



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 10, Issue 4

July/August 2010

Cape Cod Chapter #315 Launches in Summer... in Style!

By Pat Boris

On Thursday, June 17th, Cape Cod Chapter #315 of The Mended Hearts, Inc. held its installation dinner of chapter officers for the next two years with a summer BBQ buffet at Ardeo's Grille, King's Way in Yarmouth Port. "The food was fabulous"... was the unanimous conclusion of everyone who was there. And... we need to also mention... very heart healthy!

We had over 40 members and guests in attendance including quite a few newer members. We were joined by our Northeast Regional Director, Priscilla Soucy, and her husband Frank, along with special guests Mended Hearts National President, Raul Fernandes, and his wife Dot.

Installed as Chapter #315 officers for 2010-2012 were:

Patricia Boris, President

Katherine Beach, Treasurer

Joanne Wiseman, Vice-President

Judy Rose, Secretary

Highlights of our June 17th Installation Dinner and Summer BBQ



Northeast Regional Director
Priscilla Soucy



MH National President
Raul Fernandes



Members sampling the many heart healthy
BBQ-grilled items on the buffet table.

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
Speaker Program:	Pat Boris	508-896-5941
Membership:	Katherine Beach	508-896-9436
Publicity:	Pat Boris	508-896-5941
TV/Radio Publicity:	Bob Silverberg	508-778-4578
Special Events: (Co-Chairs)	Louise VanDell Marion Cooke	508-362-8882 508-398-5660
Telephone:	Marilyn Branzetti	508-432-0103
Hospitality:	Bev Moberg	508-888-1117
Chapter Photographer:	Ed VanDell	508-362-8882
Newsletter Editor:	VACANT - Pat Boris (acting)	
Past President:	Bart Kazin	413-279-1166
Newsletter Medical Advisor:	Lawrence McAuliffe, M.D.	

MEETING SCHEDULE for 2010

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.

FEBRUARY 18, 2010

Lieutenant/Paramedic Chuck Talbott
Yarmouth Fire Department

"What Happens when the Ambulance Arrives"

MARCH 18, 2010

Carolyn Russett, RN-BC, MS, OCN
Clinical Educator, Cape Cod Hospital

"Tips for Evaluating Health Information on the Web"

APRIL 15, 2010

Michael A. Mecley, MD, F.A.C.C.
Cardiovascular Consultants of Cape Cod

"Coronary Artery Disease"

MAY 20, 2010

Georgia P. Dash, RN, MS, CIC
Director of Infection Control, CCHC

"The Journey to Zero Hospital-Associated Infections"

JUNE 17, 2010

Summer B-B-Q & Installation of New Officers
5:30pm - Ardeo's Grille at King's Way

SEPTEMBER 16, 2010

Pauline C. Philie
Director of Cardiovascular Quality, CCH

"A-B-C...P-QRS-T: Making Sense of ECG Alphabet Soup"

OCTOBER 21, 2010

Peter P. Chiotellis, MD
The Heart Center, Hyannis

NOVEMBER 18, 2010

Dr. Lawrence McAuliffe
Chief of Cardiovascular Services, CCH
Yearly Address to the Mended Hearts Community

DECEMBER 4, 2010

Holiday Luncheon - Location is TBA

PRESIDENT'S MESSAGE
by Pat Boris

Heartfelt Greeting to All,

Summer is in full swing! (If you are not sure about that, try getting around anywhere on Cape Cod on a Friday afternoon or Saturday morning!) Where did the 1st half of 2010 go?

I'm sure reading the cover story on the first page of this newsletter gave you a good idea of our chapter's latest 'happenings'. For those of you who attended, I'm sure you'll agree with me that a great time was had by all. One of the truly wonderful things about this event was that 21 out of the 44 attendees were either new members attending their first 'social' MH event or invited guests that were learning what Mended Hearts is all about. Our membership will continue to grow as our members continues to do a great job of inviting others to our meetings and events. **THANK YOU ALL!**

At our June 17th dinner meeting, we were joined by Mended Hearts National President (and ironically the man who helped Bart Kazin start our chapter), Raul Fernandes. Raul spoke to us about the latest MH news and events and shared with us information about outreach to parents of children with cardiac disease - *Little Mended Hearts*.

Priscilla Soucy, our Northeast Regional Director, shared with us information about the latest MH initiative to visit cardiac catheterization patients and the introduction of specially designed materials for MH visitors to distribute to those patients. The most exciting news for our chapter is that the package of information includes a 'mini-version' of Heartbeat magazine - the Winter 2009 issue - that contains the article about our chapter and our work with local cardiac practices to promote Mended Hearts to the cardiac community. As Priscilla said... (these are HER words!)... "we're famous!"

I hope you share my enthusiasm that great things are ahead for our Cape Cod Chapter as we continue to provide hope and encourage, not only to each other but to all cardiac patients on Cape Cod. Keep up the good work, everyone! It is truly appreciated by all.

Have a great rest of summer. I wish you well. See you at our next meeting on September 16th!

All My Best,
PAT

Welcome!!
New Member
Holly Miller

**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!

VISITING REPORT

Update from Tim Crane, Visiting Coordinator....

Chapter 315's visiting program seems to have made it through the Cape Cod Hospital construction distractions in fairly good shape. Our numbers were off during the time everything seemed to be torn up, re-built and now sparkling new. During that time period there seemed to be fewer patients and some areas were closed off for construction. Now things seem settled and back to normal.

News: Our newest visitors, Dick Silvia and Jeanne Shepardson are now on the visiting schedule, and visitor Bob Davis was pictured July 1 in an article in the Cape Cod Times about the Falmouth Hospital Cardiac Rehab program.

Our thanks as always to our rock steady group of volunteer visitors. Their messages of hope and encouragement are the hallmark of what Mended hearts is all about!

Best, Tim C.

Visiting Report for May/June 2010

Total Visits = 27

CCH Wards -12

Cath Lab Waiting Area -14

Phone -1

May/June Visitors:

Pat Boris

Maryse Ethier

Bobby Brown

John Gibson

Marion Cooke

Don Moberg

Tim Crane

Bob Silverberg

Ken Ethier

**HEARTFELT THANKS to all
our Hospital Volunteers!**

ACCREDITED VOLUNTEER VISITORS

Tim Crane, Visiting Coordinator

508-896-2560 - TCrane7632 @comcast.net

Katherine Beach	Brewster	508-896-9436
Pat Boris	Brewster	508-896-5941
Ellie Brennan.....	E. Dennis.....	508-385-7472
Mike Brennan.....	E. Dennis.....	508-385-7472
Bobby Brown.....	W. Yarmouth	508-775-2638
Marion Cooke.....	Dennis Port	508-398-5660
Bob Davis.....	E. Falmouth.....	508-457-4506
Ken Ethier	Hyannis	508-775-8675
Maryse Ethier.....	Hyannis	508-775-8675
Charlie Fosgate.....	Pocasset	508-563-6334
John Gibson.....	Orleans.....	508-240-2101
Ray Levesque	Dennis.....	508-385-6922
Bill Lipsky.....	Yarmouth Port	508-362-8171
Don Moberg	E. Sandwich	508-888-1117
Jeanne Shepardson..	E. Sandwich	508-833-5110
Bob Silverberg	Centerville	508-778-4578
Dick Silvia	Marstons Mills	508-420-0755
Phyllis Wolitzer.....	Brewster	508-896-2878

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.

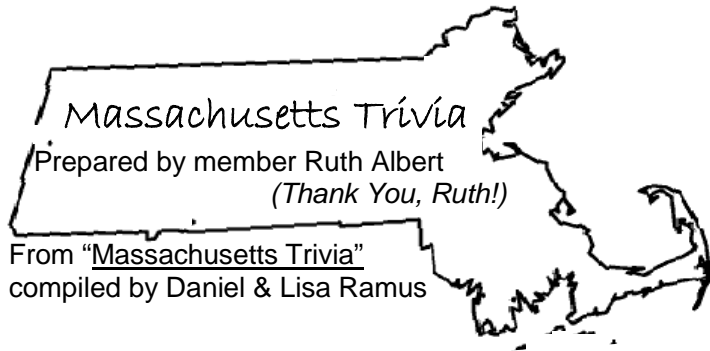
New volunteers start out with experienced volunteers to gain familiarity with procedures and to build self-confidence. For further information or to answer your questions, please contact:

Tim Crane

Tcrane7632@comcast.net

508.896-2560





1. The Congregational Church in Falmouth contains a bell made by what famous patriot?
2. Where is the Drummer Boy Museum?
3. The town clock in Wellfleet strikes what kind of time?
4. What is special about the organ at the Congregational Church in Dennis?
5. What county in Massachusetts has 300 miles of shoreline?
6. Why is Massachusetts called "The Bay State"?
7. What is the biggest industry on Cape Cod today?
8. What Cape Cod public library has an outstanding collection of works dealing with John F. Kennedy?
9. Where is the tallest all-granite monument in the United States?
10. What two bridges cross the Cape Cod Canal?
(Answers on Page 6)

Follow-up from our May 20th Meeting

From: Guest Speaker Gigi Dash, RN, CCHC's Director of Infection Control , regarding information about how to obtain the vaccine against "Shingles" on Cape Cod

Herpes Zoster Vaccine

Barnstable Health Department

Contact: Peg Stanton RN (Mon Wed Thurs Fri: 8 -12 and Tues 12:30 – 4:30)

508-862-4648 covers Dennis/Yarmouth/Hyannis/Barnstable

Clinics are held once a month

Patients must register in advance on-line or can call Peg Stanton

Herpes Zoster Vaccine is free

CCHC VNA

Contact: Kathy Berry RN 508-957-7423

Clinics are once a month by appointment

Clinics are held at the VNA, 434 Rte 134, South Dennis (this is the only location where clinics are held)

No prescription is needed

Patient must be 60 years of age or older

Do this first: Patient must call the insurance company that covers their prescription drugs and tell the company that the VNA Nurses will be giving the vaccine NOT the family doctor and ask if the cost of the vaccine will be covered. VNA will try to bill the insurance company on line; however, they may not be able to do this, if this is the case the patient must pay \$205 and the VNA will give them a receipt to send into their insurance company.

**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



Here's How Salt Raises Your Blood Pressure. . .

Sugar and salt, sugar and salt, if one isn't making the news, the other one is. Consuming too much sugar will make you gain weight. Considering its calorie count, that's understandable.

Salt is a more complicated subject. It raises your blood pressure, but how it does this deed is a mystery to most of us. Read on.

Salt plays a key role in your electrolyte balance. Too much salt can keep the volume of blood circulating in the body higher than it should be.

When that happens, the high blood volume puts pressure on blood vessel walls. To protect themselves, the blood vessels thicken and narrow. That means the heart has to work harder to push the blood through a smaller space. The harder push raises blood pressure.

There may be other factors working at the same time to raise the pressure, but doctors at Johns Hopkins and the Institute of Medicine's Committee on Strategies to Reduce Sodium Intake believe salty diets are the main culprit.

Salt peaks the flavor of many foods, but Americans are going overboard on using it. They consume up to twice as much as they should, which could be the reason why nearly one-third of adult Americans have high blood pressure.

Avoiding the salt shaker can help reduce consumption. But processed foods contain 75 percent to 80 percent of the salt in your diet. You never see it and can't identify it when you eat it.

You should only have 150 to 200 mg of salt at a meal, so read packaged and canned food labels to see how much they contain. Rinsing canned vegetables before cooking can help.

Dining out can be a problem. Some meals at chain restaurants contain two to five days worth of your salt limit. Eating in is better than eating out.

Choose fresh foods when possible. Processing always includes a lot of salt. A serving of potatoes au gratin from dry mix, for example, may contain 50 times as much salt as one baked potato.

HELP WANTED

NEWSLETTER EDITOR NEEDED

Also looking for articles, editorials, etc. for the next issue

Hopefully you enjoyed this newsletter.

Your help is needed for it to continue... Please Help!

THANK YOU!!

Answers to MA Trivia Questions:

1. Paul Revere
2. Brewster
3. Ship's Time (1 to 8 bells)
4. Oldest Working Organ in the US
5. Barnstable (Cape Cod)
6. In reference to Cape Cod Bay
7. Tourism
8. Hyannis Public Library
9. Provincetown (Pilgrim Monument)
10. Sagamore and Bourne



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 _____
 Family member (i.e. spouse – must reside at same address): (Mr./Mrs./Ms.) _____ DOB _____
 May we contact you regarding local chapter opportunities? Yes No

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

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
 (how many _____) 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
 (how many _____) 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

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

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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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

Affiliated with:
**American Heart
Association.** 