



# Hartford Heartline

Volume XXXVIII- Issue 6 - SUMMER, 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  
(Community Room)  
245 Riverside Drive  
East Hartford, CT**

**September 17, 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**  
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Treasurer:

**Steve Livingston**  
501 Dzen Way  
South Windsor, CT 06074  
860-644-4250  
Email: [stevlivingston@cox.net](mailto:stevlivingston@cox.net)

**September 17, 2014 Meeting - 6:45 p.m.**

**Speaker: - Robert C. Gallagher, MD,  
Cardiac Surgeon at Hartford Hospital**

**Topic: What’s new in Cardiac Surgery.**

**Refreshments: Bonnie Morassini**

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

**Speaker: - To Be Announced**

**Topic: To Be Announced**

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

**Speaker: - To Be Announced**

**Topic: To Be Announced**

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

**Speaker: - To Be Announced**

**Topic: To Be Announced**

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

**Speaker: - To Be Announced**

**Topic: To Be Announced**

**Refreshments: To Be Announced**

**February 17, 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

On a cold bleak day in January, 2009, I was lying in my bed at Hartford Hospital struggling with mixed emotions: On the one hand I was exhilarated that I was alive after having undergone a five-procedure open heart surgery, but, on the other hand, I was sore, tired, and uncomfortable. Unfortunately, I must report that the physical debilitation overshadowed the mental relief. I was really surprised when two Mended Hearts Visitors came to see me. They were Ben Goldfarb and another visitor whom he was training. Together, they talked with me, answered some of my questions and reassured me that I, like they, would recover and would be able to resume a productive life. After awhile their prediction came true, and I was so grateful to them for providing an object lesson for me, that I decided to "give back" and try to do the same for others.

Our Mended Hearts Chapter accredits members to become hospital visitors. After an interesting course on visitor protocol given by Priscilla Soucy, and three hospital visits with our Visiting Chairman, John Dunn, to see patients the volunteer is then equipped to visit hospital patients. These patients are undergoing heart related procedures, including open heart surgery, angioplasty, stent implantation, valve replacements and repairs, bypasses, and also atrial fibrillation techniques.

As a volunteer, I have found it very rewarding to realize that I may have helped to relieve the fears of a patient and to reinforce his hope that he will be able to live a productive, long life if he continues with the rehabilitation program, diet, exercise and drug recommendations.

When I visit, I present myself (along with my wife, who talks about her role as caregiver) as a successful example of the improved physical and mental health that can be achieved after undergoing the recommended procedures or treatments. I have found that patients appreciate receiving the non-medical advice that I can offer, and hearing about my experiences. I trust that I can help them to be better equipped to anticipate a full recovery and to have a worth-while long life.

Mended Heart Visitor, **Ted Hoffberg**

*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

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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>

### HEART RISKS DEPEND ON WHICH BLOOD PRESSURE NUMBER IS HIGH: STUDY

When you have high blood pressure, exactly what type of increased heart risk you face may be determined by which number in your blood pressure reading is high, new research, shows.

In a blood pressure reading, systolic blood pressure is the top number and diastolic pressure is the bottom number.

People with higher systolic blood pressure had a greater risk of bleeding strokes and stable angina (chest pain,) while those with higher diastolic blood pressure were more likely to be diagnosed with an abdominal aortic aneurysm. An abdominal aortic aneurysm is an overstretched, weakened section in the body's main artery, that occurs in the belly. If it bursts, it can cause serious bleeding and even death.

To reach their conclusion, researchers analyzed the health records of more than 1 million people in England who were aged 30 and older and who did not have heart disease. They were followed for an average of 5.2 years.

The study published in the May 29 issue of *The Lancet*, will be presented at the Hypertension 2014 meeting in Athens in June.

"Our findings do not support the widely held assumptions with the occurrence of all cardiovascular heart (heart) diseases across a wide age range." lead investigator Dr. Eleni Rapsomaniki, from the Farr Institute for Health Informatics research in London, England, said in a journal news release.

The researchers also found that despite modern medications, people with high blood pressure, or "hypertension," still face greater lifetime health risks. For example, a 30-year-old with high blood pressure has a 63 percent lifetime risk of developing heart disease, compared with 46 percent for a person with normal blood pressure.

Also, someone with high blood pressure would typically develop heart disease five years sooner than someone with normal blood pressure, the study authors noted.

"With lifetime risks this high, the need for new blood pressure-lowering strategies is paramount." Rapsomaniki said in the news release.

In a commentary accompanying the study, Thomas Kahan, from the Karolinska Institute in Stockholm, said that although the effectiveness of blood pressure-lowering drugs is undisputed, "observational studies suggest that few patients reach target blood pressure. Several steps therefore need to be taken to improve antihypertensive treatment and control."

Those steps include assessing patients' heart risks more carefully, pushing patients to stick with their medication schedules, expanding the use of home blood pressure monitoring and more aggressive treatment of those with tough-to-treat high blood pressure.

Source: *The Lancet*, news release, May 29, 2014 – Medline Plus, nih.gov

### GROUPS ARGUE FOR EXPERIMENTAL DRUGS

The frightening, untreatable, ALS or Lou Gehrig's disease takes its victims from twitch to total paralysis and there is nothing anyone can do about it.

Except that maybe there is. But most all ALS sufferers won't get the new experimental drug. The new drug is currently in phase 1 trials, the first step is an arduous, bureaucratic, process of drug approval. Those fortunate to have gone into the first clinical trial can now walk, when once they could not.

According to Darcy Olsen, president of the Goldwater Institute, about 5,000 ALS patients will die this year. Should they be able to try the new drug, too?

Colorado Gov. John Hickenlooper signed a Right to Try" bill designed to give terminal patients a chance to try experimental drugs before they are approved by the FDA. And the movement is picking up steam as lawmakers in Louisiana and Missouri recently approved Right to Try bills. Arizona voters will test the issue in November.

It can take 10 years to get FDA approval, something even the FDA knows is too cumbersome. In March it called for comment ways to streamline its tangled system that delays drugs and even makes it difficult to add safety warnings for labels.

Source: Pages

### THE FACTS ON A-FIB

- ~ 2.7 million Americans have it and the majority are over 50.
- ~ Average age for men with A-fib is 66.8; for women, 74.6.
- ~ African-Americans are 50 percent less likely to get A-fib than are other races.
- ~ 15 percent of all strokes are caused by A-fib.

Source: Pages

### HOW TO GET MORE PROTEIN INTO YOUR DIET

It's not that difficult to include a protein-rich food in every meal.

Note that beans contain protein but fall short in some areas. A dinner of rice and beans is a good idea. Foods containing all aspects of protein include:

- \* meat, poultry, and fish
- \* eggs, nuts dairy products and soy products.
- \* These are all sources of complete protein.

Source: Pages

### HAVE VITAMIN D LEVELS CHECKED

Vitamin D is essential in bone growth. It increases the flow of calcium from foods into the bloodstream.

It is used in the maintenance of several organ systems as well as the immune system. New studies suggest that vitamin D may play a role in protecting against Alzheimer's and Parkinson's diseases.

Source: Pages

### YOU COULD GET A COLONOSCOPY WHILE DOING SOMETHING ELSE

PillCam is one of the new devices that make colon-cancer screening less invasive. Made by Covidien, a video camera is embedded in it. It's the size and shape of a vitamin pill.

Colonoscopies are one of the most-effective cancer-prevention tools, yet many people avoid them, either

because the preparatory procedures are unpleasant or they fear the test will be painful (it isn't.) About 51,000 deaths are attributed to colon cancer each year in the United States.

PillCam travels through the digestive system over the course of several hours, wirelessly transmitting images to an external data recorder. The maker Covidien, is seeking broader approval. If approved people who are not at high risk will be permitted to go about their normal days while the PillCam works its way through their bodies.

The risk spectrum goes from average to increased, to high risk.

Source: Pages

### ***Message from Michele Packard-Milan, National Executive Director***

*As you know, Mended Hearts and Little Hearts are powerful, recognized brands that have touched millions of patients and which provide support to hundreds of thousands of patients and families every year. After a lengthy process by the Board of Directors, these new logos were selected to embrace our long history of service and represent a bright future for this compassionate, caring organization.*

*The red ribbon simultaneously celebrates and mends the heart. It is a symbol of passion, strength, action and perseverance. These new logos will clearly set us apart from other organizations in cardiovascular health, which is crucial to our ability to raise awareness and create alliances that help us grow.*

*The national staff will execute a communication plan to announce these logos to our membership, partners, and sponsors shortly. We will begin to rebrand all of our materials, including HeartPack, membership brochures, websites, social media, and merchandise, along with the many documents and templates that are used locally.*

*In addition, we will be creating individual logos with the names of Mended Hearts chapter and Mended Little Hearts group, which will be a very useful asset. It is extremely important that we reach every chapter and group to ensure correct logos from the outset so we can complete this project efficiently.*

*Many of us have shirts, vests, and other branded materials with the logo we have used the past 62 years. You can still proudly use, wear and display those items; however, we*

## General Interest

*Continued...*

*encourage you to purchase new items when they become available. We expect to begin offering fresh merchandise with the new logos shortly. As you know, rebranding is a nationwide effort. The more we use the new logos in our chapter, group, and visiting efforts the quicker the general public will recognize it. This will help us generate the higher awareness we should have, given our impact on patient outcomes and families across the nation.*

### GENERAL INTEREST

#### **Man's Best Friend might be the worst driving distraction ever.**

It's so distracting that someone even took the time to research the problem. The study by Accident Analysis and Prevention was reported in Johns Hopkins Health After 50 newsletter.

They evaluated 2,000 drivers ages 70 and older.

Researchers found that drivers with pets had double the crash risk as those who didn't drive with pets. Driving with pets results in slowed cognitive performance and delayed response times.

It's dangerous for the pet, too.

If you want to give him a ride, be sure the animal is restrained with a good-quality harness restraint system. Or you could place your cat or dog in a crate.

Source: Pages

### OAK IS KING OF STREET NAMES

Almost 90 percent of streets in Atlanta contain the word "peach," like Peachtree, Peach Tree, or East or West Peachtree. But nationwide, more streets are named for the oak than any other tree. Why are many streets named after trees?

Blame it on William Penn, who planned the city of Philadelphia. He laid out the city on a grid and stated that, "All the east-west streets are named after numbers."

According to the University of Millersville, PA., once Philadelphia got established in the 1680's, almost every town was laid out the same way, in a grid with tree street names or numbered names. Popular street names in order: Oak, Pine, Maple, Cedar, Willow, Elm, Walnut, Palm,

Laurel and Cherry. (Tulia)

Source: Pages

### MEN'S LOOM BRACELETS

Rainbow Loom bracelets are all the rage among tweens. Now they're gaining favor among businessmen who get them as gifts from their children or grandchildren. A former banking regulator says he has nine of them, but he will wear only four at a time.

A lot of men who work in suits say they have grown comfortable wearing these little love gifts in the workplace.

Source: Pages

### THE SMARTPHONE CULTURE

The Wall Street Journal's Jason Day sarcastically set out to define rules for using a smartphone at dinner.

Rule number 1 was that no one could look at their smartphone. Rules number 2 through 21, were the increasingly expansive exceptions to rule number 1. Hardy har har.

If you are in the half of the world with no smartphone, and you find yourself in a social situation with a member of the plugged in half, you are probably not entertained. While they talk, you listen. While you talk, they check their phones and giggle occasionally. But not at anything you are saying. It's probably instagram.

One survey by a tech author revealed that 9 in 10 people feel neglected by loved ones who prefer talking to technology. A 2013 consumer habits survey by Jumio found that 33 percent of adults using their cell phone during a dinner date. Almost 20 percent use it at church and 9 percent use a cellphone during sex.

This all has ramifications for the larger world. One restaurateur was quoted in the Washington Post as saying his service was slowed down by patrons rudely spending extra time before and after lunch selfishly and slavishly checking their phones.

A 2012 study reported in Time Magazine revealed that cellphone use made people more selfish, distracted, and stressed.

Solution? Maybe it is time to go back to Rule Number 1.  
(Source: Pages)

## Information

<b>CAMP MADDEN</b>	<b>NEW MEMBERS</b>																																												
<p>On July 26, 2014 we attended Camp Madden.</p> <p>Camp Madden is a two-week summer camp for girls and boys, ages 8-16, who have had open heart surgery or a heart transplant, and have fully recovered from that surgery.</p> <p>The camp is located on a beautiful spot in the rolling hills of Great Barrington, MA.</p> <p>Dorothy and Michael Malerba, Bob Hoffman, Frank Soucy and I attended.</p> <p>David Zaleon, the camp director, showed us around. We saw the boys and girls dorms and we went in the recreation room while they were playing a game of charades. Dorothy Malerba joined in on the fun and the kids tried to guess the word she was given and she did a good job.</p> <p>David was very grateful for our \$500 donation to the camp. Our chapter 9 is listed with other chapters that have donated to the camp on Camp Madden's website.</p> <p>It was a beautiful day and very enjoyable. Hopefully next year we will have more in attendance.</p>	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 70%;">David Siegelbaum</td> <td style="text-align: right;">23</td> </tr> <tr> <td>Howard Shapiro</td> <td style="text-align: right;">19</td> </tr> <tr> <td>Wilda Wyse</td> <td style="text-align: right;">18</td> </tr> <tr> <td>Tony Taschner</td> <td style="text-align: right;">14</td> </tr> <tr> <td>John Bylenski, Sr.</td> <td style="text-align: right;">3</td> </tr> <tr> <td>Jean P. Martin</td> <td style="text-align: right;">1</td> </tr> </table> <table style="width: 100%; border-collapse: collapse;"> <tr> <th style="text-align: left; width: 70%;"><b>AUGUST – 2014</b></th> <th style="text-align: right;"><b>YEARS</b></th> </tr> <tr> <td>Mathew Sapere</td> <td style="text-align: right;">33</td> </tr> <tr> <td>Irwin Singer</td> <td style="text-align: right;">17</td> </tr> <tr> <td>Norman Cohen</td> <td style="text-align: right;">7</td> </tr> </table> <table style="width: 100%; border-collapse: collapse;"> <tr> <th style="text-align: left; width: 70%;"><b>SEPTEMBER – 2014</b></th> <th style="text-align: right;"><b>YEARS</b></th> </tr> <tr> <td>Daniel Marmer</td> <td style="text-align: right;">38</td> </tr> <tr> <td>George Caron</td> <td style="text-align: right;">37</td> </tr> <tr> <td>Donald Coutu</td> <td style="text-align: right;">27</td> </tr> <tr> <td>Joe Palladino</td> <td style="text-align: right;">19</td> </tr> <tr> <td>Ira Yellen</td> <td style="text-align: right;">14</td> </tr> <tr> <td>Joshua Dunn</td> <td style="text-align: right;">11</td> </tr> <tr> <td>John Hannon</td> <td style="text-align: right;">9</td> </tr> <tr> <td>Joanne Coralli</td> <td style="text-align: right;">5</td> </tr> </table> <table style="width: 100%; border-collapse: collapse;"> <tr> <th style="text-align: left; width: 70%;"><b>ANGIOPLASTY</b></th> <th style="text-align: right;"><b>YEARS</b></th> </tr> <tr> <td>Charles Rotenberg</td> <td style="text-align: right;">6</td> </tr> <tr> <td>Patrick Raycraft</td> <td style="text-align: right;">3</td> </tr> </table>	David Siegelbaum	23	Howard Shapiro	19	Wilda Wyse	18	Tony Taschner	14	John Bylenski, Sr.	3	Jean P. Martin	1	<b>AUGUST – 2014</b>	<b>YEARS</b>	Mathew Sapere	33	Irwin Singer	17	Norman Cohen	7	<b>SEPTEMBER – 2014</b>	<b>YEARS</b>	Daniel Marmer	38	George Caron	37	Donald Coutu	27	Joe Palladino	19	Ira Yellen	14	Joshua Dunn	11	John Hannon	9	Joanne Coralli	5	<b>ANGIOPLASTY</b>	<b>YEARS</b>	Charles Rotenberg	6	Patrick Raycraft	3
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## 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](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 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.

### NOMINATING COMMITTEE FOR NEW OFFICERS

We will have a new nominating committee for the appointment of new officers for the coming two years which covers 2015-2017.

The committee will announce at our October membership meeting who the will be running for office.

### MEETING LOCATION IN SEPTEMBER

Our new meeting location which will be at:

**Goodwin College (Community Room)**

**245 Riverside Drive**

**East Hartford, CT**

**September 17, 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.

### EDITORS NOTE!

*We did not have a meeting or newsletter in June, July, or August. June was a busy month with the convention and our banquet.*

*Our photographer and newsletter layout person, Bob Lincoln, has been in and out of Hartford Hospital for different health issues for the past few months. He is on the mend now and should be back in the groove shortly.*

*We all wish him well.*

*Priscilla*

## General Interest

<p><b>FUNSTUFF</b></p>	<p><b>SPRINGFIELD SATELLITE CHAPTER</b></p>
<p style="text-align: center;"><b>FAST DRINKER</b></p> <p>A man goes into a bar and seats himself on a stool. The bartender looks at him and says, "What'll it be buddy?"</p> <p>The man says, "Set me up with seven whiskey shots and make them doubles." The bartender does this and watches the man slug one down, then the next, and so on until all seven are gone almost as quickly as they were served.</p> <p>You'd drink them this fast too if you had what I have." The bartender hastily asks, "What do you have, pal?"</p> <p>The man quickly replies, "I have a dollar."</p> <p>Source: Pages</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 1<sup>st</sup> floor - Community Room at 7:00 PM.</p> <p>There were a number of people attending the meeting on Monday, June 2<sup>nd</sup>, 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 1<sup>st</sup> Monday of the month. They will be having meetings every month through the summer.</p>
<p style="text-align: center;"><b>BAD TOOTH</b></p> <p>A man and his wife entered the dentist's office.</p> <p>"I want a tooth pulled," the woman said. "We are in a hurry, so let us not fool around with gas or a shot or any of that stuff."</p> <p>"You are a brave woman," remarked the dentist.</p> <p>"which tooth is it?"</p> <p>"Show him your bad tooth, honey," she said to her husband.</p> <p>Source: Pages</p>	<p style="text-align: center;"><b>MAY RAFFLE WINNER</b></p> <p style="text-align: center;">The May 50/50 Raffle winner was  <b>Bob Lincoln</b>  <i>Congratulations!!!!</i></p>
<p style="text-align: center;"><b>AFTERLIFE</b></p> <p>Three friends go to heaven where they are asked, "As people gaze into your casket, what would you like to hear them say about you?"</p> <p>The first says, "I would like to hear them say I was a one of the great doctors of my time and a great family man."</p> <p>The second said he'd like to hear them say he was a great husband and school teacher who made a huge difference in the children of tomorrow."</p> <p>The third guy thinks about it, then replies, "I'd like to hear them say, "Look, he's moving!"</p> <p>Source: Pages</p>	<p><b>DONATIONS IN MEMORY OF NORMAN POLMAN</b></p> <p>Mr. Joseph &amp; Lois Zalaski</p> <p><b><u>GENERAL DONATIONS</u></b></p> <p>Carolyn Kolwicz  Charles Rotenberg  William Ulrich</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;"><b><i>Mended Hearts, Inc. Chapter 9</i></b>  ...and mail to:</p> <p style="text-align: center;"><b>Steve Livingston, Treasurer</b>  501 Dzen Way  South Windsor, CT 06074</p>
	<p style="text-align: center;"><b>MAY REFRESHMENTS</b></p> <p>Carolyn Kolwicz &amp; Walter Kovaciny</p>





**The Mended Hearts, Inc.**

National Office

Phone: (888) 432 - 7899

# MEMBERSHIP APPLICATION

## Member Information (please print or type)

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

Address (line 1) \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Address (line 2) \_\_\_\_\_ Alt Phone (\_\_\_\_) \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ DOB \_\_\_\_\_ Retired:  Yes  No

Email Address \_\_\_\_\_ Occupation \_\_\_\_\_

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

(Mr./Mrs./Ms) \_\_\_\_\_ DOB \_\_\_\_\_ Email Address \_\_\_\_\_

May we contact you regarding local chapter opportunities?  Yes  No

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

Name of Heart Patient (1) \_\_\_\_\_ Name of Heart Patient (2) \_\_\_\_\_

Date of Surgery/Treatment \_\_\_\_\_ Date of Surgery/Treatment \_\_\_\_\_

Type of Surgery/Treatment \_\_\_\_\_ Type of Surgery/Treatment \_\_\_\_\_

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

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- MI (heart attack)
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- 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 \_\_\_\_\_

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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**



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**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**