

Hartford Heartline

Volume XXXV - Issue 7 - September, 2012

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

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

About Mended Hearts	UPCOMING MEETINGS & EVENTS	CHAIRPERSONS - 2011-2013
<p>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 to help those with heart disease.</p> <p>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.</p>	<p>With Fall just around the corner, Mended Hearts Chapter 9 is excited to see all of you at our upcoming meetings. Both patients and caregivers are welcome to attend.</p> <p>Please join us for the following upcoming meetings at: South Congregational Church 277 Main Street, Hartford, CT (Corner of Buckingham Street - Attended parking on West side of church)</p> <p>All are welcome to attend!! Sept. 19, 2012 7:00 p.m. Speaker - Christopher Pickett, MD Co-Director of Electrophysiology at UCONN Health Center -- "Heart Rhythm Disorders, <u>Pacemakers, ICD's and Atrial Fibrillation</u>"</p>	<p>Visiting Chairman - Hartford Hospital: John Dunn 860-688-5489</p> <p>Visiting Chairman - St. Francis Hospital: Bob Hoffman 860-232-8417</p> <p>Visiting Trainer - All Hospitals: Priscilla Soucy 860-289-7422</p> <p>Program Co-Chairman: Ben Goldfarb 860-523-5761</p> <p>Program Co-Chairman: Priscilla Soucy 860-289-7422</p> <p>Official Greeter: Dolly Goldfarb 860-523-5761</p> <p>Corresponding Secretary: Carolyn Kolwicz 860-872-0296</p> <p>Refreshments: Fran Reichlin 860-232-5078</p>
<p>OFFICERS - 2011-2013</p> <p>President: John A. Dunn 15 Strawberry Hill Windsor, CT 06096 860-688-5489</p> <p>Vice-President: Priscilla Soucy 98 Highview Street East Hartford, CT 06108 860-289-7422</p> <p>Secretary: Bob Lincoln 66 Cumberland Street Hartford, CT 06106 860-953-3807</p> <p>Treasurer: Janet Poitras 1 King Arthur's Way Newington, CT 06111 860-667-0431</p>	<p>Oct. 17, 2012 7:00 p.m. Dynamic Speaker - Heidi Dohse, Athlete - MH Member-at-Large, New Jersey "A Broken Heart is not the End... Just the Beginning of a New Adventure". (See Page 4)</p> <p>Oct. 27, 2012 11:00 a.m. Visitor's Re-accreditation Meeting (See Page 4) Oct. 28, 2012 - AHA HeartWalk New Location - Rentschler Field, East Hartford - (See Page 4)</p>	<p>Newsletter Editor: To Be Announced</p> <p>Newsletter Distribution & Mailing: John Dunn 860-688-5489</p> <p>Labels / Database Maintenance: Bob Lincoln 860-953-3807 E-Mail: pine3@comcast.net</p> <p>Webmaster & Photographer: Bob Lincoln 860-953-3807 E-Mail: pine3@comcast.net</p>
<p><i>Aligned with the American College of Cardiology</i></p>	<p></p> <p>Officers 2012: Bob Lincoln, Secretary; Priscilla Soucy, Vice-President; Janet Poitras, Treasurer; John Dunn, President.</p>	<p>NOTICE to VISITORS</p> <p>When you acquire names of patients, caregivers, or others that want to receive our newsletter, please call or e-mail Bob Lincoln at phone number and/or e-mail address above.</p> <p>Bob is doing the 3-month mailing list for us and does a great job keeping them updated.</p>

President's Message



Greetings...

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

This month we introduce our ***new format*** for our Chapter's Newsletter——"**Hartford Heartline**"!

Although the "look" has changed our outstanding, dedicated editor has not. Priscilla Soucy is still at the helm, in charge of content and scheduling. Bob Lincoln, our Chapter Secretary, with his extensive background in desktop publishing, will now be giving his assistance monthly in formatting our newsletter into an updated look that we feel will be compact and easy to read. Also, Bob's craftsmanship will enable us to include pictures of our members and events.

We will be tweaking this format for the remaining two issues this year to make it even more user friendly. Priscilla, Bob, and I would like to hear from you in person, by phone or email your comments and suggestions about our new look and how we can still improve to get you a superior newsletter!

Another benefit of this electronic formatting is that it will be on our website, www.mendedheartsct.org, in color, as soon as it is ready to be sent to the printer for our postal mailed issues. If anyone would like to have both the printed newsletter and the emailed version, please notify Bob Lincoln. Also, advise Bob if you want to convert to getting only the emailed version, we can make that change now. The Chapter will save even more than the 45 cents postage, however we want you to read each issue and know the dates for all chapter meetings and events.

Special Chapter Events this Fall:

October 17th, Chapter Meeting featuring Special Guest, Mended Hearts Member at Large - N. J. -- **Heidi Dohse - Athlete.**

October 27th, Chapter 9 Annual Hospital Visitors Reaccreditation Meeting.

October 28th, Hartford AHA Heart Walk.....New Location, Rentschler Field, East Hartford. (See Page 4)

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

Heartfully,

John Dunn, President

RECENT EVENTS

Chapter 's - 35th Anniversary Banquet



Above: (L-R) Joan Gervais, Past Mended Hearts President & 2012 Convention Co-Chair, Margaret Elbert, Dottie Fernandes, Past Mended Hearts President & Current Northeast Assistant Regional Director, Raul Fernandes, and Current Mended Hearts National President, Gus Littlefield, at the 35th Anniversary Banquet, June 13th, at the Nutmeg Restaurant, East Windsor, CT.



Above: Chapter 9 President, John Dunn, presents the Chapter's "Chapter Visitors of the Year" award to Joan Gervais & Chapter Secretary, Bob Lincoln, at the Chapter's 35th Anniversary Banquet, June 13th.

Enjoy the Newsletter in color on our website!

<http://mendedheartsCT.org>

Information

TRY THIS!!!

i cdnuolt blveiee taht I cluod aulaclyt uesdnatnrd waht I was rdanieg. The phaonmneal pweor of the hmuan mnid, aoccdrnig to a rscheearch at Cmabrigde Uinervtisy. it dseno't mtaetr in waht oerdr the ltteres in a wrod are, the olny iproamtnt tihng is taht the frsit and lsat ltteer be in the rghit pclae. The rset can be a taotl mses and you can sitll raed it whotuit a pboerlm. Tihs is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe. Azanmig huh? yaeh and I awlyas tghuhot spleling was ipmorantt! if you can raed tihs forwrad it.

(Source: Unknown)

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.

MEETING TIME - CHANGED

Notice to All Members

The Membership, at our June Business Meeting, voted to start each of our General Business Meetings at an earlier time of **7:00 p.m.** effective with our upcoming **September 19th Meeting**. Come in early, and introduce yourself, and get to know some of our newer members.

DRINKING WATER

This is interesting!! I knew you need your minimum water to help flush the toxins out of your body, but this was news to me.

Correct time to drink water...very Important.

From A Cardiac Specialist! Drinking water at a certain time maximizes its effectiveness on the body:

- **2 glasses of water after waking up** - helps activate internal organs.
- **1 glass of water 30 minutes before a meal** - helps digestion
- **1 glass of water before taking a bath** - helps lower blood pressure.
- **1 glass of water before going to bed** - avoids stroke or heart.

Please pass this to the people you care about.....I can also add to this... *My Physician told me that water at bed time will also help prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up with a Charlie Horse.*

(Source: Unknown)

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.

Announcements

SURGIVERSARIES	HOSPITAL VISITS																								
<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left; color: blue;"><u>SEPTEMBER - 2012</u></th> <th style="text-align: left; color: blue;"><u>YEARS</u></th> </tr> </thead> <tbody> <tr><td>George Caron</td><td style="text-align: center;">35</td></tr> <tr><td>Bennett Cohens, Jr.</td><td style="text-align: center;">33</td></tr> <tr><td>Donald Coutu</td><td style="text-align: center;">25</td></tr> <tr><td>Joseph Palladino</td><td style="text-align: center;">17</td></tr> <tr><td>Paul Cianci</td><td style="text-align: center;">16</td></tr> <tr><td>Ira Yellen</td><td style="text-align: center;">12</td></tr> <tr><td>Joshua Dunn</td><td style="text-align: center;">9</td></tr> <tr><td>John Hannon</td><td style="text-align: center;">7</td></tr> <tr><td>Charles Rotenberg (Angio)</td><td style="text-align: center;">4</td></tr> <tr><td>Joanne Coralli</td><td style="text-align: center;">3</td></tr> <tr><td>Patrick Raycraft (Angio)</td><td style="text-align: center;">1</td></tr> </tbody> </table>	<u>SEPTEMBER - 2012</u>	<u>YEARS</u>	George Caron	35	Bennett Cohens, Jr.	33	Donald Coutu	25	Joseph Palladino	17	Paul Cianci	16	Ira Yellen	12	Joshua Dunn	9	John Hannon	7	Charles Rotenberg (Angio)	4	Joanne Coralli	3	Patrick Raycraft (Angio)	1	<p>Pre-Op, Post-Op and Cath Lab visits for Hartford Hospital and St. Francis Hospital.</p> <p style="text-align: center; color: blue;"><u>JUNE & JULY - 2012</u></p> <p style="text-align: center; color: blue;"><u>Surgical Visits - 128</u></p> <p style="text-align: center; color: blue;"><u>Cath Lab Visits - 40</u></p> <p style="text-align: center; color: blue;">TOTAL VISITS - 168</p> <p style="text-align: center; color: red;"><i>Great Job!!!</i></p>
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<p style="text-align: center; color: blue;">October 28th, 2012</p> <p style="text-align: center; color: blue;">AMERICAN HEART ASSOCIATION'S</p> <p style="text-align: center; color: red; font-size: 1.5em;"><i>"HEART WALK"</i></p> <p style="text-align: center;">See you there at the new location:</p> <p style="text-align: center; color: green;">RENTSCHLER FIELD</p> <p style="text-align: center;">Silver Lane in East Hartford (near Pratt & Whitney Aircraft)</p> <p style="text-align: center; color: blue;">Registration: 9:00 a.m. - Start: 10:00 a.m.</p> <p>Heart Walkers are asked to collect pledges prior to the event. Envelopes will be available at our September meeting. We can all wear our Mended Hearts shirts and caps and tell others about our Mended Hearts program. People will often ask us, "What is Mended Hearts? What do we do?" It is a great opportunity for us to communicate. Many of the walkers have had heart problems or family members, friends, co-workers, who also know of others who have experienced a heart event.</p> <p>We will be in the medical tent with a table and our display. If you are unable to walk the distance, you are welcome to help out at the table handing out brochures or talking with others. Save the date!!</p>	<p>Our annual re-accreditation meeting will be held on Saturday, October 27th, 2012 from 11:00 A.M. to 1:00 P.M. It will be held at the same place as last year, Cheng Du Restaurant, on Park Road, West Hartford. We need all of our visitors to be present because we will be introducing a new additional phase of visiting at our hospitals. Mark your calendar now!!</p> <p style="text-align: center; color: blue;">HEIDI DOHSE - ATHLETE</p> <p>We have an excellent speaker for our October 17th, 2012 chapter meeting.</p> <p>Heidi Dohse, who is a Mended Hearts Member-at-Large from New Jersey, that lives in Hailey, Idaho and Somerville, New Jersey, with her husband and three dogs, has a remarkable story to tell about her heart history.</p> <p>She was diagnosed with a rare arrhythmia problem at the age of 18 and has gone through with multiple cardiac procedures and open heart surgery over the years. Heidi will share her personal journey from the hospital bed to crossing the finish line and reaching her goal to live an amazing life. She trained for a bicycle race this summer.</p> <p>You won't want to miss her exciting and remarkable story that covers all her activities, along with becoming an outstanding athlete.</p> <p style="text-align: center; color: blue;">DON'T MISS OUT!!</p> <p style="text-align: center;">Put the date on your calendar now.</p>																								

Announcements

NEW MEMBERS	IN MEMORIAM
<p style="text-align: center;">Clifford Alderman Unionville, CT</p> <p style="text-align: center;">Malcom & Marryanne Leichter Hebron, CT</p> <p style="text-align: center;">Deborah Joly-Warcholik & son Jeffrey Canterbury, CT</p> <p style="text-align: center; color: red; font-weight: bold;"><i>Welcome!!!</i></p>	<p>On June 29th, 2012, Helen Desmarais, a dedicated caregiver visitor at St. Francis Hospital passed away.</p> <p>Helen was a hospital visitor with her husband, Sam Hong, for many years. Helen attended all our monthly meetings and was our Chapter Secretary. Sam was our President at the time. Helen was predeceased by her first husband Sam Hong, and her beloved Leon Desmarais, whom she married at age 83 and she often said she had "eight absolutely wonderful years."</p> <p>Helen was a very positive person. She liked everyone and always had a smile for everyone. For many years she was very active with the South Congregational Church in Hartford, where we still hold our monthly meetings.</p> <p>She was a special member in our chapter and will always be remembered by all who knew her.</p>
CAMP MADDEN TRIP	
<p>On July 14th, we visited Camp Madden in Great Barrington, MA. Patrick Raycraft, Bob Hoffman, Franck Soucy, and I (Priscilla Soucy), attended on a warm Saturday afternoon.</p> <p>The kids were great. They were all swimming in the outdoor pool and they have a new addition to the camp which is a gazebo. It's a place where several kids can sit around talking and having fun. The week we attended were for 10 & 11 year old boys and girls.</p> <p>We gave David Zaleon, the Camp Director, the donation from our chapter and he was very appreciative.</p> <p>The location of the camp in the Berkshire Mountains is a beautiful sight. There is always some breeze, and the background is picturesque. The kids are always running around with their arms around their buddies and having a great time.</p> <p>The nurse who is there for the summer camp, and has been there at all times, was telling us about her husband who flies a small plane, and that he would show up shortly. So we were looking around and a small plane was overhead, and sure enough, he circled and tipped his wings with a friendly hello. When the kids saw him, they started shouting and waving and jumping up and down as he landed in a field near the camp.</p> <p>There is always something going on, and the kids love the camp and always want to come back next year. Some of them were on their 3rd year of attending the camp.</p> <p>We plan a trip next year to represent Chapter 9. There are other Mended Hearts chapters from New York that also attend at different times during the summer each year.</p>	<p style="text-align: center; color: blue; font-weight: bold;">50 / 50 RAFFLE WINNER</p> <p>Our 50/50 Raffle winner for the month of June was Ted Hoffberg. Congratulations Ted!!! Ted and his wife Miriam, are hospital visitors at Hartford Hospital.</p>
	DONATIONS
	<p><u>In honor of Ben Goldfarb's 90th Birthday:</u> Dolly Goldfarb Carolyn Kolwicz Ted & Miriam Hoffberg Norm & Zelda Polman</p> <p><u>General Donations:</u> John Dunn Edward & Maryann Cowing .</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; color: blue;"><i>Mended Hearts, Inc. Chapter 9</i> ... and mail to: <u>Janet Poitras, Treasurer</u> (address on Page 1).</p> <p>Mandy Hart, our favorite piggy bank, is getting fatter, with a total of \$161.98, counting her June meeting meal.</p>

PHARMACISTS PLAY AN INCREASING ROLE IN HEALTH AND NUDGE PEOPLE TO TAKE THEIR PILLS

One problem with prescriptions: Many bottles just tell the name of the medication and how many pills to take. Busy primary care doctors may not have explained how to take them, or in the stress of the visit, the patient might have forgotten the instructions.

A woman who was prescribed a once-a-week bone-building pill took it whenever it was convenient. Her pharmacist explained that it should be taken in the morning and she shouldn't eat anything or lie down for an hour afterward.

A man taking medication for reflux disease thought he would need surgery because his medication wasn't doing enough. After a pharmacist explained when and how to take it, the man felt much better.

Walgreens is gradually remodeling their stores to put pharmacists at open desks so customers can easily discuss their prescriptions with them. The company says many patients are talking to their pharmacists more often than their primary-care physicians.

Recent studies show only 25% to 30% of medications for heart disease and diabetes are taken properly. Many aren't re-filled as prescribed.

Pharmacy groups are now seeing how the enhanced role of the pharmacist is making it easier for patients to reorder their medications and to take them correctly. This reduces hospitalizations and emergency room visits that occur when patients skip their meds.

CVS Caremark introduced the Pharmacy Advisor program last year to help diabetes and heart disease patients. About 16 million patients are involved. After one year, there was a 17.2% decline in members not taking their medications as prescribed. The program will expand next year to include patients with cancer, depression, chronic obstructive pulmonary disease and asthma.

(Source: Pages)

KEEPING STROKE PATIENTS ALIVE

Stroke has dropped from the 3rd most common cause of death in the United States to 4th place.

Scientists say controlling risk factors like high blood pressure and smoking was a factor, and giving statins to stroke patients improved outcomes.

There has also been an increase in designated stroke centers and emergency rooms that are specially equipped for stroke patients, says the American Heart Association. (Source: Pages)

NEW LEGISLATION WILL SPEED AVAILABILITY OF GENERIC DRUGS

Experts say new legislation will hasten the availability of generic drugs and of so-called breakthrough drugs that break new medical ground.

Congress will add both categories to a measure to reauthorize a fee program. Drug and medical device makers pay fees to the Food and Drug Administration. The fees enable the FDA to employ more people to speed reviews of medical products.

Congress may pass the bill by October 1, predicts the Kiplinger Letter. (Source: Pages)

BRADYCARDIA

What is Bradycardia?

Bradycardia is a slower than normal heart rate. The heart usually beats between 60 and 100 times a minutes in an adult at rest. If you have bradycardia (brad-e-KAHR-de-uh), your heart beats fewer than 60 times a minute.

Bradycardia can be a serious problem if the heart doesn't pump enough oxygen-rich blood to the body. For some people, however, bradycardia doesn't cause symptoms or complications.

An implanted pacemaker and other treatments may correct bradycardia and help your heart maintain an appropriate rate.

What are the symptoms?

(Continued on next page.)

Health & Trivia

BRADYCARDIA (CONTINUED)

If you have bradycardia, your brain and other organs may not get the supply of oxygen they need. As a result, you may experience these cardiac symptoms:

Near-fainting or fainting (syncope)	Weakness
Shortness of breath	Fatigue
Confusion or memory problems	Dizziness
Easily tiring during physical activity	Chest Pains

When a slow heart rate is normal

A resting heart rate slower than 60 beats a minute may be normal for some people, particularly for healthy, young adults and trained athletes. For these people, bradycardia isn't considered a health problem.

When to see a doctor

A number of conditions can cause signs and symptoms of bradycardia. It's important to get prompt, accurate diagnosis and appropriate care. See your doctor if you experience any symptoms of bradycardia.

If you faint, have difficulty breathing or have chest pain lasting more than a few minutes, get emergency care or call 911 or your local emergency number. Seek emergency care for anyone experiencing these symptoms.

(Source: Mayo Clinic)

A LITTLE BIT OF TRIVIA & FUNSTUFF

HOLOGRAMS GIVE INFORMATION AT BOSTON'S LOGAN AIRPORT

If you fly out of Logan International Airport, you may meet Carla. She's got tips for getting through security, a warm personality and speaks two languages. But you can't ask her any questions, because she is a hologram. She appears out of thin air.

Logan administrators say she's an attention grabber and is more effective than the signs and videos. Her eyes follow those of the onlooking passenger. She opens her hands to describe what to put on a separate tray in security.

New York's three major airports are also using holograms, and Washington Dulles already has "Paige," a hologram that greets international passengers.

What is a hologram? It is a 3-dimensional picture that is made on a photographic film without the use of a camera. For viewing it's illuminated with coherent light from behind.

(Source: Pages)

SOME FLIERS WOULD PAY TO GET OFF THE PLANE FASTER

There's no way to do it yet, but one survey shows both people making tight connections, and others too, would be willing to pay \$10 to \$20 to get off the plane before the rest of the crowd. It would provide more time to get to another part of the airport, which could be important if their plane was a little late or someone was piking them up at the pick-up curb.

Some fliers already opt to pay \$9 to \$39 extra to get on flights ahead of others in the boarding process.

(Source: Pages)



June meeting speaker: **Dr. Jeffrey Kluger**
Director of Arrhythmia Services, Hartford Hospital

LOGIC LESSON

A fourth-grade teacher was giving her pupils a lesson in logic. "Here is the situation," she said, "A man is standing in a boat in the middle of a river, fishing. He loses his balance, falls in, and begins yelling for help."

His wife hears the commotion, knows he can't swim, and runs down to the bank. "why do you think she ran to the bank?" A girl raised her hand and asked, "To draw out his savings?" (Source: Pages)

IMPORTANCE OF AGE

My young grandson asked me how old I was. When I replied 62, he was quiet for a moment and then asked; "Did you start at one?"

(Thanks to Chapter 16, Lynchburg, VA)

Keeping Up the Flow

Children with serious heart failure may need temporary pumps to support their heart while awaiting a transplant. Here's how the Berlin Heart, the first such device developed for pediatric use, works:

Oxygen-poor blood from the body flows into the right side of the heart to be sent to the **lungs**.

When a child's right ventricle is too weak to pump, the blood goes into the Berlin Heart through **tube A**.

Blood is returned via **tube B** to the **pulmonary artery** and then to the **lungs**.

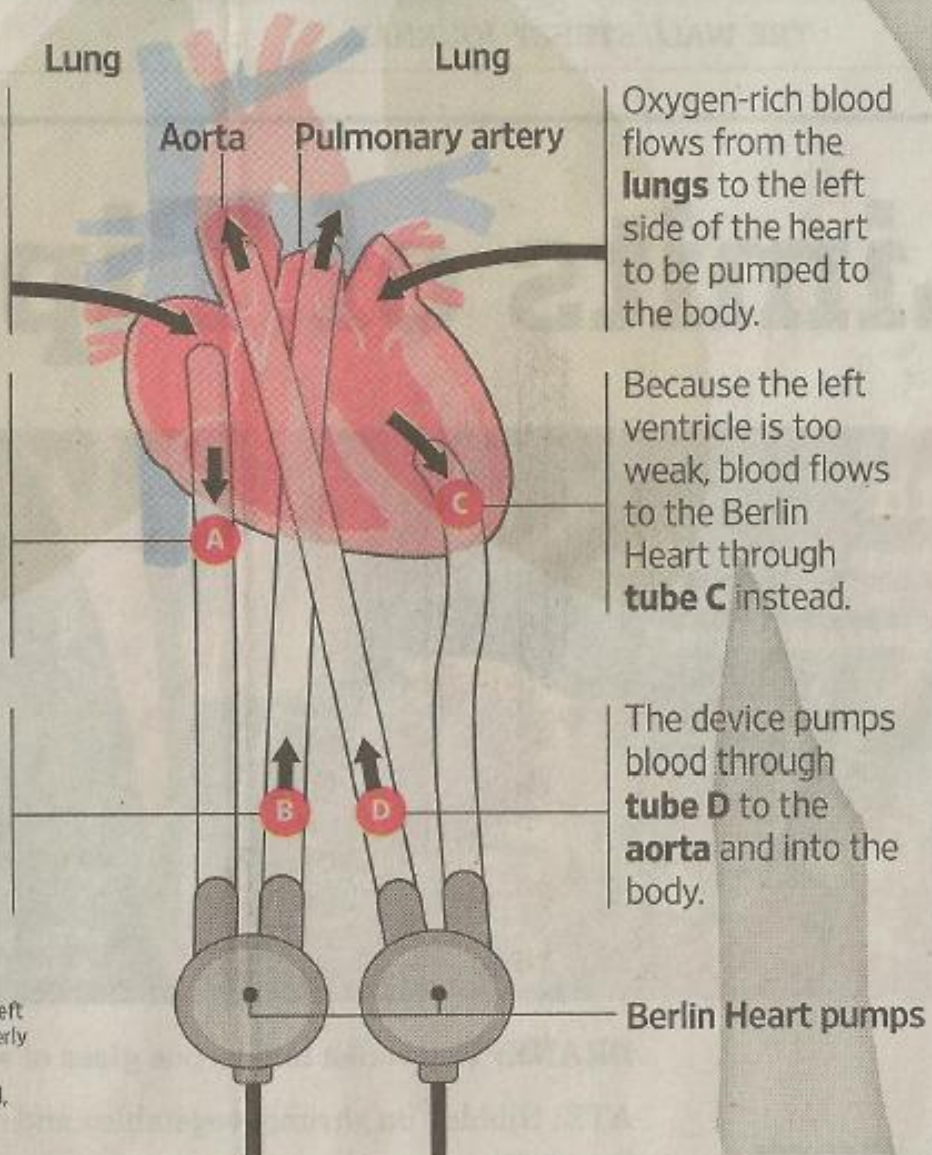
Oxygen-rich blood flows from the **lungs** to the left side of the heart to be pumped to the body.

Because the left ventricle is too weak, blood flows to the Berlin Heart through **tube C** instead.

The device pumps blood through **tube D** to the **aorta** and into the body.

Note: In about 60% of cases, only the left ventricle is too weak to function properly and a child needs only one pump.

Sources: Children's Memorial Hospital, Chicago; Berlin Heart GmbH



A New Heart Pump Just For Kids: 'the Berlin'

For kids, the average wait for a donor heart is about four months, according to data compiled by the Organ Procurement and Transplantation Network. Infants and children under 6 are at especially high risk of dying while on the transplant list.

"They have no viable option," says Gil Wernovsky, a pediatric cardiologist at Children's Hospital of Philadelphia. "They would

either die of heart failure or because of ECMO. [ECMO is an especially invasive heart-lung machine that requires heavy sedation, a breathing tube and constant ICU care.]

U.S. doctors started using the Berlin Heart in 2000, based on an established compassionate-use protocol. By 2007, 98 children in the U.S. had received a Berlin.

At last month's advisory panel,

Dr. Fraser of Texas Children's, who headed the study, reported on the results: About 90% of children implanted with the Berlin Heart lived to get a heart transplant or were successfully weaned from the device after their own hearts had recovered sufficiently to work on their own.

(From: "Wall Street Journal - D 2" -- 8/2/11)



The Mended Hearts, Inc.

National Office

Phone: (888) 432 - 7899

MEMBERSHIP APPLICATION

Member Information (please print or type)

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

Address (line 1) _____ Phone (____) _____

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

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

Email Address _____ Occupation _____

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

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

May we contact you regarding local chapter opportunities? Yes No

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

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

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

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

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

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

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

Yes No
Signature _____

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

Yes No
Signature _____

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

National Dues Within United States

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

Chapter Dues

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

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

I am Joining as a non-heart patient: Physician RN
 Health Admin Other Health Party Other Interested Party
I am not prepared to join. Enclosed is a contribution of \$ _____ to

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

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

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

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

Make checks payable to:

Mended Hearts, Inc. - Chapter 9
Mail to: **Janet Poitras, Treasurer**
1 King Arthur's Way - Apt. 5
Newington, CT 06111

Please retain a copy for chapter records.



TO:

PRISCILLA SOUZA
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GREATER HARTFORD -- CHAPTER 9

FOUNDED 1951 - INCORPORATED 1955

THE MENDED HEARTS, INC.



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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