



Hartford Heartline

September, 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, September 18, 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,

The month of September is busy for Chapter #9. The Board of Directors conference call meeting on Wednesday, September 11, 2019. Then the membership meeting on Wednesday, September 18, 2019.

Hopefully everyone had a restful summer and is ready to attend membership meetings. The September 18, 2019 meeting will be held in the Community Room where we have been meeting, starting at 7:00 p.m. Welcome back to all members and friends of Greater Hartford, Chapter #9.

Please be willing to volunteer to bring refreshments for the membership meetings that are scheduled for 2019/2020. Usually we have two members for each meeting.

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

September 18, 2019

October 16, 2019

November 20, 2019

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>

Uncontrolled High Blood Pressure is Cutting into Heart Disease Progress

An uptick in deaths due to uncontrolled high blood pressure is slowing the progress in the fight against heart disease, according to a study published in the *Journal of the American Medical Association*.

Deaths from heart disease overall have decreased in the past two decades, but the rate of that decline has slowed since 2010, the study found.

In addition to rising rates of deaths related to high blood pressure, rates of heart disease deaths linked to obesity and Type 2 diabetes — once declining — have leveled off.

The findings are worrying, especially given the recent medical and surgical advances in treating heart disease. "The fact that we are not seeing that translate into improvement in death rates is concerning," study author Dr. Sadiya Khan, a cardiologist at Northwestern Medicine in Chicago, said. Khan and her colleagues searched a public Centers for Disease Control and Prevention database for death certificates from 1999 to 2017.



Uncontrolled High Blood Pressure (cont'd)

Death certificates don't indicate what led to the ultimate cause of death — for example, a person's cause of death may have been a heart attack, but the heart attack could have been caused in part by high blood pressure.

Uncontrolled high blood pressure, both chronic and acute, can contribute to a person's death in a number of ways. "Hypertension that is really out of control could lead to a tear in a blood vessel," said Dr. Deepak Bhatt, Executive Director of Interventional Cardiovascular programs at Brigham and Women's Hospital in Boston.

"It could also lead to swelling in the brain, heart attack, stroke, and contribute to heart failure and kidney failure," Bhatt, who was not involved in the current study, said.

Other factors that could lead to heart disease deaths have also become more widespread in the past two decades, including obesity and Type 2 diabetes, Khan said. The conditions are strongly linked and both are major risk factors for heart disease.

More than 93 million U.S. adults are considered obese, according to the CDC, and almost as many — 84 million — have prediabetes. An additional 30 million Americans have Type 2 diabetes. We've noticed the leading edge of an emerging re-epidemic.

"Although we have celebrated significant declines in heart disease deaths and stroke over the last several decades, what we've noticed is the leading edge of an emerging re-epidemic," Dr. Laurence Sperling, director of the Emory Heart Disease Prevention Center in Atlanta, said.

Indeed, heart disease remains the nation's No. 1 killer of both men and women — claiming more than 800,000 American lives each year, according to the American Heart Association. Sperling, who was not involved with this latest study, said the research should serve as a wake-up call.

**Article found <https://www.nbcnews.com/health/heart-health/uncontrolled-high-bloodpressure-cutting-heart-disease-progressn1046316>*

**AFib Awareness Month
Preventing AFib strokes**

Atrial Fibrillation, or AFib, is a leading risk factor for stroke. According to the National Stroke Association, the irregular or rapid heartbeat is often caused when the two upper chambers of the heart beat unpredictably and sometimes rapidly; these irregular heartbeats cause blood to collect in the heart and potentially form a clot, which can travel to the brain and cause a stroke.

The bad news: about 15 percent of people who have strokes also have AFib, and folks with AFib have a five times greater chance of stroke. The really good news: up to 80 percent of strokes in people can be prevented.

The National Stroke Association offers tips for people to manage their anxiety and tips for stroke prevention. These include:

- The use of proper medication to manage AFib. These are used to restore the regular rhythms of the heart.
- Treatment aimed at preventing blood clots may also include blood thinners, or anticoagulants. This can be tricky and of course involves discussion with a health care provider.
- Schedule relaxation time. Stress and fatigue increase the risk for AFib, and downtime is a good idea for anybody.

Source: National Mended Hearts Monthly Newsletter, September 2019



Mended Hearts Chapter 9 Members enjoy the Annual Banquet on June 19, 2019 at the The Skyline Restaurant in Windsor Locks, CT.

**Ready for anything:
What goes in an Emergency
Preparedness kit?**

September is typically a mild weather month, but unfortunately it's also a time when hurricanes and other extreme weather conditions can pop up. With that in mind, it's a good time to review the items you should keep in your emergency kit.

Some of the items the Red Cross says you absolutely need include:

- A plan for your pet. Evacuate early with your pets. Have food, pet carriers, leashes, and water. * Water, one gallon per day per person; three days worth for an evacuation.
- Non-perishable food items, same guidelines as for water. Take a can opener.
- Flashlight
- Battery-powered or hand-crank radio, preferably a NOAA weather radio
- Extra batteries
- First aid kit that includes prescription medicines
- Cell phones with chargers
- Extra cash (remember that ATMs and other machines often don't work) and credit cards
- Documents, including insurance papers, ID, deed or lease to the home, proof of address, medication list
- Emergency contact info
- Emergency blankets
- Geographical and cell phone service coverage map of the area

Take the Time to Get Prepared!



Source: National Mended Hearts Monthly Newsletter, September 2019

Mended Hearts Chapter 9 received a sincere and touching “Thank You” note for our \$600 gift to the Edward J. Madden Open Hearts Camp.



The Edward J. Madden
Open Hearts Camp
www.openheartscamp.org
250 Monument Valley Rd. Great Barrington, MA 01230



August 12, 2019

To: Mended Hearts Ch. 9

From: The Edward J. Madden Open Hearts Camp

Re: \$600 Donation

Federal Tax ID #: 111-962-110

Dear Mended Hearts, Chapter 9

When Bob and Pat came to celebrate with us this year, it really had a special feel to the visit. They were able to connect with The David Louis Cunha Foundation and join in the festivities with the kids on what was a truly joyful day. Pat took some beautiful photos of the kids that I have sent out to many people. Bob and Pat, as has become tradition, brought some fresh blueberries that they had picked at the farm just up the street from the camp.

It is this kind of companionship that we have come to value as it relates to your Chapter 9. I want to extend our genuine thanks for your generous donation. This gift really goes a long way to help us to support these children in what is an almost totally free summer camp experience for them. Fundraising has become such an essential component of what we do...and your chapter has made that effort a little bit easier with your steady support over the years.

We welcome you to come and celebrate with the kids next year in 2020 in what will be our 59th year of service. Your friendship means the world to us and please know that you are part of what makes this a reality each year for the campers. We send our gratitude for your support, good wishes, and lasting friendship.

Our Sincere Thanks,

David Zaleon

Executive Director

The Edward J. Madden Open Hearts Camp

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 \$44.64. (After our annual donation of \$600.00 to the Madden Open Hearts Camp in July, 2019)



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!



MEMBERSHIP FORM

NEW MENDED HEARTS NEW MENDED LITTLE HEARTS RENEWAL DATE _____

Name (Mr./Mrs./Ms.) _____ Chapter/Group 009 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
 On-Line by Credit Card:
 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 Ozen 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