



Hartford Heartline

March, 2020

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 patients having had heart events, 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 Room 311 on the third floor of the Goodwin University 245 Riverside Drive, East Hartford, CT

Please be advised that Mended Hearts Chapter 9 Monthly Meetings as well as all patient and family in-person visits will be suspended until further notice due to the concerns of the COVID-19 Virus.

Updates will be forthcoming as to the schedule of future meetings and visits.

Thank you for your anticipated understanding!

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:

As I transition from being President of Mended Hearts, Chapter #9 to a member sitting down for each meeting, I wish to thank the members of Greater Hartford, Chapter #9 for allowing me the privilege to serve as your President for the past 6 consecutive years and for another 4 years when I took over the reins from Marvin Keyser. Unfortunately, I've seen the membership dwindle in size over the past 18 years. We have lost many members because of death as well as the members moving. I want to wish President elect Rick LeMay many meetings that go smoothly with no interruptions. Rick has let me know he'll be asking for assistance while he gets up to speed with writing agendas for the Board of Directors meetings and Membership meetings. The meeting may be run differently when Rick takes over but that will benefit chapter in the long run.

Heartfully,
Outgoing Chapter #9 President, Walter H. Kovaciny

As incoming President, I'd first like to thank Walter for his years of hard work and dedication to Mended Hearts. Second, I'd like to thank returning Board members for agreeing to continue on in their respective positions. My hope is threefold: we will increase membership, increase hospital visitors, and increase attendance at our monthly meetings – but I cannot do this alone. I reach out to everyone reading this to help me in meeting these goals. We will all get out of Mended Hearts what we put in – so I ask you please consider helping wherever possible. I will be aiming to make our monthly meetings both informative and fun. Please come out and experience for yourself what's around the corner.

Respectfully,
Incoming Chapter #9 President, Rick LeMay

Mended Hearts Chapter 9 Info

Chapter 9 OFFICERS 2020-2022

President

Rick LeMay

Email: rlemay1954@gmail.com

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

Assistant Regional Director/ Executive Vice-President

Robert Hoffman

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

Email: vrome@att.net

Schedule of Future Monthly Meetings

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Updates will be forthcoming as to the schedule of future meetings and visits.

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>

The Hidden Risks of Heart Attacks: An Augmented Reality Experience

Mended Hearts has partnered with Bayer Aspirin to educate people on their hidden risks of Heart Disease. The worst part about hidden risk factors? Not knowing. Knowing the risk factors of a heart attack or ischemic stroke is key to helping prevent a second cardiovascular event for yourself or your loved one.

On February 12, 2020, Mended Hearts President Ron Manriquez took part in an event aimed at bringing light to these hidden risk factors. During this event, LA-based artist Alexa Meade painted real heart attack survivors into a living mural at the Oculus at Westfield World Trade Center.



For every selfie shared with #YourHiddenRisk, Bayer will donate \$1.00 to Mended Hearts or WomenHeart (up to \$50,000) Valid: 2/12/2020-3/12/2020. You can help raise money for Mended Hearts, learn more about risk factors for heart attack (myocardial infarction) and stroke — and learn how you can work with your doctor to make more informed decisions.

Find out more at <https://www.yourhiddenrisk.com/ourpartners/>

Source: National Mended Hearts Monthly Newsletter, March, 2020

Whatever happened to the Lovely Hanky?

Once handkerchiefs were absolutely required in company polite and otherwise. For ladies, they could be silk, prettily embroidered or laced. For men, sturdy cotton and maybe monogrammed by their daughters.

They were actually an art form and they have a long history among humans. Evidence of handkerchiefs dates to 2000 BC, when wealthy Egyptians carried bleached white handkerchiefs made of expensive linen.

In western culture, the handkerchief became art by the 14th century. Queens embroidered silk, lace handkerchiefs. Handkerchiefs were carried not just for personal hygiene, but also became symbols of love, according to bonjourparis.com.

Even Shakespeare wrote about them. By the early 20th century, every respectable person carried a handkerchief, many tatted by grandma.

Then, in the 1920s, the cloth handkerchief was rendered obsolete when the paper company Kimberly-Clark came up with a disposable tissue. But how could one product effectively kill thousands of years of tradition and art? The answer is probably the flu.

From 1918 to 1920, the flu pandemic infected 500 million people around the world. At least 50 million died. Everyone knew people who died of the flu. People were wary of touching things. They avoided crowds and conversations. The public suspected everything, but they especially suspected handkerchiefs.

People were urged to use handkerchiefs for sneezing in public, so they wouldn't pass cold and flu viruses. But, didn't that mean the viruses were in the actual handkerchief? Kimberly-Clark's disposable tissues (Kleenex) were the answer.

Thus, Kimberly-Clark hit on a slogan that matched the angst of the times: *Don't put a cold in your pocket*. And, that was the beginning of the end of the handkerchief. Today, only men's pocket squares remain as the remnants of the heyday of handkerchiefs, an art form rejected because of the flu.

Source: National Mended Hearts Monthly Newsletter, March, 2020

Mended Hearts in Times Square for Heart Month

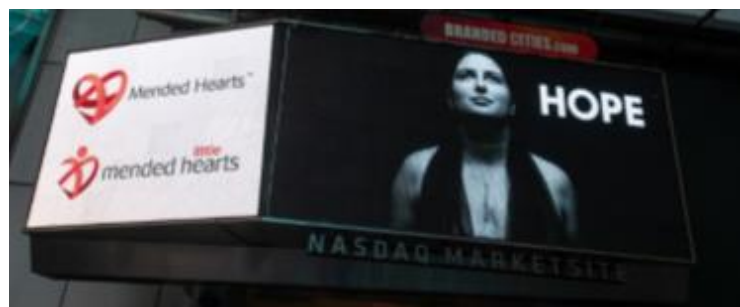
On February 6th Mended Hearts was asked to ring the NASDAQ bell in honor of American Heart Month. Executive Director Andrea Baer was given the opportunity to talk about Mended Hearts and a 30 second MH video played outside the building on the NASDAQ marquee in Times Square for one hour.

To receive the link that will allow you to see the morning's events and Andrea's speech, please email Mandy.Sandkuhler@mendedhearts.org.

We would also like to announce that Mended Hearts was donated another marquee in Times Square to be used to advertise our organization during February and March. Three times an hour, for twenty hours a day, our 10 second #RockYourScar video will be shown in Times Square.

If you are in New York City and would like to see the video in person, the marquee can be found at 1500 Broadway.

Many thanks to the anonymous donor who made this amazing opportunity possible.



Introducing the Mended Hearts Chapter 9 2020-2022 Newly Elected Officers

- President - Rick LeMay**
- Vice-President - John Dunn**
- Secretary - Bob Hoffman**
- Treasurer - Steve Livingston**

Special Note: The Chapter 9 Board of Directors and entire Membership would like to offer our thanks to Walter Kovaciny for his years of outstanding service and dedication as our Chapter President.

Thank you, Walter!



Reminder: Get Flu Vaccine Now

Cases of flu tend to increase as temperatures decrease. According to the CDC, people should get their flu shots as soon as they are available. Most 2019-2020 shots have been available since August. Most flu outbreaks happen in February and March.

The influenza vaccine takes two weeks to incubate and build antibodies. When it does kick in, the vaccine will last six months.

The young, elderly, and people with health problems should get the vaccine immediately.



"This memory foam mattress isn't working. I still can't remember where I put my glasses."

Source: National Mended Hearts Monthly Newsletter, March,2020

Challenge Yourself with this Fun Crossword Puzzle

Basketball Move

Across

- 1. Rx watchdog
- 4. Fountain order
- 9. Napkin's place
- 10. Prepared
- 11. Long-eared beast
- 12. Ms. Williams in aquamusicals
- 13. Certain laundry load
- 15. Refusal
- 16. Wooden shoe
- 18. In attendance
- 20. MOMA artist
- 23. Some cooking fats
- 25. "The Three Faces of ___"
- 26. Harden
- 27. Freelancer's enc.
- 28. "I thought ___ never leave!"
- 29. ___ Grove Village, Ill.

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		

Down

- 1. Imperfection
- 2. Short run
- 3. Orbital point
- 4. Purified a drug by crystallization
- 5. Rent collector
- 6. Granola grain
- 7. Gulf of ____, off the coast of Yemen
- 8. Apprentice
- 14. Garish
- 17. The ones here
- 18. Dismounted
- 19. Trig function
- 21. Face shape
- 22. Onion relative
- 24. Parisian way

The headline is a clue to the answer in the diagonal.

K	L	E		D	Y	E	H	T
E	A	S		R	E	U	N	I
E	V	E		S	D	R	A	L
L	O	H	R	A	W		A	T
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Y	D	A	D	R		P	A	L
T	A	O	F	L		A	D	F

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 University – Room 311
245 Riverside Drive
East Hartford, CT

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 University (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 University (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 \$206.14. (After our annual donation of \$600.00 to the Madden Open Hearts Camp in July, 2019)



Donations were received from John Myers, Ted & Miriam Hoffberg, & John Hussey

Thank You!

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 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