



Hartford Heartline

Volume XXXVI - Issue 7 - September, 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:

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860-232-8417

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Treasurer:

Steve Livingston

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South Windsor, CT 06074
860-644-4250

Email: stevlivingston@cox.net

September 18, 2013 - Meeting - 6:45 p.m.

Speaker: - **Dr. Neal Lippman, Electrophysiologist**

Topic: **"I have Atrial Fibrillation - What does that mean?" and "My doctor says I need a defibrillator - now what?"**

Refreshments: Bob Lincoln

September 28, 2013 - Greater Hartford Heart Walk

9:00 a.m. Registration - 10:00 Official Start of Heart Walk

Rentschler Field, East Hartford, CT

3 mile / 5K non-competitive walk - **SAVE THE DATE!!!**

October 16, 2013 Meeting - 6:45 p.m.

Speaker: - To Be Announced

Topic: To Be Announced

Refreshments:

November 20, 2013 Meeting - 6:45 p.m.

Speaker: - To Be Announced

Topic: To Be Announced

Refreshments:

December - Holiday Break

"We wish you all Happy and Healthy Holidays!!"

January 15, 2014 Meeting - 6:45 p.m.

Speaker: - To Be Announced

Topic: To Be Announced

Refreshments:

February 19, 2014 Meeting - 6:45 p.m.

Speaker: - To Be Announced

Topic: To Be Announced

Refreshments:

*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

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

Heartfully,

John Dunn
John

"Volunteer Services"

Welcome back from our summer break. I hope everyone had good vacations and great gatherings.

This message is dedicated to the outstanding Hospital "Volunteer Services" personnel and offices in Hartford Hospital and St. Francis Hospital where we regularly visit Pre-Surgery, Post Surgery, Cath-lab and A-Fib patients following the Mended Hearts National Accredited Visitor Program. We offer hope, compassion and encouragement to the patient and their families.

These fine hospitals and their Volunteer Services staff have graciously welcomed Mended Hearts and our patient visiting program to play a key role as part of their affiliated ongoing patient health care. They have given us dedicated office space for our visiting supplies and various patient-specific Mended Hearts educational materials.

They truly appreciate what we do as specialty patient visitors, and in turn, we appreciate their hospitality. We could not achieve the high number of patients and families we visit with annually without their generosity, concern, professionalism and kindness.

From all the Accredited Mended Hearts Visitors, Thank You Very Much!

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

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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

Surgical, Cath Lab, and A-Fib visits for Hartford Hospital and St. Francis Hospital.

2013 - MAY - JUNE- JULY

Surgical Visits

Cath Lab Visits

A-Fib Visits

TOTAL VISITS - 282

Our visitors are doing a Great Job!!!

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

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 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.

MEETINGS NOTICE

NOTICE:

To all Members & Guests our meetings will start at **6:45 P.M.** [to meet an 8:30 curfew] effective with the September 18th, 2013 Chapter Business Meeting.

Mended Hearts Chapter 9 Board of Directors

CAUTION!!!

Hartford *Heartline*, written for the education and information of the members of Mended Hearts and all those concerned with heart health. It is **NOT** intended as a substitute for the advice of your physician. Always check with your physician or cardiologist regarding any questions you may have about your condition.

"MANDY HART"



Mandy Hart, our favorite piggy bank now has a total of **\$243.48** in her belly.

We funded two children to the Madden Open Hearts Camp for two weeks this summer. The cost is \$250 for a child ages 8 to 16 to attend for two weeks. If a parent has difficulty acquiring the cost, then our funding will assure their child will be attending. No child will be left out.

(Photo by Bob Lincoln)

Information

| DONATIONS | JULY CHAPTER 9 TRIP TO CAMP MADDEN | | | | | | | | | | | | | | | | | | | | | | |
|--|---|--------------|--------------|----|--------------|----|---------------|----|------------|----|-------------|----|-------------|---|----------------|---|-----------|---|-------------------|---|------------------|---|--|
| <p>General Donations:</p> <p style="text-align: center;">Melvin Hawthorn</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;">Mended Hearts, Inc. Chapter 9 ...and mail to:</p> <p style="text-align: center;">Steve Livingston, Treasurer 501 Dzen Way South Windsor, CT 06074</p> | <p style="text-align: center;">MADDEN OPEN HEARTS CAMP FOR CHILDREN</p> <p style="text-align: center;">SATURDAY – JULY 13, 2013 – 2:00 PM</p> <p>On July 13th our trip to Camp Madden was a good experience, as it is every year. Bob Hoffman and Bryan Hagberg had fun watching the kids in action.</p> <p>David Zaleon, the Director, was very happy to receive our donation to the camp for \$500. It will enable two children to attend the camp for two weeks. These funds were raised by our chapter through Mandy Hart, our monthly piggy bank that we have at each meeting. Also, we received a number of donations from individuals who generously sent funds for this great cause.</p> <p>Watching the children play and laugh and having a great time leaves everyone with a good feeling. At least we helped in some small way.</p> <p>We will plan again to attend next year, so keep this in mind for the next trip.</p> <p>We want to thank everyone who contributed to make it a special time for the children. (Source: Pages)</p> | | | | | | | | | | | | | | | | | | | | | | |
| SURGIVERSARIES | | | | | | | | | | | | | | | | | | | | | | | |
| <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">SEPTEMBER – 2013</th> <th style="text-align: right;">YEARS</th> </tr> </thead> <tbody> <tr><td>George Caron</td><td style="text-align: right;">36</td></tr> <tr><td>Donald Coutu</td><td style="text-align: right;">26</td></tr> <tr><td>Joe Palladino</td><td style="text-align: right;">18</td></tr> <tr><td>Ira Yellen</td><td style="text-align: right;">13</td></tr> <tr><td>Joshua Dunn</td><td style="text-align: right;">10</td></tr> <tr><td>John Hannon</td><td style="text-align: right;">8</td></tr> <tr><td>Joanne Coralli</td><td style="text-align: right;">4</td></tr> <tr><td>Frank Rao</td><td style="text-align: right;">2</td></tr> </tbody> </table> <p style="text-align: center;">ANGIOPLASTY</p> <table style="width: 100%; border-collapse: collapse;"> <tbody> <tr><td>Charles Rotenberg</td><td style="text-align: right;">5</td></tr> <tr><td>Patrick Raycraft</td><td style="text-align: right;">2</td></tr> </tbody> </table> <p style="text-align: center;"><i>For your continued good health!!</i></p> | SEPTEMBER – 2013 | YEARS | George Caron | 36 | Donald Coutu | 26 | Joe Palladino | 18 | Ira Yellen | 13 | Joshua Dunn | 10 | John Hannon | 8 | Joanne Coralli | 4 | Frank Rao | 2 | Charles Rotenberg | 5 | Patrick Raycraft | 2 | |
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| Patrick Raycraft | 2 | | | | | | | | | | | | | | | | | | | | | | |
| JUNE RAFFLE WINNER | | | | | | | | | | | | | | | | | | | | | | | |
| <p>The June 50/50 Raffle winner was:</p> <p style="text-align: center;">Ted Hoffberg <i>Congratulations!!</i></p> | | | | | | | | | | | | | | | | | | | | | | | |
| NEW MEMBERS | | | | | | | | | | | | | | | | | | | | | | | |
| <p style="text-align: center;">Melvin Hawthorn</p> <p>John Lippold South Meriden, CT</p> | <p style="text-align: center;">9 / 28 / 2013 - Greater Hartford Heart Walk</p> <p>Physical inactivity significantly increases the risk of cardiovascular disease, our nation's No. 1 killer. Seventy percent of American's don't get enough exercise, blaming lack of time and lack of motivation. Ignoring fitness and health increases an individual's risk of heart disease, stroke and other diseases. The Greater Hartford Heart Walk is a solution to getting people to increase their physical activity and to combat rising healthcare costs. Last year, close to 10,000 walkers and volunteers participated in four Heart Walks in Connecticut.</p> <p>We will again have a table in the medical tent. If you are unable to walk the distance you are welcome to help out at our table talking to others and handing out brochures on our Mended Hearts program.</p> <p>The American Heart Association is a good cause and the fund raising participants receive special recognition. A Heart Walk t-shirt will be given out (post event) to all who have raised a minimum of \$100. Other prizes are available based on the total raised prior to the event day.</p> <p style="text-align: center;">Save the date! You will enjoy it!</p> | | | | | | | | | | | | | | | | | | | | | | |

Health & Wellness

PREDICTING RISK AMONG ANGIOPLASTY PATIENTS

Study helps estimate the danger low-and high-risk patients face when undergoing angioplasty.

Today, percutaneous coronary intervention (commonly referred to as angioplasty) is more safe and effective than ever before. Once a relatively new way to unblock clogged arteries in the heart, this life-saving procedure is now performed more than 1.2 million times a year in the United States. Not only is it minimally invasive, requiring just a small incision, it's generally safe for most patients. But according to a recent study published in the *Journal of the American College of Cardiology*, risk of death can vary drastically depending on the health of each patient.

The study compared the risk of death among more than 1.2 million patients that underwent angioplasty procedures in the U.S. between 2009 and 2011. After analyzing study data, researchers found that only 43% of cases were elective, meaning less than half chose to undergo the procedure to help prevent a heart attack. The other 57% of cases were performed in emergency situations to restore normal blood flow in patients suffering heart attacks.

Not surprisingly, this study showed that patients electing to undergo angioplasty had the lowest risk of death (0.2%) compared to non-elective patients (0.6-2.3%.) But what researchers found most interesting was that a very small proportion of non-elective patients (less than 35 of all patients) had conditions that made them extremely unstable, and their risk of death ranged anywhere from 15-66%.

The good news is that risk of death is still very low for most patients undergoing angioplasty, especially those electing to have the procedure. The conditions that greatly increase risk of death are extremely rare and in this study, only occurred in less than 3% of patients. And although researchers found that mortality risk is much higher in very unstable patients, this study shows that survival rates have actually improved among these high-risk patients in the last few years. By understanding survival rates, experts can work with patients to make more informed decisions regarding treatment options and the hope is that with time, angioplasty will become increasingly safe for all patients, including those that are the highest risk.

(Source: CardioSmart.com)

STATINS COULD HAVE SOME SIDE EFFECTS

Although statins are credited with saving countless lives because of coronary artery disease, some people don't want to take them. They're concerned about safety, but there are few problems related to statins.

~ Muscle weakness. There is some risk, but experts say it's relatively uncommon. Clinical trials find the same number of statin takers reporting muscle weakness as people who take the placebo.

Still, researchers at the Atherosclerosis Research department of Children's Hospital Oakland Research Institute say 5 to 10 percent of people taking statins may experience a mild muscle problem, usually weakness.

~ Diabetes. The FDA now requires statin labels to warn about an increased risk of elevated sugar and type 2 diabetes. Most people who have diabetes shouldn't take statins.

~ Live inflammation. Research has found that statin-related liver problems are rare and seldom progress to serious disease. The FDA advises taking a blood test for liver problems before starting statin therapy.

~ Fatigue. A study reported in the Archives of Internal Medicine found statin users were more likely to report increased fatigue with exertion. A new Harvard study shows that fatigue was reported in only 1 of 300 statin users.

~ Memory problems. In the Harvard study only about 1 in 1,500 statin users were reported memory problems. Other studies show that statins reduce the risk of cognitive decline and dementia.

(Source: Pages)

SPEAKING OF HEALTH...

Due to my current state of health, and the necessity for me to take the proper actions to close out my wife's estate...

I will need to find a responsible person to become the NEW PERMANENT - Chapter 9 "Webmaster". I will train this individual and mentor them through the transition. The time requirements for this position (average - on a monthly basis) - are usually less than two (2) hours. **Please contact me, A.S.A.P - Bob Lincoln at: (H) 860-953-3807 or (C) 860-713-1107.**

THE SCIENCE BEHIND PROTEIN-BASED VACCINES

Sujata Srinivasan talks about the science behind recombinant protein vaccines with Carolyn Teschke, professor at UConn's department of molecular and cell biology.

Q. What is a recombinant protein-based vaccine?

A: Recombinant means scientists take a gene from the flu virus, move it into a small piece of DNA called a plasmid (a process known as cloning) and then place the plasmid in a gene. The gene then encodes for a protein. In the case of the Flublok vaccine, the gene codes for a protein called hemagglutinin, which is found on the surface of the virus. Vaccine is a term used to describe an agent that causes an immune response to a certain allergy or disease. So the hemagglutinin is introduced into a human and it will cause that person to be immune to the flu virus that makes that particular type of hemagglutinin.

Q. What makes the use of recombinant proteins special for the flu vaccine?

A. You don't need to use eggs. Normally flu virus is grown in eggs for the vaccine. The new vaccine is made in insect cells grown in a lab in culture.

Q. What advantage does Flublok have over vaccines made from chicken eggs?

A. People with egg allergies can't use a traditional flu vaccine. Perhaps even more importantly, a recombinant vaccine like Flublok should be faster to produce when a new flu strain emerges. That could help in case there was ever a flu pandemic.

Q. Why do you think large drug companies haven't developed an eggless flu vaccine by now?

A. I think the traditional method of making flu vaccines is really cheap and profitable, and large pharmaceutical companies just didn't see the potential profit in generating a new flu vaccine.

Q. What are some risks in newly approved, re-combinant protein-based vaccines?

A. In principle they should be safer than vaccines made from eggs. In the new vaccine, there is likely a very tiny amount of contaminating protein from the cells in which the hemagglutinin is made that could give rise to a reaction in a very small number of people. **But this is the same problem with the egg-based vaccine.**

(Source: HartfordBusiness.com)

ODYSSEY – CLINICAL TRIAL ON CHOLESTROL – ARE YOU ELIGIBLE?

The ODYSSEY clinical trial program is a collection of studies investigating the safety, tolerability and efficacy of an investigational drug for patients with high cholesterol who are at risk for cardiovascular disease and not adequately controlled by their current lipid modifying therapy. This program has been developed and sponsored by Sanofi US Services Inc. and Regeneron Pharmaceuticals Inc. who have extensive experience in researching and developing new medicines for the treatment of serious medical conditions.

Reducing LDL-cholesterol levels remains the main goal when managing high cholesterol and, with current therapy, such as statins, can be effective at reducing the risk of CVD. However, despite the availability of such well established treatments, some people are still not reaching their LdL cholesterol goals set by the recommended guidelines..The ODYSSEY phase 3 clinical research study program is being done to see if this new investigational medication can help further reduce LDL cholesterol and provide additional options for people in the future.

The initial criteria are:

- * Aged 40 years and older who have recently been hospitalized for acute coronary syndrome (obstructed coronary arteries) not adequately controlled by statins.
- * Baseline entry: LDL-C \geq 70mg/dL(>1.81mmol/L) If you are interested in taking part in one of the ODYSSEY phase 3 clinical research studies—or know someone who may want to take part please:
 - * Visit the ODYSSEY website to find more information or to find your nearest study center: www.ODYSSEYtrials.com, and
 - *Talk to your doctor. (Source: Mended Hearts National Office, Dallas, TX)

HEARTMATE II

Left Ventricular Assist System

The HeartMate II is a heart pump called an LVAD (short for left Ventricular Assist Device.) An LVAD helps the left side of the heart pump the blood your body needs. If you are suffering from advanced heart failure, speak with your physician about whether the HeartMate II may be right for you.

- * The most widely used, extensively studied LVAD in the world.
- * The only LVAD approved by the FDA for both short-term (bridge to transplant) an long-term support.
- * Over 80% of HeartMate II recipients became virtually free of heart failure symptoms at 6 months and remained stable at 2 years.
- * The lowest published stroke rate for continuous-flow LVAD therapy.

More than 14,000 patients have received a HeartMate II worldwide, with some patients approaching eight years of support.

As of April 2013

(Source: www.thoratec.com/HM)

Health & Wellness

| WORTH ITS SALT | TO PERK UP YOUR JOINTS AND BRAIN, HAVE SOME STRAWBERRIES. |
|---|--|
| <p>What these phrases on food labels really mean:</p> <p><u>UNSALTED</u></p> <p><i>No sodium added to the food.</i></p> <p><u>SODIUM-FREE</u></p> <p><i>One serving has less than 5 milligrams (mg) of sodium.</i></p> <p><u>VERY LOW SODIUM</u></p> <p><i>One serving has 35 mg or less of sodium</i></p> <p><u>LOW SODIUM</u></p> <p><i>One serving has 140 mg or less of sodium</i></p> <p><u>LIGHT SODIUM and REDUCED SODIUM</u></p> <p><i>25% less sodium than what the food normally contains</i></p> <p>Reductions in sodium levels of both processed and restaurant foods are inconsistent and slow, and researchers believe that we need stronger governmental action to see any meaningful changes in sodium consumption. If we want Americans to cut back on salt intake to 1,500 mg. a day (equivalent to less than one teaspoon of salt,) we not only need to encourage the public to eat healthier but we also need to reduce sodium levels in foods across the board.</p> <p style="text-align: right;"><small>(Source: cardiosmart.org)</small></p> | <p>The most popular berry in the world is not a berry.</p> <p>The summer favorite strawberries are botanically members of the rose family, say scientists at Tufts University's Antioxidant Nutrition Laboratory.</p> <p>Americans each consume about 6.5 pounds of strawberries a year. They taste great and are good for your heart, your joints an even your brain.</p> <p>Researchers say most strawberry benefits come from their flavonoids, a natural antioxidant that gives them their red color. Flavonoids might help lower levels of C-reactive protein, a marker for heart disease, some studies suggest.</p> <p>Just one cup of strawberries (about eight berries) contains 140 percent of your daily value for vitamin C. Because vitamin C plays a key role in formation of cartilage and collagen, strawberries might help your joints.</p> <p>A study by Tufts' HMRCA Neuroscience Laboratory shows there are neurological benefits associate with strawberries. In the study, rodents were fed with the equivalent of one pint of strawberries added to their regular diet. This group performed best in learning and memory tests as they aged, suggesting that strawberries (and other berries) might be "brain food."</p> |
| THE CAREGIVER'S TOUCH | <p>All of this sounds complicated, but the message is simple, eating strawberries protects your heart, your joints, your waistline and your brain.</p> <p style="text-align: right;"><small>(Source: Pages)</small></p> |
| <p>You may already know about the power of touch to communicate with those who are losing verbal skills and possibly other senses. But did you know that your sincerity counts?</p> <p>Experts at Carning.com say it seems that our bodies read emotions through touch with amazing specificity. A DePaul University psychologist asked blindfolded subjects to guess which of eight emotions a stranger was trying to convey simply through the use of touch, anger, fear, happiness, sadness, disgust, love, gratitude, or sympathy. The subjects understood correctly which emotion was being communicated between 50 to 78 percent of the time. (Pure chance would put the correct guess rate at 11 percent.)</p> <p>So hug like you mean it.</p> <p style="text-align: right;"><small>(Source: Pages)</small></p> | THE FIRST INDICATION OF HEARING LOSS |
| | <p>Especially if you've been exposed to frequent loud noise such as at concerts, and if you're getting older, you may have trouble undertanding people speaking to you in a noisy restaurant.</p> <p>You might have presbycusis, a type of gradual hearing loss caused by the death of hair cells in the inner ear. There are only 15,000 of these hair cells, and they don't regenerate..Not being able to filter out background noise is one of the first signs of hearing loss. See an audiologist.</p> <p style="text-align: right;"><small>(Source: Pages)</small></p> |

A Little Bit of Trivia & Fun Stuff

| GENERAL INTEREST | ADVICE FOR CAREGIVERS FROM CARING.COM |
|--|--|
| <p>Independent truckers don't like the 70-hour week</p> <p>The Department of Transportation (DOT) says 3,887 people were killed in large-truck crashes in 2012. They calculate that 13 percent of the crashes were caused by sleep-deprived drivers.</p> <p>Anne Gerro, chief of the agency's Federal Motor Carrier Safety Administration, says her mission is to save lives.</p> <p>The new rules shorten the workweek from 82 hours to 70, restrict how many nights truckers can be on the road and require rest breaks during the day.</p> <p>An industry spokesman says the new rules will increase stress of drivers since they will now be more likely to drive during daylight hours, when traffic congestion is more common, than at night.</p> <p>But Anne Gerro says the rules could help to reduce high driver turnover, which she attributes to tough working conditions, long workweeks and inadequate pay.</p> <p>The rules will affect about 15 percent of the 1.55 million long-haul drivers. Many drivers don't have such routes, an unionized drivers have a shorter workweek. The agency predicts the rules will save 19 drivers' lives, prevent about 1,400 crashes and 560 injuries each year.</p> <p>It estimates the benefits due to fewer crashes and health problems caused by fatigue will amount to \$811 million annually. (Source: Pages)</p> | <p>What works better than anti-anxiety medications for many people dealing with the later stages of Alzheimer's or dementia? Chocolate.</p> <p>Treats can distract and soothe someone who's upset but unable to express what's bothersome. And any chocolate-lover is soothed by a Hershey's kiss.</p> <p>Set aside concerns about sticking to a diet. No nutritional changes have been found to affect the progressive nature of dementia. (Source: Pages)</p> |
| <p style="text-align: center;">TECHNOLOGY STATS FROM CNN MONEY</p> <p>50% of Americans say they will increase tech spending in 2013.</p> <p>\$8 billion is the amount Americans spent on smart phone apps in 2012, up 27% over the previous year.</p> <p>63% of consumers say they spend more on tech bills than on utilities.</p> <p>125 million, the number of iPhones sold in 2012, up 53% from 2011. (Source: Pages)</p> | <p style="text-align: center;">ATTENTION CAMPERS</p> <p>The State department of Fish and Wildlife is advising hikers, hunters, fishermen and golfers to be on the alert for bears this year.</p> <p>They advise people to attach noise-producing devices, such as little bells, on their clothing to alert bears but not startle them. They also advise carrying pepper spray in case of an encounter.</p> <p>You should be able to recognize the presence of bears in an area by their droppings. Black bear droppings are smaller and contain berry residue and possibly squirrel fur.</p> <p>Grizzly bear droppings have little bells in them and smell like pepper (Source: Pages)</p> |
| <p style="text-align: center;">BUYING EGGS</p> <p>It doesn't matter whether they are brown or white, the nutritional value is the same.</p> <p>Discard any eggs that are broken, which can lead to contamination.</p> <p>Buy large eggs to use in recipes. That's the size used to test recipes.</p> <p>Eggs are good for at least 4 to 6 weeks after the sell-by-date if you store them correctly. (Source: Pages)</p> | <p style="text-align: center;">MINISTER TAKES AN AIRPLANE FLIGHT</p> <p>A minister was seated next to a cowboy on a flight to Texas. After the plane was airborne, drink orders were taken. The cowboy asked for a whiskey and soda, which was brought and placed before him. The flight attendant then asked the minister if he would like a drink.</p> <p>He replied in disgust, "I'd rather lose my soul to lust than let liquor touch my lips."</p> <p>The cowboy then handed his drink back to the attendant and said, "Me too. I didn't know we had a choice." (Source: Pages)</p> |
| <p style="text-align: center;">LEATHER</p> <p>When a woman wears leather clothing, a man's heart beats faster. His throat gets dry. He gets weak in the knees and begins to think irrationally.</p> <p>Ever wonder why?</p> <p>She smells like a new truck! (Source: Pages)</p> | <p style="text-align: center;">BUYING EGGS</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 |
| (how many _____) | <input type="checkbox"/> AFib Arrhythmia | <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