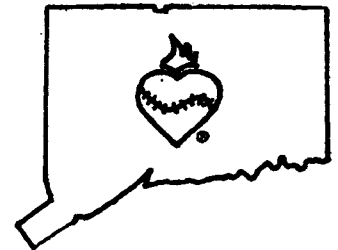


# HARTFORD HEARTLINE

## 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 XXXIV - Issue 8

## OCTOBER MEETING COME JOIN US!!!



Happy Halloween

**WHEN?** Wednesday, October 19, 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?** Asad Rizvi, M.D., Cardiologist

**TOPIC:** Update in cardiology - 2011

Refreshments contributed by: Rick Lemay

*President's Message:*

*Hello Members and Friends,*

*This Is Your Mended Hearts Chapter!*

*In this issue I would like to ask for your ideas, comments and suggestions about our Mended Hearts chapter. In your opinion, what are we doing right, doing wrong or could do better to make our chapter stronger for you?*

*These are some topics to consider.*

**Chapter Meetings:**

*Location of our chapter meeting, frequency, time, length, and day of meeting.*

*Meeting content: Format, refreshments, selection of topics for speakers.*

*What would encourage you to attend more meetings?*

**Comments and interests:**

*What other activities could the chapter do in addition to our Annual Banquet? Do you have any ideas for chapter fund raising events? Do you have questions about the our hospital visiting program? Would you like to become a Mended Hearts hospital visitor?*

*The goals of your elected officers and Board of Directors are to make this a meaningful organization, where there is something of interest for everyone, while we grow our membership and expand our hospital visiting program.*

*Please reply in whatever form is best for you. Postal mail to: John Dunn, President Mended Hearts, Chapter 9, 15 Strawberry Hill, Windsor, CT 06095. By E-mail: jjhmdunn@msn.com (please enter Mended Hearts in the subject line.) or Phone 860-688-5489.*

Heartfully,

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

John

## OFFICERS & CHAIRPERSONS 2011-2013

President	John Dunn	860- <del>688</del> -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 Kohwicz	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	860-713-1107
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.com](mailto:pine3@comcast.com)

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

## AMERICAN HARTFORD HEART WALK

**SATURDAY - OCTOBER 29, 2011**

**BUSHNELL PARK - HARTFORD, CT**

**Registration: 9:00 AM - Official Start: 10:00 AM**

Heart Walkers are asked to turn in envelopes at the Heart Walk to Bob Hoffman, who will check them off and turn them all in together for Mended Hearts at the table we have in the medical tent.

If you wish to help out at the table, please bring a lawn chair because we are only given two chairs for the day.

The American Heart Association is a good cause and the participants receive t-shirts if they raise a minimum of \$100.

See you there!

## NATIONAL NEWS

### MILLION HEARTS

The following are excerpts from a letter received for Mended Hearts covering the launching of a new national initiative focused on the prevention of deaths from cardiovascular disease and stroke. You will hear more about Million Hearts as the five-year campaign develops.

The Department of Health and Human Services, with several key partners, (we are included in community partners) launching Million Hearts, a 5 year initiative to prevent 1 million heart attacks and strokes. As you know, cardiovascular disease is the leading cause of death for men and women of all races and ethnicities in the U.S. and costs the U.S. \$444 billion every year in medical costs and lost productivity.

Empowering Americans to make healthy choices, such as quitting tobacco use and reducing sodium and trans fat consumption. This can reduce the number of people who need medical treatment, such as blood pressure or cholesterol medications, to prevent heart attacks and strokes.

Also, improve care for people who do need treatment by encouraging the ABCS: Aspirin for people at risk, Blood pressure control, Cholesterol management and Smoking cessation.

By enlisting partners from every corner of the health sector including federal agencies, doctors, nurses, pharmacists, private insurers, businesses; health advocacy groups; and community organizations - Million Hearts will create a national focus on combating heart disease and stroke.

Co-led by the Centers for Disease Control and Prevention and the Centers for Medicare and Medicaid Services, Million Hearts will focus on the ABC's

As a valued CDC partner, our participation and involvement is critical to this important new initiative that will affect millions of Americans. You can visit <http://millionhearts.hhs.gov> for more information about the initiative, including a [Million Hearts overview, Frequently Asked Questions, PowerPoint slides and social media tools](#).

We hope that everyone will work with us and your other health community partners as we undertake this effort.

Sincerely,

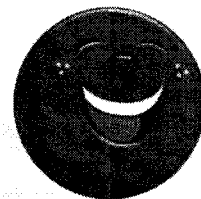
Thomas R. Frieden, M.D., M.P.H.  
Director, CDC

## 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.

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

## FUNSTUFF



### HAPPY MARRIAGE

A woman said to her husband, "Would you have married me if my father hadn't left me a fortune?" He said, "Honey, I would have married you no matter who had left you a fortune."

Source: Unknown

### RATINGS

The highest-rated occupations in 1995 among 26 jobs rated annually for honesty and ethics and standards:

#1 Pharmacist

#25 Member of Congress

#26 Car Salespeople

Source: Thanks to Chapter 76, Jackson, MS

## A LITTLE BIT OF TRIVIA

### WOMEN LOVE SHOES

A survey by ShopSmart magazine (published by Consumer reports) shows that the average woman in the United States own 17 pairs of shoes, but only wear three pairs regularly. Women buy three new pairs of shoes a year at an average of \$49. About a third of those surveyed said they had paid more than \$100 for a pair. The editor of the magazine points out that shoes can last for years. It doesn't much matter if you gain weight or lose weight, the shoes still fit. One problem is, as women continue to buy shoes, it's difficult to find a place to store them, especially if they are kept in their original boxes. Other facts: 13 percent own more than 30 pairs of non-athletic shoes, 24 percent have fallen because of their shoes and 35 percent had an evening ruined by painful shoes.

## DON'T MISS OUT!

Our monthly speakers this year have been outstanding. We have had so many Doctors, Nurses, Technicians, and speakers from many different health fields. All of them are very busy with their jobs, and they do take time to come to our meetings and give a presentation. They all stay to answer questions, and help out with any problems you may have been experiencing. Please come out to our meetings and show your support for these speakers. You are missing an opportunity to ask questions and discover the latest health care procedures. Our hospitals have gone out of their way to assist us, not only with monetary support for our newsletter, but by providing us with top notch specialists. Hope we see more of you at our future monthly meetings. Don't miss out!

# HEALTH UPDATE

## **ASPIRIN SALES UP**

Sales of this century-old painkiller are soaring. The maker of Bayer Aspirin says, above all of its pharmaceuticals so far this year, its top performer is the wonder drug from a bygone era: aspirin.

Nonprescription aspirin is used to reduce fever and to relieve mild to moderate pain from headaches, arthritis, colds, toothaches, and muscle aches. Nonprescription aspirin is also used to prevent heart attacks in people who have had a heart attack in the past, or who have angina (chest pain when the heart does not get enough oxygen.)

It's used to prevent ischemic strokes that occur when a blood clot blocks the flow of blood to the brain, or mini-strokes that occur when the flow of blood to the brain is blocked for a short time, in people who have had this type of stroke or mini-stroke before.

Note: aspirin will not prevent hemorrhagic strokes that are caused by bleeding in the brain.

Source: Pages

## **FIGHT BELLY FAT, EAT VEGETABLES**

The type of fat around the middle that's most harmful is called visceral fat. It's deep fat that surrounds internal organs and leads to diabetes and liver disease.

Increasing consumption of plant foods that contain soluble fiber can reduce the presence of visceral fat, which is more dangerous than fat just under the skin, according to studies described in the journal *Obesity*.

Source: Pages

## **TAI CHI REDUCES ARTHRITIS PAIN**

People who have arthritis know they should exercise, but may not know what type would benefit them the most.

The Arthritis Foundation's Tai Chi program was highly recommended after a large study done by the U. of North Carolina, Chapel Hill. It shows benefits for all types of arthritis including rheumatoid arthritis and also benefits fibromyalgia and osteoarthritis.

Participants took an eight-week, twice weekly tai-chi course. At the end, they showed moderate improvements in all of these areas in addition to improved reach, balance and sense of well-being.

Source: Pages

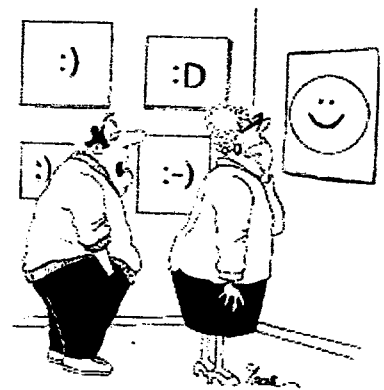
## **FIVE WEIGHT-GAINERS IDENTIFIED**

By studying dietary choices of 120,000 people, a study reported in the *New England Journal of Medicine* indicts five foods as responsible for the most weight gain over a 20-year period.

They are: potato chips, other potatoes, sugar-sweetened beverages, unprocessed meats and processed meats.

The "other potato" category includes french fries, mashed potatoes, fried potatoes and baked potatoes with butter, sour cream and other toppings.

Source: Pages



"Oh, that's one of my earlier pieces."

## 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:

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

## RIDES

Would you really like to attend one of our meetings but don't like to drive at night?

Perhaps you would rather not attend a meeting alone or drive into Hartford alone. We have volunteer drivers who are willing to pick you up and bring you home from our meetings. If you are in one of the following areas give us a call.

Farmington  
Tolland/Vernon

Vera & Bob Martin  
Carolyn Kolwicz

677-0625  
872-0296

If there are any members from other towns that would be available to drive people to our meetings just let us know. We do have members from outlying areas who would very much appreciate it.

## 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.



## 50/50 RAFFLE

The winner of our 50/50 raffle for our September meeting was Walter Kovaciny. Congratulations Walter!

## ALL HOSPITAL VISITORS

Our Re-accreditation meeting will be held on Saturday, October 22, 2011 from 11:00 AM to 1:00 PM. We need all our visitors present so please make every effort to attend. It will be held at the same place as last year, Cheng-Du Restaurant.

## LOW-ENERGY DEFIBRILLATION

A team of scientists in Germany, France and the U.S. has developed a new method of defibrillation called LEAP, for Low Energy Anti-fibrillation Pacing, that uses one fifth the energy of present defibrillators.

Atrial and ventricular fibrillation affect more than 10 million people in Europe and the United States. At present the only way to stop the chaotic vibration of the heart muscle and restore purposeful beating is to apply a single strong electric pulse., which is painful and can damage surrounding tissue. The new method applies a sequence of five much weaker pulses to restore normal rhythm step by step.

Although LEAP has been tested only on animals with atrial fibrillation, it could in principle be used to relieve life-threatening ventricular fibrillation. Replacing current implantable cardioverter defibrillators (ICD) with LEAP devices could eliminate pain, improve treatment success rate and prolong battery life, reducing the need for surgical device replacement.

Source: Science Daily & Max-Planck-Gesellschaft, Thanks to Chapter 179, Neptune, NJ

## CAREGIVERS

### WHEN TIMES GET ROUGH

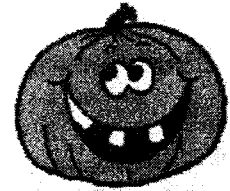
Donna Schempp, LCSW, interim program director of Family Caregiver Alliance in San Francisco, explains a variety of strategies for caregivers to use to avoid burnout. For instance, learning about the illness they're helping a loved one manage.

- + **Take small breaks throughout the day.** Read a magazine article, set aside 20 minutes for a favorite hobby, or take a bubble bath.
- + **Stay connected to the outside world:** Dine with friends, join a caregiver support group or chat on a social network site for caregivers, such as [www.SharetheCare.org](http://www.SharetheCare.org)
- + **Keep a sense of humor.** Watch sitcoms on TV, rent funny movies, or talk with that one friend who always makes you laugh.
- + **Exercise:** Your day is filled with hours of purposeful activity, but a walk around the block to admire your neighbor's flowers or doing a stretching routine with a yoga DVD can be relaxing.
- + **Recognize your limits:** Draw a bright red circle in your mind around what you can do. Don't feel embarrassed or guilty to ask for help with anything that falls outside that circle.
- + **Pet a pet:** Animals can be an excellent source of comfort and support, so buy a pet if you can handle the additional responsibility or play with the neighbor's dog or cat.
- + **Don't bottle up your emotions:** Caregiving can provoke many emotions, from anger to grief. Unburden yourself by sharing your true feelings with friends, family, clergy or other caregivers. You will get perceptive counsel and practical advice—especially from other caregivers "in the trenches" like you.

Source: Heart Insight - AHA

**OUR WEBSITE: [www.mendedheartsct.org](http://www.mendedheartsct.org)**

## ANNOUNCEMENTS



### SURGIVERSARIES

#### OCTOBER - 2011      YEARS

Elizabeth Casale      16  
Jackie Smith      8

#### ANGIOPLASTY

Vera Martin      11

**FOR YOUR CONTINUED GOOD HEALTH!**

### HOSPITAL VISITS

#### SEPTEMBER - 2011

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

TOTAL VISITS      92

**GREAT JOB!**

### NEW MEMBERS

Dorothy & Michael Malerba  
Manchester, CT

Ilene & Frederic Mahler  
West Hartford, CT

**WELCOME!**

### 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**

October 29, 2011	American Hartford Heart Walk
November 16, 2011	TBA
December - 2011	Holiday Break
January 18, 2012	TBA

**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**