



# Hartford Heartline

Summer, 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 the Community Room on Main Floor Goodwin College 245 Riverside Drive, East Hartford, CT

**Wednesday, June 19, 2019 7:00 p.m.**  
**2019 Mended Hearts Chapter 9 Banquet and Meeting**  
**The Skyline Restaurant**  
**106 Ella Grasso Turnpike (Route 75),**  
**Windsor Locks, CT. 06096**  
**(Social Time begins at 6:30pm)**



### 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 Board of Directors met via a conference call on Wednesday, June 5, 2019. Final preparations for the Annual Banquet to be held on Wednesday, June 19th were discussed. **If you haven't already registered to attend and you are still interested, please contact John Dunn via email at [jjhmdunn@msn.com](mailto:jjhmdunn@msn.com) or via phone at 860-688-5489 no later than Monday, June 17th so that we can finalize the numbers. It promises to be an enjoyable event that shouldn't be missed.**

It appears that the weather is finally behaving. The downside of that is I need to mow the lawn now! As a reminder we won't have membership meetings during the months of July and August. But the accredited visitors will still be busy making visits and comforting heart patients at Hartford and St. Francis hospitals.

Please also note that we have made changes to meeting locations and times for some of our upcoming meetings this Fall. These specific changes will be published in the "Schedule of Future Meetings" section of future Newsletters.

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: [vrome@att.net](mailto:vrome@att.net)

Treasurer

**Steve Livingston**

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

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

Regional Director

**Robert Hoffman**

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

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

### Schedule of Future Monthly Meetings

**June 19, 2019  
(Annual Banquet)  
(Social Time begins @6:30-Dinner  
to follow)**

**No Monthly Meeting July or  
August-Summer Break**

**September 18, 2019**

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**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>

## Heart Disease Deaths in Middle-Aged Women on the Rise

Death rates from heart disease are rising for middle-aged adults — white women, in particular — according to a report released Wednesday by the Centers for Disease Control and Prevention. The increase comes after more than a decade of decreasing death rates from heart disease for this age group. In fact, for other age groups — namely, those 20 to 44, and 65 and up — heart disease death rates did not increase. Middle-aged adults are “losing ground,” said Dr. Sharonne Hayes, a cardiologist at the Mayo Clinic in Minnesota, who was not involved with the CDC report. And this is not the first time such findings have been reported; there have been hints for years. “We’ve got to stop patting ourselves on the back” about the decreasing rates of heart disease deaths, Hayes told NBC News. “We’ve taken our feet off the gas pedal.” The report, published by the CDC’s National Center for Health Statistics, found that heart disease death rates decreased for all adults ages 45 to 64 fell by 22 percent from 1999 to 2011, from 164.3 deaths per 100,000 people to 127.9 deaths per 100,000 people. That positive trend, however, started to reverse from 2011 to 2017, when death rates increased by 4 percent.

While more research is needed to fully understand why heart disease death rates are rising in middle-aged adults, there are likely several factors at play, Hayes said. Rates of risk factors, including obesity, a sedentary lifestyle and diabetes, are going up. In addition, a lack of access to insurance, coupled with rising costs of medical care, can hit this age group particularly hard, Hayes said. Unlike adults ages 65 and up, who have access to Medicare, and younger adults, who may still be on their parents’ insurance or receive health insurance from work, middle-aged adults may have lost access to medical care.

Notably, the increasing rates of heart disease deaths did not affect men and women equally. Middle-aged men still are more likely to die from heart disease than middle-aged women, but

## Heart Disease Deaths (cont’d)

heart disease death rates among women rose 7 percent, compared with 3 percent in men, according to the report.

There are gender-based differences in heart disease, and doctors are “still playing catch up” in terms of research for for treating heart disease in women.

“It may be that the treatments we apply to men may not be as effective for women,” Hayes said. Middle-aged African American women still die from heart disease at much higher rates than white women. But during this time, heart deaths among white women, 45-64, increased at twice the rate. The CDC report doesn’t address why.

Ultimately, Hayes said, the report should be a call to action.

\*article taken from <https://www.nbcnews.com/health/heart-health>

## Airports, Hotels taking a new look at Senior-Friendly Designs

Airport torture. Enormous concourses 100-miles long. No benches. Dragging a suitcase. The flight schedule is unreadable. The flight announcements are mumbles. By the time you haul your suitcase out of the luggage carousel, you're finished. Something should be done. People aged 65 or older are becoming a very large group and will outnumber children in just 16 years. About 40 percent of travelers flying in and out of the Tampa airport are over 55, according to The New York Times. What can be done to make airports more senior-friendly?

Airports are training staff to recognize travelers who are having trouble managing distances. Even if you don't need a wheelchair in daily life, one might look like heaven as you walk a half-mile to a terminal. Other solutions are design dependent. Architectural firm Corgan has recommended lowering signs and installing more concessions closer to the gate. Fewer shiny floors, which can be dizzying and seem slippery. And more benches. Some changes are pretty technological. At Detroit and Rochester airports, new systems will allow hearing aids to directly pick up announcements. In Seattle, passengers arriving from Alaskan cruises can have baggage sent from the ship to the departing flight. Source: National Mended Hearts

Monthly Newsletter, June 2019

## Join today - Support Heart Patients & Families

Mended Hearts and Mended Little Hearts has created brand new membership levels because we want to transform the membership experience to make it more positive and more valuable.

Historically, people paid their “dues” to be a part of our organization. But we believe membership should not be an obligation, and not even be about what you can get—membership should be about how you can belong to a vast caring support network and how you can make a difference.

Membership in Mended Hearts and Mended Little Hearts now is about how you can help improve the lives of heart patients and their families, beginning with your own. You can find out more about our new membership levels at <https://mendedhearts.org/member-enrollment-2/>

Source: National Mended Hearts Monthly Newsletter June, 2019

## The Lighter Side...



"I drew it in school. Can I hang it on Dad?"

Source: National Mended Hearts Monthly Newsletter, June 2019

## Webinar Series on Reducing Your Risk of Heart Disease

We are over halfway through our six-part webinar series on reducing your risk of heart disease, but if you happened to miss one of the first four webinars, and would still like this valuable information, we have made them available to watch online.

This informative series, brought to you by Mended Hearts and the American Society for Preventative Cardiology, is for patients, caregivers and anyone interested in improving their heart health. The recorded webinars also make for a great Mended Hearts meeting topic, so we encourage chapter leaders to show one or more at an upcoming event. If you do, please email

**Andrea Baer** at

[Andrea.Baer@mendedhearts.org](mailto:Andrea.Baer@mendedhearts.org)

and let her know how many people attended the meeting. We still have two more webinars scheduled.

To register for any of these webinars or to view the previous ones, please go to

<https://mendedhearts.org/risk-reduction-webinar-series//>

Here are a list of all six webinars:

- **June 6, 2019 (Thursday)** 12:00-1:00 PM ET Controlling Risk Factors for Women
- **June 20, 2019 (Thursday)** 12:00-1:00 PM ET Controlling Risk Factors for Diverse Populations
- Cholesterol Control and Diet Modifications
- Following your Treatment Plan to Reduce Your Risk of a Second Event
- Blood Pressure Control
- Preventative Exercise and Physical Activity

This webinar series is brought to you by a generous grant from Amgen

Source: National Mended Hearts Monthly Newsletter, June 2019

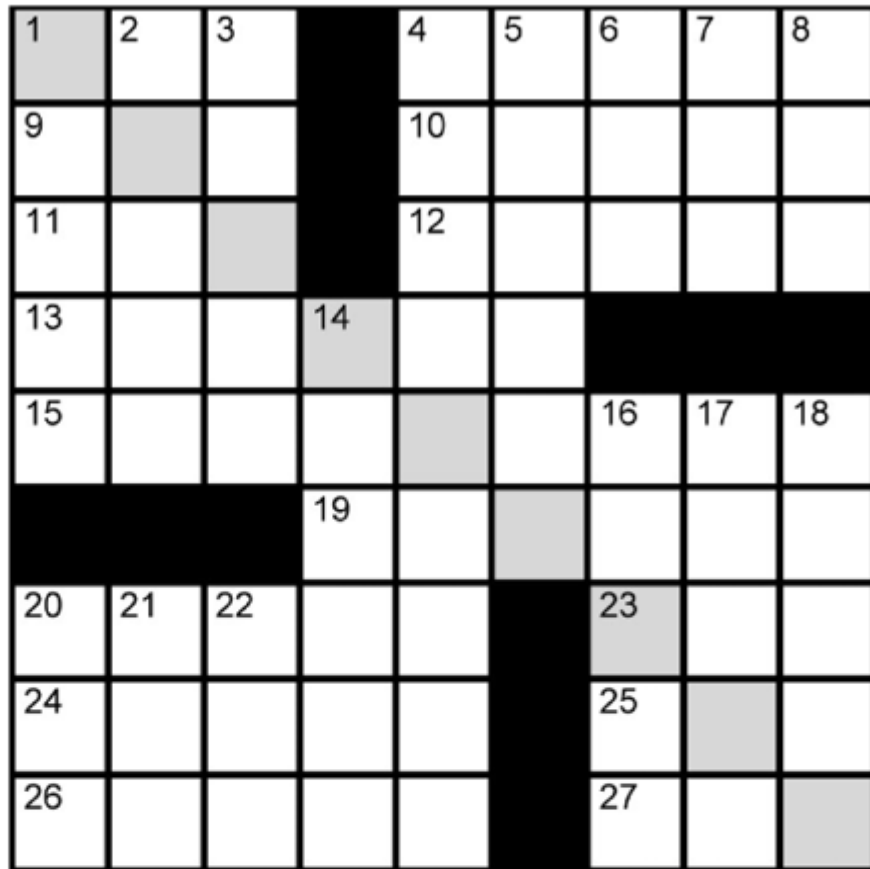
# Word on Election Day

## Across

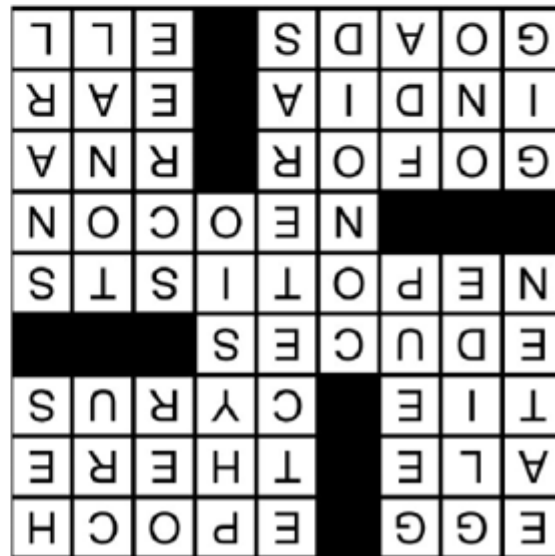
- 1. \_\_\_ roll
- 4. Geologic period
- 9. Draft pick
- 10. "So \_\_\_!"
- 11. Dead heat
- 12. Inventor McCor-  
mick
- 13. Draws out
- 15. They hire their  
relatives
- 19. One political type
- 20. Attempt
- 23. H.S. biology topic
- 24. Calcutta's home
- 25. Serving of corn
- 26. Spurs on
- 27. Building wing

## Down

- 1. Consumed
- 2. Coast
- 3. Command to a  
horse
- 4. Miscellanies
- 5. Prefix with therapy
- 6. "Star-Spangled  
Banner" preposition
- 7. French vineyard
- 8. Guys
- 14. Dunce-cap-  
shaped
- 16. Landslide debris
- 17. Harmonious
- 18. Tangle



- 20. Band booking
- 21. Plastic \_\_\_  
Band
- 22. Rx watchdog



*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](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 \$644.64. (After our annual donation of \$1000.00 to send two campers to the Madden Open Hearts Camp in July, 2018)**



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 \_\_\_\_\_ 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

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

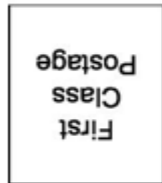
Additional Chapter Donation Amount \$ \_\_\_\_\_

**TOTAL Paid to Chapter \$ \_\_\_\_\_**

**Mended Hearts Chapter 9**  
 Steve Livingston Treasurer  
 501 ~~Dzen~~ 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**