

Hartford Heartline

Volume XXXXX- Issue 16 – September, 2016

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.

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 an upcoming meeting in the Community Room on Main Floor

Goodwin College 245 Riverside Drive, East Hartford, CT

Next Meeting:

September 21, 2016 7:00 p.m.

Speaker: TBD

Topic: TBD

Refreshments: TBD

(NOTE: LOCATION AND DRIVING DIRECTIONS, See Page 7)



President’s Message

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

Greetings to Members and Friends of Chapter #9,

Well, our two months of not meeting have passed and I’m running late as usual with writing this message. The Board of Directors met on Wednesday, September 14, 2016 to discuss tentative meeting dates for the next nine meetings. Chapter #9 will be celebrating our 40th Anniversary in 2017. More information will be available as concrete plans are made.

I’m aware of some prospective members have been added to our mailing list. Perhaps some of those folks will be up to attending the September 21, 2016 membership meeting.

Heartfully,

Walter H. Kovaciny, President

Mended Hearts Chapter 9 Info

Chapter 9 OFFICERS 2015-2017

President

Walter H. Kovaciny

237 Old Springfield Road
Stafford Springs, CT 06076
860-684-7247

Email: walterkovaciny@cox.net

Vice-President

John A. Dunn

15 Strawberry Hill
Windsor, CT 06095
860-688-5489

Email: jjhmdunn@msn.com

Secretary

Robert Hoffman

25 Lovelace Drive
West Hartford, CT 06117
860-232-8417

Email: vrrome@att.net

Treasurer

Steve Livingston

501 Dzen Way
South Windsor, CT 06074
860-644-4250

Email: stevlivingston@cox.net

Assistant Regional Director

Priscilla Soucy

98 Highview Street
East Hartford, CT 06108
860-289-7422

Email: priscillaanns@att.net

Schedule of Future Monthly Meetings

=====

September 21, 2016

October 19, 2016

November 16, 2016

**No December Meeting - Winter
Break**

All Monthly Meetings Start at

7:00pm

**Mended Hearts volunteers offer peer-to-peer support
to patients, family members and caregivers via:**

- **Hospital Visiting – In person visit from a Mended Hearts volunteer**
- **Phone Visiting – Calling to provide a word of encouragement**

**Our mission is to “inspire hope in heart disease
patients and their families.”**

CHAIRPERSONS - 2014-2016

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:

Steve Livingston 860-644-4250

Program Co-Chairman:

Priscilla Soucy 860-289-7422

Official Greeter:

Dolly Goldfarb 860-523-5761

Corresponding Secretary:

Carolyn Kolwicz 860-872-0296

Refreshments:

Bonnie Morassini 860-635-2920

Newsletter Editor:

Priscilla Soucy 860-289-7422

Newsletter Distribution & Mailing:

John & Joan Dunn 860-688-5489

Webmaster/Newsletter Layout

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>

WHAT ARE HOLES IN THE HEART?

Holes in the heart are simple congenital (kon-JEN-ih-tal) heart defects. Congenital heart defects are problems with the heart's structure that are present at birth. These defects change the normal flow of blood through the heart.

The heart has two sides, separated by an inner wall called the septum. With each heartbeat, the right side of the heart receives oxygen-poor blood from the body and pumps it to the lungs. The left side of the heart receives oxygen-rich blood from the lungs and pumps it to the body.

The septum prevents mixing of blood between the two sides of the heart. However, some babies are born with holes in the upper or lower septum.

A hole in the septum between the heart's two upper chambers is called an atrial septal defect (ASD). A hole in the septum between the heart's two lower chambers is called a ventricular septal defect (VSD).

ASDs and VSDs allow blood to pass from the left side of the heart to the right side. Thus, oxygen-rich blood mixes with oxygen-poor blood. As a result, some oxygen-rich blood is pumped to the lungs instead of the body.

Over the past few decades, the diagnosis and treatment of ASDs and VSDs have greatly improved. Children who have simple congenital defects can survive to adulthood. They can live normal, active lives because their heart defects closed on their own or have been repaired.

Source: NIH (National Institute of Health)

BLEEDING HEARTS PREDICT FUTURE HEART FAILURE

The amount a heart "bleeds" following a heart attack can predict the severity of future heart failure, according to new research presented at the *British Cardiovascular Conference, in Manchester*. Bleeding or bruising in the heart, affects over 40 per cent of people who suffer from a heart attack.

BLEEDING HEARTS (cont'd)

The researchers have now found that this injury is associated with a higher risk of developing heart failure in the months following a heart attack.

There are 188,000 hospital episodes attributed to heart attack in the UK each year, that's one around every three minutes. But although around 7 out of 10 people now survive a heart attack, many are left with heart failure.

The British heart Foundation-funded study found that bleeding was linked to a 2.6 times greater risk of adverse remodeling, where the heart muscle changes shape, which is a precursor to heart failure. It is also linked to a six times greater risk of either death or heart failure following a heart attack.

MRI imaging, a non-invasive scan, can be used after a heart attack to monitor heart muscle bleeding, which happens in phases. The first phase is in the 12 hours following a heart attack, and the second takes place within 2 to 3 days. This provides a window of opportunity to introduce treatments to prevent the second phase of bleeding, which could reduce or prevent the later onset of heart failure.

Over half a million people in the UK are living with heart failure. Professor Jeremy Pearson, Associate Medical Director at the British Heart Foundation, which funded the research, said: "Heart failure is an incurable condition which is associated with a reduced quality of life and a lower life expectancy. This exciting research has found a new characteristic related to heart attacks which could be used to treat people following a heart attack, to cut their risk of developing heart failure.

Source: British Heart Foundation (BHF). Science Daily, 7 June 2016

STUDY 'CLAIRE'S' POSTURE FOR CONFIDENCE

Robin Wright, the actress who plays Claire Underwood in the popular Netflix series House of Cards, is renowned for her perfect posture.

Her powerful character strides down the television White House halls as if willing the doors to open in front of her. Shoulders back and level. Her core muscles at the belly button pulling her back straight. Her chin is raised and her gaze is powerfully forward.

She looks every inch the powerful political figure she portrays and posture plays a significant part.

According to the Mayo Clinic Health Letter, posture and mental state are intimately related.

Researchers have found that people who practiced power poses before a mock interview were perceived to be more confident and desirable candidates.

Power postures are characterized by wide, upright stances.

Even a person's own assessment of their competence and mood are improved by good posture. In one study, people were asked to assume either slouching posture or erect posture. People in the more erect postures gave more positive assessments of their own qualities. Slouchers were much less confident and positive.

Stress can be affected by posture. One study found that an upright posture during a stressful event conferred a feeling of strength and confidence. Slouchers more often felt fear, hostility, and nervousness.

Source: Pages

GENERAL INTEREST

HOW CAN SOME PEOPLE LIVE TO 113?

The older you get, the healthier you have been.

That's the finding of research by the Boston University School of Medicine.

People who live longer and approach the absolute limits of human lifespan are those who delay, escape or survive disability and disease.

Boston's New England Centenarian Study found that about 15 percent of the study subjects managed to escape disease completely and had no discernible disease at age 100. About 43 percent of centenarians seemed to delay age-related disease until age 80 or later. Finally, 42 percent were survivors of disease before age 80.

The Boston began in 1995 and boasts one of the largest samples of centenarians ever studied.

No magic location

The study so far has found claims of regional longevity to be false. People do not live longer in Ecuador, the Russian Caucasus or in Tibet. However, the study found that many regions had more active 80-and 90-year-olds.

Centenarians are lean, strong, extraverts and optimistic.

The study found that dementia and Alzheimers were not inevitable with aging and centenarians notably delayed or escaped the disease.

Although most centenarians lived a healthy, lean life, there is a genetic component in aging, researchers found. Exceptional longevity seems to run in families. 102+.

Source: Pages

General Interest Information

EVEN THE GREAT ONES CAN BE BAD WITH MONEY

He mobilized a country, saved the Western World, and became a symbol of courage under fire.

But he couldn't hold onto a pound. So writes author David Lough about Britain's heroic World War II leader, Winston Churchill.

In Lough's new book, *No More Champagne*, he reveals that Churchill wasn't exactly a financial genius.

He liked to play the ponies, not a great hobby for a guy who ran up high unpaid tax bills. But maybe he didn't mind because he borrowed money to do it.

He had expensive tastes. In two months in 1949, the household bought \$2,006 worth of bottles of wine.

Scrambling to stay ahead of the government and his creditors, he wrote articles and even thought about negotiating film rights to his story about the days leading up to D-Day, according to Money Magazine.

American President and iconic intellectual, Thomas Jefferson, during his life, racked up the equivalent of \$1million to \$2 million in debt, owing to his grand projects like the building of his home Monticello.

Although a man of conservative habit, Jefferson also liked his wine and lived above his means.

In modern times, those who ran through millions include entertainers like Michael Jackson, Kim Basinger, Marvin Gaye, Willie Nelson, and Meat Loaf, according to Business Insider.

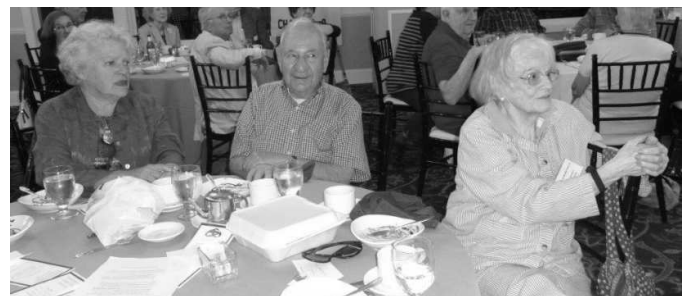
Source: Pages

NEW MEMBER

**John Myers
North Granby, CT**

WELCOME!

A Good Time was had by All Who attended the 39th ANNIVERSARY Mended Hearts Chapter 9 Banquet Wednesday, June 15, 2016 WAMPANOAG COUNTRY CLUB West Hartford, CT



General Interest Information/ Fun Stuff

SURGIVERSARIES

| September , 2016 | YEARS |
|--------------------|-------|
| Daniel Marmer | 40 |
| George Caron | 39 |
| Joe Palladino | 21 |
| Ira Yellen | 16 |
| Joshua Dunn | 13 |
| John Hannon | 11 |
| Joanne Coralli | 7 |
| | |
| ANGIOPLASTY | |
| Charles Rotenberg | 8 |
| Patrick Raycraft | 5 |

Special Awards presented at the Chapter 9 Mended Hearts Banquet

Bob Hoffman (left) presents a Certificate of Recognition to the Volunteer Services Group of St Francis Medical Center commemorating their service to Mended Hearts



President Walter Kovaciny (right) delivers a moving tribute to Saul Reichlin for his many years of service to Mended Hearts.



FUNSTUFF

TRUST

A climber fell off a cliff, and as he tumbled down, he caught hold of a small branch.

“Help!” is there anybody up there?” he shouted.

A majestic voice boomed through the gorge.

“I will help you, my son, but first you must have faith in me.”

“Yes, yes, I trust you!” cried the man.

“Let go of the branch,” boomed the voice.

There was a long pause, and the man shouted up again, “Is there anybody else up there?”

Source: Pages

Jean Carroll Standup

“I’ll never forget the first time I saw him, standing up on a hill, his hair blowing in the breeze-and he too proud to run and get it”

QUOTES

“The ultimate tragedy is not the oppression and cruelty by the bad people but the silence over that by the good people.”

Source: Martin Luther King, Jr.

Ben Goldfarb (center) is deservedly honored for his exemplary service on the Board of Directors for Mended Hearts Chapter 9. Ben’s wife, Dolly, and President Walter Kovaciny, celebrate the moment.



Wayne Johnson is recognized for his impressive number of years visiting patients on behalf of Mended Hearts. President Walter Kovaciny and Wayne’s wife share in the enjoyment of the moment.



General Interest Information

NOTICE TO VISITORS

When you acquire names of patients, caregivers, or others that want to receive our newsletter, please e-mail John Dunn [Email: jjhmdunn@msn.com](mailto:jjhmdunn@msn.com)

John 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 HART

Mandy Hart , our SPECIAL piggy bank for donations for the Madden Open Hearts Camp, has a balance of \$ 1485.18

We thank everyone for their continued generosity!

The famous "Mandy Heart" Piggy Bank



MEETING LOCATION

Our meeting location which will be at:
Goodwin College - Community Room
245 Riverside Drive
East Hartford, CT

Monthly on every Third Wednesday – 7:00 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.

DONATIONS

The 50/50 raffle from the May 18 meeting brought in \$18 and the Mandy Hartt collection itself brought in \$18.

There will be more opportunity to donate and win at upcoming monthly meetings!

HOSPITAL VISITS

Hospital visits to St. Francis, and Hartford Hospital continued for Pre-Op, Post-Op, Cath Lab, and A-Fib patients

SUPER JOB VISITORS!

A Letter of Thanks from Camp Madden

September 7, 2016

To: Mended Hearts Ch. 9

From: Edward J. Madden Open Hearts Camp

Re: \$1000 Donation

Dear Mended Hearts, Chapter 9:

We are very grateful for your VERY generous donation to the Open Hearts Camp. It means so much to us to know that there are groups out there that are committed to helping a cause that has a direct and positive impact on the lives of children. It's just wonderful to receive such a large donation, and although we don't expect it, it is gratefully received!

How nice it was to be able to spend time with all of you this summer. I know how gratifying it must be to see the children happy and in their element as they run around, swim, and relax. Thank you so much for making the trip up this year to spend time with us! It was definitely a pleasure to see you.

For over half a century our hidden jewel in the Berkshire of Massachusetts has provided a nurturing environment proved to be an important connecting mechanism for children who have faced realities of the heart and share a very unique bond. Each summer we create a home-away-from-home for over 60 children who get to experience the thrills of hiking through local trails, competing in modified sports programming, performing plays, painting murals, running relays, visiting the cultural highlights of the Berkshires and beyond.

Your gift helps to make this all possible, and we are touched that you have chosen our special program in which to contribute. Please know that your contribution will be put to very good use as we move into our 55th year of service.

Our Sincere Thanks.

David Zaleon,
Executive Director
The Edward J Madden Open Heart Camp



The Mended Hearts, Inc.

National Office
Phone: (888) 432 - 7899

MEMBERSHIP APPLICATION

Member Information (please print or type)

Date: _____

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.

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 _____

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 | <input type="checkbox"/> |
| Family - Dues | \$30.00 | <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 ----- Make checks payable to:

Or if joining as Members-At-Large, send to:
The Mended Hearts, Inc.
National Office
8150 N. Central Expwy, M2248
Dallas, TX 75206

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 SOUCCY
98 HIGHVIEW STREET
EAST HARTFORD, CT 06108

GREATER HARTFORD – CHAPTER 9

FOUNDED 1951 - INCORPORATED 1955
THE MENDED HEARTS, INC.



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