



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.



Hartford Heartline

May 2020

The Mended Hearts, Inc.

Chartered 1977 - Greater Hartford - Chapter 9

"It's Great to be Alive - and to help Others"

Please be advised that due to concerns over the COVID-19 Virus all patient and family in-person visits will be suspended until further notice. However we are offering our monthly Meetings via a remote Web Conference. Please join us via the connection information below:

**Topic: Chapter 9 Mended Hearts May 2020 Monthly Meeting
Time: May 20, 2020 7:00 PM Eastern Time (US and Canada)**

Join Zoom Meeting (Follow the link for Video and Audio):
<https://us02web.zoom.us/j/81403965557?pwd=QzhNTjdpcHdCSit4QXE2QmdIU0RPZz09>

**From Zoom.com:
Meeting ID: 814 0396 5557
Password: CHAPTER9**

**Dial by your location (Audio Only):
1-929-436-2866 US (New York)**

Meeting ID: 814 0396 5557 Password: 672900

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:

My current hope is that you & your loved ones are staying healthy and safe as we work our way thru these difficult times. We are all in this together. Your actions in following the recommendations of the health experts are making a difference. Taking social distancing seriously and doing your part to flatten the curve of this pandemic IS making a difference. You represent Chapter 9 in a very positive manner. Congratulations and thank you!

Chapter 9 is making me proud by displaying such good judgement. Your actions at this time help reinforce our motto – "It's Great To Be Alive, And To Help Others"! Be well, stay safe, and most importantly – WASH YOUR HANDS!

Respectfully,

Rick LeMay, Mended Hearts Chapter 9 President

Mended Hearts Chapter 9 Info

Chapter 9 OFFICERS 2020-2022

President

Rick LeMay
(860) 794-7111

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: vrrome@att.net

Treasurer

Steve Livingston

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

Email: stevelivingston@cox.net

Assistant Regional Director/ Executive Vice-President

Robert Hoffman

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

Email: vrrome@att.net

Mark Your Calendars:

**Mended Hearts Chapter 9 Annual
Banquet Scheduled
for September, 2020**

The Mended Hearts 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
(provided COVID-19 conditions allow)**

More details forthcoming!

***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:
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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 new and
improved website!

<http://mendedheartsCT.org>

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

Health and Happiness in Age of Coronavirus

As the world grapples with how to stay healthy during a new way of living that includes social distancing and the closing of our gyms and restaurants - among a multitude of other businesses - seniors in particular can face unique challenges.

Aside from concerns about illness itself, seniors may also be missing their group exercise classes and bridge clubs, not to mention visits from family.

It's vital to remain as active and connected as possible while also staying safe. Although many of us have been tempted to sink onto the couch recently, hopefully we've started moving again. That doesn't mean you should attempt burpees on the living room floor, however; consider wall push-ups instead.

At the very least, get up and walk around the house at regular intervals, whether it's during commercials or a time designated by setting a timer. Take a walk around the neighborhood or at a (not crowded) park if you're able. If you're comfortable using the internet, the National Council on Aging has an online exercise resource called Go4Life.

Mental health is just as important as physical health. Video chats are a great option to keep in touch with family, though phone calls are an equally excellent option. Among its resources, the Institute on Aging also offers a 24-hour toll-free Friendship Line for people 60 and older and adults living with disabilities. The Friendship Line is a crisis intervention hotline as well as a warm line for nonemergency emotional support calls; they also make ongoing outreach calls.

Source: National Mended Hearts Monthly Newsletter, May.,2020



At-Home and Online Workouts

When gyms closed in March, many were scrambling for ways to keep in shape - or some semblance of shape -without our treadmills, weights, and the accountability of trainers. And let's face it: most of us are not that creative when it comes to exercise at home, and maybe a quarantine was an easy excuse to let things slide for a bit.

Time to ditch the excuses. Whether online or in-home, workouts outside of the gym are abundant.

Here are some ideas to consider:

Check YouTube for free classes, from yoga to intense cardio (and admit it - you're probably home in your yoga pants anyway).

Squats. These are easy to do in small spaces and can be done with weights or just body weight. You can practice good form by setting a chair about three feet from a wall, face the wall with your feet about shoulder-width apart, and then squatting down until your butt touches the chair (or your face touches the wall).

Push-ups. The useful thing about push-ups is that there are tons of variations, ranging from traditional straight-leg push-ups done on the floor to wall pushups.

Circuit training. Choose a rotation of activities that work a variety of muscle groups and work through the activities two or three times. The rotation could include squats, planks, lunges, jumping jacks, and others.

Get outside and take a walk, a hike, bike, or go for a run. (If social distancing advisories are still in place, this isn't the time to meet with a group. Consider whether you can keep a safe distance apart from others, and remember that you could be breathing heavily.)

Check with your gym to see whether they're offering online workouts or have sent materials to members with suggested exercises to do on your own.

Source: National Mended Hearts Monthly Newsletter, May.,2020

NEWSFLASH: Mended Hearts Chapter 9 is Offering Remote Monthly Meetings

As previously stated, Chapter 9 is offering our monthly meetings via a ZOOM remote Web Meeting for the foreseeable future due to the COVID-19 Pandemic.

ZOOM Conferences are customer friendly and connection info can be found on Page 1 of the Newsletter.

In order to get familiar with this new medium here are some helpful tips:

PLANNING FOR A ZOOM MEETING

- Make sure lighting is OK so others can see you.
- Frame the camera correctly. Others don't want to see your ceiling or floor.
- Choose your location wisely to ensure a quiet, secure environment.
- Wear appropriate clothing

DO'S AND DON'T'S FOR ATTENDING ZOOM MEETINGS

DO:

- PLEASE be on-time. Chapter 9 meetings are scheduled to begin at 7:00 p.m. You are encouraged to log-in as early as 6:30 to allow time to address any technical issues you might experience.
- Please honor everyone's privacy & confidentiality. Treat this meeting with courtesy & respect towards everyone in attendance.
- Pay attention. Guest speakers and others in attendance deserve it.
- Practice active listening, avoid interrupting, and avoid being insensitive.
- Let everyone speak, if they want to. No one is forced to speak.

DON'T

- Fall asleep during the meeting. To do so is disrespectful to the person speaking.
- Eat during a meeting.
- Offer medical advice, even if you are a medical professional and asked. Leave that to the people entrusted with an individual's care.

**Looking forward to "seeing" you at the
May 20, 2020 ZOOM Meeting!**

Can't Get Out for Memorial Day? Try This!

A treasured tradition for many is to decorate graves on Memorial Day.

How pleasant it is on a sunny day to finally find the right stone, pull a couple of weeds around it, then arrange the flowers.

But, inevitably, some things get in the way of that trip: Bad weather, no ride, or a quarantine for some virus.

No matter!

You can still visit the grave at the website FindAGrave.com -- and you can leave digital flowers too.

The website has an amazing database of gravesites around the country. Even small historical cemeteries are listed.

Thanks to the work of volunteers around the country, FindAGrave.com has grown to be a huge index of cemeteries. You can search by name or cemetery to find your loved one. You can leave digital flowers and even a note. You'll also be able to see notes others have left.

So if you can't get to the cemetery on Memorial Day, you'll discover FindAGrave.com - a very satisfying option.

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



"Same old, same old. Knocking things off my desk, walking across the keyboard..."

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

Challenge Yourself with this Fun Crossword Puzzle

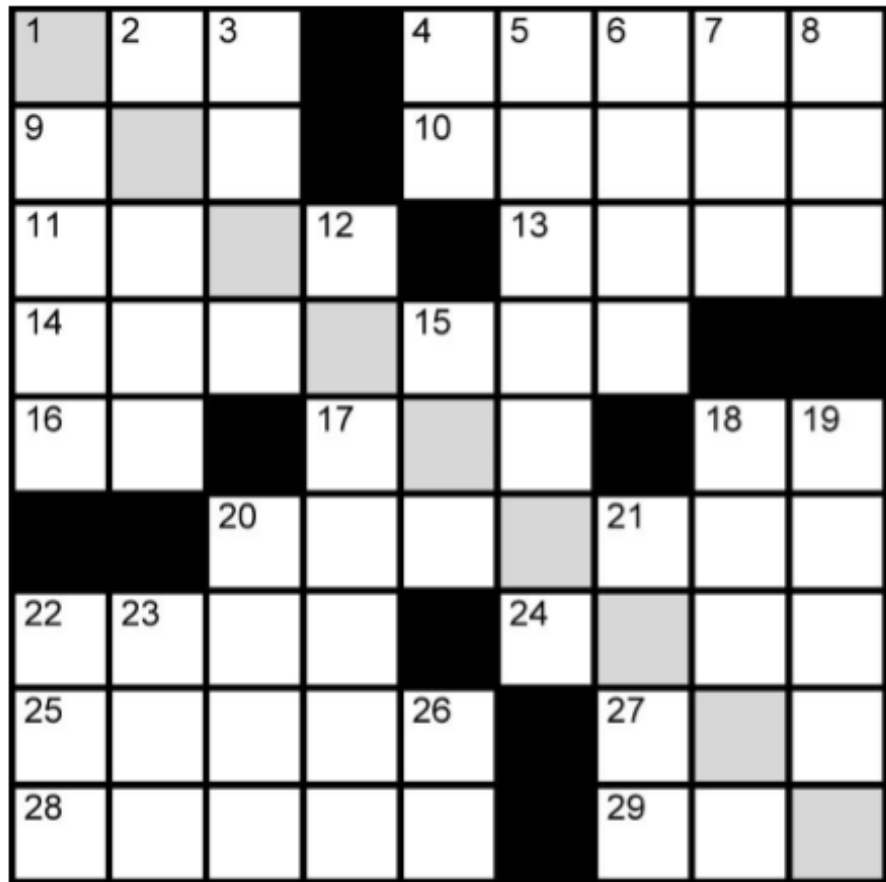
Spring yard flower

Across

1. Genetic stuff
4. Auspices
9. Sprinted
10. Serpent
11. Sea eagle
13. Kind of charge card
14. Military school
16. Perform
17. "Fancy that!"
18. Kipling poem
20. Hamlet's cousin
22. Bank holding
24. Window part
25. Poem of lament
27. ___ juice (milk)
28. Bit of statuary
29. Trinity component

Down

1. Be reluctant
2. DEA agent
3. The "I" of "The King and I"
4. Symbol for arsenic
5. Glossy paints
6. Like some meat
7. White House nickname
8. Census datum
12. Decorative borders
15. Sushi offering
18. Arctic abode
19. Criminal
20. Turn
21. Goals
22. Tennis call



23. U.N. workers' grp.
26. Rocky's greeting

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



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)



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™

mended ^{little} hearts

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.*

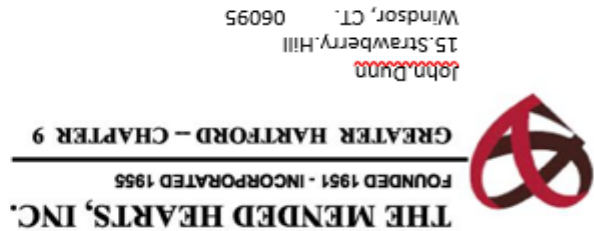
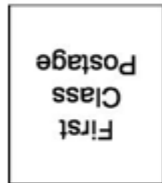
Chapter# 9 Annual Chapter Dues: \$ 5

Additional Chapter Donation Amount: \$ _____
#TOTAL Paid to Chapter \$ _____

Mended Hearts Chapter 9
Steve Livingston, Treasurer
501 Ozen Way
South Windsor, CT 06074



TO:



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