



Hartford Heartline

Volume XXXVIII- Issue 7 - October, 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

October 15, 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

President:

John A. Dunn
15 Strawberry Hill
Windsor, CT 06095
860-688-5489
Email: jjhmdunn@msn.com

Vice-President:

Priscilla Soucy
98 Highview Street
East Hartford, CT 06108
860-289-7422
Email: priscillaanns@att.net

Secretary:

Robert Hoffman
25 Lovelace Drive
West Hartford, CT 06117
860-232-8417
Email: vrome@att.net

Treasurer:

Steve Livingston
501 Dzen Way
South Windsor, CT 06074
860-644-4250
Email: stevlivingston@cox.net

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

Speaker: - To Be Announced
Topic: To Be Announced
Refreshments: Steve Livingston & Walter Kovaciny

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: - To Be Announced
Topic: To Be Announced
Refreshments: Brendan & Barbara Durkin

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

Every two years our Chapter nominates and installs new Chapter Officers during the month of January or February. As your current two-term President, as stated in National and our Chapter By-Laws, I am not eligible for re-nomination or election as Chapter 9 President.

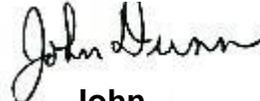
It is my responsibility, as written in our by-laws, to appoint a nominating committee who will select and recommend candidates for all our Chapter Officers who will serve for the 2015-2017 term. I have requested that our Board of Directors approve my Nominating Committee appointments, also as stated in By-Laws, for these very important positions. Our BOD has unanimously approved my recommendations of: Dolly Goldfarb, Nominating Committee Chairperson, Wayne Johnson, distinguished long-term Member of our Chapter and myself, John Dunn, your current President. During October they will be meeting with and interviewing our Chapter members in good standing, who would like to take an active role in Chapter meetings and Chapter growth over the next two years.

If you have an interest in being considered for Chapter 9 President, Vice-President, Secretary, or Treasurer, please speak with one or more of the Committee Members before our November meeting. Also, We are also looking for a volunteer to assume the responsibilities of Refreshment Chairperson, which Bob Lincoln took on when Fran Reichlin retired from that position, which will be discussed at our October Meeting (See a member of the Nominating Committee.). During the November chapter meeting, the Nominating Committee will present to the membership their recommendations for your new slate of officers.

This will then be presented in the next available newsletter giving everyone the mandated minimum of 30 days notice before our chapter elections.

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

Heartfully,


John

CHAIRPERSONS - 2013-2015

Visiting Chairman - Hartford Hospital:
John Dunn 860-688-5489

Visiting Chairman - St. Francis Hospital:
Bob Hoffman 860-232-8417

Visiting Trainer - All Hospitals:
Priscilla Soucy 860-289-7422

Program Co-Chairman:
Ben Goldfarb 860-523-5761

Program Co-Chairman:
Priscilla Soucy 860-289-7422

Official Greeter:
Dolly Goldfarb 860-523-5761

Corresponding Secretary:
Carolyn Kolwicz 860-872-0296

Refreshments (Temp.):
Bob Lincoln 860-953-3807

Newsletter Editor:
Priscilla Soucy 860-289-7422

Newsletter Distribution & Mailing:
John & Joan Dunn 860-688-5489

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Webmaster:
John Klimczak 860-313-0246
E-Mail: jklimczak@sbcglobal.net

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

Here's a link to the
National Mended Hearts Website:
<http://mendedhearts.org>

Health News & General Interest

WHY CHOLESTEROL MATTERS	ADD UP YOUR BITES, TRY FOR 100 BITES A DAY
<p>Medication</p> <p>Usually the first line of defense in prescribing medication to treat abnormal cholesterol levels is a statin. Statins are a type of medication that help your body process and remove cholesterol. They're most effective in lowering LDL cholesterol. But as with any medication, statins can have side effects. The most common are constipation, stomach pain, cramps or gas. In some cases, people experience muscle pain, weakness or brown urine.</p> <p>There are different types of statins, and each one works a little differently from the others. The table below lists optimal dosages for each major type of statin and the three levels of statin therapy intensity:</p> <hr/> <p>High-Intensity Statin Therapy Daily dose lowers LDL-C on average, by approximately > 50%</p> <p>Atrovastatin (40)-80 mg Rosuvastatin 20 (40) mg</p> <hr/> <p>Moderate-Intensity Statin Therapy Daily dose lowers LDL-C on average, by approximately 30% to <50%</p> <p>Atrovastatin 10-20 mg Rosuvastatin (5) 10 mg Simvastatin 20-40 mg+ Pravastatin 40 (80) mg Lovastatin 40 mg Fluvastatin XL 80 mg Fluvastatin 40 mg bid Pitavastatin 2-4 mg</p> <hr/> <p>Low-Intensity Statin Therapy Daily dose lowers LDL-C on average, by <39%</p> <p>Simvastatin 10 mg Pravastatin 10-20 mg Lovastatin 20 mg Fluvastatin 20-40 mg Pitavastatin 1 mg</p> <p><small>Source: mendedhearts.org</small></p>	<p>The Bite Monitor, worn on the wrist like a watch, counts the number of bites you take. The going assumption is that 100 bites a day is ideal for men and women to lose weight, say researchers at South Carolina's Clemson University who developed the device. It will be for sale next year for \$195.</p> <p>"It isn't so much what we eat but how we eat that matters. If you're eating too fast, you're probably not chewing and enjoying your food very much. You're more likely to eat more," says Michael Jensen, an obesity expert at the Mayo Clinic. Already for sale is the HAPfork (\$99 online and in stores.) It vibrates and flashes a red signal if bites are spaced at less than 10 seconds apart.</p> <p style="text-align: right;"><small>(SOURCE: Mayo Clinic)</small></p> <hr/> <p style="text-align: center; color: blue;">MILITARY SAYS MOST OF TODAY'S YOUTHS WOULDN'T QUALIFY TO ENLIST</p> <p>Military services don't keep figures on how many people they turn away. But the Defense Department estimates 71 percent of the roughly 34 million 17-to-24-year-olds would fail to qualify if they tried to enlist, and that doesn't include those turned away for large tattoos. Soldiers can have only four visible tattoos below the elbows, and tattoos must be relatively small. Most youngsters who are ineligible to qualify have obesity, lack of a high-school diploma, felony convictions, prescription-drug use for attention-deficit hyperactivity disorder, large tattoos or large holes in their ears from wearing devices called ear gauges.</p> <p>It's a challenge to building the next generation of soldiers. Only a small percentage of youths are both eligible and inclined to discuss military service, says Major Gen. Allen Batschelet, commander of U.S. Army Recruiting Command.</p> <p>Still, each year about 180,000 young men and women successfully volunteer for military service. All the services have reached their recruitment targets in recent years. To some degree, enlistment bonuses have helped. The budget for enlistment bonuses is about \$624 million.</p> <p>The individual services also have the right to grant waivers to applicants who don't quite meet all of their standards.</p> <p style="text-align: right;"><small>(Source: Pages)</small></p>

BRAIN NATRIUTETIC PEPTIDE TEST

Brain natriutetic peptide (BNP) test is a blood test that measures levels of a protein made by your heart and blood vessels. This protein is called BNP. BNP levels are higher than normal when you have heart failure.

How the Test is Performed

A blood sample is needed.

Why the Test is Performed

Your doctor may order this test if you have signs of heart failure. Symptoms include shortness of breath and swelling of your legs or abdomen. The test helps your doctor make sure the problems are due to your heart and not your lungs, kidneys, or liver.

It is unclear if repeated BNP tests are helpful in guiding treatment in those already diagnosed with heart failure.

Normal Results

In general, results less than 100 pg/mL are a sign the patients does not have heart failure.

The examples above are common measurements for results of these tests. Normal value ranges may vary slightly among different laboratories. Some labs use different measurements or test different samples. Talk to your doctor about the meaning of your specific test results.

What Abnormal Results Mean

BNP levels go up when the heart cannot pump the way it should.

A result greater than 100 pg/mL is abnormal. The higher the number, the more likely heart failure is present and the more severe it is.

Source: Medline Plus – NIH National Institute of Health

WHAT CAUSES A PSEUDOANEURYSM? SHOULD A PSEUDOANEURYSM ALWAYS BE TREATED?

A pseudoaneurysm, sometimes called a false aneurysm, is a dilated artery or blood vessel. A pseudoaneurysm can form after an artery or heart chamber is injured causing blood to leak and pool outside the artery's wall. In a true aneurysm, the artery or vessel is enlarged, but the enlargement doesn't result from an injury and blood flows normally through the aneurysm.

A pseudoaneurysm may be a complication of cardiac catheterization, a procedure in which a catheter is inserted in an artery in your groin (femoral artery) and is threaded through your blood vessels to your heart. Cardiac catheterization is used to capture images of your heart to diagnose heart disease and to treat certain types of heart disease. A pseudoaneurysm can occur if blood leaks and pools outside your femoral artery where it was punctured when the catheter was inserted. Pseudoaneurysms can also occur in other arteries throughout the body related to either surgery or trauma, or from the rupture of an aneurysm.

Pseudoaneurysms can also occur in the heart chambers, such as the left ventricle, after damage from a heart attack causes blood to leak and pool outside the injured heart muscle.

If a pseudoaneurysm of a femoral artery related to cardiac catheterization is small, it may go undetected and not cause any complications. But if a small pseudoaneurysm is detected, your doctor may recommend a watchful-waiting approach to see if it resolves on its own. However, most often, when a femoral artery pseudoaneurysm is detected, your doctor will recommend one of these treatments:

~ **Ultrasound-guided compression repair.** In this treatment your doctor will look for your pseudoaneurysm using ultrasound imaging. Once the pseudoaneurysm is found, your doctor presses on it to release the built-up blood.

~ **Ultrasound-guided medications.** Your doctor may recommend having a dose of blood clot-forming medication (thrombin) injected into your pseudoaneurysm to treat it by causing the pooled blood to clot. The medication is injected into the pseudoaneurysm after it's found using ultrasound imaging.

~ **Surgery.** If your doctor doesn't think either ultrasound-guided treatment will work, he or she may recommend surgery to correct it.

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

General Interest

NEW NFL PLAYER TRACKING SYSTEM

This year, NFL players will have two sensors embedded in their shoulder pads. Whether you're watching the game on TV or from the stands, you'll be able to find out how fast and far a player ran, how quickly the receiver is accelerating, and other stats that could change the way you and the teams check what's happening on the field.

Work is underway to install receivers in 17 NFL stadiums, each connected with cables to a hub and server that log player locations in real time.

It's going to touch areas of our league and give us a deeper understanding of our game that we never really had before," Vishal Shah, the NFL's VP of domestic media and business development, told USA Today. (Source: Pages)

COAST GUARD DAY, AUGUST 8

Life aboard a Coast Guard Cutter

This is the rarely-advertised and seldom-celebrated life of the men and women who work on the Coast Guard's more than 31 medium and high endurance cutters. A Coast Guard cutter is a fusion of young and old sailors, those with years of sea time, those with days, those who have traveled the world and those who have never left home.

These men and women spend more than 185 days on average away from their family and friends, and aside from the occasional grumble or homesick remark, the men and women are happy on the 270 feet they call home.

On the average day, the Coast Guard conducts 109 Search and Rescue cases. It saves 10 lives, assists 192 people (Source: Pages)

STUDY HIGHLIGHTS NEED FOR MORE AED's

Published in the Journal of the American College of Cardiology, this compared the number of cardiac arrests taking place in Washington state in various types of public places.

After tapping into detailed records of cardiac arrests during a 12 year period, researchers found

CHAPTER 9 ANNUAL BANQUET - 2014



Awards presented to members for Visiting Excellence for 2014, include Wilda Wyse [top left], Ted & Miriam Hoffberg [t. right], Bob Hoffman [b. left], Norman Cohen with Bob Hoffman, and a surprise award to John Dunn, for great leadership 2013-2014, at the Manchester Country Club.



(Photos by Bob Lincoln)

STUDY HIGHLIGHTS NEED FOR MORE AED's (Continued)

that more sudden cardiac arrests took place in alternative exercise facilities—specifically tennis facilities, indoor ice arenas and bowling alleys - than at gyms and fitness centers. However, people were more likely to survive after suffering sudden cardiac arrest in any type of exercise center compared to other public places, like restaurants and banks. Interestingly, cardiac arrest victims were more likely to be male than female, and were more likely to receive immediate treatment (CPR or AED use) in a gym vs. alternative exercise facilities and other public places.

Based on these findings, experts impress the importance of placing AEDs in all public places and educating the public about these devices. Regulations should require that these life saving devices be available in all public places, especially places where people are active.

(Source: CardioSmart.com)

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)

MAY SPEAKER



Member Patrick Raycraft and the Chapter's May speaker, Dr. Jeffrey Brown, Director of Sports Medicine at Hartford Hospital, and the Team Physician for Central Connecticut State University, who's topic was: "Back on Track: Conquering Common Hip & Knee Injuries". (Photo by Bob Lincoln)

MAY CLUSTER MEETING IN NEW JERSEY



Members Bryan Hagberg (and his father on the left) and on the far right, Walter Kovaciny, among the six members who made the most informative trip on May 3rd. Also attending were Frank & Priscila Soucy, and Bob Lincoln. (Photo by Bob Lincoln)

SEPTEMBER SPEAKER RECEIVES AWARD



President John Dunn presents Dr. Robert Gallagher, Cardiac Surgeon at Hartford Hospital, with a Merit Award from our Chapter, at Goodwin College, after a tremendous presentation on "What's New in Cardiac Surgery".

(Photo by Bob Lincoln)

SEPTEMBER REFRESHMENTS

Provided by - Cynthia & Bob Hoffman

Thank You!!

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 favorite piggy bank, has a total of \$108.50. We have a good start towards next year's donation to Camp Madden, let's keep it up. The kids 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 OCTOBER

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

OCTOBER – 2014	YEARS
Jackie Smith	11
ANGIOPLASTY	
Vera Martin	14

ONE OF OUR NEW MEMBERS IS SURPRISED

A new member, Barbara Durkin was surprised when she found out that she was the winner of the 50/50 raffle at the September meeting.



Barbara Durkin
Congratulations!!!!

(Photo by Bob Lincoln)

Fun Stuff & Info

<p style="text-align: center;">SIGN BEHIND AN AMISH CARRIAGE:</p> <p>“Energy efficient vehicle. Runs on grass and oats. CAUTION: Avoid exhaust!” (Source: Pages)</p> <p style="text-align: center;">COP’S FACILITY</p> <p>Did you hear that someone broke into our local police station and stole the toilet? Right now, the cops have nothing to go on. (Source: Pages)</p> <p style="text-align: center;">SLOW DRIVING</p> <p>The highway patrolman noticed a car going just 22 miles an hour. He pulled the car over and noticed that there were five older ladies inside, eyes wide and white as ghosts.</p> <p>The officer explained that driving too slow can be dangerous.</p> <p>“But officer,” said the driver proudly. “I was doing the speed limit exactly, twenty-two miles an hour.”</p> <p>The officer explained that “22” was the route number, not the speed limit and asked if they were all OK.</p> <p>“Oh, they’ll be alright in a minute officer,” the driver said. “We just got off Route 110.”</p> <p>Source: Thanks to Chapter 242, Casper, Wyoming</p> <p style="text-align: center;">QUOTES</p> <p>I’ve seen a look in dogs’ eyes, a quickly vanishing look of amazed contempt, and I am convinced that basically dogs think humans are nuts.</p> <p>Source: John Steinbeck, Author: Pulitzer Prize-winning The Grapes of Wrath</p> <p>Teacher: “If I stopped a man from beating his donkey, what virtue would I be demonstrating?” Pupil: “Brotherly love?”</p> <p>Time-saver: Politicians know it is not necessary to fool all of the people all of the time - just at election time. (Source: Pages)</p>	<p style="text-align: center;">SPRINGFIELD SATELLITE CHAPTER</p> <p>Our Springfield, MA, Satellite Chapter is coming along fine. 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.</p> <p>There were a number of people attending the meeting on Monday, June 2nd, and they have the enthusiasm to get started and make this a chapter in the future.</p> <p>They welcome anyone interested in heart health or had a heart procedure.</p> <p>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.</p> <p>Come to one of their meetings the 1st Monday of the month.</p> <p style="text-align: center;">GENERAL DONATIONS</p> <p>Donations may be made to Mended Hearts, Inc. in memory of a deceased friend, family, or member. Are you celebrating a special occasion such as a birthday, or anniversary? Chapter 9 welcomes your tax deductible contribution. All donations will be acknowledged by mail and in our monthly newsletter. Please make checks payable to:</p> <p style="text-align: center;">Mended Hearts, Inc. Chapter 9 ...and mail to:</p> <p style="text-align: center;">Steve Livingston, Treasurer 501 Dzen Way South Windsor, CT 06074</p> <p style="text-align: center;">THE DOG DAYS OF SUMMER</p> <p>Ancient peoples suffered during July 3 through August 11, the famed Dog Days of Summer, as heat and humidity made daily life miserable.</p> <p>The Romans associated the hot, sultry weather to the star Sirius. They called it the Dog Star because it was the largest and brightest star in the constellation Canis Major (Large Dog) and because that’s what the Greeks called it.</p> <p>Dog days were considered to be an evil time when “the sea boiled, the wine turned sour, dogs grew mad, and all creatures became lanquid; causing man burning fevers, hysterics and phrensis, “according to Brady’s Clavis Calendaris, published in 1813. (Source: Pages)</p>
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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