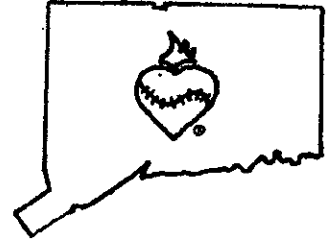


HARTFORD HEARTLINE

THE MENDED HEARTS, INC.



Chartered 1977/Greater Hartford-Chapter 9

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Volume XXXIV - Issue 6

JUNE MEETING COME JOIN US!!!



HAPPY FATHERS DAY!

WHEN? Wednesday, June 15, 2011 at 7:15 PM

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

WHO? Patrick Senatus, MD, Neurosurgeon, UConn Medical Center

TOPIC: Minimally Invasive Neurosurgical Techniques or Treatments
including Deep Brain Stimulation and Back Surgery

Refreshments contributed by: Fran Reichlin

President's Message:

Greetings to Members and Friends of Mended Hearts, Chapter 9

Well, I have come to the end of writing the President's Message.

It's time to turn the responsibility over to our newly elected President, John Dunn. It has been a joy writing these messages for the past 4+ years. My own 4-years serving as President, and serving as acting President prior to being elected.

Hopefully everyone has found the messages worth reading. For the most part, the content may not have been heart related, just a friendly thought or two.

As indicated in the information about the annual banquet, we're committed for 40 people to attend the event, which is Wednesday, June 22nd. At the May 18th meeting, there were 29 confirmed orders, which is a good indication we'll make the 40 orders. Actually, it will be great if we have the final count at our June 15th meeting.

My thanks to Vice-President, Bob Hoffman for chairing the meeting on May 18th in my absence. I had typed the agenda and meeting minutes late Tuesday night, and forgot to send the information to Bob. When I got home late Wednesday evening, I discovered my error after finding phone messages from Bob.

Remember that we don't have business meetings in July and August. But we will be getting together for the visit to Camp Madden, in Great Barrington, MA on Saturday, July 16th.

Heartfully,

Walter

OFFICERS & CHAIRPERSONS 2011-2013

President	John Dunn	860-866-5489
Vice President	Priscilla Soucy	860-289-7422
Secretary	Bob Lincoln	860-713-1107
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
Labels for 3 month mailings	Pat Prentis	860-667-1483 E-Mail: Patricia.Prentis@HIMCO.com
Webmaster	David Siegelbaum	847-924-9971
50/50 Raffle	Frank Soucy	860-289-7422

NOTICE TO ALL VISITORS

When you acquire names of patients or others that want to receive our newsletter please call Pat Prentis 860-667-1483 or e-mail her at: Patricia.Prentis@HIMCO.com

Pat is doing the 3 month mailing list for us and does a great job keeping them updated.

A LITTLE BIT OF TRIVIA

FOOTBALL AND BASKETBALL FANS: Take it easy driving home

Here's some disturbing news for sports fans: When your team wins a nail biter, you face a higher risk of dying in a crash on the way home.

Research by the North Carolina State University and South Carolina University finds that traffic deaths rise in the hometowns of winning teams on game day, and rise proportionately the closer the game is. The result is the same whether the game is at home or away.

The research focused on highly anticipated events, such as playoff and rivalry games. Because final scores don't always reflect how close a game was, fans were asked to rate the 271 college and professional games they studied.

The increase in fatalities happens in locations of winning games, such as game sites and hometowns. The difference in fatalities after a blow-out game and a nail biter was 133 percent.

Source: Pages

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

NATIONAL NEWS

Mended Hearts - American College of Cardiology Alignment

The alignment that we have been working towards for the last year is now official between our Mended Hearts and the American College of Cardiology (ACC)

A signing ceremony of the five-year agreement between the two organizations was held last month in conjunction with ACC's annual Scientific Sessions. Joining Mended Hearts Executive Committee were ACC's Chief Executive Officer, Jack Lewin, MD, and Vice President, John Harold, MD, with Cedars-Sinai Medical Center in Los Angeles. In reflecting on the alliance, Dr. Lewin remarked how an ultimate outcome should be better patient care through joint education and advocacy efforts. **The "opportunities are boundless" for the two organizations**, he noted. In related activities, then ACC President Dr. Ralph Brindis announced the MH-ACC alliance before a group of 700 hospital personnel from throughout the nation gathered for a meeting hosted by the National Cardiovascular Data Registry, a program of the College. When the announcement was made, the audience of 700 -primarily nurses and case managers - broke into a round of applause!

WHO ARE THEY?

The ACC is the primary professional organization for cardiologists world wide with -

- + Over 39,000 members, more than 90% of US Cardiologists
- + Over 7,000 manuscripts submitted/yr.
- + Over 20,000 live-event attendees every year
- + Over 40,000 CME recipients/yr.
- + Over 11 million patient records in NCDR
- + Over 100,000,000 patients visits per year

LET'S NEVER FORGET OUR VETERANS ON MEMORIAL DAY

It was the Veteran, not the reporter, who has given us freedom of the press.

It was the Veteran, not the poet, who has given us freedom of speech.

It was the Veteran, not the lawyer, who has given us the right to a free trial.

It was the Veteran, not the campus organizer, who has given us freedom to demonstrate.

It was the Veteran, who salutes the flag, who served under the flag, and whose coffin is draped by the flag, who allows the protester to burn the flag.

Father Denis Edward O'Brien, USMC
"All gave some - Some gave all"
Thanks to Chapter 119, Newport News, Virginia



FUNSTUFF

EVIL BASEBALL GAME



One day, the Devil challenged the Lord to a baseball game.

Smiling, the Lord proclaimed, "You don't have a chance. I have Babe Ruth, Mickey Mantle, and all the greatest players up here."

"Yes," snickered the Devil, "but I have all the umpires."

Source: Pages

HONEY, HONEY, SUGAR, SUGAR

Three elderly couples were having tea one fine day. They were all chatting and whatnot when one of the men, trying to get a chuckle, said to his wife, "Pass the honey, honey!" Getting the chuckle he expected, he carried on. A moment later, the second man said, "Pass the sugar, sugar!" This got a bit of a bigger laugh, so the third man, although not quite as clever or quick-witted as the other two, decided to join in the fun. He waited for the perfect opportunity, cleared his throat and then confidently said, "Pass the tea, bag!"

Thanks to: Chapter 154, Sudbury, Canada

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.

EDITORS NOTE!

This newsletter is so full, it is bursting at the seams, but it is our last one until late summer. If you have anything you think would be of interest to our members, please send it to me and we can share it with others. Please be sure there is a source for the information you are providing.

I have really enjoyed doing your newsletter this year and look forward to seeing all of you at our June 15th meeting.

Stay healthy and keep smiling. Your faithful editor,

Priscilla Soucy 860-289-7422

OUR WEBSITE: www.mendedheartsct.org

HEALTH UPDATE

EXERCISE IN THE 40'S AND LATER REDUCES HEART ATTACK RISK

Here's good news for many of us whose biggest exercise movement is rising from the chair after a TV show.

Even if you have been sedentary and you're over 40, starting an exercise program will protect your heart health. You will achieve the most benefit by making it a goal to be very active, but even slight increases in activity are worthwhile.

The bad news about exercise: If you were "very active" from age 20's and 30s, but not since that time, your risk for heart disease is similar to someone who never exercised at all.

A German study published in the journal Heart shows that people who were "very active" over 40 years of age had 90 percent less heart disease than sedentary people. Those who were "somewhat active" also had reduced heart risks, but not by as much.

These were the unexpected findings from a study that compare healthy individuals and people with heart disease to determine how exercise impacted their heart risk.

Individuals who are over 40 and have not exercised for some time should discuss their heart protection plan with their doctors. They may be advised to begin slowly, as with walking or working at a slow speed on a treadmill.

As their fitness increases, they can do more and add strength-training exercises with hand weights.

Source: Pages

NEW HEART CATHETERIZATION

About one million U.S. patients each year undergo heart catheterizations, which involves threading a thin plastic tube up to the heart from a puncture wound doctors make in the groin.

Now, cardiologists are increasingly beginning the procedure in the wrist instead. This eliminates the risk of bleeding, a potentially life-threatening problem associated with entry in the groin. Although it rarely happens, bleeding increases the risk of a heart attack.

Source: Pages

OJ LOWERS BLOOD PRESSURE, IMPROVES BLOOD VESSELS

Drinking a glass of orange juice every day has long been known to be a healthy practice. New evidence shows it's benefits are more extensive. Orange juice contains a flavonoid called hesperidin. In a study by the Human Nutrition Unit-INRA in France, it was discovered that two glasses of OJ per day could significantly lower diastolic blood pressure (the second number in a blood pressure reading) and improve blood-vessel function.

Study subjects were overweight, but otherwise healthy men age 51 to 63.

The researchers say lowering diastolic pressure by just 3 or 4 points could translate into a 20 percent reduction of heart disease. Even if you drink one glass of OJ per day instead of two, you will have beneficial effects.

Source: Pages



"These are called, 'Diet Pants.' They'll never fit, but you'll burn 250 calories trying to get into them."

DONATIONS

Walter Kovaciny made a generous donation in honor of his cousin, Steve Kovaciny, for his 60th birthday.

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:

Dolly Goldfarb, Treasurer, 79 Belknap Road, West Hartford, CT 06117.

MADDEN OPEN HEARTS CAMP FOR CHILDREN

SATURDAY - JULY 16, 2011 - 2:00 PM

We are planning our trip to Camp Madden, in Great Barrington, MA on Saturday, July 16th. We will meet there at 2:00 PM. David Zaleon, Director of the Camp will escort us around and tell us the history and show us the facility along with all their activities.

Camp Madden is a two-week summer camp for girls and boys, ages 8-16, who have had open heart surgery or a heart transplant, and have fully recovered from that surgery. That is a requirement for children attending the Madden Open Hearts Camp.

Directions are as follows: (Approx. 65 miles from Hartford,CT)

Edward J. Madden Open Hearts Camp, 250 Monument Valley Road, Great Barrington, MA

Take Route 44W to Canaan, CT. In Canaan take Rte. 7N. Go thru the center of Great Barrington, MA. Go past the shopping center and the turnoff is approx. 1 1/2 miles past it. Near the top of the hill take a right turn, which is Monument Valley Rd. If you have gone past the high school you have gone too far. The average driving time from Hartford is 1 1/2 to 1 3/4 hours.

If you are planning to attend the camp or need more information please call Priscilla Soucy at 860-289-7422. Please sign up at our June meeting or call, so we can give them a count of how many people to expect.

ANNUAL BANQUET

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

June 22, 2011 - Members \$20.00 - Non Members \$25.00

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: Saul and Fran Reichlin, 57 Hartwell Road., West Hartford, CT 06117

(Please print)

NAME(s) _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

TELEPHONE: _____

NUMBER ATTENDING _____ x \$20.00 each (member) or \$25.00 ea. (non-member) Total _____

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

We have made a commitment of 40 people for this annual event. Last year everyone was pleased with the new location and the food was great. We will also have Installation of Officers. Don't miss out on the fun, so get your reservations in early.

Door prizes: 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 prizes, a carryall bag loaded with goodies, show tickets, a bottle of wine, house plants, and other 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



SURVIVERSARIES

<u>JUNE - 2011</u>	<u>YEARS</u>
Seymour Sard	31
Arnold Hurwit	19
Steven Livingston	13
Maureen Luddy Curtis	11
Joe Morassini	9
Joel Waterhouse	9
Boris Kalmanovsky	5

<u>JULY - 2011</u>	<u>YEARS</u>
Wayne Johnson	26
David Siegelbaum	20
Howard Shapiro	16
Wilda Wyse	15
Mario Sottile	11
Brian Curtis	9
Tony Taschner	1

<u>AUGUST - 2011</u>	<u>YEARS</u>
Irwin Singer	14
Norman Cohen	4

FOR YOUR CONTINUED GOOD HEALTH!

HOSPITAL VISITS

MAY - 2011

Pre-Op and Post-Op visits for Hartford Hospital, St. Francis Hospital and UConn Medical Center.

TOTAL VISITS 92

GREAT JOB!

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

June 22, 2011	Annual Banquet - Nutmeg Restaurant - South Windsor
July 16, 2011	Trip to Camp Madden, Great Barrington, MA
July & August	Summer Break
Sept. 21, 2011	TBA



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

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	\$	<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:
Dolly Goldfarb, Treasurer
79 Belknap Road
West Hartford, CT 06117



601 9385421 0032

Mr. David Siegelbaum
1744 Chesapeake Lane #1
Rolling Meadows, IL 60193

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



GREATER HARTFORD • CHAPTER 9
FOUNDED 1961 — INCORPORATED 1965
THE MENDED HEARTS INC



THANKS TO HARTFORD HOSPITAL FOR THE MAILING OF THIS NEWSLETTER

OBJECTIVES OF MENDED HEARTS, INC.

THE PURPOSE OF THIS ORGANIZATION IS TO OFFER HELP, 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 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 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