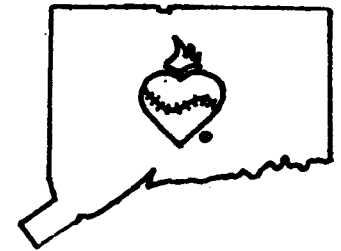


HARTFORD HEARTLINE

THE MENDED HEARTS, INC.

Chartered 1977/Greater Hartford-Chapter 9

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



Priscilla Soucy, Editor & VP
98 Highview St., E. Htfd, CT 06108
860-289-7422
priscillaanns@att.net
Volume XXXV - Issue 4

APRIL MEETING

WHEN? Wednesday, APRIL 18, 2012, at 7:15 PM

WHERE? South Congregational Church
277 Main St., Corner of Buckingham St.
Hartford, CT (Attended parking west side of church)

SPEAKER? Simon Flynn, Chapter Executive, (ACC) American
College of Cardiology

TOPIC? The Function of the ACC and Alignment with Mended Hearts

Refreshments contributed by: Janet Poitras

President's Message:

Hello Mended Hearts Members and Friends,

We announced at the March Chapter Meeting our Spring Fundraising Event! Our Chapter 9 is offering a variety of products by the Kringle Candle Company. These are high quality candles and accessories manufactured in Bernardston, MA. Kringle's all white candles are lightly fragrant, burn brighter and blend with any decor. We are proud that we can offer these candles to you, your friends, family, neighbors and co-workers.

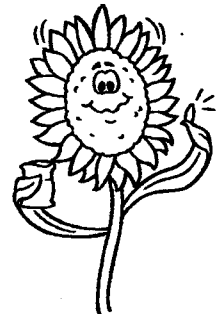
Kringle will allow us to keep a percentage of what our members sell for chapter funding. Candles are excellent gifts for any occasion and power outages!. We distributed the Kringle Fundraising Catalogue at our March meeting. Please return your order forms and money at our April 18th meeting. (Candles will be available for pick up at our May Meeting, on the 23rd.) Our second cycle, for those who missed this meeting will start April 18th, with orders returned at our May meeting. (Candles to be picked up at our June meeting on the 20th.) All orders will be distributed to you at our meetings to deliver to your customers.

If you have any questions or would like a catalogue postal mailed, please call me at 860-688-5489. Also, the catalogue may be viewed on line at www.kringlecandle.com.

Heartfully,

A handwritten signature in cursive script that reads "John".

John



It's Spring!

OFFICERS & CHAIRPERSONS 2011-2013

| | | |
|----------------|-----------------|--------------|
| President | John Dunn | 860-688-5489 |
| Vice President | Priscilla Soucy | 860-289-7422 |
| Secretary | Bob Lincoln | 860-953-3807 |
| Treasurer | Janet Poitras | 860-667-0431 |

CHAIRPERSONS:

| | | |
|---------------------------------------|------------------|--------------|
| Visiting Chairman - Hartford Hospital | John Dunn | 860-688-5489 |
| Visiting Chairman - St. Francis Hosp. | 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 |
| Corresponding Secretary | Carolyn Kolwicz | 860-872-0296 |
| Refreshments | Fran Reichlin | 860-232-5078 |
| Newsletter Editor | Priscilla Soucy | 860-289-7422 |
| Newsletter Distribution & Mailing | John & Joan Dunn | 860-688-5489 |
| 50/50 Raffle | Frank Soucy | 860-289-7422 |
| Labels for 3 month mailings | Bob Lincoln | 860-953-3807 |
| Webmaster & Photographer | Bob Lincoln | 860-953-3807 |
| Meeting Greeter | Dolly Goldfarb | 860-523-5761 |

NOTICE TO ALL VISITORS

When you acquire names of patients or others that want to receive our newsletter please call Bob Lincoln 860-953-3807 or e-mail him at: pine3@comcast.net

Bob is doing our 3 month mailing list and updating it.

60TH ANNUAL CONVENTION

**May 16-20 2012 - Dallas, Texas
Hyatt Regency Dallas**

It's not too late! There is still time to register and attend this great national convention.

One of the tours planned is to visit the Three-Million Square Feet Cowboys Home. The Dallas Cowboy Stadium is the largest NFL venue ever built. It has the world's longest single-span roof structure. Everything's Bigger in Texas.

The MC for the convention will be Jim Bushnell, President of Dallas chapter 30. He wishes everyone a warm, friendly, "Texas Howdy" to all the MHI Convention attendees and guests. YEE-HAW!

Jim said, " He was thrilled to have it in their own backyard and for sixty years as a national non-profit organization it is a tremendous milestone and we deserve to celebrate!!"

ALIGNED WITH AMERICAN COLLEGE OF CARDIOLOGY

ORGANIC - TO BUY OR NOT TO BUY

Organic foods are foods that are produced using methods that do not involve modern synthetic inputs such as synthetic pesticides and chemical fertilizers, do not contain genetically modified organisms, and are not processed using irradiation, industrial solvents, or chemical food additives

Many consumers want to know if they should purchase organic produce especially when children are often the ones eating it. There really is no clear cut yes or no answer. It really is a personal choice of the consumer. Most conventionally grown fruits and vegetables contain minuscule amounts of pesticides, because The Food & Drug Administration along with the EPA (Environmental Protection Agency) have established national pesticide regulations.

Here are some steps to minimize your exposure to pesticides:

Wash all fruits and vegetables in warm water, using a scrub brush and rinsing well.

Peel all fruits and vegetables that have been waxed.

Remove the outer leaves of leafy vegetables like cabbage and lettuce.

Eat a variety of fruits and vegetables to minimize repeated exposures to the same pesticide.

Buy organic produce whenever possible since they are most likely to have high amounts of pesticides on them.

| | | |
|-------------|--------------|------------|
| Apples | Bell peppers | Celery |
| Cherries | Grapes | Nectarines |
| Peaches | Pears | Potatoes |
| Raspberries | Strawberries | Spinach |

Produce that is safe to purchase non-organic due to low levels of pesticides

| | | |
|-----------|-------------|---------|
| Asparagus | Avocados | Bananas |
| Broccoli | Cauliflower | Corn |
| Kiwi | Mango | Onions |
| Papaya | Pineapples | Peas |

There are labeling laws that require organic products to be labeled accordingly. A product must be labeled following the rules below.

100 Percent Organic - Must consist solely of organic ingredients.

Organic - Must contain at least 95% organic ingredients.

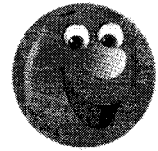
Made with organic ingredients - Must consist of 70% organic ingredients.

Products that contain less than 70% of organic ingredients cannot list the word organic anywhere on the front label but may list organic in front of the specific ingredient that is organic.

Source: Charlotte Meucci, RD, CD-N, Clinical Dietitian, Dept. of Cardiology, Hartford Hospital, Hartford, CT

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

FUNSTUFF



SMARTEST MAN IN THE WORLD

A doctor, a lawyer, a little boy and a priest were out for a Sunday afternoon flight on a small private plane. Suddenly, the plane developed engine trouble.

In spite of the best efforts of the pilot, the plane started to go down. Finally, the pilot grabbed a parachute, yelled to the passengers that they had better jump, and bailed out.

Unfortunately, there were only three parachutes remaining.

The doctor grabbed one and said, "I'm a doctor, I save lives, so I must live," and jumped out.

The lawyer then said, "I'm a lawyer and lawyers are the smartest people in the world. I deserve to live."

He also grabbed a parachute and jumped.

The priest looked at the little boy and said, "My son, I've lived a long and full life. You are young and have your whole life ahead of you. Take the last parachute and live in peace."

The little boy handed the parachute back to the priest and said, "Not to worry, Father. The "Smartest man in the world" just took off with my back pack."

Source: Thanks to Chapter 154, Sudbury, Canada

A LITTLE BIT OF TRIVIA



HANDSHAKE GIVES MANY SILENT SIGNALS

Shaking hands is a custom practiced everywhere in North America and throughout the world. Some say it originated with ancient people to show they had no weapon at hand.

Few of today's conventions reveal as much about the interaction between two people. Psychologist David Lewis writing in Better Meetings magazine say there is a host of silent signals that are communicated by the apparently simple gesture.

With the few seconds of a handshake can lie great depths of meaning that can give a favorable impression or correct an unfavorable one.

Six bits of information are conveyed during the handshake: The appearance of the hand; texture of the hand; degree of dryness and dampness; amount of pressure used; time spent in contact; and style.

Basic rules of thumb for the successful handshake are: Keep your hand dry, keep the pressure moderate, and hold the other hand for about six seconds.

Style includes such matters as whether you grasp the other person's hand in both of yours (a gesture of warmth); whether you touch the other person on the elbow, wrist or shoulder (signifying intimacy); and how you offer your hand.

Offering a hand palms down suggests dominance, while offering it vertically indicates an attitude of cooperation.

When giving a presentation at a meeting or for small groups of people, don't start until you have shaken hands with everyone, advises Lewis.

Source: Pages

HEALTH UPDATE

SOMETHING TO CONSIDER

A January 29 article in the New York Times suggested that blood pressure tests be taken in both arms and a comparison of the readings be made to provide us information that is more accurate. The study said that the doctors are aware of guidelines that recommend this procedure but they don't often do it. In a blog that accompanied this article, one person wrote that he had 107 in the left arm, and 152 in the right arm. Catherization revealed a 98% blockage in the artery in the left arm and resulted in the placement of a stent. Discusss it with your cardiologist during your next visit. It may be worth the time.

Source: Thanks to Chapter 179, NJ

A MORNING MEAL WILL MAKE YOU STRONGER ALL DAY

It's a fact: If you skip breakfast, you'll pay for it later. Here's why:

- * Breakfast will help you avoid a mid-morning brain-energy slump. Your brain needs glucose from good carbs in order to work well.
- * Regularly skipping breakfast leads to higher bad cholesterol levels, according to studies by the University of Nottingham in England.
- * Eating breakfast gets your metabolism going. You'll eat less during the day and weigh less in the long run.
- * The same English study showed regular breakfast skippers were more resistant to insulin, which increases diabetes risk.

Emergency breakfasts

Grab a slice of whole wheat bread and some cheese when you leave home.

Take a meal replacement drink (like Slim-Fast) along. Drink with a straw.

Keep some hard-boiled eggs in the fridge. Eat an egg and a fruit on the way to work.

Mix up a bag of cold cereal, almonds and raisins and keep it handy.

Have some whole-grain crackers (like Triscuits) and a piece of fruit.

Source: Thanks to Chapter #154, Sudbury, Canada

HOW TO GET ENOUGH B12 TO KEEP YOUR THINKING SHARP

If you're not getting enough B12 in your diet, your cognitive ability score might not be as high as it could be.

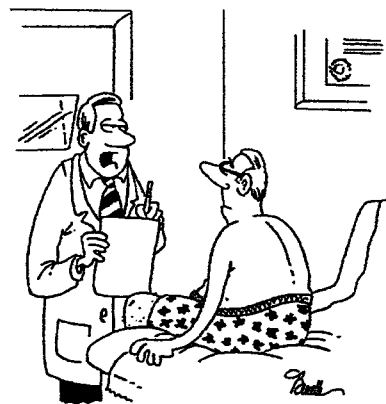
Doctors at Tufts University say evidence on vitamin B12 and thinking ability have been linked for a long time. Some of the earliest research at Tufts Neuroscience and Aging laboratory connected low B12 levels to central nervous system problems.

A new study reported in the journal *neurology* shows that a low B12 score is connected with performance in organization, speed of thought and memory. In older people, it also predicted decreased total brain volume.

The National Institutes of Health say the richest source of B12 is beef liver, which has eight times the recommended daily value (DV) requirement; 3 ounces of clams have more than five times the daily value.

Other sources of B12 include trout with 90 percent of the DV, and 3 ounces of salmon with 80 percent. A cup of plain yogurt has 23 percent, the DV as 3 ounces of broiled sirloin steak. A three-ounce serving of tuna has 17 percent. A cup of milk has 15 percent of the DV, and a large egg has 10 percent. People age 50 and older are advised to eat foods fortified with B12 or take supplements. At that age and beyond, they absorb less from natural sources. Fortified foods and supplements use a form that is more easily absorbed.

Source: Pages



"You don't need a colonoscopy, but I'm sending you for one because, quite frankly, I don't like you."

DONATIONS

We received the following donations:

Mr. & Mrs. David Fishman

Mr. & Mrs. Ira Yellen

Mr & Mrs. Martin Kesten

In memory of Gary Berg and Jimmie Heusler from Richard & Joan (Silverton) Solomson.

Donations may be made to Mended Hearts, Inc. in memory of a deceased friend, family, or member. Are you celebrating a special occasion such as a birthday, or anniversary, Chapter 9 welcomes your tax deductible contribution. All donations will be acknowledged by mail and in our monthly newsletter. Please make checks payable to: Mended Hearts, Inc. Chapter 9 and mail to:

Janet Poitras, Treasurer, 1 King Arthur's Way, #5, Newington, CT 06111

NEW READERS

Newly visited patients 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 and join us in helping others. There is no cost for attending our monthly meetings.

STOP!

When you have finished reading this newsletter, please don't throw it away! Why not pass it along to a friend or relative, or drop it off in your doctor's waiting room? This way many more people will get the Mended Hearts message, and know who and what we are all about. Thank you.

HEART TRUISM

"HER HEART IS IN THE RIGHT PLACE"

Contrary to popular belief, the heart is located not on the left side of your chest but in the center. Even so, the shape and location of the heart can vary. In the tall and thin, for example, it tends to be longer and skinnier, whereas in the overweight, it's squatter. The heart can be slightly fore or aft, left or right, and in some cases, even inverted without having significant health effects. The reason doctors listen with their stethoscopes on your left side and you feel your heart beating there is because the left ventricle is larger than the right one.

Source: Arthur Agatston, MD, Associate Professor of medicine at the U. of Miami Miller School of Medicine

OUR WEBSITE: www.mendedheartsct.org

35th ANNIVERSARY BANQUET

NUTMEG RESTAURANT
297 South Main Street
East Windsor, CT
6:30 P.M.



June 13, 2012 - Members \$25.00 - Cash Bar

MENU

Fruit cup with sorbet

ENTREE

Fresh Baby Greens Salad - Assorted Rolls

Vegetable of the Day

Baked Potato

Choice of 3 Entrees - Choose one

Chicken Marsala - Chicken Francaise - Stuffed Sole with creamy shrimp sauce (may request on the side)

Coffee, Decaf, Tea

DESSERT

Apple Strudel

Please send the form below and check payable to: The Mended Hearts, Inc.- Chapter #9
and mail to: Janet Poitras, Treasurer, 1 King Arthurs Way, #5, Newington, CT 06111

(Please print)

NAME(s) _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

TELEPHONE: _____

NUMBER ATTENDING _____ x \$25.00 each (member) Total _____

PLEASE MARK YOUR MEAL CHOICE (s) Chicken Marsala _____ Chicken Francaise _____
Stuffed Sole with creamy shrimp sauce (may request sauce on the side) _____

Door prizes: Please consider bringing a door prize for the banquet...new items only. It doesn't matter how small the item is, it is always fun going home with something. We will draw for winners. Last year we had several very useful items. If you prefer, you can wrap the item. This is our one big gathering a year, so don't miss out. See you there!!!

ANNOUNCEMENTS



SURGIVERSARIES

| <u>APRIL - 2012</u> | <u>YEARS</u> |
|---------------------|--------------|
|---------------------|--------------|

| | |
|---------------|----|
| David Fishman | 20 |
| Pat Prentis | 10 |
| Joyce Bogdan | 5 |

FOR YOUR CONTINUED GOOD HEALTH!

HOSPITAL VISITS

MARCH - 2012

Pre-Op and Post-Op visits for
Hartford Hospital, St. Francis
Hospital:

| | | |
|-------------------|---|-----------|
| Surgical Patients | - | 83 |
| Cath Lab. | - | 15 |
| Total | - | 98 Visits |

SUPER JOB!

CAMP MADDEN

Our summer Chapter 9 trip to the children's Camp Madden, Great Barrington, MA, is scheduled for Saturday, July 14, 2012

More informaion in next month's issue of Hartford Heartline

MARK YOUR CALENDAR !

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 regarding any questions you may have about your condition.

PREVIEWS OF UPCOMING SPEAKERS & EVENTS

| | |
|-----------------|--|
| May 16-20 2012 | Annual Convention, Dallas, TX |
| May 23, 2012 | Vickie Dauphinais, APRN, Geriatrics |
| June 13, 2012 | 35th Chapter Anniversary - Nutmeg Restaurant |
| June 20, 2012 | Jeffrey Kluger, MD, Electrophysiologist |
| July 14, 2012 | Camp Madden, Great Barrington, MA |
| July and August | Summer Break |

Spring



The Mended Hearts, Inc.

National Office
Phone: (888) 432-7899

MEMBERSHIP APPLICATION

Member Information (please print or type)

Name (Mr./Mrs./Ms.) _____

Address (line 1) _____

Address (line 2) _____

City _____

State _____ ZIP _____

Email address _____

Family member (i.e. spouse – must reside at same address): (Mr./Mrs./Ms.) _____

DOB _____

May we contact you regarding local chapter opportunities? Yes No

Date _____

Chapter 9 Member-At-Large _____

Phone (_____) _____

Alt Phone (_____) _____

DOB _____ Retired: Yes No

Vocation _____

Preferred Contact: Phone Email Mail

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

Name of Heart Patient (1) _____

Date of Surgery/Treatment _____

Type of Surgery/Treatment _____

- | | | |
|-----------------------------------|---|------------------------------------|
| <input type="checkbox"/> PTCA | <input type="checkbox"/> Atrial Septal Defect | VALVE: |
| <input type="checkbox"/> MI | <input type="checkbox"/> Pacemaker | <input type="checkbox"/> Aortic |
| <input type="checkbox"/> Aneurysm | <input type="checkbox"/> Transplant | <input type="checkbox"/> Mitral |
| <input type="checkbox"/> Bypass | <input type="checkbox"/> Other | <input type="checkbox"/> Pulmonary |
| (how many _____) | | <input type="checkbox"/> Tricuspid |

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 _____

Name of Heart Patient (2) _____

Date of Surgery/Treatment _____

Type of Surgery/Treatment _____

- | | | |
|-----------------------------------|---|------------------------------------|
| <input type="checkbox"/> PTCA | <input type="checkbox"/> Atrial Septal Defect | VALVE: |
| <input type="checkbox"/> MI | <input type="checkbox"/> Pacemaker | <input type="checkbox"/> Aortic |
| <input type="checkbox"/> Aneurysm | <input type="checkbox"/> Transplant | <input type="checkbox"/> Mitral |
| <input type="checkbox"/> Bypass | <input type="checkbox"/> Other | <input type="checkbox"/> Pulmonary |
| (how many _____) | | <input type="checkbox"/> Tricuspid |

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.

Within United States

| | | |
|------------------------------|----------|--------------------------|
| Individual – First Year Dues | \$17.00 | <input type="checkbox"/> |
| Family – First Year 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 – First Year Dues | \$5.00 | <input type="checkbox"/> |
| Family – No chapter 1 st year dues | \$0 | <input type="checkbox"/> |
| Life – Individual Dues | \$40.00 | <input type="checkbox"/> |
| Life – Family Dues | \$50.00 | <input type="checkbox"/> |

Dues Summary: National Dues \$ _____
 Chapter Dues \$ 5.00
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 \$ _____

(Chapter Treasurer – send both chapter & national dues to National Office.)

Applicant – Send one check with application to local chapter Treasurer →

Or for Members-At-Large:
 The Mended Hearts, Inc.
 National Office
 7272 Greenville Ave.
 Dallas, TX 75231

Checks payable to: Mended Hearts, Inc. – Chapter 9
 Mail to:
 Janet Poitras, Treasurer
 1 King Arthurs Way, #5
 Newington, CT 06111

Robert Lincoln & Joan Gervais
66 Cumberland Street
Hartford, CT 06106

Priscilla Soucy
98 Highway St.
East Hartford, CT 06108-2957

THE MENDED HEARTS INC.
FOUNDED 1961 -- INCORPORATED 1955
GREATER HARTFORD • CHAPTER 9



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 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 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 to 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 disease patients and their families

THANKS TO ST. FRANCIS HOSPITAL FOR THE PRINTING OF THIS NEWSLETTER