



# Hartford Heartline

May, 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, May 15, 2019 7:00 p.m.**

**Speaker: TBD  
Topic: TBD**

**Refreshments: Bonnie Morassini**

**(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,

Hopefully everyone has reviewed the Entree options for the banquet on Wednesday, June 19, 2019 and has sent their choices to John Dunn. I turned mine in at the April 17th membership meeting.

Let's make it easier on John Dunn this year and send your reply in early if you haven't already done so. The form is on Page 5 of this Newsletter. Hope to see you there!!

The evening is always relaxing with people you know to share a table with. And if you don't know who is already sitting at table offer your name and make introductions. Yes, you do have to listen to me for a short time so we can count the gathering as one of our meetings.

The option for having a gathering over the summer on Fisher Island is still being discussed. The Board of Directors will discuss this at their meeting on June 12, 2019.

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](mailto:walterkovaciny@cox.net)

Vice-President

**John A. Dunn**

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

Email: [jjhmdunn@msn.com](mailto:jjhmdunn@msn.com)

Secretary

**Robert Hoffman**

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

Email: [vrome@att.net](mailto:vrome@att.net)

Treasurer

**Steve Livingston**

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

Email: [stevlivingston@cox.net](mailto:stevlivingston@cox.net)

Regional Director

**Robert Hoffman**

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

Email: [vrome@att.net](mailto:vrome@att.net)

### Schedule of Future Monthly Meetings

**May 15, 2019**

**June 19, 2019  
(Annual Banquet)  
(Menu Choices in this issue)**

**No Monthly Meeting July or  
August-Summer Break**

**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](mailto: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>

## Long-Term Antibiotic Use May Up Women's Odds for Heart Trouble

Antibiotics can be lifesaving, but using them over a long period might raise the odds of heart disease and stroke in older women, a new study suggests.

Researchers tracked the health of nearly 36,500 U.S. women over an average follow-up of nearly eight years. During that time, more than a thousand developed heart disease. The study found that women aged 60 and older who used antibiotics for two months or longer were 32% percent more likely to develop heart disease than those who did not use antibiotics. Women aged 40 to 59 who took antibiotics for longer than two months had a 28% higher risk than those who did not take the drugs, said a team led by Lu Qi. He directs the Tulane University Obesity Research Center in New Orleans. Said another way, the results mean that for older women who take antibiotics for two months or more, 6 per 1,000 would go on to develop heart disease, compared with 3 in 1,000 among those who did not take the drugs.

There was no increased risk of heart disease among women aged 20 to 39 who took antibiotics, according to the study published April 24 in the European Heart Journal.

"This is an observational study and so it cannot show that antibiotics cause heart disease and stroke, only that there is a link between them," Qi said in a journal news release. "It's possible that women who reported more antibiotic use might be sicker in other ways that we were unable to measure, or there may be other factors that could affect the results that we have not been able take account of."

However, the researchers did take into account other factors, including age, race, sex, diet and lifestyle, reasons for antibiotic use, overweight or obesity, other diseases and medication use. The most common reasons for antibiotic use among women in the study were respiratory

## Long-Term Antibiotic (cont'd)

and urinary tract infections, and dental problems.

So what could be the link between antibiotics and heart risk? One possible reason could lie in the fact that antibiotics do alter the balance of gut microbes, destroying good bacteria and increasing the proportion of viruses, bacteria or other microbes that can cause disease, Qi suggested. "Antibiotic use is the most critical factor in altering the balance of microorganisms in the gut," he said, and "previous studies have shown a link between alterations in the microbiotic environment of the gut and inflammation and narrowing of the blood vessels, stroke and heart disease."

Study first author Yoriko Heianza is a research fellow at Tulane University. She noted that as the women in the study aged, "they were more likely to need more antibiotics, and sometimes for longer periods of time, which suggests a cumulative effect may be the reason for the stronger link in older age between antibiotic use and cardiovascular disease."

Source: <https://www.usnews.com/news/health-news/articles/2019-04-25/longterm-antibiotic-use-may-up-womens-oddsfor-heart-trouble>

## Webinar series on Reducing Your Risk of Heart Disease

Mended Hearts and the American Society for Preventive Cardiology have come together to bring you a six-part webinar series to help you reduce your risk of heart disease.

This informative series is for patients, caregivers and anyone interested in improving their heart health.

To register for any of these webinars, please go to <https://mendedhearts.org/risk-reduction-webinar-series/>

Source: National Mended Hearts Monthly Newsletter, May 2019

**Moneywise: The Master Estate Plan**

If you become incapacitated or die, what's the plan? **The American Institute for Economic Research** (<https://www.aier.org>), can help you figure it out. Their new \$10 publication called "If Something Should Happen" contains worksheets for you to follow. The website is: <https://www.aier.org/if-something-should-happen>

According to the Institute, Part I provides an overview of the fundamental elements of estate planning. Part II is made up of a set of forms that can create an easy-to use blueprint for others to follow.

Source: National Mended Hearts Monthly Newsletter, May 2019



**Helpful Tax Hint**

**2019 Long-term Care Deduction**

In 2019, you can deduct more of your long-term care premiums as a medical expense.

Age:	Amount
71+	\$5,270
61-70	\$4,220
51-60	\$1,580

Source: National Mended Hearts Monthly Newsletter, May 2019

**Welcome to our Newest Mended Hearts Chapter 9 Members!**

**Amy LeLasher  
Glastonbury**

**Deborah and Norman  
Joly- Warcholik  
Canterbury**

**Tim Cornelio  
Newington**

**Welcome to All of our Newest Additions!**



Mended Hearts Chapter 9 President, Walter Kovaciny, presents Richard A. Palma, Director and Clinical Coordinator, Hoffman Heart School of Cardiovascular Technology with a Merit Award in recognition of an informational presentation during the April Monthly meeting.

**The Lighter Side...**



"This one travels 30 yards farther when you throw it."

Source: National Mended Hearts Monthly Newsletter, May 2019



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](mailto: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](mailto: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.

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**“Mandy Hart” our Special Piggy Bank for donations to the Madden Open Hearts Camp currently has a balance of \$644.64. (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 INFO: Race:  Caucasian  Black  Asian  Am. Indian  Hispanic  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**

**\_\_\_\_ Associate Member --- FREE**

- \* Can attend any chapter meeting for MH or MLH
- \* Can join online communities
- \* Can access Member Portal
- \* Receives the National e-newsletter

**\_\_\_\_ Individual Member --- \$20 annual donation per person**

- \* All of 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)

**\_\_\_\_ Bronze Member --- \$45 annual donation per person**

- \* 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

**\_\_\_\_ Silver Member --- \$100 annual donation per person**

- \* All the benefits of a Bronze Member, PLUS
- \* A Stainless Steel Mended Hearts Travel Mug

**\_\_\_\_ Gold Member --- \$250 annual donation per person**

- \* All the benefits of a Silver Member, PLUS
- \* A Red Fleece Blanket
- \* 10% off registration of any National Conference or CHD Symposium

**\_\_\_\_ Heart of Gold Lifetime Sponsor --- \$1500 donation  
 A one-time donation per individual**

- \* 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

**FAMILY MEMBERSHIP**

For members of one household with one mailing address only

**\_\_\_\_ Family Membership --- \$40 annual donation**

- \* All of 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.

**\_\_\_\_ Bronze Family Membership --- \$75 annual donation**

- \* 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

Family Members:

Spouse \_\_\_\_ Child \_\_\_\_ Heart Patient \_\_\_\_

Spouse \_\_\_\_ Child \_\_\_\_ Heart Patient \_\_\_\_

Spouse \_\_\_\_ Child \_\_\_\_ Heart Patient \_\_\_\_

Spouse \_\_\_\_ Child \_\_\_\_ Heart Patient \_\_\_\_

Note: National memberships are tax deductible less \$10. Lifetime sponsorships are 100% tax deductible.

**PAYMENT INFORMATION:**

Membership Level \_\_\_\_\_ \$ \_\_\_\_\_

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

**TOTAL \$ \_\_\_\_\_**

Please make your check payable to **Mended Hearts, Inc.**  
 1500 Dawson Road  
 Albany, GA 31707

For Credit Card payments, call 1-888-432-7899 (1-888-HEART99)

**If chapter dues / donations apply, they are tax deductible. Please pay the chapter directly as shown here. Please DO NOT send chapter dues to the Resource Center.**

Chapter # 9 Annual Chapter Dues \$ 5

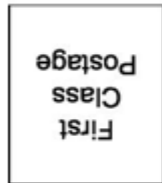
Additional Chapter Donation Amount \$ \_\_\_\_\_

**TOTAL Paid to Chapter \$ \_\_\_\_\_**

**Mended Hearts Chapter 9**  
 Steve Livingston Treasurer  
 501 ~~Dzen~~ Way South Windsor, Ct 06074



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**