



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 4

July-August 2011

THANK YOU! Dr. Rizzo

On Thursday, May 19th, the Martins Conference Room at Cape Cod Hospital was filled to capacity with close to 100 members and guests in attendance as Dr. Robert J. Rizzo, Director of Cardiac Surgery at CCH, addressed the May meeting of the local Cape Cod Chapter of Mended Hearts. Dr. Rizzo's presentation provided with an update on cardiac surgery at CCH, detailing the types of cardiac surgical procedures currently performed along with statistics regarding Cape Cod Hospital's above-average successful outcomes for cardiac procedures. He was joined by members of his surgical team that were also in attendance.

Dr. Rizzo's presentation to the cardiac community was an incredible gathering of dozens and dozens of cardiac patients who have had their hearts 'mended' by Dr. Rizzo. In attendance were open heart surgery survivors dating back to 2002 – the year open heart surgery began at Cape Cod Hospital and the same year the local Cape Cod-Hyannis chapter of The Mended Hearts, Inc. was officially chartered. Many cardiac surgery survivors from throughout Cape Cod gathered to see Dr. Rizzo again, shake his hand, and once again say "Thank You" for saving and/or extending their lives. Several open heart surgery survivors attending Dr. Rizzo's talk said they have "wanted to do this for years" - i.e. have the opportunity to see and thank Dr. Rizzo again.



May 19, 2011- Dr. Rizzo is surrounded by a very special group from the audience - they all have had their hearts 'mended' at Cape Cod Hospital between 2002 and the present. *Heartfelt Thanks to Dr. Rizzo and his team!*

THE MENDED HEARTS, INC.

Cape Cod-Hyannis Chapter #315
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Secretary:	Judy Rose	508-240-7984
Treasurer:	Katherine Beach	508-896-9436

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CHAIRPERSONS

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MEETING SCHEDULE for 2011

Meetings are held from 4 to 6 pm, 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 17, 2011

Psychologist Joseph M. Carney
*"Cultivate an Attitude of Gratitude
 Change Your Thinking - Change Your Life"*

MARCH 24, 2011

Ellen McCabe-Hemberger RN, CHPN
 & Patricia Parker RN, BSN
*"Caring for Yourself While Caring for Others:
 What Patients and Caregivers Need to Know"*

APRIL 21, 2011

Exercise Physiologist Brianna Kuenzel
 Cardiac Rehabilitation Center, FH
"Exercise: A Prescription for Heart Health"

MAY 19, 2011

Robert J. Rizzo, MD, F.A.C.S.
 Director of Cardiovascular Surgery, CCH
*"Cardiac Surgery at CCH:
 Mending Hearts since 2002"*

JUNE 23, 2011

'Summer Social' - Summer B-B-Q
Ardeo's Grille at King's Way, Yarmouth Port

SEPTEMBER 15, 2011

Speaker & Topic is TBA

OCTOBER 20, 2011

Alanna Coolong, MD
 Interventional Cardiology, CCH
"Acute Coronary Syndrome"

NOVEMBER 17, 2011

Lawrence S. McAuliffe, MD, F.A.C.C.
 Chief of Cardiovascular Services, CCH
Yearly Address to the Mended Hearts Community

DECEMBER 3, 2011

Holiday Luncheon - Location is TBA

PRESIDENT'S MESSAGE
by Pat Boris

Heartfelt Greetings to All,

Summertime greetings... we need to remember that we've waited all winter long and through a rainy, cold, damp Spring for this! We need to remind each other of that fact when we are stuck in weekend (tourist) traffic on a Friday afternoon, right?

Thank you to all our members who were able to attend our May 19th meeting with special guest speaker, Dr. Rizzo. It was an incredible, heartfelt event. Hope you enjoy the story on page 1.

At our summertime social event on June 23rd at Ardeo's Grille, King's Way, we had an opportunity to extend special thanks to our 3 main benefactors for the past year and recognize their most-generous contributions to our chapter. On behalf of our entire membership, it is my privilege to once more acknowledge the philanthropic efforts of Pauline Philie, member Marilyn Branzetti, and Gary and Janet Benson.

Also, I'd like to extend my thanks to all of you for your support, your ever-important presence at our meetings, and all those who are able to help out our chapter whenever you can. No effort is trivial - all your ideas and efforts are needed and most welcome. As a perfect example of members helping members for our chapter's benefit, I'd like to share the following with you....

Beginning at our September meeting, there will be a change to our Executive Committee in regards to meeting hospitality. Bev Moberg (and her 'assistant' Don) will be stepping down as Hospitality Chairperson and we welcome our new Hospitality Co-Chairs, Judy Lipsky and Judy Rose. I'm sure the 'Judy hospitality team' will welcome any assistance members are willing to provide (please take the initiative to ask if you can help - thank you Marylee for helping to greet visitors whenever you can). We look forward to continuing to see Bev and Don at our meetings - hope they don't miss name badge 'patrol' too much!

Have a great summer! I wish you well and I hope to see you at our next meeting on Thursday, September 15th.

All My Best, *Pat*

P.S. A special request... Please email/send me photos of your summertime adventures. I'm thinking they may be material for a 'what I did this summer' show-and-tell at our September meeting?? ☺



Our "Hospitality Ladies" - (left to right) outgoing Chair Bev Moberg with incoming Co-Chairs Judy Rose and Judy Lipsky



MH Chapter 315 benefactors acknowledged at our June 23rd summer event - (left to right) Marilyn Branzetti, Janet and Gary Benson, and Pauline Philie

VISITING REPORT

by Tim Crane, Chapter #315 Visiting Coordinator

Update from Tim Crane, Visiting Coordinator

Thanks as always to our May and June visitors. The numbers for visits in the wards and the CardioVascular Procedure Area were slightly ahead of last year. The numbers varied from week to week, with some weeks being very quiet and some busier.

We had most of our visitors present at the Re-Certification Session held just before our May General Chapter meeting. The Session included a brief presentation by Deb Baker, the Managing Nurse for the cardiac wards. It's always a treat to see so many of our visitors together. A great bunch of caring people!

Thanks again to our visitors for all you do!

Best, Tim C.

Visiting Report for May-June 2011

Total Visits = 33

CCH Wards -17

CVPA Waiting Area - 16

March/April Visitors:

Katherine Beach *John Gibson*

Pat Boris *Carl Hevert*

Ellie Brennan *Don Moberg*

Mike Brennan *Jeanne Shepardson*

Tim Crane *Warren Silver*

Bob Davis *Bob Silverberg*

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

ACCREDITED MH VOLUNTEER VISITORS Cape Cod-Hyannis Chapter #315

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

Katherine Beach	Ray Levesque
Pat Boris	Bill Lipsky
Ellie Brennan	Don Moberg
Mike Brennan	Dick Reilly
Bobby Brown	Gail Reilly
Marion Cooke	Judy Rose
Bob Davis	Jeanne Shepardson
Ken Ethier	Warren Silver
Maryse Ethier	Bob Silverberg
John Gibson	Dick Silvia
Carl Hevert	Phyllis Wolitzer

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





10 small steps for a healthier heart

from: *The Harvard Medical School e-newsletter HEALTHbeat, 6/21/2011*



Change is an important part of living with heart disease or trying to prevent it. A jump in blood pressure or cholesterol earns you a lecture on healthy lifestyle changes. Heart attack and stroke survivors are often told to alter a lifetime of habits.

Some people manage to overhaul their exercise pattern, diet, and unhealthy habits with ease. The rest of us try to make changes, but don't always succeed. Instead of undertaking a huge makeover, you might be able to improve your heart's health with a series of small changes. Once you get going, you may find that change isn't so hard. This approach may take longer, but it could also motivate you to make some big changes.

Here are 10 small steps to get you on the road to better health.

1. **Take a 10-minute walk.** If you don't exercise at all, a brief walk is a great way to start. If you do, it's a good way to add more exercise to your day.
2. **Give yourself a lift.** Lifting a hardcover book or a two-pound weight a few times a day can help tone your arm muscles. When that becomes a breeze, move on to heavier items or join a gym.
3. **Eat one extra fruit or vegetable a day.** Fruits and vegetables are inexpensive, taste good, and are good for everything from your brain to your bowels.
4. **Make breakfast count.** Start the day with some fruit and a serving of whole grains, like oatmeal, bran flakes, or whole-wheat toast.
5. **Stop drinking your calories.** Cutting out just one sugar-sweetened soda or calorie-laden latte can easily save you 100 or more calories a day. Over a year, that can translate into a 10-pound weight loss.
6. **Have a handful of nuts.** Walnuts, almonds, peanuts, and other nuts are good for your heart. Try grabbing some instead of chips or cookies when you need a snack, adding them to salads for a healthful and tasty crunch, or using them in place of meat in pasta and other dishes.
7. **Sample the fruits of the sea.** Eat fish or other types of seafood instead of red meat once a week. It's good for the heart, the brain, and the waistline.
8. **Breathe deeply.** Try breathing slowly and deeply for a few minutes a day. It can help you relax. Slow, deep breathing may also help lower blood pressure.
9. **Wash your hands often.** Scrubbing up with soap and water often during the day is a great way to protect your heart and health. The flu, pneumonia, and other infections can be very hard on the heart.
10. **Count your blessings.** Taking a moment each day to acknowledge the blessings in your life is one way to start tapping into other positive emotions. These have been linked with better health, longer life, and greater well-being, just as their opposites — chronic anger, worry, and hostility — contribute to high blood pressure and heart disease.

Answers to MA Trivia Questions:

1. William Howard Taft
2. Eight miles long
3. November 11, 1620
4. Mashpee
5. 410 miles per MA Dept. of Public Works
6. Apatuxet Trading Post in Bourne
7. The "Mayflower" vessel with the numerals "1620" appearing on the sails.
8. Grover Cleveland at Gray Gables in Bourne
9. The lower rank, usually prisoners and offspring taken into the tribe for adoption.
10. His eldest son Wamsutta (English name Alexander).



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
DOB _____

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 _____

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 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



Heart to Heart Newsletter
Cape Cod Chapter #315
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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