



Hartford Heartline

April, 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 in-person 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!

The President's Corner

To the Members, Caregivers, and Friends of Mended Hearts, Chapter 9
Greater Hartford, Connecticut

Greetings to Members and Friends of Chapter #9:

As I sit here trying to wrap my head around what is going on around the globe, I can't help but worry about Chapter 9 – and the impact Coronavirus might be having on our members. Initially, I thought this was just going to be a minor inconvenience - cancel a meeting or two, suspend hospital visits for a short period of time – but as time goes by it appears it is going to get worse before it gets better. I don't know about you, but I am beginning to get flashes of cabin fever setting in during this hunkered down mode affecting us all. I kept them at bay by taking my motorcycle out for a ride, at least until the colder weather returned and a snowstorm is in progress as I type this message. Hopefully this will all pass – sooner rather than later. I'm not sure when our next monthly meeting will occur, but in the meantime I hope and pray that everyone will continue to be well and stay safe until this becomes a blip in our rearview mirrors.

Respectfully,

Rick LeMay, Mended Hearts Chapter 9 President

Mended Hearts Chapter 9 Info

Chapter 9 OFFICERS 2020-2022

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Vice-President

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Robert Hoffman

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860-232-8417

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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: vrrome@att.net

Chapter 9 Annual Banquet Scheduled for September, 2020

The Chapter 9 Board of Directors voted on March 11, 2020 to continue our Annual Banquet. The date was originally planned for June, however, with the unknown virus reality, we later voted to schedule it for **Wednesday, September 16th, 2020 if Conditions Allow.**

It will be held at the
Skyline Restaurant in Windsor Locks.
More details will be in upcoming
Newsletters.

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

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Bonnie Morassini 860-635-2920

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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>

Some Advice on Staying Physically & Mentally Healthy During COVID-19

Dear Ladies and Gentlemen of Mended Hearts:

Our children and grandchildren have "active shooter drills". We had 'hide under your desk in case of a nuclear attack' drill. Right now we have COVID-19. Yes it's a serious illness that's traveling around the world. It has no political or national affiliation and is an equal opportunistic disease. We have no power to destroy it.

We do have the power to prevent the spread and limit its damage.

There are many reputable sources of information that you can turn to including The World Health Organization at [https:// www.who.int/](https://www.who.int/) and The Centers for Disease Control (CDC) [https:// www.cdc.gov/](https://www.cdc.gov/).

How can we help? What can we do? Don't panic! Remember that each of us has the power to help and that panic can cause harm. So what should we do?

Take Action. Do your part to prevent spreading the virus. Wash your hands, don't touch your face, don't touch public surfaces, and keep it clean. Avoid crowds. Call to reassure and check on family, friends and neighbors.

Our hands get dirty. Don't spread that dirt to your face, eyes and nose. Learn the right way to wash your hands to protect yourself and others. Soap and water is best. Hand sanitizer can be used if you can't get to a sink. Use soap, water and friction for 20 seconds (sing Happy Birthday). Remember to wash all surfaces including fingertips and wrists!

Don't touch door knobs, or hand rails. I use a tissue, paper towel or my shirt hem or sleeve.

Cover your cough and sneeze! It's amazing how many people don't. If you're near someone who does cough or sneeze you should close your eyes, exhale, step back and turn away (if you can), and inhale. It's an old nurse's trick. Closing your eyes prevents droplets from getting into your eyes. Exhaling 'blows' the persons breath away so you don't inhale the droplets. Stepping back and turning away puts distance between you and the person's breath.

Inhale: You need to breathe. Keep yourself physically and mentally healthy. Keep yourself busy. If you can't go out as usual make a new routine. Get up shower, dress and get something done. Go for walk. Sit by the window. Listen to music. Dance and sing (call it cardio exercise). Netflix has a series called "Moving Art" nature scenes and sounds. Clean that drawer, do that project. We all have something we keep putting off, now's the perfect time to begin.

Some Advice on Staying Physically & Mentally Healthy During COVID-19 (cont'd)

Make an event. You have a computer attached to your phone! Call, Skype or Facetime family and friends. Text or write a message, wear something nice or comfy.

Create a long distance social gathering. Have coffee and conversation over the phone. Watch a movie while you Skype. Read a story to the kids with Face Time. Many faith organizations are creating online worship or prayer lines.

AVOID the news! Repeat, repeat, repeat! Once or twice a day is OK.

Learn something! There are thousands of short interesting talks (10-20 minutes) on hundreds of subjects given by all kinds of people from all walks of life available on Ted talks <https://www.ted.com/talks> Professional, scientists, authors, and folks like us. Like books? Libraries closed. Librivox.org has hundreds of public domain books on line to read or listen to at <https://librivox.org/> Share your ideas with each other and remember spring is coming.

I hope this helps,
Charlotte Ann Senno, GCNS-BC, APRN

Charlotte is a gerontological clinical nurse specialist and elder care consultant and educator in Rhode Island. Charlotte has spoken at a number of meetings for Chapter 338 in Woonsocket, RI.

Source: National Mended Hearts Monthly Newsletter, April,,2020



"They're not the tastiest, so try hiding them in a piece of cheese before you take them."

Preparing for Tornado Season

Spring is tornado season in the Midwest but did you know that tornadoes have been reported in every state and they can occur at any time of the year?

When you hear that a National Weather Service WATCH is in effect, it means conditions are right for a tornado. Changing weather such as thunderstorms should put you on guard. A WARNING means a tornado has been spotted.

***Turn on Phone Alerts**

Those emergency alerts on your phone are loud and annoying, but, during tornado season, they save lives. Meteorologists saw an example of this in 2015 when a tornado, completely unforecasted, hit in the middle of the night near Charleston, South Carolina. The tornado demolished dozens of homes, yet there were no deaths because people had their alerts on.

***Have a Flashlight Handy**

When severe weather is forecast, take a moment to locate some emergency items. While your phone can provide light, a flashlight will preserve your phone charge. Charge up a backup power source for your phone. Get a couple of plastic bags to protect cell phones from water. If you are going into an on-site shelter, make sure there is drinking water.

***Emergency Shelter**

Stay away from windows and don't open them. If you hear a tornado approaching, get under a workbench or sturdy table. Protect your head and neck.

***In a Car**

You may have read that, if a tornado is coming at you, get out of the car and lie in a ditch.

That might work. Or not. In one recent tornado, rescuers found the twisted remains of a car but could not find the people. After a week, their bodies were found in a ditch, covered with two feet of debris.

There is only one way to improve your odds if you are in a car during tornadic storms. Take the bad weather seriously early on, and get to a sturdy building. Think ahead. Don't wait.

***Do not Shelter Under an Overpass or Bridge**

A bridge overpass might look like a sturdy place to shelter, but it absolutely is not. An overpass with all that sturdy concrete, in fact, tends to funnel winds. The overpass will not protect a human. Never climb to the top corner of an overpass. While it may appear the area is shelter, in truth, there will be no cover on the sides. Worse, there are no hand holds.

Preparing for Tornado Season (cont'd)

Overpasses actually tend to funnel wind under and up to the bottom of the overpass. So the wind will actually be worse. Those who have tried sheltering in overpasses, if they weren't killed, suffered horrific injuries, with limbs torn off and skin mangled by debris. and does not make a car a better place to shelter. Cars parked under a bridge also block traffic and prevent others from seeking shelter.

Source: National Mended Hearts Monthly Newsletter, April,,2020

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Women have Unique Vision changes with Age

Our vision changes throughout our lives. As we age, we need more light to see, it becomes harder to tell the difference between some colors, it becomes more difficult to focus on things that are near, and it can be harder to adjust to glare and darkness.

In particular, women experience unique challenges with eyesight as they get older.

Because they tend to live longer, women have greater instances of eye disorders. They are also more likely to undergo certain cancer treatments that may affect vision.

Women have higher rates of cataracts, glaucoma, and age-related macular degeneration as well as a higher prevalence of dry eye. They may also experience changes in vision due to pregnancy and menopause.

Prevent Blindness has designated April as Women's Eye Health and Safety Month to raise awareness of and educate women on their increased risk for eye diseases.

In addition to normal age-related hormonal changes, women are also more susceptible to autoimmune diseases than men. Many of those affect vision, like lupus, Sjögren's syndrome, or hyperthyroidism.

The organization recommends steps to protect vision and eye health, including the following:

- Get regular eye exams (at least once every other year)
- Quit smoking
- Wear UV-blocking sunglasses and brimmed hats outdoors
- Use eye cosmetics safely * Use contacts safely

Source: National Mended Hearts Monthly Newsletter, March,2020

Challenge Yourself with this Fun Crossword Puzzle

Fool's Errand

Across

- 1. ___ and span
- 5. Parting words
- 9. Cover up
- 10. Rant
- 11. "___ Flanders"
- 12. On the safe side,
at sea
- 13. Some jokes
- 15. Lend a hand
- 16. Pocket pistol
- 22. Soothing succulent
- 23. Eagle's nest
- 24. Stretched
- 25. Large butte
- 26. Myrmecologist's
study
- 27. Squeaks (out)

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. Jerk
- 2. Subatomic particle
- 3. Not being used
- 4. Minibars
- 5. Subject of a trademark
- 6. Brown rival
- 7. Always
- 8. Understands
- 14. Sundial number
- 16. Computer info
- 17. Brio
- 18. Beat badly
- 19. Nerd
- 20. Gaelic tongue
- 21. Scandinavian
rug

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

S	E	K	E		S	T	N	A
A	S	M	E		T	U	T	A
Y	R	A	E		E	O	E	A
R	E	R	I		R	R	R	D
			D		A			
S	R	E	N		I	L	E	O
E	E	A	L		L	L	M	O
E	V	A	R		E	D	I	H
S	E	B	Y		C	P	I	S

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)

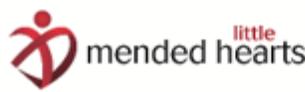


Donations were received from John Myers, Ted & Miriam Hoffberg, & John Hussey

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 ___

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.

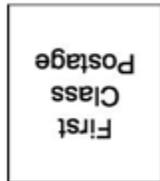
Chapter# 9 Annual Chapter Dues: \$ 5

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