



Hartford Heartline

Winter 2019-2020

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

Wednesday, November 20, 2019 7:00 p.m.

Topic: *"Eating Healthy for a Lifetime"*

Speaker: Elyse Freschi, RD, CD-N, CHC

Registered Dietitian and Certified Health Coach; The Hoffman Heart and Vascular Institute Saint Francis Hospital and Medical Center

Refreshments: Rick Lemay, Sue Livingston, and Barbara Durkin

(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 stayed home last month and didn't go the Goodwin College to attend the October 16, 2019 meeting. Due to the bad weather, the meeting was cancelled at the last minute. With the cancellation of the October meeting all the obligations and activities will have to be accomplished at the November 20, 2019 meeting. The Nominating Committee will present their recommendations for Officers for Chapter #9 for the 2020 / 2022 term. And the fund raiser for the Resource Center in Georgia will also take place. Everyone is invited to bring in merchandise to be raffled off. The raffle items can be a gift card to a restaurant or store; a craft or merchandise that was purchased for the raffle.

The remaining membership meetings for 2019 / 2020 will be held in Room 311. The meetings in January, February and March will be Sunday afternoon starting at 2 p.m. The meeting schedule for 2019 / 2020 is available so you can mark your calendars.

Please be willing to volunteer to sign up for and bring refreshments for the membership meetings that are scheduled for 2019 / 2020. The signup sheet was partly filled out during the September meeting, but there are still openings. Usually we have two members supplying refreshments for each meeting.

Please remember that Chapter #9 doesn't meet in December. Our next meeting will be Sunday, January 19, 2020 at 2:00 p.m.

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

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: vrrome@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: vrrome@att.net

Schedule of Future Monthly Meetings

Wednesday, November 20, 2019
(Meeting starts at 7pm)

**No December Meeting-Winter
Break**

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

Sunday, February 16, 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

Enjoy the Newsletter in color on our website!

<http://mendedheartsCT.org>

Here's a link to the
National Mended Hearts Website:
<http://mendedhearts.org>

Torn Between Work and Family? It may not be Good for Heart Health

When family demands affect work performance or work demands undermine family obligations, the resulting stress may contribute to decreased heart health, particularly among women, a new study finds.

The study adds another factor for doctors and patients to evaluate in treating cardiovascular problems, said the study's senior author, Dr. Itamar Santos, a professor at the University of São Paulo and a researcher in the Brazilian Longitudinal Study of Adult Health.

"There are very consistent results showing that people under higher stress have more cardiovascular disease," he said. "We wanted to specifically study the effect of work-family conflict."

Santos and his colleagues studied more than 11,000 workers in Brazil between ages 35 and 74. The workers filled out questionnaires based on a model that measures the impact of work on family life, and vice versa.

Their heart health was scored using questionnaires, clinical exams and laboratory results for health metrics, including smoking, body mass index, diet, physical activity, cholesterol, blood pressure and blood sugar level.

The study found lower cardiovascular health scores most evident in women who reported a variety of frequent work-family conflicts.

Experts warn chronic stress can affect the heart by increasing inflammation in the body. That can affect blood pressure and cholesterol, as well as lead to unhealthy lifestyle behaviors such as lack of sleep and exercise, poor diet and weight gain.

Although both genders were affected, Santos said, the impact on women was greater.

"This was interesting because in our previous study, job stress alone affected men and women almost equally," he said. "But we found that for workfamily conflict, women are more affected than men. They seem to be especially susceptible to this kind of stress."

He suggested the disparity might be explained, at least for some women, by the importance they place on family life.

Source: Article taken from: <https://medicalxpress.com/news/2019-10-torn-family-good-heart-health.html>

How many Calories are in Thanksgiving Dinner?

Oh, baby. We just went there. Forewarned is forearmed, right? Or something like that.

You can stick your head in the sand, or you can have some facts and prepare for the onslaught (a little pre-holiday salad or extra workouts, say). So for those who prefer to be informed, here goes:

Thanksgiving dinner can easily be worth 3,150 calories, according to the Calorie Control Council, whose website includes a chart that outlines 159 grams of fat as well. Their sample dinner didn't even include skin on the turkey and only counted one serving of cornbread, one tablespoon of butter, and one slice of pie. And no booze.

More likely, we're all headed for more than 4,000 calories, practically two days' worth of calories in one meal. And our carbs can easily approach an eye-popping 500 grams.

The Council doesn't recommend avoiding Thanksgiving dinner, but does provide some tips for reducing the calorie count and for preparing yourself. This includes exercise, eating something healthy beforehand so you don't go into a meal famished, socializing away from the table of food, and using a smaller plate to encourage portion control.

Source: National Mended Hearts Monthly Newsletter, November 2019

American Diabetes Month: Turn a Card, Take a Walk, Lose a Pound, 251 Words

What connection could there possibly be between a card game and diabetes? The Royal London Hospital reports that for every two hours you spend watching television daily, your risk of diabetes rises by as much as 14 percent. When you play games like cards and Scrabble, you are less likely to be snacking than when you watch TV.

The hospital also found that when one spouse has diabetes, the other's risk of getting the disease is doubled. Diabetes is not contagious, but a "diabetes lifestyle" is.

During November, check your own risk factors. Search the Internet for American Diabetes Month and click on the Diabetes Risk Test. If your score is high, you may have pre-diabetes. The good news is that the recent Diabetes Prevention Program study conclusively showed that people can prevent the

American Diabetes Month (cont'd)

development of type 2 by making changes in their diet and increasing their level of physical activity. They may be able to return their blood glucose levels to the normal range. The study showed that medications may delay the development of diabetes, but diet and exercise work better.

Just 30 minutes a day of moderate physical activity coupled with a 5 percent to 10 percent reduction in body weight resulted a big reduction in risk. People are getting the message.

Undiagnosed cases in black and Hispanic men, for example, have dropped dramatically in the last three decades. People who have type 2 diabetes should follow their doctors' instructions to avoid the complications of diabetes: heart attacks, eye disease, nerve damage, and kidney failure

Source: National Mended Hearts Monthly Newsletter, November 2019

Important Information for November 20, 2019 Chapter Meeting:

2020-2022 Officer Nominations Fundraiser for the Mended Hearts Georgia Resource Center

With the cancellation of the October, 2019 chapter meeting, the Nominating Committee will present their recommendations for Officers for Chapter #9 for the 2020 / 2022 term during the November 20, 2019 chapter meeting.

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

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

In addition, as a fund raiser for the Resource Center in Georgia, everyone is invited to bring in merchandise to be raffled off during the November 20th membership meeting. The raffle items can be a gift card to a restaurant or store; a craft; or merchandise that was purchased for the raffle.

The cost of raffle tickets will be \$5.00 for 6 chances. Please be creative and make a point to attend the meeting- it should be fun!

On a Keto Diet? Best Skip the Cheat Day

A low-carb dieter's cardiovascular system might be at risk when the dieter engages in a cheat day, new research says.

University of British Columbia (Okanagan) researchers conducted an experiment to find out the effects of a sudden sugar hit on low-carb dieters.

Nine healthy young men were recruited to stay on a seven-day high fat, low-carbohydrate diet. Before and after the diet, each drank a 75-gram sugar drink.

Researchers initially suspected there would be an inflammatory response or reduced tolerance to blood sugar. According to Science Daily, instead they found biomarkers in blood suggesting that blood vessel walls were being damaged by the spike in sugar.

Researcher Jonathan Little told Science Daily that the effects of the glucose hit were a little alarming. He advised those on a keto diet to reconsider a cheat day, especially if they are at risk for cardiovascular disease.

Source: National Mended Hearts Monthly Newsletter, November 2019

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

**Challenge Yourself with this Festive Crossword Puzzle!
Have a Happy Thanksgiving!**

The Stuff of Stuffing

Across

- 1. When doubled, a dance
- 4. Kind of diver
- 9. Mythical bird
- 10. U.S. educator
- 11. "Days of ___ Lives"
- 12. Choleric
- 13. Crime scene evidence
- 15. Buffet's kin
- 19. More hot
- 20. Cut at an angle
- 23. Poetic palindrome
- 24. European flatfish, related to the turbot
- 25. Bleat
- 26. Ill-mannered
- 27. Furthermore

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. Riding whips
- 2. Muslim nymph
- 3. Bitter
- 4. Illegal pitches
- 5. Desktop arrow
- 6. Olympics chant
- 7. Wager
- 8. Affirmative vote
- 14. Staircase posts
- 16. Amorphous creature
- 17. Aired again

- 18. Apprehension
- 20. Telly network
- 21. Drop the ball
- 22. By means of

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

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

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 College – Room 311
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.

“Mandy Hart” our Special Piggy Bank for donations to the Madden Open Hearts Camp currently has a balance of \$154.64. (After our annual donation of \$600.00 to the Madden Open Hearts Camp in July, 2019)



A donation to Mandy Hart was recently received from John Donovan.

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