



Hartford Heartline

Volume XXXVIII- Issue 8 - November, 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

November 19, 2014 – 6:45 PM

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

All are welcome to attend!!

NOTICE:

FOR LOCATION AND DRIVING DIRECTIONS

See Page 6

OFFICERS - 2013-2015

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

Speaker: - To Be Announced
 Topic: To Be Announced
 Refreshments: Carolyn Kolwicz & Bob Lincoln

December 10, 2014 Meeting - 6:45 p.m.

Speaker: - **Dr. Bruce Liang, M.D.**, Chief, Division of Cardiology at Pat and Jim Calhoun Cardiology Center, UConn Health Center
 Topic: To Be Announced
 Refreshments: Brendan & Barbara Durkin

*Wishing all of our members and their families,
 and all our readers, the Happiest of Holidays!!!*

January 21, 2015 Meeting - 6:45 p.m.

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

February 18, 2015 Meeting - 6:45 p.m.

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

March 18, 2015 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

Our Chapter Visitors have recently completed the Accredited Visitors Annual Hospital retraining program for visiting at Hartford and St. Francis Hospitals.

Hospital patient visiting and the Mended Hearts Visitor are the core of the Mended Hearts Program. The key goals of Mended Hearts are "Giving Back and Helping others." In addition to inside hospital visiting, Mended Hearts also has telephone and internet visiting programs.

Our National Office will be increasing focus on Visitors Training and annual Reaccreditation Training starting this month. Dr. Fredonia Williams, Mended Hearts National Visiting Chair, presented a webinar titled "Gear Up Your Visiting Program", organized by Marcia Baker. This was a Visiting Reaccreditation Worksho9p for all attendees.

A new patient handout to be given to the patients we visit will be titled "Heart Guide" This will be introduced early next year. This will replace all the individual literature we are now using. This will be a 48 page spiral bound booklet. However, continue to use what we have now until this is introduced.

National will also make available a new tri-fold brochure for membership and Mended Hearts program information. This will be ready during this month and serve as one of our recruiting tools.

Mended Hearts Members, (who have completed Visitor training) are uniquely qualified to be Mended Hearts "Visitors", as they have been through a heart event or are the caregiver to someone who has. Visiting with them before and / or after their procedure likely will lessen their fears and concerns.

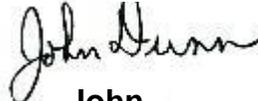
We need more visitors at all the hospitals we serve. If someone is interested in becoming a Mended Hearts Accredited Visitor, they should contact Priscilla Soucy by phone 860-289-7422 or e-mail priscillaanns@att.net.

Wishing everyone a ...

"Healthy and Happy Thanksgiving"!

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:
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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>

MAYO CLINIC STUDY EXAMINES THOUGHTS ON PREDICTIVE TESTS FOR ALZHEIMER'S	(Continued...)
<p>A new Mayo Clinic study examines the question “what would you do if you knew you are predisposed to Alzheimer’s disease (http://www.mayoclinic.org/diseases-conditions/alzheimers-disease/basics/definition/con-20023871)?”.</p> <p>This study, which will be published in the October edition of <i>Mayo Clinic Proceedings</i> (http://www.mayoclinicproceedings.org/). was conducted to measure attitudes concerning Alzheimer’s genetic and biomarker tests. Other studies have shown that many people would want to have tests to know if they carry the gene that causes Alzheimer’s disease. The new study showed that many people may not understand what the results mean.</p> <p>“About a third of the people who say they want the testing really don’t know what the implications of the tests are.” says Richard Caselli, M.D. (http://mayo.edu/research/faculty/casselli-richard-j-m-d/bio-00077476). Mayo clinic neurologist and lead author of the study. “More education is needed before we can advocate widespread predictive testing for a disease which, at this time, we have no effective treatment.”</p>	<p>“It tells us that this needs to be taken into account if any organization is going to be engaged in widespread predictive testing—for instance when recruiting people for clinical trials of research in preventing Alzheimer’s,” he said.</p> <p>Additionally, the study showed that more than 80 percent of the respondents want genetic testing if paid by insurance and more than 58 percent if it would cost them at least \$100. (Source: Mayo Clinic News Network)</p>
<p>The study conducted via an online multiple choice survey had more than 4,000 respondents. More than 90 percent of respondents said they would “pursue a healthier lifestyle.” if they knew they carried the Alzheimer’s gene. Dr. Caselli says that while a healthier lifestyle won’t help prevent Alzheimer’s in the same way it will help with heart disease and stroke, doctors “are certainly in favor of that attitude.”</p> <p>However, 11 percent of people taking the survey said they would consider suicide. Dr. Caselli says that number was surprisingly high and suggests that people who are interested in the screening tests should probably undergo psychological screening to identify the high risk of adverse psychological outcomes.</p>	<h3 style="text-align: center;">CAN YOU GROW NEW TEETH? MAYBE SOME DAY SOON</h3> <p>No more root canals? Maybe no dentures. Maybe no tooth implants. Could be. A new study shows how dentists might use laser therapy to regenerate tooth structure.</p> <p>The laser therapy can prompt human stem cells to form dentin, the calcified tissue that provides most of a tooth’s core structure, according to Duke University. The new approach (detailed in <i>Science Translational Medicine</i>) could eliminate the need procedures such as root canals.</p> <p>The technique uses a low-power laser to stimulate a natural growth factor already present in the dentin and pulp of the tooth. Once activated, the growth factor appears to cause stem cells to form dentin.</p> <p>Human trials are underway, but currently the best way to preserve teeth is to brush and floss regularly. (Source: Pages)</p>
	<h3 style="text-align: center;">QUESTIONS FOR YOU TO CONSIDER</h3> <p>What is sudden cardiac death? Sudden cardiac death can result from sudden cardiac arrest, when the heart suddenly and unexpectedly stops beating. Sudden cardiac arrest must be immediately addressed with CPR and medical attention to improve chances of survival.</p> <p>Who is most at risk for sudden cardiac death? Men are 2-3 times more likely to have sudden cardiac arrest than women. Risk also increases with age, particularly in those with heart disease or other cardiovascular conditions, such as an arrhythmia or heart failure. It is important to address any cardiovascular risk factors or conditions to reduce risk for sudden cardiac arrest and death. (Source: [Journal of the American College of Cardiology])</p>

CAN TAKING VITAMINS HELP PREVENT HEART DISEASE AND HEART ATTACK?

Despite initial enthusiasm, there is no evidence that vitamins decrease the risk of heart disease, and, in fact, some vitamins have been associated with an increased risk of mortality.

Although earlier studies suggested that certain vitamins, such as vitamins C and E, may reduce your heart disease risk, larger clinical trials have not shown a benefit. The American Heart Association doesn't recommend taking vitamin C and E supplements as a way to prevent heart disease.

There's also some evidence of a relationship between low blood levels of vitamin D and heart disease, but more research is needed. Talk to your doctor if you're concerned about your vitamin D level.

Most people who are generally healthy and get the nutrients they need from their diets don't need to take a daily vitamin. If you're concerned about your nutrition, talk with your doctor about whether taking a daily vitamin might be a good option for you.

(Source: Martha Grogan, M.D., Mayo Clinic)

TO KEEP YOUR BRAIN YOUNG: GET ENOUGH SLEEP

When your eyes finally close and you drift into sleep, your brain springs into action.

There's chemical housekeeping to be done, information to be processed files, or discarded and diagnostics to be completed.

Specialized parts of the brain get busy when we sleep. Scientists quoted in *Time* say sleep rejuvenates bones, skin, muscles—and the brain itself.

Researchers at the University of Pennsylvania say there is evidence that chronic sleep deprivation ages brains. A sleep-deprived 20-year old has a brain that works like a much older person.

Getting seven to eight hours is basic for all of this to happen. Sleep can improve your concentration, sharpen planning and memory skills and maintain fat-burning systems that regulate your weight.

But sleep only works well if we get enough of it. According to the CDC, insufficient sleep is emerging as so potent a factor that's becoming a public health epidemic.

(Source: Pages)

JOINT REPLACEMENT LINKED TO BETTER CARDIOVASCULAR HEALTH

Researchers recently presented new findings to the American Academy of Orthopedic Surgeons. They show that joint replacement for the hip or knee may lower risk of a heart attack or stroke by as much as 40 percent.

They analyzed adults age 55 or over who had osteoarthritis (OA) in the hip or knee and had the joint replaced.

During the next 15 years, study subjects exercised more and were more active since the surgery. And they were less likely to have depression, which is also linked to the risk of heart problems.

(Source: Pages)

WHAT DIABETES IS

Diabetes means your blood glucose, also called blood sugar, is too high. Your blood always has some glucose in it because your body needs glucose for energy to keep you going. But too much glucose in the blood isn't good for your health.

How do you get high blood glucose?

Glucose comes from the food you eat and is also made in your liver and muscles. Your blood carries the glucose to all the cells in your body. Insulin is a chemical, also called a hormone, made by the pancreas. The pancreas releases insulin in to the blood. Insulin helps the glucose from food get into your cells. If you body doesn't make enough insulin, or if the insulin doesn't work the way it should, glucose can't get into your cells,. It stays in your blood instead. Your blood glucose level then gets too high, causing prediabetes or diabetes.

What are the signs of diabetes?

Being very thirsty, urinating often, feeling very hungry or tired, losing weight without trying, having sores, that heal slowly, having dry, itchy skin, losing the feeling in your feet or having tingling in your feet, having blurry eyesight.

You may have had one or more of these signs before you found out you had diabetes. Or you may have had no signs at all. A blood test to check your glucose levels will show if you have prediabetes or diabetes.

(Source: National Diabetes Information Clearing House (NIH) National Institute of Health)

Health News & General Interest

AMERICA IS HEADING TOWARD DIABETES CRISIS

November is National Diabetes Month, a good time to think about how these projections might affect you.

As U.S. citizens get heavier and older, the country could be approaching a diabetes crises. About half of adults have either diabetes or pre-diabetes, which raises their risk of heart attacks, blindness, amputations and cancer.

More than 12 percent of Americans 20 and older have diabetes, either diagnosed or undiagnosed. About 37 percent have pre-diabetes, a condition marked by higher-than-normal blood sugar. A decade ago it was 27 percent. An analysis of 16 studies of individuals worldwide published in the journal *Diabetologia*, shows

that pre-diabetes not only sets the stage for diabetes but increases the risk of cancer by 15 percent.

What we have, reports USA Today, is a perfect storm of an aging population, a population that's becoming more obese, less inclined to be active, and regularly eats high-calorie fast food, according to the Brown Diabetes and Obesity Center at the University of Kentucky.

Without lifestyle changes, the Centers for Disease Control and Prevention says up to 30 percent of people with pre-diabetes will develop type 2 diabetes within the next five years. But lifestyle changes can reduce the risk by almost 60 percent, saving lives and money.

(Source: Pages)

THE NOBLE AND THE BRAVE

A Veteran's Day Tribute

By Joanna Fuchs

**When America had an urgent need,
 These brave ones raised a hand;
 No hesitation held them back;
 They were proud to take a stand.
 They left their friends and family;
 They gave up normal Life;
 To serve their country and their God,
 They plowed into the strife.
 They fought for freedom and for peace
 On strange and foreign shores;
 Some lost new friends; some lost their lives
 In long and brutal wars.
 Other veterans answered a call
 To support the ones who fought:
 Their country had requirements for
 The essential skills they brought.
 We salute every one of them,
 The noble and the brave,
 The ones still with us here today.
 And those who rest in a grave.
 So here's to our country's heroes;
 They're a cut above the rest;
 Let's give the honor that is due
 To our country's very best.**

(Source: www.poemsource.com)

STORM OVER ABUSE CASES WILL CHANGE NFL PROCEDURES

2014 was a year of crises in the NFL: Players hitting their wives and girlfriends, or their children. Criminal battery charges.

Is the recent spate of NFL players accused of committing crimes against women and children a pattern?

Player arrests and domestic violence are not new to the NFL. Since January 2000, there have been 732 arrests and criminal cases of active NFL players, according to USA Today's database. (This rate of arrests is less than that of the general population.) Of these, 90 involved domestic violence, which rarely drew more than a one-or two-game suspension. There was no video to show what actually happened.

USA Today Sports analyst Brent Schrottenboer says sponsors have publicly rebuked the league over how it handled criminal cases involving several players." But expressed confidence that Commissioner Roger Goodell will solve the problem. The Radisson Hotel and beer manufacturer Anheuser-Busch are considering limiting sponsorships.

While the league is under great pressure to handle domestic violence cases more appropriately, even Mark Dayton, Governor of Minnesota, called for Adrian Peterson's suspension.

On the flip side, many NFL players hastened to point out that the publicity over bad behavior obscures the great good many players do for the cities they live in and for the nation.

(Source: Pages)

Information

MENDED HEARTS 2015 CONFERENCE

Orlando, Florida

June 24 thru June 27, 2015

Our Conference will be held at the Buena Vista Palace Hotel & Spa and has been selected for our stay. The Hotel is located directly across the street from Downtown Disney. The hotel offers free transportation daily to Disney Theme Parks (Magic Kingdom, Epcot, Animal Kingdom, Hollywood studio, Typhoon Lagoon and Blizzard Beach, as well as nightly transportation to Downtown Disney Marketplace and Pleasure Island after 6 pm. We are obtaining transportation to and from the airport (no additional cost to attendees.) For those driving to Orlando, we were able to negotiate free self-parking.

The Conference Committee has begun planning another great conference filled with educational speakers and will focus primarily on chapter and member development topics, with a few national medical professionals.

Mark your calendar now so you begin planning for next year.

(Source: Marvin Keyser, National Conference Chairman)

A SECOND SHOT FOR PNEUMONIA

People age 65 and older should now get two separate pneumonia vaccine shots instead of one.

The CDC now recommends a second vaccine, Prewar 13 because of the limitations of the older shot, Pneumovax 23.

Both vaccines are designed to protect against infections of the bacteria Streptococcus pneumonia, but they work in different ways.

(Source: Pages)

OCTOBER SPEAKER & RAFFLE WINNER

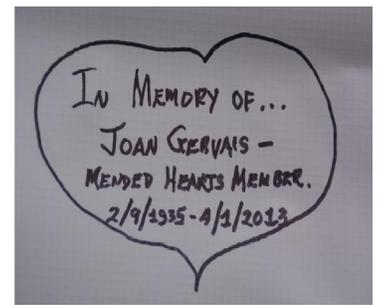


(Left) Member Bob Lincoln gave a presentation which looked at his Mended Hearts history: as a hospital patient, a MH Visitor, as a Chapter Officer, and as a volunteer member of the Hartford Hospital's IRB (Institutional Review Board) Panel A, since February, 2011.

(Right) October 50/50 Raffle Winner - Susan Livingston

(Photos by Bob Lincoln)

AMERICAN HEART ASSOCIATION HEARTWALK



The above Heartwalk participants all represented the St. Francis Hospital Mended Hearts visitors, and have done so for many years.

[Top Left] John Hussey, Jr. - [Top Right] Cynthia and Bob Hoffman - [Bottom Left] Steve and Susan Livingston - [Bottom Right] A tribute to past member and Hartford Hospital Caretaker Visitor, Joan Gervais, on the Memory Wall.

(Photos by Bob Lincoln)

Information

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 and 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.

CAUTION!

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

MANDY HEART

Mandy Hart, our SPECIALpiggy bank, has a total of \$185.29. We have a good start towards next year's donation to Camp Madden, let's keep it up. Thank You!!!

ALL HOSPITAL VISITORS

If you visit patients from Enfield, Suffield, Stafford Springs, or towns bordering the Springfield, MA area, please tell them we are starting a satellite at Bay State Medical Center and it might be closer for them.

(See Springfield Contact Info on Page 8)

MEETING LOCATION IN NOVEMBER

Our meeting location which will be at:

Goodwin College - Community Room
245 Riverside Drive
East Hartford, CT
October 15, 2014 – 6:45 PM

Note: Using above address in your GPS gets you to correct building.

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: (From 1-84 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.)

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.

SURGIVERSARIES

NOVEMBER – 2014	YEARS
Priscila Soucy	22
John Hussy, Jr.	14
Jim Reilly	2

If you find your name has been omitted or has the incorrect year of your cardiac event please notify Priscilla Soucy - 860-289-7422, so we can change or add you to our list.

A NEW MEMBER

Edgar M. Santillian
Granby, CT
Welcome!!!

OCTOBER REFRESHMENTS

Provided by - Steve Livingston & Walter Kovaciny

Thank You!!

Fun Stuff & Info

GOT BUGS?

A man who works for a pest control company confirms each appointment by phone the night before his service call.

One night, a man answered the confirmation call. The pest control man said, "Hi, this A to Z Pest Control. Your wife phoned us.

There was a long silence, and then the customer yelled to his wife: "Honey, it's for you...someone wants to talk to you about your relatives."

(Source: Pages)

FIRST JOB

A new grad was hired by a supermarket was given a broom on his first day and reminded his boss that he was a college graduate. The boss said "Oh, give me the broom and I'll show you how."

(Source: Pages)

HOCKEY

The coach called one of his 7 year-old hockey players aside and asked, "Do you understand what cooperation is? What a team is?" The little boy said he did.

"And do you understand that what matters is not whether we win or lose but how we play together as a team?" The little boy nodded yes.

"And you know that when a penalty is called, you shouldn't argue, curse, or attack the referee." Again the little boy nodded.

"Good," said the coach. "Now go over there and explain all that to your mother."

Source: Thanks to Rocky Mountain Chapter #12, Denver, CO

CHEESE PLEASE

In 2011, Americans each ate 33 pounds of cheese, according to the U.S. Department of Agriculture, compared with 8 pounds a year in the 1950's.

(Source: Pages)

SPRINGFIELD SATELLITE CHAPTER

Our Springfield, MA, Satellite Chapter is coming along nicely. Their meetings take place at Baystate Medical Center Cardiac Rehab. at 3300 Main St., Springfield, MA on the 1st floor - Community Room at 7:00 PM.

They have the enthusiasm to get started and make this a chapter in the future.

They welcome anyone interested in heart health or had a heart procedure.

Mended Hearts has a hospital visiting program where visitors see heart patients pre and post-op. When there are enough members, we will start the visiting program at Baystate.

Bryan Hagberg is the coordinator and his Dad is also helping and a real advocate for heart health. You can call Bryan at 413-579-5126.

Come to one of their meetings the 1st Monday of the month.

GENERAL DONATIONS

Susan Livingston

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

WHEN YOU MEET A PERSON WITH A GUIDE DOG...

Guide dogs should not be petted or disturbed while working in harness. Even when guide dogs are not working, do not pet them without first asking for permission.

If you wish to assist a person with a guide dog, first ask, "May I help you?" If your offer is accepted, then offer your left elbow. Do not grab the guide dog, the leash, the harness, or the person's arm. Doing so may place them in danger.

Do not feed a guide dog. Guide dogs are given a prepared diet at home, and additional feeding may disturb their work schedule.

(Source: Guiding Eyes for the Blind: www.guidingeyes.org)



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
- Family - Dues \$30.00
- Life - Individual Dues \$150.00
- Life - Family Dues \$210.00

Chapter Dues

- Individual - Yearly Dues \$5.00
- Family - [No chapter 1st Year Dues] \$0.00 \$5.00 Renewal
- Life - Individual Dues \$40.00
- Life - Family Dues \$50.00

Dues Summary: National Dues \$ _____
Chapter Dues \$ _____
TOTAL \$ _____

I am joining as a non-heart patient: Physician RN
 Health Admin Other Health Party Other Interested Party

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

(Chapter Treasurer - send both Chapter & National dues to National Office.) National or Chapter 9

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

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

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

Make checks payable to:

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

Please retain a copy for chapter records.



TO:

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