



### 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

September 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:**

**Special Guest Speaker:**

**Steven Walling**

**BS, RCS, RDCS, FASE**

**Program Director and Clinical Coordinator**

**Adult Cardiac Ultrasound Program at the Hoffman Heart & Vascular Institute School of Cardiovascular Technology Saint Francis Hospital**

**Topic: Informational Session on Echocardiograms**

**Date/Time: Wednesday, September 16, 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 by your location (Audio Only-Toll Call):**

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

**Meeting ID: 839 6965 3669 Passcode: 57411151**

### 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:

To say the summer of 2020 was one for the record books would be a huge understatement. As I type this I can't help but think of how much things have changed in such a short period of time due to the Coronavirus pandemic. But I am reminded of how much has changed over a much longer period of time, especially in the world of healthcare.

We are fortunate to have benefitted from the many advances in just the area of cardiovascular health and we shouldn't lose sight of that. Many of us, me included, are very fortunate. I hope none of us gets discouraged and everyone continues to remain healthy. If need be, tell your story of cardiac health and I'm quite certain that you will feel better - and so will the person you're telling.

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

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**

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

Treasurer

**Steve Livingston**

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

Email: [stevelivingston@cox.net](mailto: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](mailto: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, September 16, 2020 7pm**

**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](mailto: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>

## At least 165 Covid-19 Vaccines Studied

Usually testing a vaccine takes many years of trials and approvals plus thousands of subjects for testing.

But this process has been streamlined for the current pandemic and all across the world researchers are testing their ideas for a vaccine.

At least 165 studies are underway, all with varied approaches: DNA, RNA, weakened virus, inactivated virus, proteins, and viral elements. About 27 vaccines are in human trials now, according to The New York Times.

### Testing Phases for Vaccines

**Preclinical testing:** Vaccines given to animals to see what response it produces.

- *Phase 1 Safety Trial:* Scientists test the vaccine on a small number of people for safety and dosage.
- *Phase II Expanded Trials:* Hundreds of people included in the trials. Scientist give vaccine to different groups, elderly and children, for example, to test safety and efficacy.
- *Phase III Efficacy Trials:* Thousands included in testing of vaccine versus placebo. This trial is crucial because a vaccine must protect at least 50 percent of vaccinated people to be considered effective.
- *Approval:* Many countries will issue emergency use authorization to combat the pandemic.
- *Warp Speed:* The U.S. government's Operation Warp Speed will name five or more vaccine projects and give them billions of dollars.

### One Covid drug in approval phase

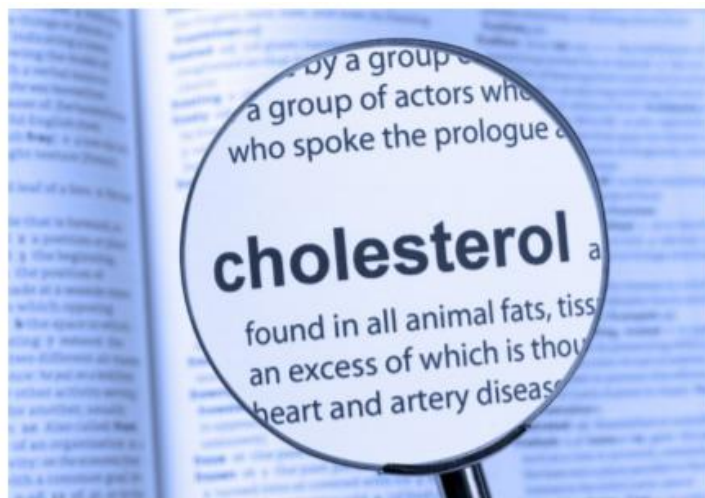
As of the end of July, one vaccine from China had received limited approval from the Chinese government. CanSinoBIO demonstrated in Phase II trials that its AD5 adenovirus vaccine produced a strong immune response.

### Six Phase III Covid Vaccines Worldwide,

Six vaccines were in Phase III.

- *Moderna, U.S.*, launched July 27. An RNA approach that produces viral proteins. \$1 billion U.S. funding.
- *BioNTech*, German company collaborating with Pfizer (New York), and Chinese drug maker Fosun Pharma. Designed to produce antibodies and immune cells.
- *AstraZeneca and University of Oxford (British/Swedish)*. Raises antibodies and immune defenses.
- *Wuhan Institute of Biological Products, Co., Ltd*, China state-owned company. Inactivated virus.
- *Sinovac Biotech*, privately owned Chinese company. Inactivated virus vaccine called CoronaVac.
- *Murdoch Children's Research Institute, Australia*. Uses the bacillus Calmette-Guerin vaccine, developed in the 1900s as protection against tuberculosis.

Source: National Mended Hearts Monthly Newsletter, September 2020



## September: Cholesterol Education Month What's the Right Age for a First Cholesterol Test?

By age 20 and beyond, all adults should know what their cholesterol levels are. That's the age recommended by the National Cholesterol Education Program.

Cholesterol is a fat-like substance found in all body cells. The body uses it for cell and tissue formation, but too much cholesterol is linked with increased risk of heart attack and stroke.

Cardiologists say everyone should know their cholesterol readings by at least age 20.

If the reading is high, life-style changes may be required to stop progression. There is overwhelming evidence that coronary heart disease can be prevented with aggressive reduction of cholesterol levels, cessation of smoking, and controlling weight and diabetes.

Early testing gives physicians the chance to follow patients and monitor cholesterol levels.

### Cholesterol-Cutting Tips

\* Cutting fat is essential.

\* Eat frozen yogurt or low-fat ice cream or sherbet instead of ice cream.

\* Broil, poach, grill, or bake meat and fish.

\* Snack on apples and pears

\* Trim the fat from meat before cooking.

\* Include in your diet salmon, mackerel and herring to increase Omega 3 fatty acids.

\* Whey protein, found in dairy products, can be added as a supplement to lower LDL cholesterol and total cholesterol.

Source: National Mended Hearts Monthly Newsletter, September, 2020





**Mended Hearts Chapter 9 is pleased to share the following Northeast Regional Awards presented by Mended Hearts Inc. on August 22, 2020 via a remote National Conference**

**What an Accomplishment and a Wonderful Representation of Chapter 9!**

**Congratulations to all the Winners and to all the members of Chapter 9!**

**Great Job!**

MH NORTHEAST REGION NEWSLETTER OF THE YEAR

■ Hartford Chapter #9, John Klimczak, Editor

MH NORTHEAST REGION ACCREDITED VISITOR EXCELLENCE

■ Robert "Bob" Hoffman, Chapter #9, Hartford, CT

MH NORTHEAST REGION VISITING CHAIR EXCELLENCE

■ George Frongillo, Chapter #315, Hyannis, MA

MH NORTHEAST REGION HOSPITAL OF THE YEAR

■ Hartford Hospital, Hartford, CT



**Congress passed the legislation proclaiming the first Sunday after Labor Day as National Grandparents' Day in the U.S and, on August 3, 1978, then-President Jimmy Carter signed the proclamation.**

**The flower of the U.S. National Grandparents Day is the forget-me-not which blooms in the spring. As a result, seasonal flowers are given in appreciation to grandparents on this day.**

Source: National Mended Hearts Monthly Newsletter, September, 2020 and From Wikipedia, the free encyclopedia

## Are you Uninsured or Under-Insured?

Life comes at you fast. In middle age, at the height of responsibility. What if an accident or illness took you off the family map? We all know it can happen and few think it will.

As a matter of fact, about 40 percent of people have no life insurance at all. Of the people with life insurance, about half are underinsured.

It is possible to get life insurance, even in your 60s.

The least expensive form of life insurance -- term insurance. The earlier you buy term insurance, the less expensive it is and some policies don't even require a health check.

Many people have life coverage at work, but this should be reviewed because it may not be enough. Primary breadwinners should have coverage equal to six to 10 times their annual incomes. Term policies usually cover only your working life.

Whole life is another kind of life insurance. Unlike term policies, it covers you for life, as long as you make payments. It also has the benefit of building cash value.

Although most experts say it shouldn't be considered an investment, if you get a big policy at a young enough age, and keep it until retirement, you could have a nice nest egg to tap into at retirement. Whole life policies can also be cashed in by your Power of Attorney for some part of the face value if you enter a nursing home, for example. It could be considered a small inheritance. Whole life policies usually require a medical exam and are unlikely to cover smokers.

Source: National Mended Hearts Monthly Newsletter, September, 2020



"Oh, no -- it's a panda-emic!"

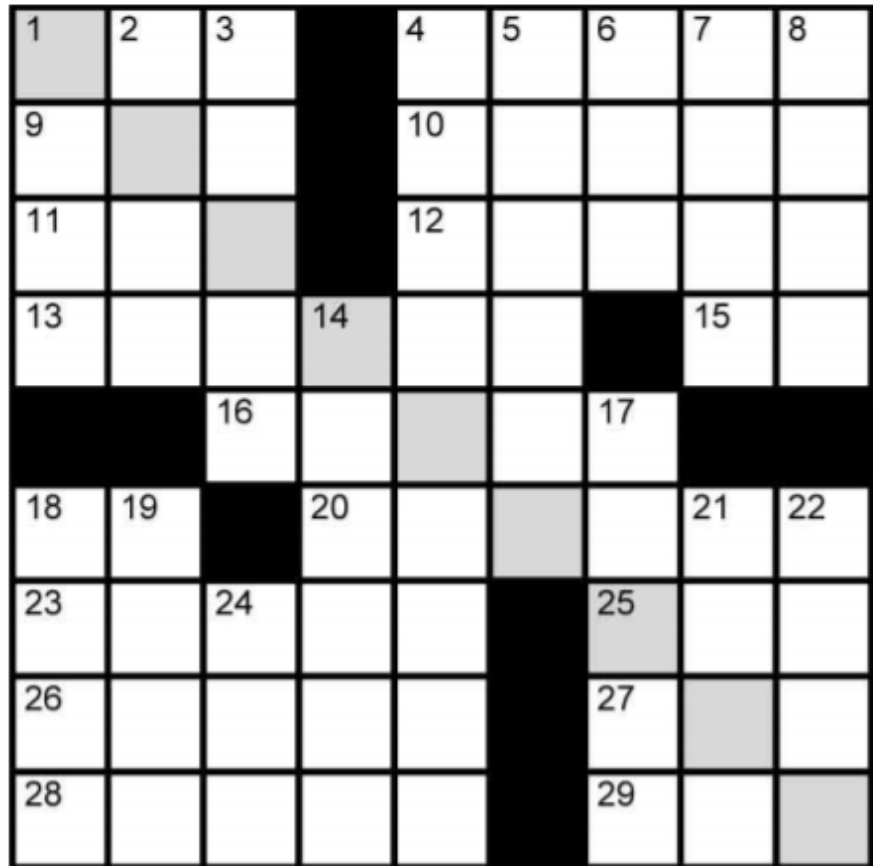
Source: National Mended Hearts Monthly Newsletter, September, 2020

## Challenge Yourself with this Fun Crossword Puzzle!

### September Gold

#### Across

1. African antelope
4. Behind
9. Period in the earth's history
10. Forest clearing
11. Sushi order
12. Batman's sidekick
13. Small burger
15. Gift-tag word
16. Link
18. In attendance
20. Most rational
23. Bigwig
25. "Winnie-the-Pooh" baby
26. Fish with a net
27. Tennessee athlete, for short
28. Silly
29. Football lineman



#### Down

1. Turns right
2. Christmas carol
3. Dark
4. Pleasant
5. Old Italian coin
6. Keyboard key
7. Cut and paste
8. Attorney General Janet
14. Renounce
17. Audacity
18. Opposed to
19. Mountain pool

21. Sometime today, say
22. Related
24. Bleat

*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.

**Welcome Mended Heart Chapter 9's  
Newest Member**

**Gary Sheldon**

**We are Glad to have You!**

### 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.

### Donations:

**Charles & Marcia Woolsey Family  
Norman & Dorothy Cohen Family  
Cynthia Hoffman/Belfer in Memory of  
Sheldon Hoffman**

**Thank you for your Generosity!**

**“Mandy Hart” our Special Piggy Bank for  
donations to the Madden Open Hearts Camp  
currently has a balance of \$276.14.**



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™

mended <sup>little</sup> 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 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.**

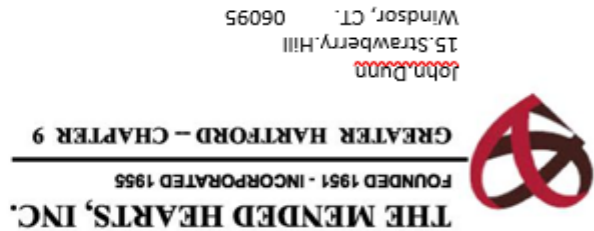
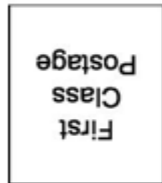
Chapter# 9 Annual Chapter Dues: \$ 5

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**