



Mended Hearts

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.



PRESIDENT'S MESSAGE

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

Fall Greetings to Members and Friends of Chapter 9:

This year it's more important than ever to get your flu shot. In a normal flu season, heart patients are at a greater risk of developing serious complications from the flu. This year, with COVID-19 putting people with underlying health conditions at risk, heart patients and caregivers of those with congenital heart defects (CHDs), need to be even more vigilant when it comes to protecting their health and the health of their loved ones." The time to get your flu shot is now!

(Taken from the October 2020 Mended Hearts National Newsletter)

Heartfully,

John Dunn, President Mended Hearts, Chapter 9 Greater Hartford, Connecticut

"It's Great To Be Alive, And To Help Others!"

*Special Note: This is the last edition of our 2020 Newsletters. We do not publish in December
Also, the November 18th meeting by Zoom is our last Chapter Meeting this year.
Wishing everyone a Healthy, Safe and Happy New Year! -----John*

Hartford Heartline

November-December, 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 the COVID-19 Virus all patient and family in-person visits are suspended until further notice. However we are offering our monthly Chapter Meetings live, online! Please join us via the connection information below:

Guest Speaker: TBD

Topic: TBD

Date/Time: Wednesday, November 18, 2020 7:00 PM ET

Join Zoom Meeting (Follow the link for Video and Audio)

<https://us02web.zoom.us/j/83969653669?pwd=VHR2Ukdpc2hjQm9QdTZTMm9oc3FMdz09>

From Zoom.com:

Meeting ID: 839 6965 3669 Passcode: CHAPTER9

Dial In (Audio Only-May be Toll Call):

+1 929 436 2866 US (New York)

Meeting ID: 839 6965 3669 Passcode: 57411151

Mended Hearts Chapter 9 Info

Chapter 9 OFFICERS 2020-2022

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Email: vrone@att.net

Treasurer

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South Windsor, CT 06074
860-644-4250

Email: stevelivingston@cox.net

Assistant Regional Director/ Executive Vice-President

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West Hartford, CT 06117
860-232-8417

Email: vrone@att.net

**Mended Hearts Chapter 9
Upcoming Chapter Meeting Schedule
(Please Note: In-Person Chapter Meetings
have been suspended until further notice.)**

**However we are offering our
Chapter Meetings Live, Online!**

Wednesday, November 18, 2020 7pm

No December Meeting-Holiday Break

**'Zoom' Conference Connection Details
forthcoming in future 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 - 2020-2022

Visiting Chairman/Trainer – Hartford Hospital
John Dunn 860-688-5489

Visiting Chairman/Trainer - St. Francis Hospital
Bob Hoffman 860-232-8417

Program/Correspondence Chairman:
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PhoneTree Administrator
Walter Kovaciny 860 684-7247

Refreshments: Coordinator
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Webmaster/Newsletter Layout
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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>

Retired and Still Rocking



Retired and still rocking? In the 1950s, guidance counselors recommended that students throw away their rock albums. They probably didn't do it.

Research suggests that seniors are still rocking to the bands of their youth. Seniors have lived through explosive musical changes. Influenced by the crooners of the 1940s and 1950s, to the bluesy rock of Elvis Presley and into the rock band era of the 1960s and 1970s.

One of the main reasons these huge musical movements exist is technology. Radio brought music to the masses. Vinyl records allowed us to choose. Cassette tapes and CDs were portable. And, finally, internet -based music allows consumers to transport, choose, and mix it up.

Some studies say musical tastes change with age. A 2013 University of Cambridge study of data from 250,000 people over 10 years shows that musical tastes shift in line with life challenges.

Adolescents like intense, aggressive, loud, distorted and rebellious music as they struggle to find an identity and overcome frustrations. Young adults prefer romantic, positive and danceable music as they search for love. In this stage, music is part of the search for intimacy, according to Science Daily. By middle age and later, people search for relaxing, emotive, and more sophisticated (or complex) music.

On the other hand, smaller studies by online music companies found that people reached their peak music experiences around age 24 and stopped experimenting with music around age 30. That means seniors may still be rocking out to the bands and voices of their youth. According to a 2001 study by National Institutes of Health, listening to your favorite songs can give your brain a big dose of pleasure.

Source: National Mended Hearts Monthly Chapter Newsletter, November, 2020



Virtual screening for Pulmonary Hypertension May Help Save Lives

As telemedicine continues to explode as a result of the COVID-19 pandemic, Temple University physicians have developed a new tool to virtually screen for pulmonary hypertension, according to the Temple University Lewis Katz School of Medicine.

The screening method uses an existing echocardiogram. Physicians analyze specific key measures in echocardiogram data, minimizing the number of in-person visits needed to diagnose pulmonary hypertension, according to Temple University.

The advance comes as physicians and patients alike work to minimize in-person visits to prevent the spread of the novel coronavirus. For pulmonary hypertension patients, access to a virtual screening tool is especially important, as they face elevated risk for hospitalization and death from COVID-19, according to the American College of Cardiology.

The new screening method is called the virtual echocardiography screening tool, or VEST. According to Anjali Vaidya, M.D., codirector of Temple University Pulmonary Hypertension Program, VEST allows physicians to quickly evaluate patients for pulmonary hypertension with non-invasive echocardiogram images.

Since the screening method is entirely virtual, vulnerable patients can continue to socially distance and avoid the risks associated with in-person clinic visits. According to Vaidya, VEST makes it easier to recognize pulmonary hypertension early, which gives patients more time to access further evaluation and treatment.

Critically, VEST is effective at distinguishing between the two most common subtypes of pulmonary hypertension pulmonary arterial hypertension (PAH) and pulmonary hypertension due to left heart disease. Patients with PAH in particular face poor outcomes, which are exacerbated by frequently delayed diagnoses and treatment, according to Temple University.

Pulmonary hypertension is a type of high blood pressure that affects arteries in the lungs and the right side of the heart. For some pulmonary hypertension sufferers, including pulmonary arterial hypertension patients, the condition worsens over time and can become life-threatening, according to the Mayo Clinic.

Source: National Mended Hearts Monthly Chapter Newsletter, November, 2020



Mended Hearts Chapter 9 is pleased to share this presentation of Hartford Hospital's being selected as the Mended Hearts Northeast Regional Hospital of the year award. Jason Sutherland and David Haley accepted this honor on behalf of Cardiac Rehab-very fitting since recently it was Allied Health Week-and the hospital wanted to promote their Exercise Physiologists!

Cardiac Rehab is very grateful for the professionalism and dedication that their team of RN's and Cardiovascular Exercise Physiologists provide on a daily basis to our heart patients!

A Sincere Congratulations for Your Outstanding Service!

American Diabetes Month: Researchers Work to Improve Current Diabetes Treatment Options

Diabetes is one of the world's most common chronic diseases, affecting about 463 million adults worldwide number that is expected to increase to 700 million by 2045, according to the International Diabetes Federation.

About 90 percent of these cases are type 2 diabetes, according to Nature Reviews Endocrinology. Patients with type 2 diabetes are resistant to the effects of insulin, a hormone that regulates blood sugar, or do not produce enough insulin to maintain normal blood sugar levels, according to the Mayo Clinic. Patients who are unable to regulate their blood sugar with diet and exercise alone are usually prescribed metformin, which lowers blood sugar.

American Diabetes Month (cont'd)

However, about 30 percent of patients with type 2 diabetes do not respond to metformin and are vulnerable to other complications while their blood sugar remains elevated, according to Science Daily. Between 20 and 30 percent of patients experience side effects that are difficult or impossible to tolerate, according to Genome Web.

Swedish researchers have identified biomarkers that can show in advance, via a simple blood test, how a patient will respond to metformin, according to Science Daily. The researchers hope that this research can be further developed to help inform prescribing decisions for health care providers so patients can receive appropriate medications immediately, according to Science Translational Medicine, a publication of the American Association for the Advancement of Science.

Further research is needed before a blood test goes into wider use for diabetic and pre-diabetic patients, however. The next step for the researchers: A larger clinical study with 1,000 patients from around the world, according to Science Daily.

Source: National Mended Hearts Monthly Newsletter, October, 2020

World of Support Update

As reported in the October 2020 Newsletter, "World of Support" is an awareness campaign and a Virtual Walk. A virtual walk is a walk where you get to pick a distance goal and you are on your honor to complete the distance any way and anywhere you would like between September 29 (World Heart Day) and October 29. This creative event helps create a "World of Support" in a world that needs support now more than ever!

We are very happy to report that our very own Bob Hoffman, (MH Chapter 9 Secretary, and MH National Assistant Regional Director/Executive Vice-President) was successful in raising \$2,492 from 28 Donors, 8 of whom were from Chapter 9. As a result of his efforts, Chapter 9 will receive a check for just over \$1200. Our sincerest Thanks are extended to Bob for his outstanding efforts

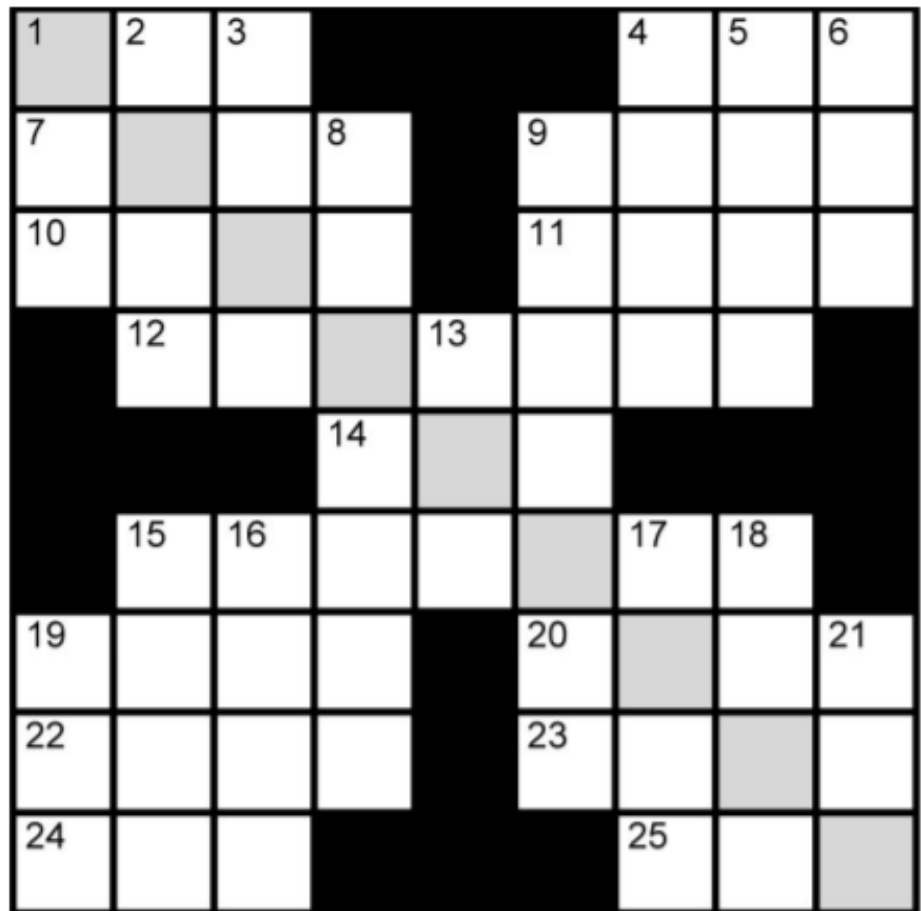
Source: National Mended Hearts Monthly Newsletter, October, 2020

Challenge Yourself with this Fun Crossword Puzzle!

Holiday Goal

Across

1. Movie SFX
4. Short snooze
7. Neural network
9. Cheek
10. Scream
11. Eagle's nest
12. In a smooth manner
14. Wharton degree
15. Facial feature
19. Reach across
20. Peacock's pride
22. Bridge, in Bretagne
23. ____ Spumante
24. Inquire
25. Café alternative

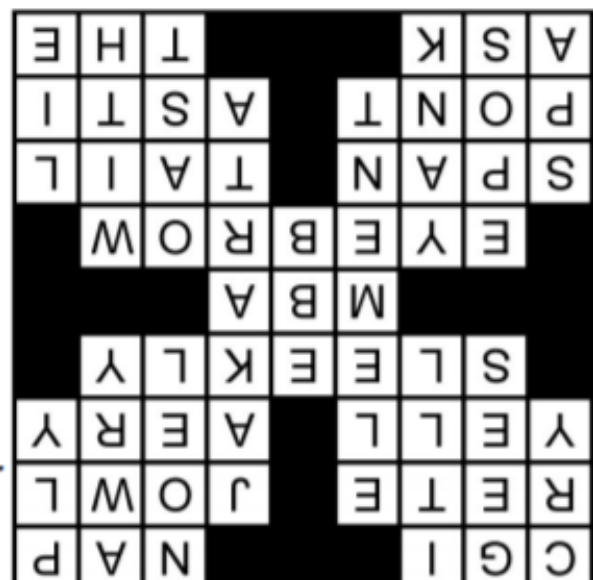


Down

1. Weep
2. The Bee ____
3. "____ have to do"
4. Christmas carol
5. Not straight
6. Thickness
8. Periodic table listing
9. Capital of Indonesia
13. "Chicago" lyricist
15. Heroic poem

16. Tug sharply
17. Brewer's equipment
18. Accompanying
19. Hot springs
21. Fanciful story

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 **(when in-person meetings resume)** 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 \$321.14.



The 50/50 raffle is held every in-person Monthly Meeting to Benefit the Mandy Hart Fund. There is always an opportunity to donate and win at upcoming monthly meetings!

Thank you for your Generosity!



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.

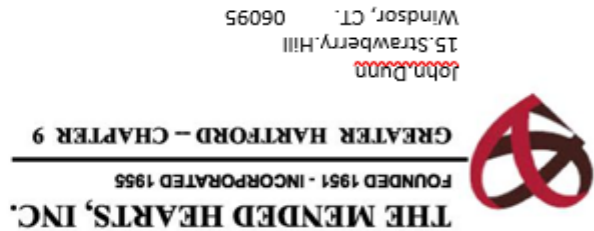
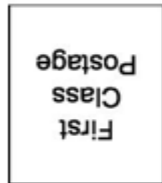
Chapter# 9 Annual Chapter Dues: \$ 5

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