



HEART TO HEART

Newsletter of Cape Cod-Hyannis Chapter #315
The Mended Hearts, Inc.



"It's Great to Be Alive and to Help Others"

Volume 11, Issue 1

Jan-Feb 2011

Mended Hearts Cape Cod Chapter #315 Expands Volunteer Outreach to CCH Cath. Lab Waiting Area

We've all heard the Mended Hearts motto "*It's Great to Be Alive and To Help Others*". Focusing on the "*and To Help Others*" part of this motto, we are expanding our volunteer outreach by providing support to the Cath. Lab waiting/reception area at Cape Cod Hospital. This will be in addition to our main mission of continuing to provide hope and encouragement through our weekly Friday visits to cardiac patients in the wards. *Here are the details:*

Volunteer Position: Coverage for the reception desk in the Cath. Lab waiting room at CCH.

Time Commitment: Commitment of a 4 hour shift, same day and time every week. There is a critical need for morning coverage when the Cath. Lab is busiest - 8AM to noon - on Monday through Friday. We are also hoping to be able to cover an afternoon shift from noon to 4pm.

Duties: Most important responsibility of this position is merely to be there as a friendly, smiling face for both patients and caregivers to see when they are oftentimes filled with worry. Additional duties include greeting patients and family as they arrive, letting Cath. Lab nursing staff know the patient is there, general liaison between the family who is waiting and Cath. Lab nurses, assist waiting family members in checking on status of the patient, a smiling face to provide a word of encouragement and reassurance when needed and direction to the cafeteria for a cup of coffee when the family needs a break. If interested, the volunteer can assist with administrative tasks such as putting together Cath. Lab admission packages and other miscellaneous administrative tasks.

Volunteer Training Requirements: For our members who are not currently a MH certified hospital visitor volunteer, you will need to attend a CCH new employee orientation class (one day - really less than a day), have an annual TB test (standard procedure for all hospital employees) and also attend a Mended Hearts training session of about an hour or so.

Please consider helping if you can. For those who are interested and would like more information or have questions, please contact either Pat Boris (508-895-5941; patboris@aol.com) or Tim Crane (508-896-2560; tcrane7632@comcast.net).

This is another way for our members - both patients and caregivers - to "*Help Others*"!

THE MENDED HEARTS, INC.

Cape Cod-Hyannis Chapter #315

199 Ridgewood Drive

Brewster, MA 02631

(508) 896-5941

E-Mail: patboris@aol.com

CHAPTER OFFICERS

President:	Patricia Boris	508-896-5941
Vice President:	Joanne Wiseman	508-428-2860
Secretary:	Judy Rose	508-240-7984
Treasurer:	Katherine Beach	508-896-9436

EXECUTIVE COMMITTEE

CHAIRPERSONS

Visiting Coordinator:	Tim Crane	508-896-2560
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Speaker Program:	Pat Boris	508-896-5941
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Membership:	Katherine Beach	508-896-9436
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Publicity:	Pat Boris	508-896-5941
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TV/Radio Publicity:	Bob Silverberg	508-778-4578
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Special Events: (Co-Chairs)	Louise VanDell Marion Cooke	508-362-8882 508-398-5660
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Telephone:	Marilyn Branzetti	508-432-0103
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Hospitality:	Bev Moberg	508-888-1117
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Chapter Photographer:	Ed VanDell	508-362-8882
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Newsletter Editor: VACANT - Pat Boris (acting)

Past President:	Bart Kazin	413-279-1166
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Newsletter Medical Advisor: Lawrence McAuliffe, M.D.

MEETING SCHEDULE

Meetings are held from 4 to 6pm, in the Martins Conference Room, 2nd floor of Cape Cod Hospital. Heart patients, their families and caregivers, or anyone interested in attending is welcome to join us and find out more about Mended Hearts.

MEETING DATES for 2011

February 17

March 24

April 21

May 19

June 16 - Summer Social

September 15

October 20

November 17

December 3 - Holiday Luncheon

Please Save the Date!

NEXT MEETING:

Thursday, February 17, 2011

Joseph M. Carney

Psychologist & Family Therapist

"Cultivate an Attitude of Gratitude"

(i. e. Change Your Thinking...

Change Your Life)

PRESIDENT'S MESSAGE
by Pat Boris

Heartfelt Greetings to All,

I hope you all had beautiful holidays and join me in looking forward to another good year for our Cape Cod Chapter with enjoyable social events and great educational speakers at our monthly meetings. 2010 was a year of growth for our chapter both in terms of increased membership, visibility in the community, and financial donations. Financially, we ended the year on a very high note with two major donations - one from the proceeds of the 11/19 craft fair at CCH and the other from "Heart of the Cape" red apparel sales to CCH nurses and staff. That is in addition to generous donations made by our members. We have a lot to be grateful for! Speaking of gratitude....

Psychologist Joseph Carney of Bayside Counseling has agreed to be our speaker at our February 17th meeting for what I'm sure will be an inspiration talk entitled "Cultivate an Attitude of Gratitude". Our MH mission of "providing hope and encouragement" is a perfect example of this! I truly hope you will be able to join us. Please try.

I hope you all took the time to read the announcement on page 1 about our chapter expanding our volunteer outreach through our members who are willing to volunteer to cover the Cath Lab Waiting Area reception desk. I hope you will seriously consider doing this, if you can. It is a win-win situation for all involved!

In case you were not at our Nov. meeting, I announced that I was notified by our MH National office that we no longer are officially affiliated with the American Heart Association. It was also announced that MH is in final negotiations with a new anchor organization - the American College of Cardiologists (ACC) - the nation's largest organization of cardiologists with approximately 39,000+ members. This will immensely increase our exposure on all levels. It is a very good thing...

Lastly, at our Feb. 17th meeting we will vote on a slate of officers for the MH National Board of Directors for the 2011-2013 term. Before our meeting, please read/review the candidate profiles included in the Winter 2010 issue of Heartbeat magazine. If you are unable to attend the meeting and would like to have your vote considered, you will find a ballot and instructions on page 6.

I hope to see you on February 17th! In the meantime.... All My Best, *Pat*

Please consider a contribution to Cape Cod-Hyannis Chapter #315
What better way to honor the memory of a loved one, recognize a special person or event, or support Mended Hearts?
The donation is tax deductible.

Please make checks payable to:
Mended Hearts - Chapter #315

And mail to: Katherine Beach, Treasurer
67 Leland Road
Brewster, MA 02631

Welcome! New Members
*Barbara Nelson Mary Pina
Carl Nelson Rufus Pina
Gloria Smith*

VISITING REPORT

Update from Tim Crane, Visiting Coordinator

Our visiting program covered 170 visits this year, somewhat below last year's totals, due in part to lower activity in the surgical wards and not covering the Falmouth Cardiac Rehab unit over the last few months. We have been going to Falmouth roughly every quarter for the last year or so, and hope to get back there shortly. We also hope to be making a presentation to the cardiac surgical unit nursing staff in the next several weeks as well as making sure that the current staff knows exactly what we offer and to thank them for their continued support.

Our overall visit total since the Chapter began is now 1,495. That is a lot of people who have been given the message of hope and encouragement through our efforts.

Our thanks, and particularly my thanks, to all the volunteer visitors. You DO make a difference!

Best, Tim C.

ACCREDITED MH VOLUNTEER VISITORS Cape Cod-Hyannis Chapter #315

Tim Crane, Visiting Coordinator
508-896-2560 - TCrane7632@comcast.net

Katherine Beach	
Pat Boris	John Gibson
Ellie Brennan	Ray Levesque
Mike Brennan.....	Bill Lipsky
Bobby Brown	Don Moberg
Marion Cooke	Judy Rose
Tim Crane	Jeanne Shepardson
Bob Davis	Bob Silverberg
Ken Ethier	Dick Silvia
Maryse Ethier.....	Phyllis Wolitzer

Visiting Report for Nov-Dec 2010

Total Visits = 30

CCH Wards -14

Cath Lab Waiting Area -16

November/December Visitors:

<i>Katherine Beach</i>	<i>John Gibson</i>
<i>Pat Boris</i>	<i>Ray Levesque</i>
<i>Ellie Brennan</i>	<i>Bill Lipsky</i>
<i>Mike Brennan</i>	<i>Jean Shepardson</i>
<i>Bobby Brown</i>	<i>Warren Silver</i>
<i>Tim Crane</i>	<i>Bob Silverberg</i>
<i>Bob Davie</i>	

HEARTFELT THANKS to all

**WOULD YOU LIKE TO BE A
MENDED HEARTS VISITING
VOLUNTEER?**

Would you like to share your experiences and be an encouragement to other heart patients and their families? We would like to have you join us in such an endeavor.

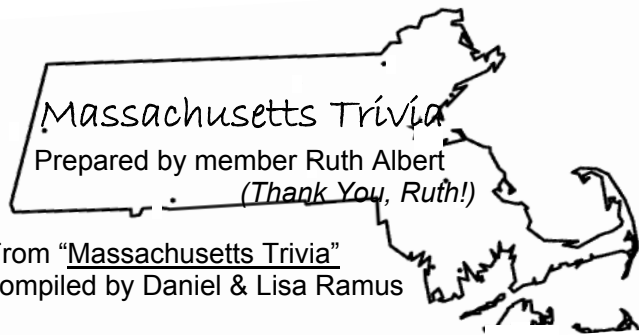
What is required:

1. That you and/or your spouse has had a diagnosis of heart disease and/or a heart procedure, e.g. angioplasty, stent, valve repair, by-pass surgery, etc.
2. A Mended Hearts Membership.
3. Attendance at a Mended Hearts training session. Mended Hearts, Inc. has provided our chapter with an , step-by-step training Program is easy-to-follow.

New volunteers start out with experienced volunteers to gain familiarity with procedures and to build self-confidence. For further information or to answer your questions, please contact:

Tim Crane
Tcrane7632@comcast.net
508.896-2560





1. What garden is America's 1st public botanical garden?
2. In 1602, what island did Bartholomew Gosnold name for the wild grapes and one of his daughters?
3. Where is the only national seashore in New England?
4. Where is the New England Aquarium?
5. Where does the Freedom Trail begin?
6. How many pieces make up "Plymouth Rock"?
7. What brand of pen is made by Gillette?
8. What kind of bread was created to serve with Boston baked beans?
9. In what Massachusetts town is one of the best magic shows in the world held?
10. What sewing machine manufacturer started his company in Boston in 1851?

(Answers on Page 6)

**Members Willing to
Provide a Ride to our Meeting**

- Katherine Beach (Brewster) 508-896-9436
- Marilyn Branzetti (Harwich) 508-432-0105
- John Gibson (Orleans) 508-240-2101
- Bill Lipsky (YarmouthPort) 508-362-8171
- Ken Traugot (Barnstable) 508-362-6618

*If you are willing to drive a member to and from a meeting, kindly notify Pat and your name will appear in this list. **THANKS!***

DONATIONS

(since 11-1-10)

CCH Nov. 19th Craft Fair Vendors:

- Alexandria Boudreau*
- Colleen Britton*
- Kathy Chase-Jones*
- Elizabeth DeLinks*
- Elizabeth Embler*
- Donna Harney*
- Susan Horvath*
- Elaine Johnson*
- Sharon Kelly*
- Carol-Ann Logan*
- Suzanne Martell*
- Lynne Mower*
- Kathleen Paradise*
- Kathy Perry*
- Kathleen Perreault*
- Michelle Philie*
- Pauline Philie*
- Joanne Rowland*
- Rosemary Ryder*
- Nancy Wagstaff*

Dot Fleischer - In Memory of former member *Louis Dobin*

Corkie Hamm & Doug Silverberg
In honor of their Dad member
Bob Silverberg

Janet Benson - Representing
CCH's "Heart of the Cape"
red clothing sales for 2010

Heartfelt THANKS to All!



ELECTION OF MENDED HEARTS NATIONAL BOARD OF DIRECTORS

Candidate profiles for the 2011-2013 term are included in the Winter 2010 issue of Heartbeat magazine. Our chapter vote will take place at the Feb. 17th meeting - the chapter will cast one vote submitted to national. If you would like to vote and cannot attend the 2/17 meeting, please complete the ballot below, sign and mail **NO LATER THAN MONDAY, FEBRUARY 14, 2011**. Mail to Pat Boris, 199 Ridgewood Drive, Brewster, MA 02631

CHECK ONE BOX IN EACH SECTION. Vote is NULL if more than one box checked.

PRESIDENT:

- Sue Borum
- Raul Fernandes
- Gordon (Gus) Littlefield

VICE PRESIDENT:

- Lynn Berringer
- Seymour Miller

EXECUTIVE VICE PRESIDENT:

- Keith Beard
- Donnette Smith

TREASURER:

- Dale Briggs
- Jana Stewart

NORTHEAST REGIONAL DIRECTOR:

- Robert (Bob) Scott

Name of Member Casting this Ballot: _____, Chapter #315 member

HELPFUL HINTS FOR WINTER DRIVING



Keep your headlights clear with car wax! Just wipe ordinary car wax on your headlights. It contains special water repellents that will prevent that messy mixture from accumulating on your lights — lasts 6 weeks.

Squeak-proof your wipers with rubbing alcohol! Wipe the wipers with a cloth saturated with rubbing alcohol or ammonia. This one trick can make badly streaking & squeaking wipers change to near perfect silence & clarity.

Ice-proof your windows with vinegar! Frost on it's way? Just fill a spray bottle with three parts of vinegar to one part water & spritz it on all your windows at night. In the morning, they'll be clear of icy mess. Vinegar contains acetic acid, which raises the melting point of water — preventing water from freezing!

Prevent car doors from freezing shut with cooking spray! Spritz cooking oil on the rubber seals around car doors & rub it in with a paper towel. The cooking spray prevents water from melting into the rubber.

Fog-proof your windshield with shaving cream! Spray some shaving cream on the inside of your windshield & wipe it off with paper towels. Shaving cream has many of the same ingredients found in commercial defoggers.

De-ice your lock in seconds with hand sanitizer! Just put some hand sanitizer gel on the key and lock & the problem will be solved!

Answers to MA Trivia Questions: 1. Boston Public Garden; 2. Martha's Vineyard; 3. Cape Cod; 4. Boston; 5. Boston Common; 6. Two; 7. Paper-Mate; 8. Boston Brown Bread; 9. Beverly; 10. L.M. Singer



The Mended Hearts, Inc.
National Office
Phone: (888) 432-7899

MEMBERSHIP APPLICATION

Member Information (please print or type)

Name (Mr./Mrs./Ms.)
Address (line 1)
Address (line 2)
City
State ZIP
Email address

DATE:
Chapter #315 or (non-local) Member-At-Large
Phone ()
Alt Phone ()
DOB Retired: Yes No
Vocation
Preferred Contact: Phone Email Mail

Family member (i.e. spouse - must reside at same address): (Mr./Mrs./Ms.) DOB

May we contact you regarding local chapter opportunities? Yes No

Medical Information/Demographics (Optional - No application is denied based on medical information, age or race.)

Name of Heart Patient (1)
Date of Surgery/Treatment
Type of Surgery/Treatment

- PTCA/Stent(s) Atrial Septal Defect VALVE:
MI Pacemaker Aortic
Aneurysm Transplant Mitral
Bypass Other Pulmonary
Tricuspid

Name of Heart Patient (2)
Date of Surgery/Treatment
Type of Surgery/Treatment

- PTCA/Stent(s) Atrial Septal Defect VALVE:
MI Pacemaker Aortic
Aneurysm Transplant Mitral
Bypass Other Pulmonary
Tricuspid

Many chapter newsletters include surgery/treatment anniversaries of members. Please indicate here if you are agreeable to having your name published in this way.

Yes No Signature

Permission to print birth month in newsletter? Yes No

Many chapter newsletters include surgery/treatment anniversaries of members. Please indicate here if you are agreeable to having your name published in this way.

Yes No Signature

Permission to print birth month in newsletter? Yes No

National Membership Dues: Includes subscription to HEARTBEAT and one insignia pin for an individual or two pins for a family membership (must reside in same household). Select type of membership and include chapter dues (unless you wish to become a member-at-large). National Dues are tax deductible less \$10.00; Chapter and Lifetime Dues are 100% tax deductible.

Within United States

Individual - First Year Dues: \$17.00 plus \$8.00 chapter dues = \$25.00
Family - First Year Dues: \$24.00 plus \$8.00 chapter dues = \$32.00
Life - Individual Dues \$150.00 plus \$10.00 chapter dues = \$160.00
Life - Family Dues \$210.00 plus \$10.00 chapter dues = \$220.00

Dues Summary:

TOTAL AMOUNT ENCLOSED \$

I am joining as a non-heart patient: Physician RN

Health Admin Other Health Party Other Interested Party

I am not prepared to join. Enclosed is a contribution of \$

(Chapter Treasurer: Send both chapter & national dues to National Office - Retain a copy for your records.)

Applicant - Send one check with application to local chapter Treasurer

Payable to: MHI - Chapter #315

Or for Members-At-Large: (no local involvement)

The Mended Hearts, Inc.
National Office
7272 Greenville Avenue
Dallas, TX 75231



Mended Hearts, Inc.
Katherine Beach, Treasurer
67 Leland Road
Brewster, MA 02631



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Cape Cod Chapter #315
The Mended Hearts, Inc.
199 Ridgewood Drive
Brewster, MA 02631



The Mended Hearts, Inc.
Cape Cod-Hyannis Chapter #315

*Heart Patients dedicated to
Offering Encouragement and the Gift of Hope
to other Heart Patients, their Families and Caregivers*

To learn more about Mended Hearts,
visit www.capecodmendedhearts.com