



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 1

January/February 2010

A VERY SPECIAL EDITORIAL

by Adrienne Baumann, former Regional Director, American Heart Association

Dear Mended Hearts Friends,

Happy New Year! I truly hope 2010 brings you all good health, much joy, and lots of love! I wanted to express what a blessing it has been getting to know many of you and sharing the mission of the American Heart Association: building healthier lives free of cardiovascular diseases and stroke.

As you may know by now, the Founder's Affiliate of the American Heart Association was forced to make some difficult business decisions last quarter resulting in the elimination of over 50 staff members throughout New England, New York and New Jersey. Unfortunately, Cape Cod was not immune to these staff cuts; Bobbie Moore, our Administrative Assistant, and I were both eliminated in October. But the beat does go on... I know the AHA is as dedicated as ever to raising awareness of heart disease, the #1 killer of Americans, educating our communities to live heart-healthy lives and funding vital, life-saving research.

It was my pleasure and privilege to drive the mission locally here on Cape Cod and I am proud of the successes we shared for the sixteen months I held the position of Regional Director. Many Mended Hearts members volunteered and participated in the annual Start! Heart Walk on October 4th and guess what? The event *surpassed* its goal of raising \$110,000 thanks to everyone's great efforts! More importantly, we brought new participants into the event who helped increase awareness and spread the word about heart disease risk and prevention.

I am very grateful for the experience I had with the Heart Association not only on a professional level, but also personally. We all live, work and play on this special little sand bar and being a part of the fabric of this community – appreciating who our neighbors are; supporting each other in times of need; and affecting change for the greater good of us all – makes it that much more wonderful. Organizations like Mended Hearts are what puts the "unity" in community.

Thank you all for your great work and for acting as an inspiration to other Cape Codders who are experiencing heart disease. I look forward to seeing you all out and about enjoying life on Cape Cod!

Graciously yours,
Adrienne Baumann

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: (Co-Chairs) | Bev Moberg Marylee Pelosky | 508-888-1117 508-385-2546 |
| Chapter Photographer: | Ed VanDell | 508-362-8882 |
| Newsletter Editor: | (vacant) | |
| Past President: | Bart Kazin | 413-279-1166 |
| Newsletter Medical Advisor: | Lawrence McAuliffe, M.D. | |

MEETING SCHEDULE for 2010

At each meeting there is also the opportunity to interact with other heart patients with similar conditions. Individuals with any type of heart condition, their families, caregivers, medical professional, or anyone interested in helping cardiac patients are welcome to attend and find out more about Mended Hearts.

Meetings are held on the 3rd Thursday of the month, from 4 to 6pm, in the Martins Conference Room, 2nd floor of Cape Cod Hospital unless otherwise noted.

FEBRUARY 18, 2010

Lt. (and Paramedic) Chuck Talbott
Yarmouth Fire Department

*"What Happens when the Ambulance Arrives" -
The Inside Scoop!*

MARCH 18, 2010

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

*"Tips for Evaluating Health Information
on the Internet"*

APRIL 15, 2010

MAY 20, 2010

JUNE 17, 2010

Dinner & Installation of New Chapter Officers

Time & Location is TBA

SEPTEMBER 16, 2010

OCTOBER 21, 2010

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

Warmest greetings to all and my best wishes for a happy and healthy 2010!

I hope you agree and share my excitement that 2009 will go down as a 'banner year' for our Cape Cod Chapter with the many exceptional guest speakers at our meetings, well-attended and enjoyable summer and holiday social events, and National recognition in the Winter issue of Heartbeat Magazine. If you haven't yet, check out page 16 as we are profiled as the "Chapter on the Move".

Our membership continues to grow and our meeting attendance has soared throughout the year culminating with our yearly Dr. McAuliffe 'visit'/lecture when we filled the Martins Conference Room with more than 90 in attendance! What I think is phenomenal news about our growth in meeting attendance is the fact that, on average, 30% of meeting attendees were patients and caregivers who attended one of our meetings for the first time. THANK YOU to all who invited someone to join us, shared a meeting notice with others, welcomed new acquaintances. Working together...the collective efforts of all our members have made a difference.

Our regular monthly meetings start next month on Thursday, February 18th (4 to 6pm, Martins CR at CCH). Our guest speaker will be an 'encore' presentation by Lt. and Paramedic Chuck Talbott from the Yarmouth Fire Department. Chuck spoke to the group 5 or 6 years ago and those who attended his initial talk are looking forward to his return. He will give us the "inside scoop" as to what happens when someone calls 911 and the ambulance arrives at your home. I hope you will mark your calendar and plan to attend.

At that meeting I will have lots of new information to share from our National Office including details about a first-ever membership drive commencing in February (American Heart Month). In the press kit I received about this program, it said, "with more members come more energy, new ideas, and increased participation...an opportunity to serve many more heart patients and their families.." Well, that caught my eye! – Especially the part about "increased participation". Because.... (here comes the commercial!) we so very desperately need a newsletter editor. I am open to ideas – like a team approach where folks take responsibility for delivering one or more components and someone formats all the info collected, etc. Any thoughts or ideas would be greatly appreciated. Please talk to me! Our chapter's greatness is based on the knowledge and life experiences of each and every member. I'd like to hear YOUR thoughts and ideas. Please help if you can. Thank you in advance for doing so.

Hope to see you February 18th!
All My Best, PAT

- NOTICE from The Mended Hearts, Inc. National Office -
INCREASE IN NATIONAL'S PORTION HELD FOR ALL RENEWAL DUES
Effective 1-1-10

INDIVIDUAL:

| | |
|-------------------------|---|
| Old/Previous Renewals:: | \$12 National + \$11 Local = \$23 |
| New 2010 Renewals: | \$17 National + \$ 6 Local = \$23 (\$5 less to local) |

FAMILY:

| | |
|------------------------|---|
| Old/Previous Renewals: | \$17 National + \$15 Local = \$32 |
| New 2010 Renewals: | \$24 National + \$ 8 Local = \$32 (\$7 less to local) |

NOTE: This change, as to how membership dues will now be appropriated, does not affect the amount you will be invoiced. If questions, please contact me and I will gladly share the information forwarded to me from National. PAT

VISITING REPORT

by Tim Crane, Chapter #315 Visiting Coordinator

Bi-Monthly Visiting Report

(a/k/a - Our Volunteers Continue to Do Good Work!)

For SEPT/OCT 2009: Total Visits = 40

- CCH Wards - 21
- Cath Lab Waiting Room - 7
- Telephone - 3
- Cardiac Rehab - 9

For NOV/DEC 2009: Total Visits = 36

- CCH Wards - 14
- Cath Lab Waiting Room - 6
- Telephone - 1
- Other - 1
- Cardiac Rehab - 14

2009 TOTAL for all categories for entire year = 217
(compared to 210 in 2008)

HEARTFELT THANKS to all our Hospital Volunteers!

ACCREDITED VOLUNTEER VISITORS

Tim Crane, Visiting Coordinator
508-896-2560
e-Mail: 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 |
| Betsy Gerhardt | W. Yarmouth..... | 508-790-8758 |
| 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 |
| Bob Silverberg | Centerville..... | 508-778-4578 |
| 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



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, please notify Pat and your name will appear in this column. **THANK YOU!!***

*Thank
You!*

DONATIONS Received since 11-1-09

Our HEARTFELT THANKS to the following:

Alexandria Boudreau
Colleen Britton
Kathleen Chase-Jones
Sarah Doherty, RN (retired)
Elizabeth Embler
Roy & Helen Friedman
Susan Hovarth
Elaine Johnson

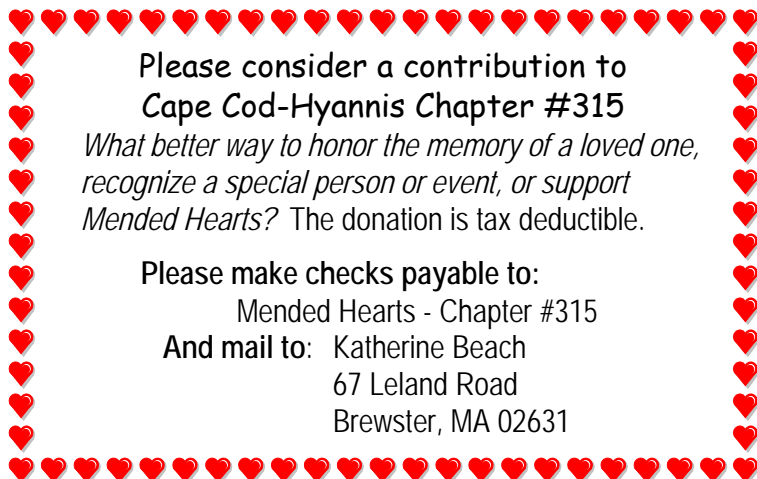
Sheryl MacDonald
Greg & Cokie Mann (in honor of
member Bob Silverberg)
Chris McCormick
Lynne Mower
Michelle Philie
Pauline Philie
Shaw's Market - Orleans

Your Generosity is Greatly Appreciated!

Cape Cod Trivia

*Think you know a lot about Cape Cod, Martha's Vineyard, and Nantucket?
Well... take this trivia quiz and see if you really know your stuff!*

1. Where did the whaler's depart from in the fictional story Moby Dick?
2. How long is the Cape Cod Canal?
3. What is the name of the tallest structure on Cape Cod?
4. How many towns make up Cape Cod?
5. Where did the movie JAWS take place?
6. How many teams make up the Cape Cod Baseball League?
7. What is the most common type of whale found off Cape Cod?
8. How many lighthouses are currently operational on Cape Cod?
9. Name the famous pirate ship salvaged by Barry Clifford
10. How long is the Cape Cod Tunnel?


 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
 67 Leland Road
 Brewster, MA 02631

- Critical Need -

CHAPTER NEWSLETTER EDITOR
 NO Prior Experience Required only...
 Enthusiasm and Computer w/ Word Processing
 Lots of Help and Input Provided
 Benefits include Heartfelt Appreciation by All
PLEASE see Pat if you can help in any way!

Surprising Heart Truisms

Folksy sayings—like 'follow your heart'—are supported by biology. Here's what you can learn from them.

By Arthur Agatston, M.D., article from Prevention magazine

When we were growing up, our mothers blessed our "hearts of gold," encouraged us to "eat to our heart's content," and consoled us by saying it was OK to "cry our heart out." These are just a few of the many sayings about the heart that abound in our culture. But just how much scientific truth is behind the truisms? Plenty, as it turns out. Here's what the most common sayings might mean for you.

Truism: "Cold hands, warm heart"

Truth: In a chilly environment, your body redirects blood from its extremities to its torso to insulate vital organs. Thus, your fingers and toes feel cold but your core temperature remains normal. So this cliché is technically true. However, the belief that cold hands and feet always indicate poor circulation and heart trouble is incorrect. Just put on a thicker pair of socks!

Truism: "My heart was in my mouth"

Truth: If you've ever narrowly avoided an accident, you've probably felt as if your heart were pounding frantically in your throat, almost as if it were about to leap out of your mouth. That's because the aorta, which is the primary conduit through which blood travels to the arms, neck, and brain, is located at the top of the heart. Thus, you feel its pulsations in your upper chest and throat when it's beating particularly fast and hard.

Truism: "Her heart is in the right place"

Truth: Contrary to popular belief, the heart is located not on the left side of your chest but in the center. Even so, the shape and location of the heart can vary. In the tall and thin, for example, it tends to be longer and skinnier, whereas in the overweight, it's squatter. The heart can be slightly fore or aft, left or right, and, in some cases, even inverted without having significant health effects. The reason doctors listen with their stethoscopes on your left side and you feel your heart beating there is because the left ventricle is larger than the right one.

Truism: "Follow your heart"

Truth: Researchers at the Institute of HeartMath claim to have discovered more than 40,000 neurons, or brain cells, in heart tissue, fueling speculation that the heart may be capable of intuitive guidance. In fact, a few heart transplant patients report inheriting memories from their donors. We've long had the sense that the heart is more than a pump; whether it's actually capable of "thinking," though, is a question that merits more research. In the meantime, I intend to keep telling my patients they have "good hearts," with all the double meaning that truism suggests.

Arthur Agatston, M.D., an associate professor of medicine at the University of Miami Miller School of Medicine, is the author of The South Beach Diet. He maintains a cardiology practice and research foundation in Miami Beach, FL

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...

THANK YOU!!

Answers to Cape Cod Trivia Questions:

1. Nantucket
2. 17.5 miles
3. Pilgrim Monument in P'Town (252')
4. 15
5. Martha's Vineyard
6. 10
7. Humpback
8. 7 - Chatham, Highland, Monomoy, Nauset, Nobska Point, Race Point, Stage Harbor
9. Whydah
10. No such thing! (However, this question is Cape Codders' favorite practical joke!)



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 _____

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

- | | | |
|--|---|------------------------------------|
| <input type="checkbox"/> PTCA/Stent(s) | <input type="checkbox"/> Atrial Septal Defect | VALVE: |
| <input type="checkbox"/> MI | <input type="checkbox"/> Pacemaker | <input type="checkbox"/> Aortic |
| <input type="checkbox"/> Aneurysm | <input type="checkbox"/> Transplant | <input type="checkbox"/> Mitral |
| <input type="checkbox"/> Bypass | <input type="checkbox"/> Other _____ | <input type="checkbox"/> Pulmonary |
| (how many _____) | | <input type="checkbox"/> Tricuspid |

- | | | |
|--|---|------------------------------------|
| <input type="checkbox"/> PTCA/Stent(s) | <input type="checkbox"/> Atrial Septal Defect | VALVE: |
| <input type="checkbox"/> MI | <input type="checkbox"/> Pacemaker | <input type="checkbox"/> Aortic |
| <input type="checkbox"/> Aneurysm | <input type="checkbox"/> Transplant | <input type="checkbox"/> Mitral |
| <input type="checkbox"/> Bypass | <input type="checkbox"/> Other _____ | <input type="checkbox"/> Pulmonary |
| (how many _____) | | <input type="checkbox"/> 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.

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

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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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

Affiliated with:
American Heart
Association. 