

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.



Hartford Heartline

October, 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: Dr. Bernard Clark,
St Francis Hospital, Hartford, CT**

Topic: Discussion on the Effects of COVID-19 on the Heart

Date/Time: Wednesday, October 21, 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

SPECIAL 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 sadly received notice on September 22nd, 2020 that Rick LeMay has resigned as President of Chapter 9, effective immediately, for personal reasons.

The Chapter 9 Board of Directors and entire Membership would like to offer our thanks to Rick for his service and dedication as our Chapter President. **Thank You, Rick!** Rick will continue to be a Member of Chapter 9.

According to our Chapter By-Laws, if the President resigns from Office, the current Vice President will move up to the Office and Title of President, Mended Hearts, Chapter 9. The Board subsequently voted to fill the open Board position of Vice-President, with current Board Member Walter Kovaciny.

I look forward to leading our Chapter 9 for the remainder of 2020 and 2021.

Heartfully,

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

Mended Hearts Chapter 9 Info

Chapter 9 OFFICERS 2020-2022

President

John A. Dunn

15 Strawberry Hill
Windsor, CT 06095
860-688-5489

Email: jjhmdunn@msn.com

Vice-President

Walter H. Kovaciny

237 Old Springfield Road
Stafford Springs, CT 06076
860-684-7247

Email: walterkovaciny@cox.net

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

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, October 21, 2020 7pm
Wednesday, November 18, 2020 7pm**

**'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:
Steve Livingston 860-644-4250

PhoneTree Administrator
Walter Kovaciny 860 684-7247

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 new and
improved website!

<http://mendedheartsCT.org>

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

9 Foods for Your Heart

Healthy eating is a cornerstone of a heart-smart diet, and eating foods packed with vitamin A can help give your heart a boost. But it's also good for your immune system, eyes, lungs and kidneys! Men should aim for about 900 micrograms per day, while women need to get about 700 micrograms. Fortunately, there are many different ways to get this power-packed vitamin in your food.

Here are nine foods that are great sources of Vitamin A:

Asparagus	Butternut squash	Carrots
Kale	Mango	Red peppers
Sweet potatoes	Tomatoes	Pumpkin

The great news about these fantastic foods is that all of them are versatile enough to be used in a variety of dishes, and they all have health benefits that go beyond heart health. Sweet potatoes, for example, also promote healthy vision, while carrots are linked to lower cholesterol, weight loss, healthy vision and a reduced risk of cancer.

Source: Mended Hearts Heartbeat Magazine, July, 2020

Beware of the BPA Substitute

The FDA banned BPA (bisphenol A) in 2012 following concerns that the chemical, which was used in plastic products, could leach into foods and cause hormonal disruption. But new research indicates its replacement, bisphenol S, could be bad for the heart.

A study from the University of Guelph shows that BPS can reduce heart function almost immediately after exposure. The study, which was published in the journal *Scientific Reports*, found that mice who were exposed to amounts of BPS that would be typical for humans had slower blood flow and reduced heart contractions. This happened within five minutes of exposure and was worse for females.

Although the body gets rid of BPS quickly, the study's authors noted that since plastic products are so ubiquitous, it is likely that most people have ongoing exposure to them. People with coronary heart disease, high blood pressure, diabetes or obesity could be at increased risk of a heart attack.

They suggested reducing plastic use as much as possible, including avoiding single-use plastics, and opting for glass instead of plastic whenever possible.

Source: Mended Hearts Heartbeat Magazine, July, 2020



Seniors in Lock-Down: How long?

Rose is 92 in a nursing home. She has a mobility problem, but no serious illnesses. She has never touched a sip of alcohol, nor puffed on a cigarette.

The kids joke she will live forever. Rose isn't joking when she says she is planning to "escape from this hell." Months into lockdown from COVID-19, Rose has been lucky. There have been no deaths or COVID-19 cases in her facility. But she doesn't feel lucky.

Waving to her kids outside the window isn't cutting it. She hasn't seen her friend in the facility for months ("She might as well live on Mars," she says.) She hasn't gone to church, once a staple of her life.

What to do? Elders are especially vulnerable to the novel coronavirus. Eight out of 10 deaths from COVID-19 in the U.S. have been among adults aged 65 or older. Although seniors living at home have made their own decisions about quarantine, nursing and assisted living homes remain locked.

Rapid-result tests might help the senior population if visitors and residents could be tested and get results instantly. Scientific American reports two companies and a university are making cheap, at-home tests with instant results. The tests will show if a person is infectious at the moment. That means if Rose isn't infectious right now and her son isn't either, they could go for a drive and dinner. Have a hug. Share photos. It would make all the difference, an escape from Mars.

Source: National Mended Hearts Monthly Newsletter, October, 2020



Mended Hearts Chapter 9 is pleased to share a reprinted excerpt from the Hartford Hospital's Volunteer Connection as a followup to the Northeast Regional Awards presented by Mended Hearts Inc. on August 22, 2020 via a remote National Conference

As a reminder, Hartford Hospital was selected as the Northeast Regional Mended Hearts Hospital of the Year!

Great Job!

**Reprinted from the *Volunteer Connection*
HARTFORD HOSPITAL VOLUNTEER
NEWSLETTER SEPTEMBER 21, 2020:**

Hartford Hospital Named Northeast Region Hospital of the Year by Mended Hearts
Mended Hearts is a national and community-based non-profit organization that has been offering the gift of hope to heart disease patients, their families and caregivers. To offer this hope Mended Hearts provides a variety of programs.

- Mended Hearts is the largest peer-to-peer heart patient support network in the world
- Mended Hearts has been offering hope and support for 69 years, providing more than 230,000 visits each year
- Mended Hearts provides education, support and hope to all types of heart patients and their families

Mended Hearts and Mended Little Hearts has 265 chapters in North America, serving 460+ hospitals

We are proud to be the recipient of Mended Hearts volunteer support and the recipient of the 2020 Northeast Region Hospital of the Year!

World of Support

September 29th was World Heart Day and the first day of our World of Support Awareness and Fundraising Campaign. Please consider participating in this important event. By doing so, you'll be Creating a World of Support in a world that needs support now more than ever!

There are many ways to participate:

- **Engage** your family and friends by sending two emails of support to people who are affected by heart disease.
- **Donate** online, over the phone or by check. Call 1-888-432-7899 for more information.
- **Register** for 5K, 10K, 13.1 or 26.2 miles - you don't have to run to complete your miles—choose your favorite activity!
- **Create or Join a team** - If you need help with this, call Mandy at 469-888-3400

This event runs from through October 29th and it's only \$20 to participate and \$10 for kids. National will be splitting 50 percent what we raise (after fees) with participating chapters, so everyone benefits! To register, please go to:

<https://give.classy.org/worldofsupport2020>

Source: National Mended Hearts Monthly Newsletter, October, 2020



**'Alex won for the scariest costume.
He wasn't wearing a mask.'**

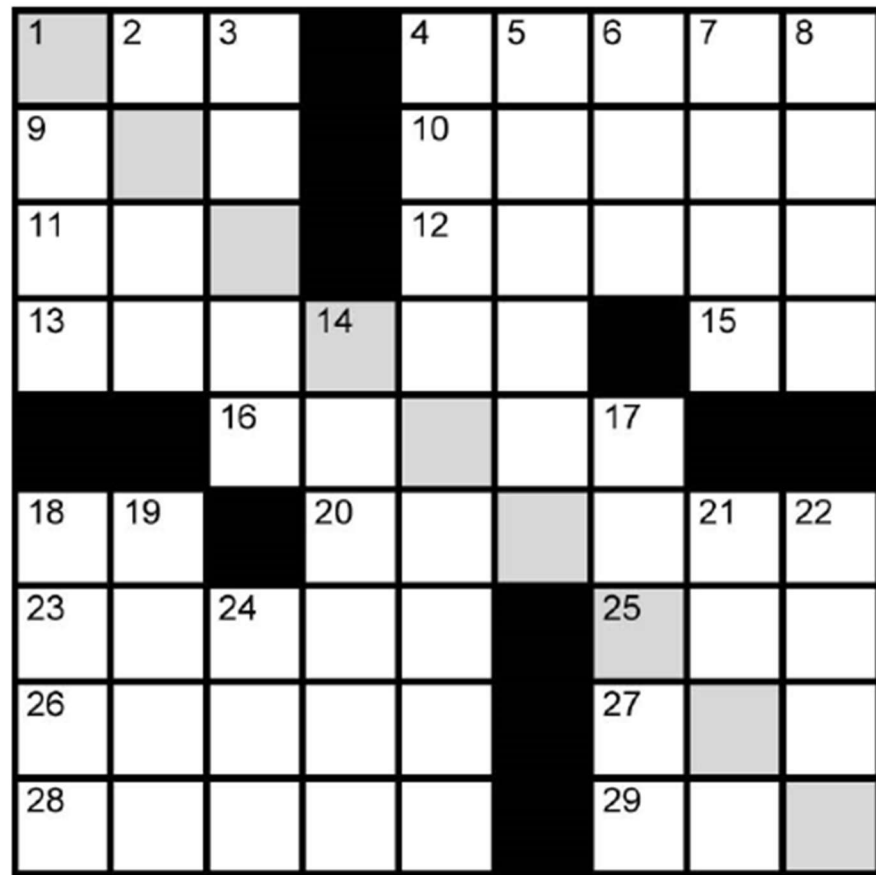
Source: National Mended Hearts Monthly Newsletter, October, 2020

Challenge Yourself with this Fun Crossword Puzzle!

Memories in Stone

Across

1. Fuel stat
4. Pretentious sort
9. "That means ____!"
10. Major artery
11. Mother Teresa, for one
12. Humidor item
13. Debate participant
15. Helium symbol
16. Irish revolutionary Robert
18. Morning, for short
20. Metrical feet
23. Dyeing technique
25. 40 winks
26. Accustom
27. In-flight info, for short
28. Dissuade
29. "Help!"

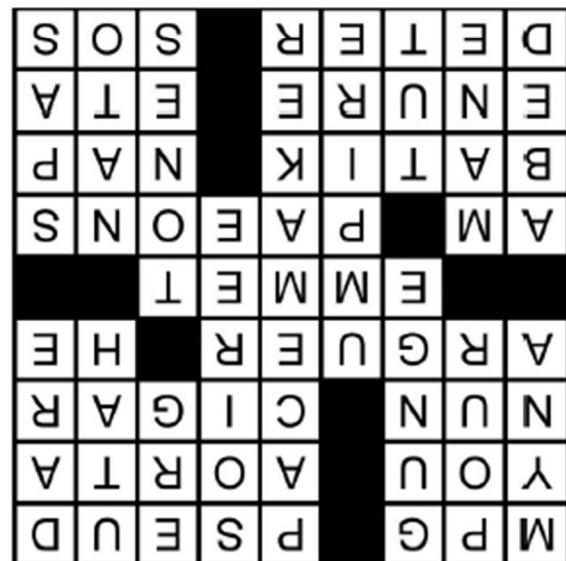


Down

1. Mimicking bird
2. Come down hard
3. Goo
4. Heartbeat regulator
5. Evening event
6. Unit of work
7. The Beehive State
8. Have the nerve
14. Strike caller
17. Color wheel display
18. In the sack

19. Equine feature
21. Western alliance
22. Pampering places
24. Egyptian boy king

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 \$276.14.

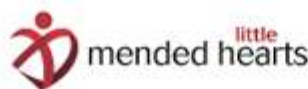


Have a Safe And Happy Halloween!



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, 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

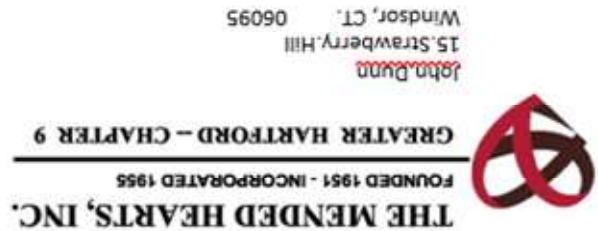
Additional Chapter Donation Amount: \$ _____

#TOTAL Paid to Chapter \$ _____

Mended Hearts Chapter 9
Steve Livingston, Treasurer
501 Owen 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