

Hartford Heartline

Volume XXXVI - Issue 4- April, 2013

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 following upcoming meetings at:

South Congregational Church
277 Main Street, Hartford, CT

(Corner of Buckingham Street - with Attended
Parking on West side of church.)

All are welcome to attend!!

OFFICERS - 2013-2015

President:

John A. Dunn

15 Strawberry Hill
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Secretary:

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Email: vrome@att.net

Treasurer:

Steve Livingston

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

Email: stevlivingston@cox.net

April 17, 2013 - Meeting - 7:00 p.m.

Speaker: - **Hartford Dispatch Center**

Topic: **911 Calls**

Refreshments: Janet Poitras & John Dunn

May 15, 2013 - Meeting - 7:00 p.m.

Speaker: - **David Underhill, MD, Cardiac Surgeon**

June 5 - 9, 2013 - 61st National Convention

Marriott San Diego Mission Valley - San Diego, California
Pre-Registration is required. (See Page 3)

June 19, 2013 - Meeting - 7:00 p.m.

Speaker: - To Be Announced

June 12, 2013 - Chapter 9 Annual Banquet - 6:00 p.m.

Location: - **Nutmeg Restaurant, 297 South Main St. (Rt 5),
East Windsor, CT [Crystal Room]**

Menu and Specifics: (See Page 5)

July - August - Summer Break

“We wish you all a Happy and Healthy Summer Season!!”

September 18, 2013 - Meeting - 7:00 p.m.

Speaker: - To Be Announced

October 16, 2013 Meeting - 7:00 p.m.

Speaker: - To Be Announced

November 20, 2013 Meeting - 7:00 p.m.

Speaker: - To Be Announced

*Aligned with the
American College of Cardiology*

December - Holiday Break

“We wish you all Happy and Healthy Holidays!!”

President's Message



My Monthly Greetings...
to the Members, Caregivers,
and Friends of
Mended Hearts, Chapter 9
Greater Hartford, Connecticut

This month I would like to share this space with our members. Every one of them has their own unique heart event or caregiver story to share.

Since the majority of our chapter members are unable to attend our monthly meetings, they have not met those who do, or know about each others heart event(s), history, and road to recovery.

As a way for us to share with those we cannot touch, in person, this is my vision to create this occasional forum to reach out. Perhaps it will give insight, information and even make new friends, Also it will convey how others and their caregivers have become to feel, "It's Great to be Alive--and to Help Others!!"

This month's featured member is our own past-Secretary, Robert (Bob) Lincoln.

My seemingly Never-Ending Cardiac Journey...

In 2000, I was 100 lbs. overweight, and developed a shake in my right hand while eating. At the VA Hospital, my Primary Care doctor set me up with a Stress Test on a Wednesday. I flunked it. The cardiologist came to me and said, "There is something wrong, don't know what yet, but I'm scheduling you for a Cardiogram tomorrow," no stress.

The next day, Thursday, I went for the Cardiogram. During recovery a cardiologist came to me and said, "You're a candidate for a triple bypass. We are scheduling the surgery for tomorrow," (Friday - again, no stress!!)

The surgery was performed 2 weeks later (a quadruple - the whole CABG). I survived and did rehab...but...I did not lose any weight...I'm cured!!! [**STRIKE 1**]

In 2010, while on a cruise to the Mexican Riviera, I turned myself in to the infirmary at 250 miles out in the Pacific. The doctor took my vitals, placed a nitro strip on my chest, hit me with lots of antibiotics, a double dose of Lasix, and headed to the Captain.

DOCTOR: "Get a helicopter, get the Coast Guard, get him off the ship!!!"

CAPTAIN: "No Coast Guard near! Out of helicopter range! Either over the side in a dinghy, or full speed ahead to the next port." (350 miles and 26 hours later we pulled into Cabo San Lucas - where I was Med-Evaced off into the American Hospital for 3 days of testing.)

DIAGNOSIS: Pulmonary edema, plural effusion, congestive heart failure, severe aortic stenosis.

RECOMMENDATION: Immediate Aortic Valve replacement.

We elected to take a Med-Evac flight back to San Diego. (Cost: \$18,000 - total to get out of Mexico = \$43,000.)

The surgery was performed in Hartford in 2010. [**STRIKE 2**] Since then, in 2012, an Ablation and Pacemaker install.

A more complete version of my journey can be found on the Chapter 9 website on the "ARTICLES Page". (Bob Lincoln)

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

Heartfully,


John

CHAIRPERSONS - 2013-2015

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

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

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

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

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

Official Greeter:
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Enjoy the Newsletter in color on our website!

<http://mendedheartsCT.org>

Here's a link to the
National Mended Hearts Website:

<http://mendedhearts.org>

Information

HOSPITAL VISITS	SURVIVERSARIES																		
<p>Surgical, Cath Lab, and A-Fib visits for Hartford Hospital and St. Francis Hospital.</p> <p style="text-align: center;"><u>2013 - FEBRUARY</u></p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="padding: 2px;">Surgical Visits</td> <td style="text-align: right; padding: 2px;">66</td> </tr> <tr> <td style="padding: 2px;">Cath Lab Visits</td> <td style="text-align: right; padding: 2px;">21</td> </tr> <tr> <td style="padding: 2px;">A-Fib</td> <td style="text-align: right; padding: 2px;">5</td> </tr> <tr> <td style="padding: 2px;">TOTAL VISITS -</td> <td style="text-align: right; padding: 2px;">92</td> </tr> </table> <p style="color: red; font-weight: bold; text-align: center;"><i>Our visitors are doing a Great Job!!!</i></p>	Surgical Visits	66	Cath Lab Visits	21	A-Fib	5	TOTAL VISITS -	92	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: center; padding: 5px;"><u>APRIL - 2013</u></th> <th style="text-align: center; padding: 5px;"><u>YEARS</u></th> </tr> </thead> <tbody> <tr> <td style="padding: 2px;">David Fishman</td> <td style="text-align: right; padding: 2px;">20</td> </tr> <tr> <td style="padding: 2px;">Joyce Bogdan</td> <td style="text-align: right; padding: 2px;">6</td> </tr> <tr> <td style="padding: 2px;">Lee Fongemie</td> <td style="text-align: right; padding: 2px;">5</td> </tr> <tr> <td style="padding: 2px;">Lowell Waldo</td> <td style="text-align: right; padding: 2px;">4</td> </tr> </tbody> </table> <p style="color: red; font-weight: bold; text-align: center;"><i>For your continued good health!!</i></p>	<u>APRIL - 2013</u>	<u>YEARS</u>	David Fishman	20	Joyce Bogdan	6	Lee Fongemie	5	Lowell Waldo	4
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NOTICE to VISITORS	NEW MEMBER																		
<p>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</p> <p>Bob is doing the 3-month mailing list for us and does a great job keeping them updated.</p>	<p style="text-align: center;">Lionel (Lee) Fongemie - Vernon, CT <i>Welcome to the Chapter!!</i></p>																		
NEW READERS	CAUTION!!!																		
<p>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.</p>	<p style="font-size: 2em; color: blue; font-weight: bold; margin: 0;">H</p> <p style="margin: 0;"><i>artford Heartline</i>, 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.</p>																		
STOP!!	“MANDY HART”																		
<p style="font-size: 2em; color: red; font-weight: bold; margin: 0;">P</p> <p style="margin: 0;">lease 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.</p>	<div style="text-align: center;">  </div> <p style="font-size: 2em; color: red; font-weight: bold; margin: 0;">M</p> <p style="margin: 0;">andy Hart our favorite piggy bank now stands at \$115.44. She is gathering speed now and filling up nicely as we get closer to our goal of \$250 to send a child for two weeks to the Madden Open Hearts Summer Camp for Children. The funds will be given to camp Director, David Zaleon, and will be given to a parent who has difficulty in sending a son or daughter to the camp. We will present the check to David when our chapter attends the camp on a weekend in July.</p> <p style="text-align: right; font-size: small;">(Photo by Bob Lincoln)</p>																		

Information

MARCH MEETING

Our March meeting speaker, Joe Furey, was a dynamic speaker. He talked about the weather and gave us a different perspective of what goes into forecasting.

Joe enjoys what he does and has been interested in the weather; wind, rain, snow, storms, hurricanes, tornados, everything, since he was a kid. In his early years he worked with Mel Goldstein, who covered our Connecticut weather daily on TV, radio, and newspaper.

Weather predictions are continuing to get better in recent months. New equipment and better communications are resulting in more accurate predictions.

Joe did tell us of one forecast how he was doing the predictions and claiming it would be dry for the rest of the day, and tomorrow we can expect some rain. He immediately received a phone call from a viewer who said, "Aren't you looking out the window?" It was pouring rain out. The station where he was doing the forecast had no windows, so he had no idea it was raining.

He has a wonderful sense of humor and you can visibly see how much he loves his job. He was an excellent speaker and very informative and we hope to have him back sometime in the future. Refreshments were provided by Dolly Goldfarb & Bob Hoffman. (Photos by Pat Raycraft)



PASSING OF A DEAR CHAPTER MEMBER



On Monday, April 1, 2013, a Chapter Member, Joan Gervais passed away, both suddenly and peacefully. She joined the Chapter in 2010, with her husband, Bob Lincoln, and they became Visitors at Hartford Hospital. She will be missed by all. Donations should be made in her honor to our **Mended Hearts Chapter 9**...she would have wanted it that way.

DONATIONS

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:

Steve Livingston, Treasurer

501 Dzen Way

South Windsor, CT 06074

ADDITIONAL INFORMATION

Roads becoming a "rolling junkyard" of older cars?

According to a study by leading automotive market intelligence firm Polk, in January 2013, the average age of cars and trucks in operation in the United States was 10.8 years and rising. Trucks and SUV's have experienced a faster aging rate than passenger cars.

A lot of people need a new vehicle, which is one reason auto sales are predicted to reach from 14.5million to 15 million vehicles sold in 2013.

MARCH RAFFLE WINNER

The March 50/50 Raffle winner was:

Angela Pinkerton

Congratulations!!

Top Photo - Joe Furey giving his presentation to the chapter on the crazy weather here in Connecticut.

Bottom Photo - President John Dunn presents Joe Furey with a Chapter Merit Award and Ben Goldfarb presents him with a pen. (Photos by Pat Raycraft)

Information

36TH ANNIVERSARY BANQUET INFORMATION

NUTMEG RESTAURANT – JUNE 12, 2013

6:30 P.M.

297 South Main Street – East Windsor, CT

Members & Guests - \$25.00

Cash Bar

MENU

Fruit cup with sorbet

Fresh Baby Greens Salad – Assorted Rolls

Vegetable of the Day - Baked Potato

ENTREES

Choice of 3 ENTREES– Choose one

Chicken Marsala – Chicken Francaise – Grilled Salmon with Herb White Wine Cream

Coffee, Decaf, Tea

DESSERT

Apple Strudel

**Please send the form below and check payable to: The Mended Hearts, Inc.-Chapter #9 and mail to:
John Dunn, 15 Strawberry Hill, Windsor, CT 06095 (Please print)**

NAME (s) _____

ADDRESS: _____

CITY _____ **STATE:** _____ **ZIP CODE:** _____

TELEPHONE: _____ **E-MAIL:** _____

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

PLEASE MARK YOUR MEAL CHOICE (s) Chicken Marsala _____ Chicken Francaise _____
Grilled Salmon with herb White Wine Cream _____

Door prizes: Please bring 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.

If you prefer, you can wrap the item. This is our one big gathering each year, so don't miss out. See you there!!!

Information

Health & Wellness

SENIOR SCENE

Peer-bullying in senior centers receives little publicity

It's a problem that occurs more often than outsiders know. On those beautiful grounds and in those nice dining rooms and halls, there could be a bully on the loose. The fact is: older adults can be bullies too, says the Area Agency on Aging in West Palm Beach, Florida.

Bullying in senior centers, assisted living facilities and nursing homes has received little attention.

Between 10 and 20 percent of residents in senior care homes are mistreated by peers, according to a gerontology expert at Arizona State University. Nationwide, that translates into hundreds of thousands of people who endure abuse.

Many incidents of name-calling, bossy behavior, loud arguments and at its most extreme physical violence, are not reported. It's difficult for seniors to say something happened.

Some facilities have anti-bullying policies. Residents must sign a code of conduct to treat peers with respect. Resident 'ambassadors' help newcomers transition in to the community. Staff members coach residents on how to deal with snubs and aggression.

Staff members encourage bystanders to act in positive ways when they observe bullying, being respectful of possible physical or cognitive impairment. Offenders receive a written reprimand or more if there are more complaints. (Source: Pages)

How can bread be labeled as both white and whole wheat? Is white whole-wheat bread healthy?

It may seem like it doesn't add up, but actually whole-wheat bread is made with whole grains, just as is regular whole-wheat bread. White whole-wheat bread also is nutritionally similar to that of regular whole-wheat bread.

The difference between white whole-wheat bread and regular whole-wheat bread is in the type of wheat used. White whole-wheat bread is made with white wheat, which lacks bran color. It also has a milder flavor and softer texture. In contrast, regular whole-wheat bread is made with red wheat, which is darker in color. It has a slightly bitter taste and a coarser texture. So, even though both types of bread are made with whole grains, they have a different color, taste and texture. Other products beside bread, such as crackers and baking mixes, may also be made with white whole wheat.

Some people prefer the taste and texture of white bread over whole-wheat bread. But if you want the nutritional ben-

CIGNA: PROPER DENTAL CARE LEADS TO FEWER ER VISITS

Regular visits to the dentist may lead to fewer hospital visits and trips to the emergency room, helping to lower medical costs, a new study says. Bloomfield health insurer Cigna Corp. released a new three year study on Tuesday that shows patients who visited their dentist from 2009 through 2011 had much lower hospital admissions rates and emergency room visits, than individuals who didn't receive dental care during that same period.

For individuals that received dental care during that three year period their hospital admission rates were 67 percent lower; emergency room visits were 54 percent lower, and medical costs were \$1,020 per year, or 28 percent lower, the study found.

(Source: Hartford Business.com)

AUTHOR SAYS BEST PAIN KILLER MAY NOT BE NSAIDS

Ibuprofen and other nonsteroidal anti-inflammatory drugs (NSAIDS) may have serious side effects for seniors, one author says.

Armon B. Neel, Jr., certified geriatric pharmacist, is the author of *Are your Prescriptions Killing You?*

Neel cites a study showing that 71 percent of patients using NSAIDS experienced damage to the small intestine and also had increased risk for stomach bleeding, ulcers and hypertension.

He recommends taking an NSAID only if you need both the painkilling and anti-inflammatory effect, with knee pain, for example. Take the lowest possible dose and only for few days at a time.

Neel recommends taking Ultram (tramadol) for people age 60 and older. It's a prescription medication that doesn't cause gastrointestinal irritation. (Source: Pages)

Benefits of whole wheat, choose white whole-wheat-bread-not regular, refined white bread. White whole-wheat bread offers the same nutritional benefits as whole-wheat. Regular white bread, on the other hand, is made with refined grains, which go through a process that strips out certain parts of the grain-along with some of the nutrients and fiber.

When you're selecting any kind of bread, read the label carefully. Choose breads that list "whole" grain as the first ingredient, such as whole wheat, white whole wheat or whole oats. If the label doesn't say "whole" first, it isn't a whole-grain product. For example, a product label may simply say white wheat, which is not the same as white whole-wheat bread. (Source: Katherine Zeratsky, Nutritionist, Mayo Clinic)

MARITAL STATUS AND SEEKING CARE DURING HEART ATTACK

Married men half as likely to delay seeking care after a heart attack than single men.

A heart attack, known as myocardial infarction, occurs when the blood vessels to the heart become blocked, preventing oxygen from getting to the heart. This blockage can cause a variety of symptoms such as chest pain, shortness of breath and nausea. Seeking medical help at the first sign of a heart attack is crucial to improving outcomes, as about half of adults die within an hour of the first symptoms, often before they reach the hospital. But are some more likely to seek immediate care after the onset of heart attack symptoms than others?

A recent study found that married men are much more likely to seek immediate medical care after signs of chest pain than unmarried men. Ironically, however, marital status does not seem to improve women's odds of seeking timely care after chest pain from a heart attack.

These findings were based on a study published this month in the *Canadian Medical Association Journal*, in which researchers analyzed the time it took for over 4,400 Canadian patients to seek medical care after experiencing chest pain from a heart attack. The mean age of patients was 67.3 years and about one-third were women. Nearly three-quarters of the patients presented to a hospital within six hours, and half of the patients presented to a hospital within two hours. However, married men were half as likely to delay seeking care as single men – a benefit that was not observed for married women.

Based on study findings, it is likely that married men have lower mortality rates from heart attack due to their likelihood of seeking immediate care, in comparison with their single counterparts. Women, on the other hand, have higher mortality rates from heart attack than men, in part due to delaying medical care after the presentation of heart attack symptoms. Therefore, men and women must better understand the importance of seeking immediate care during a heart attack to help reduce risk of death and to improve outcomes.

Are heart attack symptoms different for men and women?

Yes. Although women can experience the same heart attack symptoms as men, women are much more likely to experience atypical signs of a heart attack, which may come

and go. These symptoms include pressure in the chest, pain in the arms, upper back, neck, jaw or stomach; nausea or vomiting; difficulty breathing; breaking out in a cold sweat; fatigue; clammy skin and/or an inability to sleep. Men, on the other hand, are more likely to experience more widely recognized symptoms such as chest pain and shortness of breath.

What should I do if I experience heart attack symptoms

Call 911 at the first signs of heart attack. Do not delay and do not attempt to drive yourself to the hospital. Calling 911 and taking an ambulance to the hospital will provide you with the most immediate and effective treatment possible for a heart attack, reducing likelihood of long-term damage to the heart and death.

(Source: CardioSmart.org)

STUDY FINDS ADULT BRAIN CHANGES WITH LEARNING

You can't use the excuse now that you are too old to learn to use a computer or learn a language.

A new study suggests that old dogs can indeed learn new tricks.

Scientists using new magnetic resonance imaging (MRI) have offered the first evidence that the brain is malleable or plastic and will change with learning over a lifetime, not just when it's young.

The study was published in the *Journal of Cognitive Neuroscience*. It showed that, with learning, there is an increase of myelin, a fatty, white insulator that surrounds brain pathways. Reporting to Duke University, study co-author Alex Schlegel said, "This was the first study looking at a really complex, long-term learning process over time, actually looking at changes in individuals as they learn a task."

The brain is often thought of as an organ that develops rapidly and extensively when we are young, but becomes less capable of learning and processing information as we age. But this new study suggests that all brain changes over time are not negative ones.

The study could have implications for treatment and analysis of stroke, brain damage and new learning models.

It also takes away a variety of excuses.

(Source: Pages)

A Little Bit of Trivia & Fun Stuff

<p style="text-align: center;">A wierd, wild and wacky holiday</p> <p>April 16 is National Wear Your Pajamas to Work Day!</p> <p>The day after federal taxes are due, tax-paying Americans may well believe they deserve some comfort.</p> <p>Many have been up until the last minute the night before pouring over the increasing difficult-to- understand directions and waiting in lines of cars to slip their signed and stamped documents into the mailbox at the post office.</p> <p>So, when the taxes are paid, isn't it time to jump in your pajamas and go to work?</p> <p>In some places, it is.</p> <p>To raise money for charity, and to celebrate National Wear Your Pajamas to Work Day, Denver's Mayor John Hickenlooper asked city workers to have pajama parties to support the homeless. They raised over \$500,000.</p> <p>Martha Stewart once had every staff and audience member in pajamas for her breakfast show. And no doubt some companies elsewhere joined in to raise money or just have fun on a wild special day in which bunny slippers are definitely allowed (Source: Pages)</p>	<p style="text-align: center;">HOW LONG?</p> <p>Two statisticians were traveling from LA to New York. An hour into the flight, the pilot announced that they had lost an engine, but not to worry, there were three left.</p> <p>But instead of 5 hours it would take 7 hours to get to New York.</p> <p>Later, he announced that a second engine failed, and they still had two left, but it would take 10 hours to get to New York.</p> <p>When the pilot announced that at a third engine had died. Never fear, he announced, because the plane could fly on a single engine. However, it would now take 18 hours to get to New York.</p> <p>They were so aggravated that one said, "Good Lord, I hope we don't lose another one or we'll be up here forever!" (Source: Pages)</p>
<p style="text-align: center;">APRIL MEETING</p>	<p style="text-align: center;">EVIL HOTEL GUEST</p> <p>Hotel wake-up calls are awful. The phone keeps ringing. It's loud and you can't turn it down. I leave the number of the room next to me. It just rings very quietly and you hear a guy yell, "Why are you calling me? Then I get up and take a shower. It's great. (Source: Pages)</p>
<p>Our April meeting promises to have excellent speakers.</p> <p>SPEAKERS: Ms. Nayda Serrano, Senior Telecommunicator & Mike Bruce, Operations Manager of Hartford Emergency Services & Telecommunications</p> <p>TOPIC: "Have you ever called 911? Do you know how the system works?"</p> <p>They will be discussing 911 calls. This is the first time we have had anyone as a speaker explaining how these emergency calls are handled. If you have questions at the meeting please don't hesitate to ask.</p> <p>Some of you may have called for assistance in the past, but none of us knows if we may need to call them in the future. Don't miss this opportunity to find out more about the dispatch system.</p> <p>Bob Lincoln used this system recently, and is very interested in the system's workings.</p>	<p style="text-align: center;">61st NATIONAL ANNUAL CONVENTION</p> <p style="text-align: center;">June 5-9 2013 - San Diego, California</p> <p style="text-align: center;">Marriott San Diego Mission Valley</p> <p>It's time to make your move! Only two months left. Check out the registration packet, planes, maps, sights, and everything you will need to make this the best trip and convention ever. The city, program, accommodations, are all in place and beckoning for your attendance.</p> <p>The weather promises to co-operate and you can enjoy unlimited sightseeing and fun.</p> <p>You have to attend a convention to appreciate its outstanding rewards.</p> <p>Send in your registration soon and you will be thankful you did.</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 _____

- | | | | | | |
|--|---|--|--|---|--|
| <input type="checkbox"/> Angioplasty | <input type="checkbox"/> Atrial Septal Defect | <input type="checkbox"/> Valve Surgery | <input type="checkbox"/> Angioplasty | <input type="checkbox"/> Atrial Septal Defect | <input type="checkbox"/> Valve Surgery |
| <input type="checkbox"/> MI (Heart Attack) | <input type="checkbox"/> Pacemaker | <input type="checkbox"/> Valve Transcath | <input type="checkbox"/> MI (heart attack) | <input type="checkbox"/> Pacemaker | <input type="checkbox"/> Valve Transcath |
| <input type="checkbox"/> Aneurysm | <input type="checkbox"/> Transplant | <input type="checkbox"/> ICD (Defibrillator) | <input type="checkbox"/> Aneurysm | <input type="checkbox"/> Transplant | <input type="checkbox"/> ICD (Defib) |
| <input type="checkbox"/> CABG (Bypass) | <input type="checkbox"/> Stent | <input type="checkbox"/> R-VAD/L-VAD | <input type="checkbox"/> CABG (Bypass) | <input type="checkbox"/> Stent | <input type="checkbox"/> R-VAD/L-VAD |
| <input type="checkbox"/> (how many _____) | <input type="checkbox"/> AFib Arrhythmia | <input type="checkbox"/> | <input type="checkbox"/> (how many _____) | <input type="checkbox"/> AFib Arrhythmia | <input type="checkbox"/> |
| <input type="checkbox"/> Cath | <input type="checkbox"/> Other Arrhythmia | <input type="checkbox"/> Other _____ | <input type="checkbox"/> Cath | <input type="checkbox"/> Other Arrhythmia | <input type="checkbox"/> 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 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