



Hartford Heartline

January, 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, January 16, 2019 7:00 p.m.

Speaker: TBD

Topic: TBD

Refreshments: Pat Daigneault and Walter Kovaciny

(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,

I wish to offer Happy New Year greetings to members and friends of Mended Hearts, Chapter #9.

Hopefully the attendance for our meetings will increase in 2019. I'm looking forward to seeing a larger group of attendees at the membership meetings than what we had for the meeting in September, October and November 2018.

The speaker for the November 28, 2018 meeting, Zachary Grillo, DMD was very interesting.

The refreshments for the January 16, 2019 will be provided by Pat Daigneault and Walter Kovaciny. There are still some dates that only one person has volunteered to bring refreshments. It works much better with two volunteers 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

January 16, 2019

February 20, 2019

March 20, 2019

April 17, 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 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>

New Alzheimer's Research Promising in Field Amid Many Failures

Billions of dollars spent on Alzheimer's Disease research have produced no big bang results, but new research on a possible Alzheimer's vaccine is making a lot of noise.

There's little doubt about this: Researchers at the University of Texas have found a way to stimulate the body's immune system to fight plaques and tau protein tangles in the brain. Amyloid plaques and tau protein tangles are typical in the brains of Alzheimer's patients. They are thought to block and destroy brain nerve connections.

Researchers, led by Roger N. Rosenberg, showed that in studies on mice, his DNA-based treatment reduced amyloid plaques by 40 percent and tangles by 50 percent.

But does this prevent Alzheimer's or improve cognition in existing patients? That is the question scientists and patients are eager to find out.

Rosenberg told BeingPatient.com that they are testing subject mice now for evidence of improved cognition. This research does address the leading theory of Alzheimer's Disease: Keep amyloid low and avoid Alzheimer's. But, some research has shown that some people with high amyloid do not get Alzheimer's, suggesting that amyloid is not the only factor at play in Alzheimer's. If the theory of the UT research is correct, it does lead to a possible route to prevent Alzheimer's. Such a vaccine could delay onset of Alzheimer's, slow the rate of progression, or prevent the disease.

However, amyloid plaques, along with associated inflammation, destroy nerve connections in the brain. Those nerves won't come back. So the focus is on developing treatments -- or a vaccine -- that work long before the disease reaches critical stages, according to Time.

The vaccination triggers skin cells to produce a chain of amyloid. Then the body's immune system produces antibodies to fight amyloid and tau proteins. The body then has antibodies to fight build-up of the plaques and tangles before they devastate neural connections. It is administered as a shallow shot in the skin.

Testing on humans has not yet begun.

About 36 million people worldwide have Alzheimer's Disease. It is the 6th leading cause of death in the U.S.

Source: National Mended Hearts Chapter Newsletter, January, 2019

When Negative Thoughts Constantly Intrude- Take Action!

People tend to be their own worst critics, but when negativity constantly dominates thoughts it is time to take some action.

Here are what psychologists quoted in Psychology Today recommend:

"When you find yourself going down the path of self-criticism, gently note what is happening," advises mediation specialist Allan Lokos.

Be curious and warn yourself that these are thoughts, not facts. During such moments, psychologist Thomas Boyce recommends immediately jot down as many positive things you know about yourself. You can also accept the presence of negative thoughts but reject thoughts that involve comparing yourself to others. Social media can be a 24-hour menace to a person's self-esteem. Kimberly Hershenson, LMSW, warns that it can generate gloomy self-talk that only "leads to still more anxiety and stress." Serving others helps you focus on something other than your own issues, she says. Marriage and Family therapist David Simonsen agrees. "The more someone does something that can be proud of, the easier it is to recognize his or her worth," he says. "It is tangible. Helping at a homeless or animal shelter, giving of time at a big brother or sister organization are things that provide value to oneself someone else as well."

Recognize your strengths--and the reassurance they bring you in times of insecurity. Perhaps ask a close friend.

Debbie Mandel, the author of "Addicted to Stress," suggests replacing one task per day from your to-do list to relax or do something fun. Also be sure to eat well and get enough sleep. Both can heighten the happier aspects of your self-perception.

Another good exercise is to examine your own feelings for others. Bitterness, anger and resentment tend to keep people in a cycle of negativity, says author Glenn Schiraldi.

Source: National Mended Hearts Chapter Newsletter, January, 2019

Health News/General Interest



Zachary Grillo, DMD, is presented with a Merit Award by President Walter Kovaciny for his wonderful presentation at our November 2018 Chapter 9 meeting.

Flu Shots Reminder

It's the time of year when flu shots are available and we all should each take advantage of getting a Flu Shot.

Flu Shots will be available at your favorite drug store and if you have a Doctor's appointment the Doctor or Nurse may be able to give you the shot.

Better to be safe rather than come down with the Flu due to not taking time to receive a shot. Taking care of your own medical needs beats getting sick.



Members Anne Marie and John Olsen listen intently to Zachary Grillo, DMD, as he expounds on a point after his informational presentation at the November Chapter meeting

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

The Mended Hearts National Board of Directors 2019-2021 Elections are Scheduled

Each chapter/group will be eligible to extend one vote for the Executive Committee Members (President, Vice-President, Executive Vice-President, Mended *Little* Hearts Vice-President, and Treasurer) for the Mended Hearts National Board of Directors.

Voting for the Regional Director for our region will also be held.

A list of candidates, bios and pics can be found in the November/ December issue of Heartbeat magazine found on our website at www.Mendedhearts.org/magazine/heartbeat-magazine/

Please stay tuned for details on how the membership can participate in this very important election!



Source: National Mended Hearts Chapter Newsletter, January, 2019



Happy New Year!! Where do You Fall on the Poll?

WHAT DO PEOPLE RESOLVE TO CHANGE IN JANUARY?

37% EAT HEALTHIER

37% GET MORE EXERCISE

24% TAKE BETTER CARE OF THEMSELVES

18% READ MORE

15% MAKE NEW FRIENDS

Long Winter's Sleep

Across

- 1. Mins. and mins.
- 4. Flooded
- 9. "Rocky ___"
- 10. Safari sight
- 11. Actor Hunter
- 12. Cricketing position
- 13. Most cunning
- 15. First word of the Constitution
- 16. Traditions
- 18. Word in a simile
- 20. Saddle seat back
- 23. Three-masted sailing ship
- 25. Be sick
- 26. Absurd
- 27. Part of T.G.I.F.
- 28. Eye sores
- 29. Born, in bios

Down

- 1. Smacks
- 2. Iranian money
- 3. Fortune teller
- 4. Contests with no ultimate winner, hopefully
- 5. Bleach
- 6. Assist
- 7. Falling flakes
- 8. Give an edge to

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		
28						29		

- 14. Geological period
- 17. Spot
- 18. Allies' foe
- 19. Dispatched
- 21. Dietary, in ads
- 22. Besides that
- 24. Chesapeake, e.g.

E	E	N		S	E	Y	T	S
S	T	I		E	N	A	N	I
L	V	A		C	E	B	E	X
E	L	T	N	A	C		S	V
		S	E	R	O	L		
E	W		T	S	E	Y	L	S
N	O	D	I	M		B	A	T
O	N	I	N	H	R		I	I
H	S	A	W	A		S	R	H

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.

Welcome to Our Newest Member!

Audrey Davis

Audrey also gave a generous Donation

Thank you Audrey

And

**Welcome to Mended Hearts
Chapter 9!**

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 \$376.64. (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!



The Mended Hearts, Inc.

National Office
Phone: (888) 432 - 7899

MEMBERSHIP APPLICATION

Member Information (please print or type)

Date: _____

Name (Mr./Mrs./Ms) _____ Chapter 9 Member-At-Large _____

Address (line 1) _____ Phone (_____) _____

Address (line 2) _____ Alt Phone (_____) _____

City _____ State _____ Zip _____ DOB _____ Retired: Yes No

Email Address _____ Occupation _____

Family member (must reside at same address): Preferred Contact: Phone Email Mail

(Mr./Mrs./Ms) _____ DOB _____ Email Address _____

May we contact you regarding local chapter opportunities? Yes No

Medical Information/Demographics (Optional - No application is denied based on medical information, age or race.)

Name of Heart Patient (1) _____

Name of Heart Patient (2) _____

Date of Surgery/Treatment _____

Date of Surgery/Treatment _____

Type of Surgery/Treatment _____

Type of Surgery/Treatment _____

- Angioplasty
- MI (Heart Attack)
- Aneurysm
- CABG (Bypass)
- Cath
- Atrial Septal Defect
- Pacemaker
- Transplant
- Stent
- AFib Arrhythmia
- Other Arrhythmia
- Valve Surgery
- Valve Transcath
- ICD (Defibrillator)
- R-VAD/L-VAD
- Other _____

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- MI (heart attack)
- Aneurysm
- CABG (Bypass)
- Cath
- Atrial Septal Defect
- Pacemaker
- Transplant
- Stent
- AFib Arrhythmia
- Other Arrhythmia
- Valve Surgery
- Valve Transcath
- ICD (Defib)
- R-VAD/L-VAD
- Other _____

Many chapter newsletters include surgery/treatment anniversaries of members. Please indicate here if you are agreeable to having your name published in this way.

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Yes No
Signature _____

Yes No
Signature _____

National Membership Dues: Includes subscription to *HEARTBEAT* 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 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.

National Dues Within United States

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

Chapter Dues

Individual - Yearly Dues	\$5.00	<input type="checkbox"/>	
Family - [No chapter 1st Year Dues]	\$0.00	<input type="checkbox"/>	\$5.00 Renewal
Life - Individual Dues	\$40.00	<input type="checkbox"/>	
Life - Family Dues	\$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 Health Party Other Interested Party
I am not prepared to join. Enclosed is a contribution of \$ _____ to

(Chapter Treasurer - send both Chapter & National dues to National Office.) National or Chapter 9

Applicant - Send one check with application to local Chapter Treasurer ----- Make checks payable to:

Or if joining as Members-At-Large, send to:
The Mended Hearts, Inc.
National Office
8150 N. Central Expwy, M2248
Dallas, TX 75206

Mended Hearts, Inc. - Chapter 9
Mail to: **Steve Livingston, Treasurer**
501 Dzen Way
South Windsor, CT 06074

Please retain a copy for chapter records.



TO:

PRISCILLA SOUCY
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