



# Hartford Heartline

February, 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

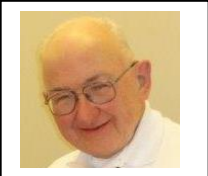
**Wednesday, February 20, 2019 7:00 p.m.**

**Speaker: TBD**

**Topic: TBD**

**Refreshments: Brendan and Barbara Durkin and Sue and Steve 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,

The January 16, 2019 meeting was an excellent one, however only 5 people attended. A new member Audrey B. Davis who had a TAVR procedure and her daughter Robin attended along with 3 old members. The refreshments were excellent as there were homemade sugar free and gluten free chocolate chip cookies and mini fruit kabobs with pineapple and grapes on a toothpick.

During the February 20, 2019 monthly meeting we'll have elections for the Mended Hearts National Officers. The positions on the ballot are President, Executive Vice President, Vice-President, Treasurer, Mended Little Hearts Vice-President and Northeast Regional Director. The only position that has more than one candidate is the Office of President. That office has 3 candidates running; Millie Henn, Ron Mariquez and Angel Olvera. Hopefully everyone has read the candidates biography in the Heartbeat magazine. We'll be voting by using a showing of hands and several members counting the raised hands.

Bonnie let me know that we have 2 volunteers for each month to bring refreshments with the exception the May 15, 2019 meeting. Who would like to volunteer to help for the May 15th meeting?

Please mark your calendars that the annual banquet will be June 19, 2019. The Board of Directors voted to supplement additional funding for the event. The banquet will be at the Skyline Restaurant where we were last year. More information will be distributed as decisions are made as to the menu and other items.

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

**February 20, 2019**

**March 20, 2019**

**April 17, 2019**

**May 15, 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](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>

## Modern Medications Rally Heart Patients

According to data from 12 separate clinical trials, today's heart-failure patients are much less likely to die from sudden cardiac arrest. In fact, sudden death from heart failure has declined by almost 50 percent in the last 20 years, according to Dr. John McMurray, the University of Glasgow cardiology professor in Scotland who organized the trials.

Vigorous combinations of powerful heart medications have turned the tide, according to McMurray. Patients can experience substantial recovery from their heart dysfunction.

Heart failure occurs when the heart is unable to pump enough blood to meet the body's needs. In most cases, patients have developed reduced ejection fraction, a condition in which the heart's lower chambers cannot squeeze hard enough to pump oxygen-rich blood through the body.

To prevent ejection fraction, many heart failure patients receive an Implantable Cardioverter Defibrillator (ICD), a device that monitors heart rhythm and delivers an electrical shock to restore normal rhythm when the heartbeat starts to go astray.

According to the New England Journal of Medicine, the study's data also showed that sudden death rates have decreased by 44 percent in patients who have not received an ICD.

Observers say outcomes depend in large part on a patient's faithfulness in taking prescribed medications.

Source: National Mended Hearts Chapter Newsletter, February, 2019

**TAKE CARE OF  
YOUR HEART**

February is American Heart Month

## Why the Heart Symbol looks like this:



“Follow your heart”. “Give your heart”. “Break a heart”. In all these sentiments, one probably imagines that familiar symbol rounded at the shoulders and pointed at the end.

It wasn't always that way. In the western world, for nearly 1,500 years, the physical heart was considered to be shaped more like a pinecone. That was thanks to second-century Greek physician Galen, who evidently never looked at a real one. Since Galen believed it, so did everyone else, according to Marilyn Yalom, Clayman Institute scholar. But in the 1300s, the modern shape of the symbolic heart began to take form, preparing the way for real knowledge of the physical heart.

In the Scrovegni Chapel in Padua, the theological virtue of charity is depicted in work dated to 1305 as a woman holding a pear-shaped heart to God.

By 1340, that heart shape changed. In a French manuscript of that year, the symbolic heart was depicted in the modern form we recognize today. Perhaps that was a good time for the symbolic heart to detour from the physical one. By the 1500s, Flemish physician Andreas Vesalius and Leonardo da Vinci overcame centuries of taboo against studying the dead human body and were able to describe the actual, physical heart.

Meanwhile, in symbolism, the stylized heart we recognize today became the standard. It has been used ubiquitously in items as diverse as Martin Luther's personal seal in the late 1400s to Milton Glazer's famous 1976 logo: I (Heart) NY.

Source: National Mended Hearts Chapter Newsletter, January, 2019

## Health News/General Interest

### Tech Advances Will Steer Heart Care

The future of cardiovascular care will be steered by artificial intelligence and wearable mobile devices, according to articles published in The Journal of the American College of Cardiology.

Every stage of patient care will be enhanced by artificial intelligence, according to Joel Dudley, director of the Next Generation Healthcare Institute at Mount Sinai. AI will steer research, diagnosis and selection of therapy, he said. The next step will bring technologies to a clinical setting.

In areas of patient health improvement and health-care delivery, digital health applies information to produce solutions. These technologies have the potential to streamline research while saving money; however, delays in their implementation are often the result of concerns regarding data quality and patient safety.

Meanwhile, wearable mobile devices will continue to help manage heart problems. It takes a personal commitment to a heart-healthy lifestyle of diet and exercise, medication, and self-monitoring to manage heart health. It is here the use of mobile devices and wearables have made 24-hour health monitoring a reality for so many--especially those with atrial fibrillation, a heart rhythm disorder.

The authors targeted AFib, in particular, which is hard to detect and difficult to manage. Office visits and short-term monitoring only provide limited information on the presence of the disease, but mobile health --called mHealth --will offer a more complete picture that can help prevent strokes, control symptoms, and reduce hospitalizations.

### The Mended Hearts National Board of Directors 2019-2021 Elections are Open until February 28th 2019

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.

Candidate bios and photos were in the Nov/Dec issue of Heartbeat and can be found online at

<https://mendedhearts.org/Heartbeat/Heartbeat122018.html>

Please plan on attending our February 20th Monthly Meeting to cast your Vote!

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### 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.

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### 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](mailto:jklimczak@sbcglobal.net)

**Thank you!**

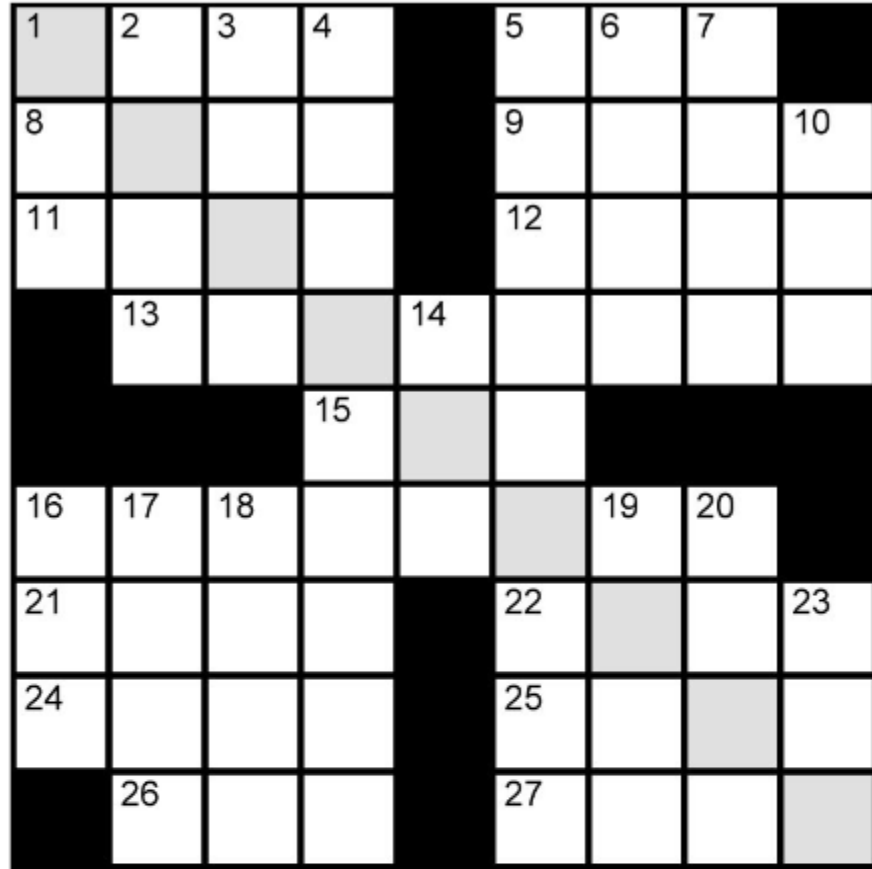
# Trek into the unknown

*Across*

- 1. "\_\_\_ Misbehavin'"
- 5. Keep out
- 8. Jewish month
- 9. Distinctive flair
- 11. Raise, as an anchor
- 12. "The \_\_\_ Ranger"
- 13. Most wary
- 15. Cable channel
- 16. Supplied with fluid
- 21. Diamond Head locale
- 22. Hilo feast
- 24. Agenda
- 25. Blunders
- 26. Antlered animal
- 27. Overdo the TLC

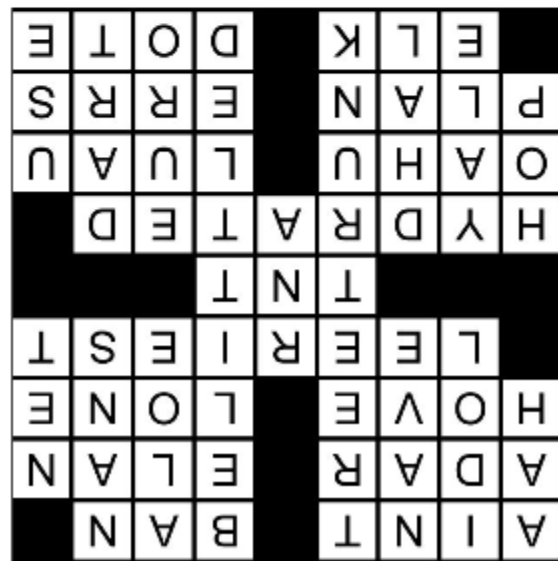
*Down*

- 1. "I see!"
- 2. False god
- 3. Church part
- 4. Spot for carved initials
- 5. Disparaged
- 6. Hand cream ingredient
- 7. Namesakes of Bert Bobbsey's twin
- 10. After expenses
- 14. Genetic material
- 16. Short flight
- 17. Bush's alma



- mater
- 18. Indian lentil dish
- 19. Continental currency
- 20. Feathered missile
- 23. "It's no \_\_\_!"

*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](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.

### 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.

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**“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!



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 \_\_\_\_\_  
 Date of Surgery/Procedure \_\_\_\_\_  
 Type of Surgery/Procedure \_\_\_\_\_  
 Angioplasty     Heart attack     Diabetes  
 Atrial Septal Defect     Pacemaker     Valve-Surgery  
 Aneurysm     Transplant     Valve Transcath  
 CABG (Bypass)     AFib arrhythmia     ICD (Defibrillator)  
 Stent     Other arrhythmia     Other \_\_\_\_\_

Name of Caregiver \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Alt Phone \_\_\_\_\_  
 Check here if also Heart Patient  
 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.  
 Yes  No

### Add my email to monthly national email updates?

Yes  No

\_\_\_\_\_  
Patient signature

Optional info: Date of birth \_\_\_\_\_ Please check below:  
Race:  Caucasian;  Black;  Asian;  Am. Indian;  Other  
Gender:  Male;  Female

### Add my email to monthly national email updates?

Yes  No

\_\_\_\_\_  
Family member signature

Optional info: Date of birth \_\_\_\_\_ Please check below:  
Race:  Caucasian;  Black;  Asian;  Am. Indian;  Other  
Gender:  Male;  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 <sup>st</sup> 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 \$ \_\_\_\_\_

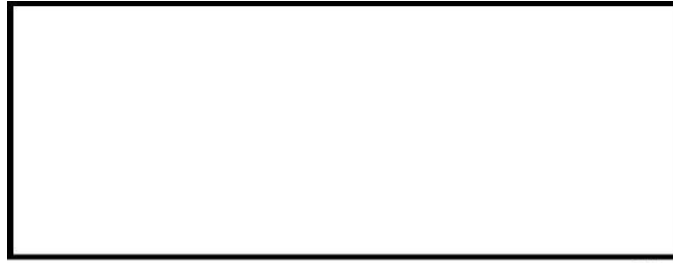
I am joining as a non-heart patient:  Physician  RN  
 Health Admin  Other Interested Party  Other \_\_\_\_\_  
 I would like to make a tax-deductible contribution of \$ \_\_\_\_\_

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 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**