



Hartford Heartline

March, 2019

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.

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 an upcoming meeting in the Community Room on Main Floor Goodwin College 245 Riverside Drive, East Hartford, CT

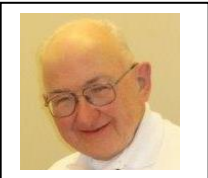
Wednesday, March 20, 2019 7:00 p.m.

Speaker: TBD

Topic: TBD

Refreshments: Walter Kovaciny, Frank and Priscilla Soucy

(NOTE: LOCATION AND DRIVING DIRECTIONS, See Page 6)



President's Message

**To the Members, Caregivers, and Friends of Mended Hearts, Chapter 9
Greater Hartford, Connecticut**

Greetings to Members and Friends of Chapter #9,

Greetings to Chapter #9 members and friends. Thanks to the Phone Tree members of Chapter #9 for making calls letting everyone know that the February 20, 2019 meeting was cancelled due to the bad weather. The concern of me and Vice-President John Dunn was everyone would be able to drive to Goodwin College but might have problems driving home later in the night. Hopefully the weather for the remainder of the winter season won't be as bad.

When the Board of Directors has their meeting on Wednesday, March 13th, one of the topics to be discussed will be rescheduling the meeting. Details will be forthcoming.

With not having the February meeting a decision was made to have the Board of Directors members vote for the National Officers on behalf of the Chapter. With each chapter having one vote for each position it was felt that the end result would be the same.

Hopefully the "Spring Ahead" of the Daylight Savings Time change on Sunday, March 10, 2019 has caught up with you. It will be great to have the extra hour of sunshine in the afternoon, won't it?

Heartfully,
Chapter #9 President, Walter H. Kovaciny

Mended Hearts Chapter 9 Info

Chapter 9 OFFICERS 2018-2020

President

Walter H. Kovaciny

237 Old Springfield Road
Stafford Springs, CT 06076
860-684-7247

Email: walterkovaciny@cox.net

Vice-President

John A. Dunn

15 Strawberry Hill
Windsor, CT 06095
860-688-5489

Email: jjhmdunn@msn.com

Secretary

Robert Hoffman

25 Lovelace Drive
West Hartford, CT 06117
860-232-8417

Email: vrome@att.net

Treasurer

Steve Livingston

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

Email: stevlivingston@cox.net

Regional Director

Robert Hoffman

25 Lovelace Drive
West Hartford, CT 06117
860-232-8417

Email: vrome@att.net

Schedule of Future Monthly Meetings

March 20, 2019

April 17, 2019

May 15, 2019

June 19, 2019

(Annual Banquet-Details to Follow)

All Monthly Meetings Start

@7pm

Mended Hearts volunteers offer peer-to-peer support to patients, family members and caregivers via:

- **Hospital Visiting – In person visit from a Mended Hearts volunteer**
- **Phone Visiting – Calling to provide a word of encouragement**

Our mission is to “inspire hope in heart disease patients and their families.”

CHAIRPERSONS - 2018-2020

Visiting Chairman/Trainer – Hartford Hospital
John Dunn 860-688-5489

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

Program Co-Chairman:
Steve Livingston 860-644-4250

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

Correspondence Chairperson
Pat Daigneault 860-982-4512

Official Greeter:
Pat Daigneault 860-982-4512

Refreshments: Coordinator
Bonnie Morassini 860-635-2920

Newsletter Co-Editors:
Priscilla Soucy 860-289-7422
John Klimczak 860-593-9419

Newsletter Distribution & Mailing:
John & Joan Dunn 860-688-5489

Webmaster/Newsletter Layout
John Klimczak 860-593-9419
E-Mail: jklimczak@sbcglobal.net

Enjoy the Newsletter in color on our website!

<http://mendedheartsCT.org>

Here's a link to the
National Mended Hearts Website:
<http://mendedhearts.org>

30 Minutes of Exercise Can Counteract a Day of Sitting

New research finds even small amounts of exercise can dramatically improve your health.

The vast majority of Americans spend a good portion of their days tethered to a desk. This type of sedentary lifestyle can take a serious toll on your health and even lead to an early death, research shows.

However, just because you spend most days glued to a chair doesn't necessarily mean you're doomed.

Just 30 minutes of physical activity a day can counteract a day of sitting, according to a new study published this month in the American Journal of Epidemiology.

Researchers from Columbia University Irving Medical Center evaluated 7,999 healthy adults, ages 45 and older, who previously participated in a separate study that required them to wear activity monitors for at least four days between 2009 and 2013.

The research team used the data from the monitors—which recorded the amount and intensity of physical activity they did—and, over the course of five years, tracked the mortalities and health risks the participants experienced.

The study found that substituting 30 minutes of sitting with light physical activity could lower your risks of an early death by about 17 percent.

Replace that sedentary time with more moderate to vigorous exercise, like running and biking, and you'll cut the risk of early mortality by 35 percent. Even short 1 to 2-minute bursts of movement were linked to long-term valuable health benefits.

Source: National Mended Hearts Chapter Newsletter, March, 2019

New Day Honors Vietnam Veterans



March 29 is National Vietnam War Veterans Day, marking the third year the observance is held on the same date nationwide.

Although most states celebrate "Welcome Home Vietnam Veterans Day" each year, it hasn't always fallen on the same day, according to the National Conference of State Legislatures. Some states observed it on the 29th and some on the 30th.

However, March 29 is the date in 1973 that the last combat troops were withdrawn from Vietnam, the website noted, along with the date that President Nixon chose for the first Vietnam Veterans Day in 1974.

The holiday became official when President Trump signed the "The Vietnam War Veterans Recognition Act of 2017," which encourages Americans to display the U.S. flag in honor of Vietnam veterans.

A similar holiday was observed on March 29, 2012, via a proclamation signed by President Obama, according to military.com, which said the year marked the start of a 13-year-long celebration honoring Vietnam War veterans that runs through Veterans Day 2025.

The observance should not be confused with Veterans Day, which is Nov. 11 each year and honors veterans of all wars and conflicts. That holiday was originally established to mark the end of World War I and was referred to as Armistice Day.

Source: National Mended Hearts Chapter Newsletter, March, 2019

**Mended Hearts Chapter 9
2018 Visiting Report**

(as submitted by Vice President John Dunn and
Regional Director Robert Hoffman)

January 1, 2018-December 31, 2018
Mended Hearts Greater Hartford
Chapter Number 009,
City: Hartford, Region: Northeast

Active Visiting Program

9 Accredited visitors
1 accredited internet visitor

1 re-accrediting training session
3 visitors trained online

Hospitals served by visiting program

Hartford Hospital
80 Seymour St. Hartford CT.

St. Francis Hospital
114 Woodland St. Hartford, CT.

Hospital Visits Details

Number of PATIENT visits:	494
Number of FAMILY visits:	43
Number of visits by PHONE:	90
Number of visits by EMAIL/ONLINE:	0
Number of TAVR Patient VISITS:	5

**Hopefully We Don't Have Any
More Need for This! 😊**



**Luck abounds If You Do Find a
Four-Leaf Clover**

Like the discovery of a heads-up penny or the act of tossing spilled salt over your left shoulder, finding a four-leaf clover is considered good luck to those of us with a superstitious bent. But while your chances of stumbling upon the penny are 50-50 and you can toss that salt any old time, what are the odds of finding the four-leaf clover? About 1 in 10,000. Dr. John Frett, professor of Landscape Horticulture and Director of the University of Delaware Botanic Gardens, was quoted on marthastewart.com as saying the 1 in 10,000 chance is for a typical group of plants.

On the other hand, in 2014, a woman in Sydney, Australia, happened upon 21 of the lucky clovers in her front yard. So there's that. If you want to buy your luck, don't fall for an imposter 4-leaf clover. Check out clovers.com where they have diagrams to educate the public on genuine versus fake four-leaf clovers.

Source: National Mended Hearts Chapter Newsletter, March, 2019

DONATIONS

Richard & Joan (Silverton) Solomson

The donation is in memory of their friends
Ruth Salob and Herbert Osber

Mended Hearts Chapter 9 Thanks You!

Attention:

In an effort to control costs, the Chapter is requesting anyone who is interested in receiving this newsletter via email as opposed to Postal Mail to please provide your email address to John Klimczak at jklimczak@sbcglobal.net

Thank you!

Quick-baking staple

Across

- 1. Marienbad, for one
- 4. Crosswise, on deck
- 9. Long, long time
- 10. Engine supercharger
- 11. "___ be my pleasure!"
- 12. Church instrument
- 13. Does a slow burn
- 15. Old turtles
- 19. Regret
- 20. Fact
- 23. Time in history
- 24. Tart
- 25. Golfer's goal
- 26. Elaine ___ ("Seinfeld" role)
- 27. Conclude

1	2	3		4	5	6	7	8
9				10				
11				12				
13			14					
15						16	17	18
			19					
20	21	22				23		
24						25		
26						27		

Down

- 1. Earthquake
- 2. African lemur
- 3. South American range
- 4. Manhattan Project project
- 5. College treasurer
- 6. .0000001 joule
- 7. "The ___ Daba Honeymoon"
- 8. Back-to-work time: Abbr.
- 14. Give - confidence to
- 16. Brunch serving

- 17. Holy text
- 18. Grassy area
- 20. Apply gently
- 21. Trick taker, often
- 22. Big ___ Conference

D	N	E		S	E	N	E	B
R	A	P		B	R	E	C	A
A	R	E		M	U	T	V	D
W	O	R	R	O	S			
S	K	C	A	B	S	S	O	M
			S	M	A	E	T	S
N	A	G	R	O		D	T	I
O	B	R	T			N	O	E
M	A	E	A	B	A		P	S

The headline is a clue to the answer in the diagonal.

General Interest Information

NOTICE TO VISITORS

When you acquire names of patients, caregivers, or others that want to receive our newsletter, please email John Dunn Email: jjhmdunn@msn.com

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 and 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.

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 or cardiologist regarding any questions you may have about your condition.



MEETING LOCATION

Our meeting location which will be at:
Goodwin College - Community Room
245 Riverside Drive
East Hartford, CT

Monthly on every Third Wednesday – 7:00 PM

Note: Using above address in your GPS gets you to correct building.

Parking is available at the front entrance to the building and also on the left side of the street there is a well lit parking lot.

Directions:

(From 1-84 East, in Hartford)

Take Route 2 East

Take Exit 5 to Willow St / Riverside

Drive. Don't go onto Willow St – Stay to the right onto Riverside Drive

Go almost to the end of the road and Goodwin College (the main building will be on the right.)

Or: Go to Main St., East Hartford...heading South. Willow Street is opposite the main entrance to Pratt & Whitney. Monroe Mufflers is on corner.

Turn right.

Turn left at the end of Willow Street onto Riverside Drive.

Go almost to the end of the road and Goodwin College (the main building) will be on the right.

“Mandy Hart” our Special Piggy Bank for donations to the Madden Open Hearts Camp currently has a balance of \$476.64. (After our annual donation of \$1000.00 to send two campers to the Madden Open Hearts Camp in July, 2018)



The 50/50 raffle is held every Monthly Meeting to Benefit the Mandy Hart Fund.

There is always an opportunity to donate and win at upcoming monthly meetings!



Mended Hearts

National Resource Center
Phone: 888-HEART99
www.mendedhearts.org

MEMBER ENROLLMENT

Member Information (please print or type)

Date _____

Name (Mr/Mrs/Ms) _____ Chapter _____ Member-At-Large _____
 Address (line 1) _____ Phone (_____) _____
 Address (line 2) _____ Alt Phone (_____) _____
 City/State/Zip _____ Retired: Yes No
 Email address _____ Occupation _____
 Family member (must reside at same address): Preferred Contact: Phone Email Mail
 (Mr/Mrs/Ms) _____ Family Member Email _____
 May Mended Hearts staff or volunteers contact you regarding local chapter opportunities? Yes No

Medical Info/Demographics (Optional for Mended Hearts reporting purposes in aggregate only)

Name of Heart Patient _____	Name of Caregiver _____
Date of Surgery/Procedure _____	Phone _____
Type of Surgery/Procedure _____	Alt Phone _____
<input type="checkbox"/> Angioplasty <input type="checkbox"/> Heart attack <input type="checkbox"/> Diabetes <input type="checkbox"/> Atrial Septal Defect <input type="checkbox"/> Pacemaker <input type="checkbox"/> Valve-Surgery <input type="checkbox"/> Aneurysm <input type="checkbox"/> Transplant <input type="checkbox"/> Valve Transcath <input type="checkbox"/> CABG (Bypass) <input type="checkbox"/> AFib arrhythmia <input type="checkbox"/> ICD (Defibrillator) <input type="checkbox"/> Stent <input type="checkbox"/> Other arrhythmia <input type="checkbox"/> Other _____	<input type="checkbox"/> Check here if also Heart Patient <input type="checkbox"/> Procedure- specify: _____
Many chapter newsletters include surgery/procedure anniversaries of members. Please indicate here if you are agreeable to having your name published in this way. <input type="checkbox"/> Yes <input type="checkbox"/> No	
Add my email to monthly national email updates? <input type="checkbox"/> Yes <input type="checkbox"/> No	Add my email to monthly national email updates? <input type="checkbox"/> Yes <input type="checkbox"/> No
Optional info: Date of birth _____ Patient signature _____ Race: <input type="checkbox"/> Caucasian; <input type="checkbox"/> Black; <input type="checkbox"/> Asian; <input type="checkbox"/> Am. Indian; <input type="checkbox"/> Other Gender: <input type="checkbox"/> Male; <input type="checkbox"/> Female	Optional info: Date of birth _____ Family member signature _____ Race: <input type="checkbox"/> Caucasian; <input type="checkbox"/> Black; <input type="checkbox"/> Asian; <input type="checkbox"/> Am. Indian; <input type="checkbox"/> Other Gender: <input type="checkbox"/> Male; <input type="checkbox"/> Female

National Membership Dues: Includes subscription to *Heartbeat* magazine 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 *both national and 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.

United States national member-at-large dues

Individual	\$20.00	<input type="checkbox"/>
Family	\$30.00	<input type="checkbox"/>
Life – Individual Dues	\$150.00	<input type="checkbox"/>
Life – Family Dues	\$210.00	<input type="checkbox"/>

Chapter dues (please customize)

Individual	\$ 5.00	<input type="checkbox"/>
Family (No Chapter 1 st Year Dues)-Renewal->	\$ 5.00	<input type="checkbox"/>
Life – Individual Dues (if applicable)	\$40.00	<input type="checkbox"/>
Life – Family Dues (if applicable)	\$ 50.00	<input type="checkbox"/>

Dues Summary: National dues \$ _____ Chapter dues \$ _____ TOTAL \$ _____

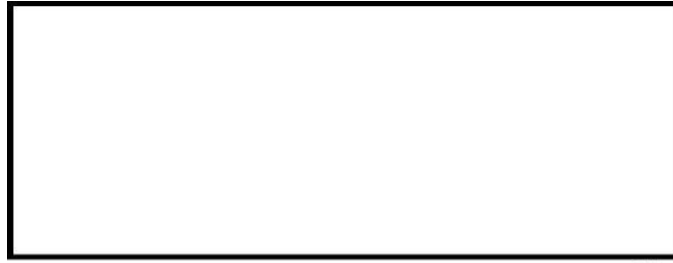
I am joining as a non-heart patient: Physician RN
 Health Admin Other Interested Party Other _____
 I would like to make a tax-deductible contribution of \$ _____

Donation to national \$ _____
 Donation to chapter \$ _____ To chapter # _____ Chapter Name: _____ City _____ State _____

For Chapter Membership Please send payment payable to **Mended Hearts, Inc.-Chapter 9**, and mail to: **Steve Livingston, Treasurer, 501 Dzen Way, South Windsor, CT 06074**

For member-at-large, make payment payable to Mended Hearts and, send to:

The Mended Hearts, Inc.
National Resource Center
Merry Acres Executive Building, 1500 Dawson Rd
Albany, GA 31707



TO:

PRISCILLA SOUCCY
98 HIGHVIEW STREET
EAST HARTFORD, CT 06108

THE MENDED HEARTS, INC.
FOUNDED 1951 - INCORPORATED 1955
GREATER HARTFORD -- CHAPTER 9



First
Class
Postage

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