



Hartford Heartline

February 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

New Meeting Date and Time!

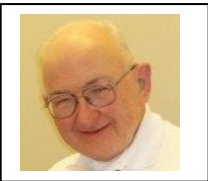
Sunday, February 16, 2020 2:00 p.m.

Room 311, Goodwin College

Speaker: TBD

Refreshments: Barbara Durkin, Sue Livingston

(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:

I've been thinking of what to write for this message after getting an email from VP John Dunn. John Dunn also helps with proofreading the newsletter that indeed it was the 1st of the month and I still had an obligation to fulfill.

First, I wish to thank all the members that volunteer making phone calls with the Phone Tree program that Chapter #009 has. With some of team being on vacation or unavailable other members made additional phone calls.

Hopefully the weather will cooperate and I wouldn't be getting an email from the person in charge of making decisions on when Goodwin College can be open. Personally I thought the weather was OK on Sunday, January 19, 2020 but that decision had to be made on Friday, January 17, 2020.

So with keeping our fingers crossed that we meet on Sunday, February 16, 2020 we'll be able to have elections for the Officers of Greater Hartford, Chapter #009. And any other business that needs to be taken care of.

Heartfully,
Chapter #9 President, Walter H. Kovaciny

**Special Note: The Chapter 9 Board of Directors and entire Membership would like to offer our thanks to
Walter Kovaciny for his years of outstanding service and dedication as our Chapter President.
Thank you, Walter!**

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: vromez@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: vromez@att.net

Schedule of Future Monthly Meetings

(Please note change of day and
change of time!)

**Sunday, February 16, 2020
(Meeting Starts at 2pm)**

**Sunday, March 15, 2020
(Meeting Starts at 2pm)**

**Wednesday, April 15, 2020
(Meeting Starts at 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

Enjoy the Newsletter in color on our website!

<http://mendedheartsCT.org>

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



Cardiology Moves Forward for 2020

In recognition of American Heart Month, here are some cardiovascular research developments to keep an eye on in 2020, courtesy of Harvard Health Publishing:

* **Digital stethoscopes.** Featuring specialized microphones and sensors that filter, buffer, and amplify sounds from the heart, digital stethoscopes then convert the sounds to a digital signal sent wirelessly to a smartphone. There, the patterns can be visualized and further analyzed.

* **Safer anti-clotting treatments.** A chip the size of a postage stamp contains miniature channels, valves, processors, and pumps that enable precise manipulation of different fluids. The chip can screen hundreds of compounds in a few hours and was developed by Australian scientists who aim to identify better and safer anti-clotting treatments.

* **New ways to lower cholesterol.** An experimental injectable drug called Inclisiran requires just two injections a year (rather than others that are monthly) and may cut LDL -- the "bad" cholesterol -- in half. Another new drug called bempedoic acid, taken in pill form, can lower LDL by about 25 percent in people who can't tolerate high doses of statins.

* **Cuffless blood pressure monitor.** The Biobeat device uses a small skin patch to measure light absorbed or reflected by blood vessels; paired with a special smartwatch, it continuously measures a person's heart rate and oxygen level in addition to blood pressure. The patch is placed on the upper torso and lasts for 10 days.

* **Handheld ultrasound.** Miniaturized ultrasound devices that fit in a doctor's lab coat pocket are plugged into a smartphone or tablet, providing images that can detect problems with the aorta or the heart valves and also determine the severity of heart failure. Though they won't replace standard echocardiograms, the goal is faster diagnosis and treatment of common heart problems.

Source: National Mended Hearts Monthly Newsletter, February, 2020

Cold Weather and the Impact on Your Heart

Whether you live in a frigid climate or not, cold weather can affect your heart. According to the American Heart Association, cold weather and other seasonal factors can raise the risk of heart attacks and more.

Studies show that cardiac deaths begin to climb around Thanksgiving, peak early in the year, then decrease as warmer weather returns. According to a 2015 study by Dr. Robert A. Kloner of the Huntington Medical Research Institute, every one degree Celsius drop in temperature (1.8 degrees Fahrenheit) corresponded to a 0.49 percent increase in deaths from all causes.

Kloner said many factors are at work. The cold makes arteries constrict, which can decrease blood flow and the delivery of oxygen; it also tends to increase the formation of blood clots. Winter is also flu season, and studies have shown an increase in heart attacks shortly after people get the flu.

Some other potential factors include: the stress of holidays; a lack of sunshine and an increase in depression; and less exercise in the colder, darker months.

For those with coronary conditions, it's especially important to be aware of cold-weather activities like shoveling snow -- consider hiring someone to do it or using a snowblower, particularly if you're not in shape - - and to dress warmly. And of course, eat a healthy diet.

Source: National Mended Hearts Monthly Newsletter, February, 2020



Slips and Falls: How to Survive ice

Everyone falls and some people fall all the time -- on purpose. Paratroopers, football players, stunt people -- all these people get paid to fall and they know how to do it.

One in four Americans over the age of 65 falls each year. Can we learn anything from a professional fall guy?

Yes. You can actually learn how to fall better and suffer fewer injuries. In the winter, falls on ice and snow are common. It happens in a split second and before you know it, you're on the ground. But there are some things to keep in mind if you slip:

1. Don't try to stop yourself with an outstretched arm. You'll likely end up with a broken arm or wrist. Instead, keep your arms bent.
2. Roll with the fall. Notice how football players roll across the field when they are hit. They don't try to stop themselves from falling. They roll.
3. Turn so that you land on your thighs or backside. Lots of cushioning there and better than landing on bone
4. If you are losing your balance, get ready to fall by bending your elbows and knees.
5. If you feel yourself falling forward, turn your head to the side. Falling backward, tuck your chin to your chest. Prevention is important too. Wear boots with non-slip tread when outside

Cars and Falls

One place falls are common is near cars and in parking lots. Beware especially when there is little snow on the lot. Melted snow re-freezes into sneaky patches of black ice in parking lots.

**Slips and Falls: How to Survive ice (cont'd)
*Getting Out of the Car***

Make sure both hands are free. If you have a purse, try one that is cross body. Put the purse over your head before you get out of the car. Put your cell phone away. Swivel in the seat so that you face the door. Test the ground with one foot to see if it is slippery. Put both feet lightly on the ground.

Before you get out, scan your surroundings for dangers or obstacles. Get a hand hold on the car using each hand to grab left and right, then lift up flat and straight. Scan the ground for ice as you walk. Walk in short, slow, flat steps. Use a wider stance if it is windy.

Source: National Mended Hearts Monthly Newsletter, February, 2020

**Important Information for the
February Chapter Meeting:**

Note:

The 2020-2022 Officer Elections will be held!

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

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

Please make it a point to attend and cast your vote!

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Reminder: 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.

Challenge Yourself with this Fun Crossword Puzzle

Fruit of an Evergreen

Across

- 1. Chipper
- 5. Hubbubs
- 9. Pinocchio, at times
- 10. Kind of dancer
- 11. Coastal raptor
- 12. Like some tea
- 13. Greece/Turkey separator
- 15. TV watchdog org.
- 16. Ominous omen
- 22. Tech support caller
- 23. Reverse
- 24. Enthusiasm
- 25. Marsh plant
- 26. Cuts off
- 27. Change for a twenty

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. Entreaty
- 2. Cork's country
- 3. Telephoned
- 4. Some rain forest flora
- 5. Where Henry V triumphed
- 6. Rx writers
- 7. Curved molding
- 8. Fizzy drink
- 14. Do something
- 16. Petrol
- 17. Nobel Peace Prize city
- 18. Harvest

- 19. "Trick" joint
- 20. Genesis garden
- 21. Silent assents

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

S	N	E	T		S	P	O	L
D	E	R			N	A	E	L
O	D	U			R	E	S	U
N	E	K	O	T	E	R	O	F
			C	C	F			
A	E	S	N	A	E	G	E	A
D	E	I	C		E	N	E	R
O	G	O	G		R	A	L	I
S	O	A	D		T	E	R	P

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

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 \$178.64. (After our annual donation of \$600.00 to the Madden Open Hearts Camp in July, 2019)

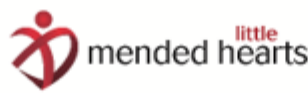


Donations were received from John Myers, Ted & Miriam Hoffberg, & John Hussey

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 ___

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.

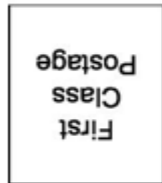
Chapter# 9 Annual Chapter Dues: \$ 5

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