDA has issued a warning about potential health risks associated with electronic cigarettes. but is not yet regulating their use or standards of manufacture.

It’s an amazing thing to watch a new product like that just appear. There’s no quality control,” says Richard Hurt, M.D., director of Mayo Clinic’s Nicotine Dependence Center. “Many of them are manufactured in China under no control conditions, so the story is yet to be completely told.”

(Source: Mayo Clinic)

WOMEN, ASPIRIN & COLON CANCER PROTECTION

Many studies show that taking a baby aspirin every day can reduce a man’s risk of colon cancer.

Now, a new study published in the Annals of Internal Medicine shows that middle-aged women who took 100 milligrams of aspirin (a little more than standard baby aspirin) at least every other day for 10 years were less likely to develop colon cancer.

Women at high risk because of family history or previous polyps should discuss it with their doctors.

(Source: Pages)

NURSE PRACTITIONERS WANT TO WORK WITHOUT DOCTOR SUPERVISION

Nurse practitioners in five states are fighting for the right to treat patients without oversight from doctors. Proposed legislation is pending to give NPS full practice authority in California, Pennsylvania, Michigan and Massachusetts, while a bill in New Jersey would give them autonomy after two years of collaboration with a physician.

Nonphysician health care professionals want NPs to expand their roles, citing a shortage of doctors and the millions of new newly insured patients that come under the Affordable Health Care Act.

NPs say they are positioned to fill such gaps. Unlike physician assistants, who practice under a doctor’s supervision, NPs have more training and education than physicians assistants or nurses.

They are trained to examine, diagnose and treat patients, manage acute and chronic illnesses and can prescribe medications, including controlled substances in all 50 states.

(Source: Pages)

FAMOUS FACE TEST MAY SPOT EARLY DEMENTIA

Researchers say inability to name icons like Einstein or Elvis might signal primary progressive aphasia.

What do Albert Einstein, Bill Gates, John F. Kennedy and Oprah Winfrey all have in common? Widespread fame. And now new research suggests that middle-aged Americans who fail to recognize or name them and their like may suffer from a specific type of early onset dementia.

Called primary progressive aphasia, this particular form of dementia tends to initially strike men and women between the ages of 40 and 65. It is principally known for disrupting language skills, making it difficult for patients to understand or find the right words when trying to articulate their thoughts.

With that in mind, investigators believe they have devised a simple, cheap and easy-to-administer screening test than can accurately unearth evidence of the disease based on a patient’s inability to verbally identify photos of well-known faces.

Although several other tests assess knowledge of famous faces, many contain stimuli unfamiliar to younger individuals

(Continued on next page)

FAMOUS FACE TEST (Continued)

(Continued from previous page)

who are seeking neurological treatment for early dementia, said study author Tamar Gefen, a clinical psychology doctoral candidate at the Northwestern University Feinberg School of Medicine, in Chicago.

“Our test includes images of faces, like Oprah, that are appropriate for a younger generation,” Gefen said “and ours is the first study to look at face identification difficulties in a particular group of individuals with primary progressive aphasia, a disease that strikes early and destroys slowly a person’s ability to communicate, speak, understand and write.”

To test the potential of photo recognition as a dementia screening tool, the authors focused 30 patients (60 percent of whom were female) already diagnosed with primary progressive aphasia, as well as 27 healthy patients.

On average, study participants were roughly 62 years old. All were asked to look at a series of 20 black-and-white images downloaded from the Internet. All depicted so-called cultural icons, including Lucille Ball, Princess Diana, Martin Luther King Jr., Elvis Presley and Muhammad Ali. About half of the images were of people who are still alive. About two-thirds were of men, and about a quarter were of black celebrities.

Participants were first asked to try to provide the full name of the person in each image. Partial credit was given for offering just the first or last name. If no part of the name could be recalled, participants were instead asked to offer some form of detailed and relevant description concerning the celebrated person at hand.

At the same time, MRI brain scans were taken of everyone in the study in the hopes of mapping brain irregularities linked to primary progressive aphasia.

The result: Those who were healthy fared much better overall than those with primary progressive aphasia.

Whereas 93 percent of the healthy group was able to successfully put a name to a famous face, the same was true of just 46 percent of the primary progressive aphasia patients.

There was agreement among the scientists that more studies are needed to use this test before they know how sensitive it is or whether it is more sensitive to early disease than other fairly sensitive tests.

In research, the more true positive results a test produces, the more “sensitive” the test is considered.

(Source: MedlinePlus-NIH National Institutes of Health.)

SUPERSTITIOUS FLYERS AND AIRLINES

Passengers may give the plane a lucky tap when boarding and others have been known to kiss the fuselage. Some do a little jig, and some wear the same shirt every time they fly. One woman gets strapped in with her stuffed monkey.

In an interview, lead flight attendant Bobby Laurie said, “Some people have emotional-support support animals and some have emotional-support shirts.” He sees many of the same mannerisms every day, which can make boarding be like watching a show.

Airlines may put lucky numbers on flights to gambling destinations, such as Southwest’s Flight 711 from San Antonio to Las Vegas. Alaska Airlines has many passengers flying from Las Vegas to Bellingham, Washington, so it numbers the flight 649. Canada’s lottery is called Lotto 6/49.

Airlines also recognize passenger’s superstitions by avoiding the number 13. There is never a flight 13 and no airline gates are numbered 13. According to SeatGuru.com most airlines don’t have a seating row 13.

Traditionally, no airline uses the flight number of a plane that crashed.

(Source: Pages)

COMING SOON FOR ALL COMPUTERS

Your computers will soon do research for you, even when you don’t ask.

New voice recognition software will enable computers to listen to the conversations of humans and figure out the subject of conversation. Then the computer will find suitable internet references and files.

Experts say this will vastly improve efficiency. It may even spawn a whole new world of Facebook memes based on common phrases like “I hate the boss.” (Source: Pages)

A Little Bit of Trivia & Fun Stuff

GENERAL INTEREST	ADVICE FROM CHILDREN
<p>VETERANS DAY – NOVEMBER 11</p> <p>They Did Their Share</p> <p>On Veteran’s Day we honor soldiers who protect our nation. For their service as our warriors they deserve our admiration.</p> <p>Some of them were drafted, some were volunteers, for some it was just yesterday, for some it’s been many years</p> <p>In the jungle or the desert, on land or on the sea, they did whatever was assigned to produce a victory.</p> <p>Some came back; some didn’t. They defended us everywhere. Some saw combat; some rode a desk, all of them did their share.</p> <p>No matter what the duty, for low pay and little glory, these soldiers gave up normal lives, for duties mundane and gory.</p> <p>Let every veteran be honored, don’t let politics get in the way, without them, freedom would have died, what they did, we can’t repay.</p> <p>We owe so much to them, who kept us safe from terror, so when we see a uniform, let’s say “Thank You” to every wearer.</p> <p style="text-align: right;">(Source: Joanna Fuchs)</p>	<p>What promises do a man and a woman make when they get married?</p> <p>A man and a woman promise to go through sickness and illness and diseases together.</p> <p>Marion – Age 10</p> <p>How to make a marriage work:</p> <p>Tell your wife she looks pretty even if she looks like a truck!</p> <p>Ricky, Age 7</p> <p>If you want to last with your man, you should wear a lot of sexy clothes...especially under- wear that is red and maybe has a few diamonds on it.</p> <p>Lori – Age 8</p> <p>Getting married for a second time:</p> <p>Most men are brainless, so you might have to try more than one to find a live one.</p> <p>Angi – Age 10</p> <p>Which is better, being single or being married?</p> <p>Single is better, for the simple reason that I wouldn’t want to change no diapers. Of course, if I did get married, I’d figure something out. I’d just phone my mother and have her come over for some coffee and diaper changing.</p> <p>Kristen – Age 10</p> <p>(Thanks to Chapter 260, Huntsville, AL)</p>
DON’T BE FOOLED BY LOTTERY SCAMMERS	LAUGH AND BE MERRY
<p>Data show that people age 65 to 74 are more likely to be contacted by lottery scammers. Here’s how it works.</p> <p>They receive a phone call, e-mail or letter saying they have won a lottery, often in another country. But to receive their winnings, they’ll have to pay some sort of fee by wiring money through a service like Western Union, or MoneyGram.</p> <p>Seniors are targeted because they have money and because they are accessible, according to AARP. They’re more likely to be home and answering the phone. If they do send the money, not only is it lost, but many other scammers will target them.</p> <p style="text-align: right;">(Source: Pages)</p>	<p>Did you hear about the kid who wrote home from college to say he had grown another foot? His mother knitted him a third sock.</p> <p>Customer: “Can you clean these pants?” Dry cleaner: “Well Ma’am, these pants are satin.” Customer: “I know that! I want you to remove whatever it was I sat in!”</p> <p>Moe: “Why were you running up the street?” Joe: “I was trying to stop a fight.” Moe: “Who was fighting?” Joe: “Me and another guy.”</p> <p style="text-align: right;">(Source: Pages)</p>



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 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