



### 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

Summer 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 are suspended until further notice. However we are offering our monthly Meetings live, online! Please join us via the connection information below:**

***Special Guest Speaker: Nick Carboni,  
Sports director at WCNC-TV in Charlotte, N.C***

**Topic: "All Things Sports: A Day In The Life of a Sportscaster"**

**Date/Time: Wednesday, June 17, 2020 7:00 PM ET**

**Join Zoom Meeting (Follow the link for Video and Audio)**  
<https://us02web.zoom.us/j/84918498585?pwd=eVpKWGlhEp4dllaR0RuVDhRUHRgdz09>

**From Zoom.com:**

**Meeting ID: 849 1849 8585 Password: CHAPTER9**

**Dial by your location (Audio Only-Toll Call):**

**1 929 436 2866 US (New York)**

**Meeting ID: 814 0396 5557 Password: 474239**

### 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:

Thinking of how far we've come since our last meeting, I should be happy – and I am. It would be easy to get discouraged at how much further we have to go in recovering from the COVID-19 issue, yet I remain hopeful that the "new normal" we will all emerge with will be satisfactory to all – AND we can all get comfortable with it soon rather than later. As we all know, too much stress is NOT a good thing for us in general...and definitely not for our cardiac well-being.

**"It's Great To Be Alive, And To Help Others"! Be well, stay safe, and most importantly – COVER YOUR MOUTH WHEN YOU COUGH OR SNEEZE!**

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](mailto:rlemay1954@gmail.com)

Vice-President

**John A. Dunn**

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

Treasurer

**Steve Livingston**

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Assistant Regional Director/ Executive Vice-President

**Robert Hoffman**

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

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

#### ***Please Note:***

**2020 Mended Hearts Chapter 9  
Annual Banquet has been Cancelled**

**With regrets, the Board has made the  
difficult decision to cancel our annual  
Chapter Banquet.**

**No one can predict three months out  
what the Covid-19 situation will be and  
how it could affect our health and dining  
in restaurants. So, we will do all we can  
to stay safe and keep well by omitting  
for this year.**

***Any questions or concerns, please  
contact John Dunn at 860-688-5489***

***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:  
Steve Livingston 860-644-4250

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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>

## How to Navigate, Disinfect Your Day

Each person will want to routinely disinfect spaces for at least two months (and maybe more if there is another outbreak of coronavirus in the fall). This article contains information derived from a National Institutes of Health 2020 study on virus aerosol and surface persistence.

**Surface exposure** \*Wear gloves on public transportation or if you are lingering in high-traffic, public areas. \*Keep tissues handy, to help yourself and others stop the spread through sneezing and coughing. \*Carry tissues with you to open doors, push buttons, and turn handles in public areas. In a pinch, use your sleeve or even your elbow. \*Disinfecting wipes help disinfect your table, but be sure they are wet and not dried out. \*Follow the guidance of the CDC on masks, especially if you are in a high-risk group. \*Consider changing into clean clothes when you get home from shopping or an outing, especially if you have been to any public places. Wash clothes in at least 86 degree water with soap. Load washers lightly to increase the disinfecting effect. Bleach and non-chlorine bleach help, if acceptable for the fabrics. High-heat dryers are also good.

**Hard surfaces** \*In quantities large enough to be transmittable, the Covid-19 virus can exist on stainless steel and plastic surfaces for 72 hours. \*Copper is known to prevent the spread of respiratory viruses and this was shown in a 2015 study by the University of South Hampton. \*Current studies show Covid-19 can exist on copper for only 4 hours. \*On cardboard, the virus lingers for about 24 hours, suggesting that delivered packages should be safe

Source: National Mended Hearts Monthly Newsletter, June, 2020

**Please Remember to Support Our Country! Proudly Display the Flag!**



## Weight Training Saves and Builds Muscles

Weight training saves and builds muscles Between the ages of 30 and 70, adults typically lose at least 20 percent of their muscle tissue.

The slow process of erosion has recently been named sarcopenia, Greek for "vanishing flesh." Though sarcopenia is not an inevitable consequence of aging, everyone is at risk.

For those over age 30, the good news is that sarcopenia can be reduced and even reversed by weight lifting. Research reported in *The Annals of Internal Medicine* shows that muscle mass peaks around age 30 and begins to decline slowly thereafter. Men and women appear to lose the same percentage of muscle.

Research also shows that older adults who have been lifting weights for 15 to 20 years or doing resistance training, are at least as strong as inactive 20-year-olds.

Resistance training is any type of exercise performed in one place while standing, sitting, or lying down. It includes leg lifts, arm curls, and abdominal crunches. Such movements can be performed using free-weights, weight machines, or by working against gravity.

The goal is to challenge the targeted muscles by performing at least three sets of eight to twelve repetitions, and to gradually increase the amount of weight used.

In addition to slowing muscle loss, the training increases the rate at which the body burns calories, increases bone density, decreases the risk of diabetes, and increases HDL, the "good" cholesterol.

Source: National Mended Hearts Monthly Newsletter, June, 2020





## Father's Day Reigns on Social Media

In the new way of honoring those we love, we are about to see pictures of fathers popping up all over Facebook, Instagram, and all of social media.

We'll see fathers in military uniform, snapshots of dad in a favorite moment, or maybe dad on his wedding day.

This year, June 21, just one day past the start of summer, is bound to be a festival of dad. It's a fine way to honor a father. If you will post a favorite picture, be sure to post a memory, even if it doesn't exactly match the photo. Was there a legendary moment in the family when dad did something exceptionally fun? Those times of fun and tenderness are what make memories.

Maybe, if remembering your dad over his lifetime, you can recall his work. That he got up every morning, rain or shine, and brought back a paycheck to support his family. Maybe you remember how he could fix things or save the day in a million little ways. Or his favorite sayings. Some dads have a million of them. It would be a good day to thank him for those million things. So go ahead and do that. If he only lives in your memory now, thank him anyway.

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



## Social distancing (the Old-Fashioned Way)

The coronavirus may actually be helping one kind of business: Drive-in Theaters. What better way to go out, see a movie and still maintain social distance?

The experience is pure 1950s. Head out at dusk, find that perfect spot in an enormous parking lot. Watch a movie on an enormous screen with sound in your car. Of course, today there are only 305 drive-ins known to the United Drive-in Theatre Owners Association. Thousands still stand in the skeletal form across the country.

But this form of entertainment is a group experience that's also isolated. At least, if you want it to be. Isolation wasn't the goal of teens in the 1950s who managed to park side-by-side, girls in one car, boys in another, for a while at least.

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

## Fireflies Light up Night with their Summer Show

In dark, wooded, or weedy areas in June, the annual firefly show heats up as the little twinklers search for a mate.

Fireflies, also known as lightning bugs, are actually beetles, and there isn't just one kind. In fact, there are 2,000 types worldwide, but many species live and light up together in your back yard or favorite wooded area. Males fly about flashing their specific pattern, looking for a female to reply. Meanwhile the females are waiting in grass or a bush. When she sees the flash she is looking for, she responds with a flash of her own. Then the conversation begins. Each kind of firefly has its own flash.

What you see in the flashing fireflies is only a brief period of the insect's life. Most fireflies you see flashing were born from eggs two years previously. They spent all that time in their grub stage, eating and waiting until they metamorphose into adults. As flying fireflies, they live a very short time, sometimes only a couple of weeks, with one mission: To find a mate. The offspring of fireflies you see this year will be flying two years from now.

This system has been effective for fireflies and a delight to the eye of humans, but today populations are smaller as all the light confuses them. Best bet: Turn off the yard lights. Let some wild areas grow!

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



"If I apply for early Social Security, I get this. If I wait until I only have one life left, I get this."

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

## Appointment minder

## 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 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.

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**“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, 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 Symposium

#### 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 Symposium

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.*

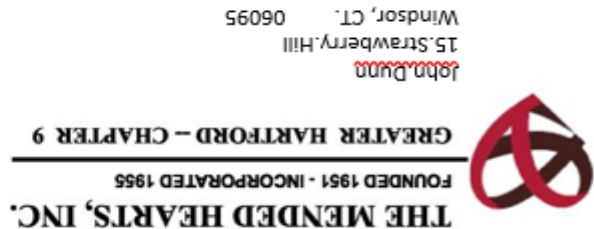
Chapter# 9 Annual Chapter Dues: \$ 5

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**