



# Hartford Heartline

Volume XXXVI - Issue 8 - October, 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 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!!*

#### October 16, 2013 Meeting - 6:45 p.m.

Speaker: - Sue Keefe, APRN at St. Francis Palliative Care Program

Topic: **To Be Announced**

Refreshments: **Rick Lemay**

### OFFICERS - 2013-2015

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South Windsor, CT 06074  
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#### November 20, 2013 Meeting - 6:45 p.m.

Speaker: - To Be Announced

Topic: To Be Announced

Refreshments:

#### December - Holiday Break

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

#### January 15, 2014 Meeting - 6:45 p.m.

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

*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 Dunn*  
**John**

**"AHA Heart Walk 2013"**

The Greater Hartford American Heart Association (AHA) annual "Heart Walk" was held on Saturday, September 28 at Rentschler Field, in East Hartford. The weather was perfect for this great event. In prior years we had snow and rain in October!

Our Chapter had an information table in the exhibitor tent, where we talked with people and families who have experienced heart events. We offered our newsletters and other Mended Hearts information.

Several members and friends walked the route around the University of Connecticut football stadium. Our mascot, Mia Soucy, a black lab. was happy wearing our Mended Hearts shirt and received much attention in the crowd.

Next year we encourage more of our members to participate as walkers and we plan to form a Chapter 9 Mended Hearts Team for greater visibility.

This is an important annual event to raise awareness for Mended Hearts, AHA, heart disease and fundraising. We look forward to next year's event!

**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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Enjoy the Newsletter in color on our website!

<http://mendedheartsCT.org>

Here's a link to the  
National Mended Hearts Website:

<http://mendedhearts.org>



TOP: (Left) - "Mia Soucy"  
(Right) - John Hussey was presented with Award.  
BOTTOM: Ben Goldfarb walks the perimeter.

(Photos by Bob Lincoln)

## Information

### HOSPITAL VISITS

Surgical, Cath Lab, and A-Fib visits for Hartford Hospital and St. Francis Hospital.

**2013 - AUGUST**

**Surgical Visits**

**Cath Lab Visits**

**A-Fib Visits**

**TOTAL VISITS - 93**

*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](mailto: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!!

**P**lease 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.

### MEETINGS NOTICE

## NOTICE:

To all Members & Guests our meetings will start at **6:45 P.M.** [ to meet an 8:30 curfew ] effective with the October 16th, 2013 Chapter Business Meeting.

Mended Hearts Chapter 9 Board of Directors

### CAUTION!!!

**H**artford *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 **\$243.48** in her belly.

We funded two children to the Madden Open Hearts Camp for two weeks this 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**

**Mandy Hart Donation for Camp Madden:**

**Carol Farr**

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**

<u>OCTOBER – 2013</u>	<u>YEARS</u>
Jackie Smith	10
<b>MRI</b>	
John Klimczak	2
<i>For your continued good health!!</i>	

**SEPTEMBER RAFFLE WINNER**

The September 50/50 Raffle winner was:



**A surprised...Wayne Johnson**  
***Congratulations!!***

**NEW MEMBERS**

**Melvin Hathorn (Name Correction)**

**Irene Girard Windsor, CT**

**SEPTEMBER BUSINESS MEETING**

Our September speaker, Dr. Neal Lippman, Electrophysiologist, presented an exceptional detailed talk on two subjects of interest to Chapter 9 Members, A-Fib and defibrillators. He kept the audience on the edge of their seats with information, and answered questions as presented.

Dr. Lippman was a continuation of speakers this year who have given presentations which have piqued the interest of our members, and his presentation, like the previous ones, could have continued for quite some time.

Refreshments were provided by Joan & John Dunn and Bob Lincoln.



TOP: Dr. Neal Lippman is presented a Merit Award by Chapter 9 President John Dunn.  
 BOTTOM: Dr. Neal Lippman, Electrophysiologist.  
 (Photos by Bob Lincoln)



## Health & Wellness

### Discontinuation of Aspirin and Heart Attack Risk

#### Discontinuation of aspirin use can increase heart attack risk by 2/3 in patients who have had a heart attack or stroke.

Regular low-dose aspirin use is the most common treatment for patients with a history of cardiac events, such as heart attack and stroke.

Why? The antiplatelet characteristics of aspirin

that relieve pain also help to reduce blood clotting, which can help prevent future adverse cardiac events. Therefore, aspirin use is extremely effective in reducing risk for heart attack and stroke, and is recommended long-term for most high-risk patients.

But how long should patients continue to take low-dose aspirin following a cardiac event? It turns out that patients should adhere to aspirin regimens as long as possible, as discontinuing use can greatly increase risk for heart attack.

A recent study published in the *British Medical Journal* followed nearly 40,000 participants with a history of cardiovascular events for an average of 3.2 years, tracking their health and aspirin use. Data showed that patients discontinuing low-dose aspirin use were nearly two-thirds more likely to have a heart attack than current users.

Based on study findings. It is important that researchers better understand why patients prescribed low-dose aspirin discontinue its use. Most likely, patients discontinue use because they forget to take it, do not think that it is benefiting their health, or because of safety concerns. However, it is important that healthcare providers now reinforce the importance of continuing aspirin use long term.

Not only does low-dose aspirin use help prevent cardiac events, discontinuing aspirin use can be even more dangerous, significantly increasing risk for heart attack.

#### What aspirin dose is prescribed for patients with history of heart attack and stroke?

Patients with a history of cardiovascular events are typically prescribed 75-300 mg/day of aspirin to help reduce their risk for heart attack and stroke.

(Source: CardioSmart.com)

### NOT JUST FOR SENIORS

#### Computer games can be fun and healthy.

Here's some good news for people who like video games: they aren't just a waste of time, and if you play the right ones you can dramatically boost your brain power.

A year or two ago, popular brain games were shown to boost mental functions temporarily, but their effect wasn't long lasting. Now, a study in the journal *Nature* shows that certain games can help people with attention deficit hyperactivity disorder (ADHD), early stages of dementia, brain injury, stroke, "chemobrain," addiction and other conditions.

They also help healthy people think better and improve their memory.

Neuroscientist Adam Gazzaley of the Neuroscience Imaging Center at the University of California-San Francisco led the study. He says a game has to be designed with a specific goal, like improving attention, and must meet certain criteria.

In one test, 16 healthy people age 60-79, who played on laptops for 12 hours at home, got better at multitasking, paying attention in dull situations, and remembering things. They performed as well as people a half-century younger. The improvements were still evident six months later, and extended beyond skills learned for the game.

Gazzaley says the key aspects of his game, called *NeuroRacer*, included:

- ~ Getting harder when people succeed and easier when they're frustrated, which keeps them challenged.
- ~ Providing an "immersive environment that draws people in with 3D imagery and a constantly changing scene.
- ~ An element of fun. Learning improves when the brain's reward system is turned on as it is when having fun.
- ~ Forcing people to keep driving up windy mountain roads while spotting occasional signs, so they had to work continuously at both skills and couldn't trade off one for the other.

*NeuroRacer* is not yet commercially available, but when it is, it will also be available for tablets and phones, making the training accessible to more people. (Source: Pages)

### THE APPEAL FOR A WEBMASTER...

My appeal for volunteers to become the new Chapter 9 Permanent Webmaster was fruitful.

Two volunteers came forward, and will be trained and share responsibilities for that position. One will become the Webmaster and the other will serve as his back-up. The individuals are: John Klimczak and Rick Lemay...both of which have backgrounds which lend them to the type of experience required in this position.

I want to thank both individuals for their response for the Chapter.  
Bob Lincoln

### NEW BLOOD THINNER FAILS TO HELP HEART VALVE PATIENTS

**Dabigatran increases risk of complications for patients with mechanical heart valves compared to standard therapy, study finds.**

For patients with severe heart valve disease, mechanical valve replacement is often the best treatment option. Man-made valves are long-lasting and usually don't need to be replaced, unlike biological valves that usually last 10-15 years. The only downside is that mechanical valves require patients to take blood thinners for the rest of their lives to help prevent clots from forming on the valve. Warfarin (Coumadin) is the go-to therapy for patients with mechanical heart valves but has its limitations and researchers are constantly trying to identify better treatment options. But they haven't had much luck testing a new blood thinner called dabigatran on heart valve patients, according to a study recently published in the *New England Journal of Medicine*.

The study was designed to compare to compare dabigatran—a drug typically used to treat atrial fibrillation—with warfarin, the standard therapy to prevent blood clots in patients with mechanical heart valves. The hope was that dabigatran might be just as, if not more, safe and effective in preventing blood clots in heart valve patients as warfarin.

Unfortunately, the study was cut short when researchers found that patients taking dabigatran had significantly greater risk of complications (stroke and bleeding) compared to patients taking the standard therapy. So for the time being, warfarin remains the standard therapy for patients with mechanical heart valves, and experts continue to search for new therapies that could serve as a safe and effective after-native.

#### **What is the difference between biological and man-made valves?**

When faulty heart valves can't be repaired, they are often replaced with either biological or man-made valves. Biological valves are made from pig, cow or human heart tissue and are specially treated to prevent the body from rejecting the valve. Mechanical valves, on the other hand, are made from, man-made materials and patients with mechanical valves need to take blood thinners for the rest of their lives to prevent clots from forming on the valve. Mechanical valves, last longer and usually don't require replacement, while biological valves usually last no longer than 15 years. Which type of valve is right for each patients depends on individual characteristics, such as age, health, and personal preference

(Source: [cardiosmart.org](http://cardiosmart.org))

### HOW TO HELP YOUR EYES ADAPT TO NIGHT DRIVING

There are a number of conditions that can affect your vision. They are especially noticeable when it comes to night driving.

Cataracts affect the lens at the front of the eye. They can create glare, fuzziness and a halo effect around lights.

Diabetes can cause problems because higher blood sugar can affect the liquid in the middle of the eye. And it's possible that your prescription for eyeglasses should be changed.

After ruling these conditions out, one possible cause involves being in bright light for 2 to 3 hours before night driving. It can slow how quickly your eyes adapt to lower light. If you must be in bright light, try wearing sunglasses during part of that time.

The easiest suggestion: Allow 20 minutes for your eyes to adapt to lower light before hitting the road. Writing in *Prevention*, Dr. Sanjay Gupta also recommends taking a multivitamin that covers your vitamin A and C and beta-carotene needs as well as omega-3 capsules.

(Source: Pages)

### DORA-22 WORKS IN A DIFFERENT WAY FROM EXISTING SLEEPING PILLS

In the not-too-distant future, a new medication could help insomniacs fall asleep and sleep soundly without the memory problems or groggy feelings that other sleeping pills can bring.

Billed as bringing “a good night's sleep without the side-effects,” the tablet, known only as DORA-22, works in a different way.

Researchers have discovered orexin, a compound that keeps the brain alert. Dora mimics what happens in the normal system, where orexin's alert signal goes away at night. But in some people, it doesn't. As one sufferer says, “I can just open my eyes in the middle of the night, get up and do my work as if it's the middle of the day.”

Merck's drug additionally targets the problem of waking shortly after taking a sleep medication.

In testing, DORA-22 was free of problems that impact reaction times, even when given at high doses.

The new drug is still in the testing phase and won't be on the market for some time. Only then will we know for sure if this new generation generation of sleeping pills will finally let us rest easy.

(Source: Pages)

## Health & Wellness

### FLU SHOTS VITAL FOR PEOPLE WITH HEART DISEASE

**People with heart disease or who have had a stroke face increased chances of developing serious complications from influenza and influenza-related illnesses.**

Having heart disease or stroke increases your chances of developing serious complications if you get the flu, including pneumonia and worsening of your existing heart condition. During the 2012-2013 flu season, 46% of adults hospitalized for flu-related illnesses had heart disease and stroke. And, people with heart disease and stroke who get influenza illnesses are at risk of having a heart-related complication, such as a heart attack. According to the Centers for Disease Control and Prevention (CDC) even if your heart disease is well-managed you can still get very sick from the flu and end up in the hospital. Research shows getting a flu vaccine prevents worsening of heart disease.

CDC recommends an annual flu vaccine for everyone six months of age and older as the first and best way to protect against the flu. This is a particularly important recommendation if you suffer from heart disease or stroke. Those who live with or care for you should also get vaccinated against the flu. Not only will they be protecting themselves, they'll also be helping to protect you from the flu, flu-related complications and an increased risk of having a heart attack, stroke, or the possible worsening of heart failure symptoms.

It is best to get vaccinated before the flu starts to spread in your community, however it is not possible to know exactly when the flu season will start each year. While seasonal influenza outbreaks can happen **as early as October**, influenza activity peaks in January or later most of the time. Please note that you should get the flu shot—**not** the nasal spray flu vaccine.

The flu vaccine cannot give you the flu, but it takes two weeks after vaccination for antibodies to develop in the body that protect against influenza virus infection. During that period, you are still vulnerable to flu illness. If you develop flu-like symptoms you should contact your doctor. Your doctor may prescribe antiviral drugs (like Tamiflu) to treat the flu; antiviral drugs can make illness milder and shorten the time you are sick. Since these medications are most effective if given within the first 48 hours of flu illness, call your doctor right away if you develop flu-like symptoms.

Also check with your doctor about the need for other vaccines. You may need the pneumococcal vaccine to help protect against pneumonia and other vaccines to help your health conditions.

(Source: [cardiosmart.org](http://cardiosmart.org))

### DANCE:

**It's the exercise that doesn't feel like exercise.**

Dancing is really good for you. It's fun and most people can easily do it. It gives you a cardio boost and strengthens your bones. Dancing works all the major muscle groups. It builds stamina and improves balance, coordination and flexibility. And if you dance with a partner, you banish loneliness and ramp up your brain power.

According to experts quoted in the AARP Bulletin, dancing combines two other key elements of brain health: learning new things and socializing.

Next time you have friends over, put on the music and start dancing.

(Source: Pages)

*A Little Bit of Trivia & Fun Stuff*

<b>GENERAL INTEREST</b>	<b>STUDENT VS. STOCK BROKER</b>
<p><b>Mickelson pays huge taxes for winning in UK.</b></p> <p>When Phil Mickelson won both the Scottish Open and the British Open, his winnings came to \$2,167,500.</p> <p>But between taxes by the United Kingdom, the IRS and the state of California, 61 percent of his earnings go for taxes. That means he will pay \$1,322,175 in taxes before he leaves the clubhouse.</p> <p>Forbes explains that the UK is one of few countries that collects taxes on endorsement income for non-resident athletes that compete in Britain or Scotland, which raises his tax bill.</p> <p>Forty-five percent of Mickelson's winnings go to Britain, 13 percent go to California, and 3 percent goes to the U.S. government.</p> <p>Mickelson still gets \$842,700. Then he'll have to pay his caddie, who will get 10 percent for a win.</p> <p>And there is hotel, expenses, and his agent. He'll probably end up taking home less than 30 percent of his winnings.</p> <p style="text-align: right;">(Source: Pages)</p>	<p>Deciding to take a day off from his important job, a young broker went back to visit some of his old professors. Entering the school, he saw a dog attacking a small child. He quickly jumped on the dog and strangled it.</p> <p>The next day, the local paper printed the story with the headline "Valiant Student Saves Boy From Fearsome Dog."</p> <p>The broker called the editor of the paper and strongly suggested that a correction be issued, pointing out that he was no longer a student, but a successful Wall Street Broker.</p> <p>The paper issued a correction, with a headline that read, "Pompous Stock Broker Kills School Mascot."</p> <p style="text-align: right;">(Source: Pages)</p>
<b>IS FASTER BETTER? STATES OKAY SPEED</b>	<b>THE TARDY BAGPIPER'S STORY</b>
<p>Speed limits are up in 37 states including the speediest state of all, Texas, which just approved a highway with an 86 mph speed limit.</p> <p>Texas Highway 130 from San Antonio to Austin is a 41-mile straight, flat stretch of nothing but power lines. It now boasts the highest speed limit in the county at 85 mph.</p> <p>Is this limit reckless?</p> <p>It depends how you look at the answer. Studies show accidents don't increase as speed increases but, when accidents occur, they are more often fatal. Wisconsin Traffic Operations and Safety Laboratory found a 15 percent increase in fatalities on rural roads when speed increased. On the Ohio Turnpike, however, fatalities are down since the speed limit was increased to 70 mph in 2011.</p> <p>In Michigan, bills to allow higher speed limits are supported by state police. Lt. Gary Megge of the Michigan State Police Traffic Services Section, argues with other experts, that the uniform speed of traffic is most important. Variance in speed—one slow vehicle followed by a fast one, for example—makes for dangerous traffic situations.</p> <p>Illinois is the most recent state to allow speed limits of 70 mph or more. Bills in Wisconsin, New Jersey and Michigan could push speed limits to 70, 75, and 80 mph, respectively, on highways.</p> <p>Meanwhile, do motorists step on the gas as speed limits increase? Surprisingly, no. Average speeds in Utah are up just 1 mph since the state designated its first 80-mph highways in 2008.</p> <p style="text-align: right;">(Source: Pages)</p>	<p>As a bagpiper, I was asked to play at a grave-side service for a man who had no family or friends.</p> <p>The funeral was to be held at a new cemetery in the countryside and this man would be the first to be laid to rest there. I became lost and finally arrived an hour late. I saw the backhoe and the crew who were eating lunch but the hearse was nowhere in sight.</p> <p>I assured the workers that this was the proper thing to do. They gathered around and I played out my heart and soul. They began to weep and I played like I'd never played before.</p> <p>As I went to my car, I overheard one of the workers say. "Man, I never see nothin' like that before and I've been puttin' in septic tanks for 20 years.</p> <p style="text-align: right;">(Source: Pages)</p>
	<b>QUOTES</b>
	<p>Life is short, live it.                  Love is rare, grab it.                  Anger is bad, dump it.                  Fear is awful, face it.                  A memory is sweet, cherish it.</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 _____

<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
(how many _____)	<input type="checkbox"/> AFib Arrhythmia	<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.

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