



Hartford Heartline

April, 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, April 17, 2019 7:00 p.m.

**Speaker: Richard A. Palma
Director and Clinical Coordinator,
Hoffman Heart School of Cardiovascular Technology
Topic: TBD**

Refreshments: John Dunn and Sue Livingston

(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,

Well, according to the calendar spring has arrived but someone forgot to tell Mother Nature. I realize we live in New England but the cold temperatures and winds can end anytime. Apparently, Winter is going out like a Lion this year.

During the March membership meeting two topics that were discussed at the Board of Directors were introduced. One being change the start time of the membership meeting to be in the afternoon. The other topic was having a summer meeting on Fishers Island, NY (off the coast of New London, CT) to replace the February meeting that was cancelled due to snow and John Klimczak, who lives out there, would host the members of Chapter #9. With only 7 members/friends in attendance there wasn't much interest or any decisions made. These topics will be brought up again during the April 17th meeting. Please think about both topics and be ready to contribute comments.

Hopefully everyone is anxious for our annual meeting and dinner. The information will be published in this and next month's newsletter.

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

April 17, 2019

May 15, 2019

**June 19, 2019
(Annual Banquet)**

(Menu Choices in this issue)

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 Chairman:
Steve Livingston 860-644-4250

Correspondence Chairperson
Steve Livingston 860-644-4250

Refreshments: Coordinator
Bonnie Morassini 860-635-2920

Newsletter Editor:
John Klimczak 860-593-9419

Newsletter Editor Emeritus:
Priscilla Soucy

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>

A Very Special Article
The Origin of Mended Hearts Chapter 9
"A Walk Down Memory Lane", as told by John Violette,
past Mended Hearts Chapter 9 President

Doug Sato and his wife Dee had volunteered to visit me and my wife, Jean, just over 43 years ago, on a Thursday evening, March 4th 1976, on the North end of the 12th floor of Hartford Hospital. The nurse could see we were really nervous, and said she could call a couple where the husband had been through it to come visit us, they often did that on their own. We both jumped at the chance. It was a much appreciated visit of "Love" by both of them (as they both say in the article) that raised our hopes for a good result, after the shock at the young age of 32 of needing an emergency single bypass heart operation to my LAD (the "Widow-Maker" or "Artery of Sudden Death") as I learned afterwards. They had 5 children and we had four, and soon became close friends after my surgery.

After Doug and I met Ed Parutka, another heart patient, who had been visited by Mended Hearts, when he'd had his surgery in Boston, we investigated starting a local chapter, which became Chapter 9. Also, we had somehow connected with Rev. Father Gough, an Episcopal minister, retired with his wife in Wethersfield. Hartford Hospital had 4 surgeries scheduled each day of the first 4 workdays of the week, with Friday left open for emergencies, such as the emergency surgery I'd had. We each took one night of the week to visit prior to the surgeries.

While Doug was president, I was vice-president and became president the following year. I believe Doug originally worked as a technical writer for the old Royal Typewriter Company back in the days before home computers and printers. He was a good writer and gave a great interview along with his wife Dee. I owe him and his wife a great deal of gratitude for being there for us over 43 years ago! Adding it to one of the chapter letters would give them some credit for all the work that they did.

I had kept up the visitations at Hartford Hospital for 9 years, at which point my 4 children were all teenagers, and we had our hands full keeping up with all their school and sports activities. Plus there were many others in the chapter doing the visitations at that point. I estimated I had visited between 800 to 900 patients during those 9 years. We had about 80 members in the chapter when I was the second president after Doug.

I am still incredibly fortunate to be around today after surviving cancer 3.5 years ago and another single bypass of the same coronary artery 1.5 years ago, still with very little to no heart damage.

Heart Surgery Veterans Offer Aid, Comfort to Newly Afflicted

By PAMLUECKE

When Doug Sato of Bristol underwent a triple bypass heart operation 2½ years ago, he and his family received "an awful lot of mental support," he recalled.

Today, Sato is president of an area non-profit organization that lends such support to others awaiting heart surgery.

"This is a case of love," Sato said. "Somebody gave something to me so we're giving it back."

The organization is called "Mended Hearts Inc.," and the year-old chapter that Sato heads—the only one in the state—is one of about 100 chapters in the country. The first Mended Hearts chapter began 27 years ago in Boston.

The group's main function is to coordinate and train former heart surgery pa-

tients to visit and help those just facing the long operation and recovery period.

As living proof of recovery, the Mended Heart visitors try to alleviate fears of the new patients and their families. They never try to be doctors, Sato assured, but merely present the nonmedical perspective of someone who's been there.

"Before you have the surgery, you have to have a very positive outlook," said Sato. Since heart surgery's success rate is quite high, he added, apprehensions are more often about the quality of life after surgery than about survival.

"You have to stress that everyone is different," said Sato, who admits being an exceptional "health nut" since his surgery. The 46-year-old father of five can now jog two miles and swim 1½ miles—things he could

not accomplish before his surgery.

"How healthy you want to be is up to you," he tells patients.

Sato actually began his counseling of heart patients before he even knew Mended Hearts existed. Soon after his own recovery, he—and often his wife, Deana—began stopping by Hartford Hospital to encourage others facing what they had been through.

By chance, Sato met Ed Parutka of West Hartford, who had had heart surgery in Boston and knew of Mended Hearts. They and two other heart patients—John Violette of Granby and the Rev. Leighton Gough of Wethersfield—began the local chapter last year and arranged to visit patients of a group of Hartford Hospital doctors.

Sato estimates the four

men alone visited several hundred patients last year. About 10 additional Mended Hearts members were trained as "accredited visitors" recently, which should lessen "caseloads" and enable greater outreach.

Hartford Hospital is one of six hospitals in the state performing heart surgery, Sato said, and he hopes other Mended Heart chapters will be formed to serve other areas.

Though only persons who have had heart surgery can be "active" Mended Heart members, anyone interested may become an associate member. The group's next meeting will be at 7:30 p.m. Jan. 24 at Hartford Insurance Group.

"About all it is is a way of saying 'thank you,'" said Mrs. Sato. "We just figure we were lucky."

A Nap a Day Keeps High Blood Pressure at Bay

Catching some midday shut-eye linked to similar drops in blood pressure seen with other lifestyle changes, some medications. It seems that napping may do more than just reboot our energy level and improve our mood.

New research presented at the American College of Cardiology's 68th Annual Scientific Session found that people who took advantage of a midday snooze were more likely to have a noticeable drop in blood pressure compared with those who didn't nap.

"Midday sleep appears to lower blood pressure levels at the same magnitude as other lifestyle changes. For example, salt and alcohol reduction can bring blood pressure levels down by 3 to 5 mm Hg," said Manolis Kallistratos, MD, cardiologist at the Asklepion General Hospital in Voula, Greece, and one of the study's co-authors, adding that a low-dose antihypertensive medication usually lowers blood pressure levels by 5 to 7 mm Hg, on average.

Overall, taking a nap during the day was associated with an average 5 mm Hg drop in blood pressure, which researchers said is on par with what would be expected from other known blood pressure-lowering interventions. In addition, for every 60 minutes of midday sleep, 24-hour average systolic blood pressure decreased by 3 mm Hg.

"These findings are important because a drop in blood pressure as small as 2 mm Hg can reduce the risk of cardiovascular events such as heart attack by up to 10 percent," Kallistratos said. "Based on our findings, if someone has the luxury to take a nap during the day, it may also have benefits for high blood pressure. Napping can be easily adopted and typically doesn't cost anything."

A Nap a Day (cont'd)

This is the first study to prospectively assess midday sleep according to the researchers. The same research 's affect on blood pressure levels among people whose blood pressure is reasonably controlled, previously found midday naps to be associated with reduced blood pressure levels and fewer antihypertensive medications being prescribed among people with very high blood pressure readings. "The higher the blood pressure levels, the more pronounced any effort to lower it will appear. By including people with relatively well-controlled blood pressure, we can feel more confident that any significant differences in blood pressure readings are likely due to napping," Kallistratos said.

Source: Article taken from *Science Daily* <https://www.sciencedaily.com/releases/2019/03/190307081029.htm>

****Mended Hearts National News****

Introduction to the 2019-2021 Mended Hearts Board of Directors

President Elect:
Ron Manriquez

Executive Vice-President Elect:
Patrick Farrant

Vice-President Elect:
Marvin Keyser

Treasurer:
Al Voss

Mended *Little* Hearts Vice-President Elect:
Liz Blumenfeld

Regional Directors

Central Region: Bruce Norris
Mid-Atlantic Region: William Carter
Mid-West Region: Larry Mantle
Northeast Region: Bob Hoffman
Rocky Mountain Region: Tiffany Stuart
Southern Region Elect: Mike Weber
Southwest Region: Daniel Moravec
Western Region Elect: Marlyn Taylor



Mended Hearts

2019 Mended Hearts Chapter 9 Banquet

Wednesday, June 19, 2019 -- 6:30pm

The Skyline Restaurant

106 Ella Grasso Turnpike (Route 75),

Windsor Locks, CT. 06096 860-623-9296

Arrive at 6:30pm for a Variety Cheese & Crackers served with Pepperoni

Dinner will begin promptly at 7:00pm

Members and Guests - \$26.00 per person. Drinks available in the room (Cash Bar)

Appetizer: Chilled Fruit Cup

Pasta: Penne served with meat sauce

Salad: Tossed Garden Salad with Italian or French Dressing, and Freshly Baked Bread

Entrees: Choice of one from below (if more than one person include first names)

Jumbo Baked Stuffed Shrimp _____

Prime Rib _____

Baked Scrod _____

Veal Parmigiana _____

Entrees include: Dry Baked Potato, Green Beans Almondine

Dessert: Vanilla Ice Cream with whipped cream and chocolate syrup

Freshly brewed coffee or tea

(Special diet requests can be accommodated)

(Please Print)

Name(s): _____

Address: _____

City: _____ State: _____ Zip Code: _____

Telephone: _____ E-Mail: _____

Please Print, fill out, and send this completed form and check payable to:

The Mended Hearts, Inc. - Chapter 9 and mail to:

John Dunn, 15 Strawberry Hill, Windsor, CT. 06095

Please Note: If you need a Banquet Form postal mailed to you, contact John Dunn at 860-688-5489 or email: jjhmdunn@msn.com

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, Inc. Resource Center
 1500 Dawson Road
 Albany, GA 31707
 Phone: 1-888-HEART99 Email: info@mendedhearts.org

MEMBERSHIP FORM

NEW MENDED HEARTS NEW MENDED *LITTLE* HEARTS RENEWAL DATE _____

Name (Mr. /Mrs./Ms.) _____ Chapter/Group _____ Member-at-large _____

Address _____ Phone _____

City / ST / Zip _____ I want to be a MH support volunteer: Yes No

Email address _____ I am interested in CHD Parent Matching: Yes No

(Please check all that apply) I am a Heart Patient Caregiver CHD Parent Physician RN Healthcare Employee

OPTIONAL INFORMATION: Race: Caucasian; Black; Asian; Am. Indian; Other _____ Gender: Male Female

Membership Levels: All membership levels are for ONE YEAR, renewed annually, except for Heart of Gold Lifetime Sponsorship. Please choose your membership level and complete any appropriate payment information below.

INDIVIDUAL MEMBERSHIP	FAMILY MEMBERSHIP
<p><u>Associate Member — FREE</u></p> <ul style="list-style-type: none"> * Can attend any chapter meeting for MH or MLH * Can join online communities * Can access Member Portal * Receives the National e-newsletter 	<p>For members of one household with one mailing address only</p> <p><u>Family Membership — \$40 annual donation</u></p> <ul style="list-style-type: none"> * All the benefits of an Associate Membership, PLUS * One year annual subscription to Heartbeat magazine (\$30 value) * Membership Cards for all members of the family * 2 Car Decals – Select ___ MH or ___ MLH * Each family member receives a one-time 5% off coupon for purchase from the MH store. Use only one coupon per order.
<p><u>Individual Member — \$20 annual donation per person</u></p> <ul style="list-style-type: none"> * All the benefits of an Associate Member, PLUS * Membership Card * Car Decal – Select ___ MH or ___ MLH * One-time 5% off coupon for purchase from the MH store * One year annual subscription to Heartbeat magazine (\$30 value) 	<p><u>Bronze Family Membership — \$75 annual donation</u></p> <ul style="list-style-type: none"> * All the benefits of a Family Membership, PLUS * One Membership Pin per member * Choice of ___ Drawstring Backpack or ___ MH/MLH Notecards (10 pk) * 5% off registration of any National (not regional) MH/MLH Conference or Symposia
<p><u>Bronze Member — \$45 annual donation per person</u></p> <ul style="list-style-type: none"> * All the benefits of a Full Individual Member, PLUS * Membership Pin * Choice of ___ Drawstring Backpack or ___ MH/MLH Notecards (10 pk) * 5% off registration of any National (not regional) MH/MLH Conference or Symposia 	<p>Family Members:</p> <p>_____</p> <p>Spouse ___ Child ___ Heart Patient _____</p> <p>_____</p> <p>Spouse ___ Child ___ Heart Patient _____</p> <p>_____</p> <p>Spouse ___ Child ___ Heart Patient _____</p> <p>_____</p> <p>Spouse ___ Child ___ Heart Patient _____</p>
<p><u>Silver Member — \$100 annual donation per person</u></p> <ul style="list-style-type: none"> * All the benefits of a Bronze Member, PLUS * A Stainless Steel Mended Hearts Travel Mug 	
<p><u>Gold Member — \$250 annual donation per person</u></p> <ul style="list-style-type: none"> * All the benefits of a Silver Member, PLUS * A Red Fleece Blanket * 10% off registration of any National Conference or CHD Symposium 	
<p><u>Heart of Gold Lifetime Sponsor — \$1500 donation</u></p> <p>A one-time donation per individual</p> <ul style="list-style-type: none"> * All the benefits of a Gold member FOR LIFE, PLUS * 15% off registration fees at National MH/MLH Conferences / Symposia * Recognition in the next Heartbeat magazine after enrolling in the Heart of Gold Lifetime Sponsorship, in all special Heartbeat issues, and on our website's list of Heart of Gold Lifetime Sponsors 	

National memberships are tax deductible less \$10.00. Lifetime sponsorships are 100% tax deductible.

Chapter dues and donations are tax deductible: If chapter dues apply, please pay the chapter

PAYMENT INFORMATION:

Membership Level _____ \$ _____

Additional tax-deductible Donation to
 Mended Hearts Mended Little Hearts \$ _____

TOTAL \$ _____

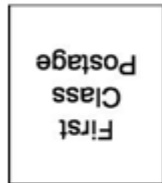
For Chapter Membership Please send payment payable to **Mended Hearts, Inc.-Chapter 9**, and mail to: **Steve Livingston, Treasurer, 501 Dzen Way, South Windsor, CT 06074**

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:



John Dunn
15 Strawberry Hill
Windsor, CT 06095

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



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