



# Hartford Heartline

January 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 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.

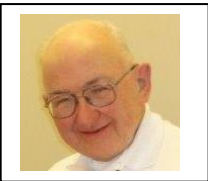
Mended Hearts Chapter 9 will be excited to see all of you at our upcoming meetings. Both patients and caregivers, and interested parties are welcome to attend, FREE, with no commitment to join our organization. We have interesting speakers and refreshments. Please join us for an upcoming meeting in Room 311 on the third floor of the Goodwin College 245 Riverside Drive, East Hartford, CT

**Sunday, January 19, 2020 2:00 p.m.**

**Speaker: TBD**

**Refreshments: 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:

Hopefully everyone survived the holidays with their own specific beliefs and traditions. By now you probably wished family and friends Happy New Year or Happy New Decade, (copied from Rick LeMay post on Facebook).

Well, this will be my last President's Message as I'm not running for reelection. The past 6 years have been interesting and a bit tiring. I'll experience the monthly meeting differently now.

We will have elections for the Officers of Chapter #009 as part of the January 19, 2020 meeting.

(At the chance of being a broken record, I'm repeating this request). Please be willing to volunteer to bring refreshments to be enjoyed at the membership meetings. I think we now have one name per month but it works better for two volunteers each meeting so the work can be shared. This usually requires the volunteers to bring some snacks, perhaps fresh fruit, cookies and beverage. The volunteers need to bring napkins, plates, forks, (if needed) and cups to drink the juice. I imagine Bonnie Morassini will have the sign up list with her at the January 19, 2020 meeting.

Heartfully,  
Chapter #9 President, Walter H. Kovaciny

**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!**

## 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: [vromez@att.net](mailto:vromez@att.net)

Treasurer

**Steve Livingston**

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

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

Assistant Regional Director/ Executive Vice-President

**Robert Hoffman**

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

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

### Schedule of Future Monthly Meetings

(Please note change of day and  
change of time!)

**Sunday, January 19, 2020  
(Meeting Starts at 2pm)**

**Sunday, February 16, 2020  
(Meeting Starts at 2pm)**

**Sunday, March 15, 2020  
(Meeting Starts at 2pm)**

**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>

## Watch for Early Signs of 'Frozen Shoulder'



Doctors are concerned that cases of frozen shoulder are on the rise. Surgeons at the Mayo Clinic in Rochester, Minn., say that because of increases in obesity, diabetes, and an aging population, the increase is a continuing concern.

Frozen shoulder is a condition in which the shoulder capsule contracts or becomes inflamed, causing adhesions and scarring that "freeze" the shoulder. Inactivity after even a minor injury can bring it on, though it usually begins spontaneously. Symptoms include pain in the shoulder, especially when attempting to raise the arm.

Normal range of motion allows a straight arm to be raised as high as top of the head. A person with severe frozen shoulder can move a straight arm only waist high or lower.

Orthopedists say that if patients and doctors understood the risks and symptoms, the disorder could be successfully treated by physical therapy. Early diagnosis when the condition is still "freezing" is the key. Early therapy lessens the severity and lifespan of the disease.

The National Center for Biotechnology Information, estimates that 2 to 5 percent of the population are affected by frozen shoulder at some point. It is most common in people between the ages of 40 and 60 and somewhat more common in women. Shoulder ligaments are normally elastic and tighten when you reach up high. In a frozen shoulder, the joint gets smaller. Ligaments adhere to the shoulder or tighten at its resting position. Movement becomes painful and difficult, or even impossible.

Stretching and physical therapy can improve joint mobility in early phases. But these exercises must be done carefully, without force or excessive pain. The good news is that frozen shoulder can get better without treatment, but it can take 2 to 10 months.

Source: National Mended Hearts Monthly Newsletter, January, 2020

## Five Types of Glaucoma Tests

If you visit the eye doctor regularly, you're probably familiar with the puff of air test. It's a standard glaucoma screening that takes only a moment to perform. But did you know there are five common glaucoma tests? Here's a brief description of them courtesy of glaucoma.org.

**Tonometry:** This test measures the pressure within your eye. Eye drops are used to numb the eye, then a doctor or technician uses a device called a tonometer to measure the inner pressure of the eye; a small amount of pressure is applied to the eye by a tiny device or by a warm puff of air.

**Ophthalmoscopy:** Another one you may be familiar with. The doctor uses eye drops to dilate your pupils so he can examine the shape and color of the optic nerve.

**Perimetry:** A visual field test used to map your complete field of vision. During the test, you look straight ahead and indicate when a moving light passes your peripheral vision. After a glaucoma diagnosis, visual field tests are done once or twice a year to check for changes in vision.

**Gonioscopy:** During this exam, the eye is numbed with eye drops, and then a contact lens is placed on the eye. The contact lens has a mirror that shows the doctor if the angle between the iris and cornea is closed and blocked or wide and open, each of which can be signs of different types of glaucoma.

**Pachymetry:** This test measures the thickness of your cornea using a probe called a pachymeter, which is placed on the front of the eye (cornea)

Source: National Mended Hearts Monthly Newsletter, January, 2020



**Mended Hearts Chapter 9 President Walter Kovaciny presents Elyse Freschi, RD, CD-N, CHC, (St Francis Hospital Dietitian) with a Merit Award for her presentation at the November 2019 Meeting.**



**Happy New Year to All  
from Mended Hearts**

The Earth begins another trip around the sun January 1, and we'll travel more than 583 million miles (tired yet?) in 365.24 days. This is also leap year!

This day has been observed as New Year's Day in most English-speaking countries since the British Calendar Act of 1751. Before that time, the New Year began on March 25, about the date of the vernal equinox.

January 1 is a day when people resolve to make improvements in the coming year. So, it is a great time to renew our commitment to health and happiness!

Here's hoping you have a safe new year filled with love, health, hope, and prosperity!

**Important Information for the  
January Chapter Meeting:**

**New Meeting Date and Time!  
Sunday, January 19<sup>th</sup>, 2020 @ 2pm  
Room 311, Goodwin College**

**2020-2022 Officer Elections**

The Nominating Committee proposed slate of Officers for 2020 / 2022 is:

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

**Please make it a point to attend and cast your vote!**

**Heart Valve Awareness**



This February 22, and throughout the year, Mended Hearts is proud to participate in the National Heart Valve Disease Awareness Day campaign.

The campaign encourages you to 'Listen to Your Heart', know your risk factors, get your heart checked regularly, and join the movement to help spread the word and raise awareness.

To learn more, or to find out how you can participate in raising awareness, go to [www.ValveDiseaseDay.org](http://www.ValveDiseaseDay.org)

**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.

Source: National Mended Hearts Monthly Newsletter, October 2019



**"I suppose you're right. Some extra fire coverage would be a no-brainer."**

Source: National Mended Hearts Monthly Newsletter, January, 2020

## Challenge Yourself with this Fun Crossword Puzzle

### Crescent Pastry

*Across*

- 1. Spanish sparkling wine
- 5. Muslim holy man
- 9. Buffalo's lake
- 10. Showy flower
- 11. Last name in fashion
- 12. Ancient Peruvian
- 13. Oval-shaped figure
- 15. Volcanic spew
- 16. Not idealized
- 22. Wrinkly fruit
- 23. Trig function
- 24. Soccer \_\_\_\_
- 25. Lab item
- 26. Furtive summons
- 27. Left on a map

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			

*Down*

- 1. Formally surrender
- 2. Seed covering
- 3. Six-stringed instrument
- 4. Trapeze artist
- 5. Hearty pub meal
- 6. Pre-stereo
- 7. Fungal spore sacs
- 8. "Beowulf" beverage
- 14. Last Greek consonant
- 16. Backside
- 17. Freudian topics
- 18. Charity
- 19. London art gallery
- 20. Places to overnight
- 21. Talk

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

T	S	E	W		T	S	S	P
A	N	E	T		S	M	O	W
H	N	A	T		I	L	G	U
C	I	C	T		S	I	L	R
					H	S	A	
D	I	O	S		P	L	L	E
A	C	I	N			R	O	D
E	S	R	O			E	R	E
M	A	I	M			A	V	C



## 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 – 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 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 \$178.64. (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.*

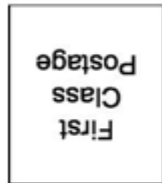
Chapter# 9 Annual Chapter Dues: \$ 5

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**