



# Hartford Heartline

October, 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.

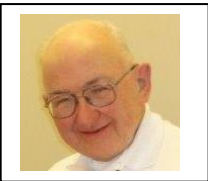
Mended Hearts Chapter 9 will be excited to see all of you at our upcoming meetings. Both patients and caregivers, and interested parties are welcome to attend, FREE, with no commitment to join our organization. We have interesting speakers and refreshments. Please join us for an upcoming meeting in Room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

**Wednesday, October 16, 2019 7:00 p.m.**

**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 October 16, 2019 membership meeting will be a bit different. The Nominating Committee will present their recommendations for Officers for Chapter 9 for the 2020/2022 term. In addition, as proposed during the September membership meeting, as a fund raiser for the Resource Center in Georgia everyone is invited to bring in merchandise to be raffled off during the October 16<sup>th</sup> membership meeting. This raffle activity will be in place of the normal monthly speaker. The raffle items can be a gift card to a restaurant or store; a craft; or merchandise that was purchased for the raffle. Please be creative and make a point to attend the meeting- it should be fun!

**The remaining membership meetings for 2019 / 2020 will be held in Room 311 starting at 7:00 p.m. The meeting in January, February and March will be Sunday afternoon starting at 2 p.m.**

Please be willing to volunteer to sign up for and bring refreshments for future membership meetings that are scheduled for 2019/2020. Several members have signed up already but there are still openings. Usually we have two members supplying refreshments for each meeting. The meeting schedule for 2019 / 2020 is available so you can mark your calendars. Outgoing President Walter Kovaciny has handouts of the schedule.

Hopefully most of you have registered for the Northeast Regional meeting in Worcester, Massachusetts on Friday, November 1 & Saturday, November 2, 2019. The event promises to be informational and enjoyable.

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: [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

**Wednesday, October 16, 2019**

**Wednesday, November 20, 2019**

**No December Meeting-Winter  
Break**

**Wednesday, January 15, 2020**

**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](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>

## Optimism has a Surprising Benefit: Better Heart Health

Looking on the bright side is more than a tool for taking life's ups and downs in stride. An optimistic outlook is also good for your health, according to new research.

"Thought patterns and mindsets are the most intimate parts of our experience," said Dr. Alan Rozanski, lead author of a meta-analysis on optimism that was published Friday in the journal JAMA Network Open. "We have known for a few decades now that there's a relationship between psychological factors and heart disease."

The new meta-analysis, which examined 15 studies on optimism and health and utilized data from 229,391 individuals, found that a person's tendency to think positively about the future was linked with a 35% lower risk for heart disease, and a lower risk of death.

But rote directives to "be more optimistic" seem unlikely to shift the worldviews of hardened pessimists. Instead, Rozanski, who is also a cardiologist at Mount Sinai St. Luke's in New York, thinks a better application of the new optimism research might be to offer pessimism treatment as part of cardiac rehab programs.

People who have recently had heart attacks are eager to live healthier lives and are already making lifestyle changes, like improving their diets and exercising more, explained Rozanski, who has experience working with heart attack patients in such programs.

And while pessimism treatment is a novel idea, Rozanski thinks mental health should be part of post-heart attack regimens in the future.

"Thinking of this as a medical issue is new," he said.

More broadly, he thinks pessimism should raise concerns for doctors who might already be screening for more serious mental health conditions, like depression.

While depression itself carries numerous health burdens and complications, including weight gain, heart disease, substance use disorders and risk for suicide, according to the Mayo Clinic, Rozanski stressed that we have clear approaches for treating depression. "Just like we can treat depression, we can treat [pessimism] at an earlier stage," he said.

Article taken from: <https://abcnews.go.com/Health/optimismsurprising-health-benefit-heart-healthstudy-finds/story?id=65875548>

## Some Halloween Candy Spans Generations

What we wanted in our Halloween bag 60 years ago is pretty much what kids want today. With some exceptions.

You know those wax bottles of sweet juice? Kids don't want them today, but maybe kids never really wanted them.

Circus Peanuts. They taste kind of thick but poofy. Kids don't like them. In fact, they were the Number 1 most disliked candy on a survey by [candystore.com](http://candystore.com).

Black Licorice. That may be an acquired taste. Some people love it. Others just don't know what is good.

Smarties. Rolls of little kind-of-sweet candies. Always the last to come out of the bag then and now.

Also ranking high on the list of dislikes: Mary Janes, also called peanut butter kisses. Little flat bars of flaky peanut butter candy.

Necco Wafers were heavily advertised in the 1950s, but rank high on the list of most disliked today.

According to Forbes, today there is more of an emphasis on sour and tart than in previous generations. You'll find kids snapping up Jolly Rancher candies, Sour Patch Kids, and Skittles.

Some of the old favorites are still around: Candy bars (like Butterfinger and Snickers) and chocolate bars rank high on the list. M&Ms and Reese's Peanut Butter Cups seem to be the most favored of all, along with Twix and Kit Kat bars.



Source: National Mended Hearts Monthly Newsletter, October 2019

## **Get More Fiber for Better Health**

Fiber is good for your body, helping to lower cholesterol, keeping you regular, and even aiding in weight loss. Soluble fiber in food like oats, peas, beans, and fruit, helps lower cholesterol. Insoluble fiber, found in wheat bran, flour, potatoes and vegetables like cauliflower, helps to move food through your digestive system.

Fiber also does things you don't regularly talk about such as reducing the risk of constipation, hemorrhoids and diverticulosis. Most Americans get only 15 grams of fiber a day instead of the 19 recommended for women and 38 for men. If you're 51 or over, it's 21 grams for women and 30 grams for men.

Adding fiber to a healthy diet may give you increased protection against diabetes, heart disease, and even lower the incidence of kidney stones. When you add fiber, you also need to add water, since fiber soaks up liquids.

- Fruits and nuts provide a gram or two per serving, but the Mayo Clinic says pears, apples, raspberries, bananas and oranges have 3 to 5 grams.
- Among vegetables, you will get 4 to 5 grams from just a half cup of green beans, squash, baked beans or sweet potatoes.
- Some common cereals are good choices. Two shredded wheat biscuits, for example, have 5.5 grams, and a cup of Post Raisin Bran has 7.1 grams.
- Other cereals made for fiber:
  - o Kellogg's All-Bran Buds, 1/3 cup, 11 grams.
  - o General Mills Fiber One, 1/2 cup, 4.2 grams
  - o Post 100% Bran, 1/3 cup, 8.3 grams
  - o Kashi GoLean, 1 cup, 10.2 grams
  - o General Mills Fiber One (1 bar), 9.0 grams
  - o For a snack: 3 cups of popcorn has 3.3 grams.

Source: National Mended Hearts Monthly Newsletter, October 2019

## **Congratulations to Mended Hearts Chapter 9's Very Own Robert Hoffman!**

Mended Hearts Chapter 9 is pleased to share that effective in September, 2019, Robert Hoffman was appointed Executive Vice for Mended Hearts Inc. This appointment was a great honor and was made by Ron Manriques, the President of Mended Hearts Inc., with full Board of Directors Approval.

In his new position Bob will serve on the Mended Hearts Executive Committee and guide the organization into the future. His first task will be to identify the largest hospital chains and obtain an endorsement for Mended Hearts from the Corporate office. Bob is currently working on Hospital Corporation of America who controls over 200 hospitals.

Most recently Bob has acted as the Mended Hearts Northeast Regional Director as well as being our Chapter 9's Visiting Chairman/Trainer for St. Francis Hospital. In his new position, Bob will still act as St. Francis's Visiting Chairmain on behalf of Chapter 9, however he will act as an Assistant Regional Director in the Northeast with responsibility for Chapter 9.

Bob has been a longstanding, dedicated Mended Hearts member for many years: a true patriot for our cause! Please join all of Chapter 9 as we congratulate Bob for this wonderful appointment within Mended Hearts Inc.

## **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

**Mark Your Calendars and follow the link to register!  
Mended Hearts Northeast Regional Meeting  
Friday, November 1/ Saturday, November 2, 2019**

**MENDED HEARTS &  
MENDED *LITTLE* HEARTS  
NORTHEAST  
REGIONAL MEETING  
WORCHESTER, MA**



**When:**

Fri, Nov 1 - 2:30-4:30 p.m.  
Sat, Nov 2 - 9 - 3:30 p.m.

**Where:**

UMASS Medical Center  
55 Lake Avenue North  
Worcester, MA 01655

**Cost:** \$10/person or  
\$15/family

**Lunch:** Included

**Contact:** Bob Hoffman  
vrome@att.net or  
860 841-3530

This regional conference program offers education in the latest treatment of cardiovascular and CHD care, patient advocacy information, as well as opportunities for heart patients and caregivers to network and share their experiences.

**Register at:**

<https://mendedhearts.org/events/regional-meetings-2019/>

## 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 - 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 \$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!



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**