



HEART TO HEART

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

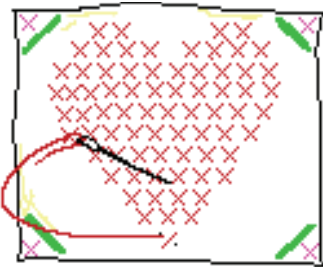


"It's Great to Be Alive and to Help Others"

Volume 10, Issue 6

Nov-Dec 2010

Calendar of Events for November/December 2010 Cape Cod-Hyannis Chapter #315 of The Mended Hearts, Inc.



Holiday Craft Fair at Cape Cod Hospital to once again benefit Cape Cod Mended Hearts

Date & Time: Friday, November 19th from 9am to 4pm

Location: CCH, Mugar Building, Ground Floor
Cape Cod 5 conference rooms A & B

Please stop by and please tell others about this event. This is an incredible fundraiser for our chapter and we need to show our presence and support. Hope you can stop by.

We also need members who are willing to volunteer a couple of hours on November 19th to assist vendors during a quick break when needed. PLEASE... if you can help in any way, contact Pat at 508-896-5941 or via e-mail at PatBoris@aol.com. We need YOUR help! Thanks!

MEMBERS: Please save these dates too - Hope you can join us!
Your Participation as a Member DOES make a Difference!



Thursday, November 18th
Chapter Meeting - 4 to 6 pm
Martins CR, Cape Cod Hospital

Guest Speaker:

Dr. Lawrence McAuliffe

Annual Presentation to Mended Hearts

This Year's Topic:

Heart Valve Disease

Hope You Can Join Us!

Invite Others... All are Welcome!



Saturday, December 4th

Annual Holiday Luncheon, 12 noon

The Old Yarmouth Inn

Route 6A, Yarmouth Port

Heart Healthy Buffet, \$20/pp

Watch for further details and sign up
info. mailed to all members soon!

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: Louise VanDell 508-362-8882
 (Co-Chairs) Marion Cooke 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

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.

NEXT MEETING:

NOVEMBER 18, 2010

Lawrence S. McAuliffe, MD, F.A.C.C.
 Chief of Cardiovascular Services, CCH
 Yearly Address to the Mended Hearts Community
This Year's Topic: "Valvular Heart Disease -
 When Do You Call The Plumber?"

ADDITIONAL ACTIVITIES:

Saturday, DECEMBER 4, 2010
 Holiday Luncheon Buffet - 12:00 noon
 The Old Yarmouth Inn
 233 Route 6A, Yarmouth Port, MA

MEETING DATES for 2011

February 17, 2011
 March 24, 2011
 April 21, 2011
 May 19, 2011
 *June 16, 2011 (*Summer Social)
 September 15, 2011
 October 20, 2011
 November 17, 2011

PRESIDENT'S MESSAGE
by Pat Boris

Heartfelt Greetings to All,

As the leaves are falling and the days are getting cooler and shorter, it is hard to believe that we are once again focusing our attentions on the upcoming holidays and other end-of-year events. Time flies, doesn't it?

The Cape Cod Chapter of Mended Hearts will end 2010 in a grand way! I have some very exciting news to share with you.

Here's what's happening...

PLEASE MARK YOUR CALENDAR AND TRY TO ATTEND IF YOU CAN

Our last meeting/speaker program of 2010 will occur on Thursday, November 18th with Dr. McAuliffe graciously returning for his annual educational presentation to the MH community. This year, Dr. McAuliffe will educate us about valvular heart disease. Another meeting not to be missed!

The following day on Friday, November 19th, a group of very talented crafters will be holding a craft fair at Cape Cod Hospital (see cover story for full details). And the incredibly good news for our chapter is that – same as last year – table rental fees from all crafters will be donated to Mended Hearts Chapter #315! We are looking for members to spend just a couple of hours helping out (nothing strenuous). Please let me know if you can help.

And, Saturday, December 4th is the date of our annual Holiday Luncheon. This year we will hold our event at the historic Old Yarmouth Inn on Route 6A in Yarmouth Port. The event will include a spectacular buffet including specially prepared heart healthy entrees. This is an excellent opportunity to renew old acquaintances and establish new friendships. I truly hope you will be able to join us.

In closing, this is also the season to be thankful and I am grateful for the privilege to serve as your chapter president and thankful for the opportunity to get to know and work with such a wonderful group of people. My best Holiday Wishes to you and yours.

Pat

Welcome!!
New Members
Patricia Croghan
Jolia Georges

**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....

Our thanks to our visitors for September and October. We continue to see a modest decline in visits over last year, a reflection of lowered volume of patients in the various cardiac wards. We still get a fine reception from the medical staff, and those patients we talk to are appreciative of our efforts and support.

We welcome Judy Rose, our Chapter Secretary, to our core of accredited visitors. Thank you Judy for joining us! Shortly, we will add 3 more visitors as they complete their hospital requirements, and we have interest from another member, also.

We have been talking about adding a second day to our hospital visiting schedule, even if on an irregular schedule, to see if we can add more patients, especially those Cath Lab patients staying only a day or so after receiving stents and other procedures. We'll be trying a test visit or two as soon as we clear the idea with the medical staff.

For those who have not been to Cape Cod Hospital to visit friends or perhaps have some tests, you will be pleasantly surprised at the renovations, now almost completed. Almost all hallways and patient areas we frequent have been renewed and in some cases expanded. All look crisp and reassuring, just the way you would like a first class hospital to look.

Best, Tim C.

ACCREDITED MH VOLUNTEER VISITORS Cape Cod-Hyannis Chapter #315

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

Katherine Beach	Charlie Fosgate
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 Sept/Oct 2010

Total Visits = 27

CCH Wards -13
Cath Lab Waiting Area -12
Phone -2

September/October Visitors:

<i>Pat Boris</i>	<i>Don Moberg</i>
<i>Marion Cooke</i>	<i>Jeanne Shepardson</i>
<i>Tim Crane</i>	<i>Bob Silverberg</i>
<i>John Gibson</i>	<i>Dick Silvia</i>
<i>Ray Levesque</i>	

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

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





Information Recap re: Sodium Intake and Restrictions

from the 10/21/10 presentation by Dr. Peter Chiotellis
entitled "That Pesky Water Weight: Understanding Heart Failure"
(THANK YOU Dr Chiotellis!)

DAILY RECOMMENDED ALLOWANCE OF SALT - Choose items with less than 350 mg per serving (read the labels!). Daily total should not exceed 2,000 mg It can be done and taste good!

SEASONING ALTERNATIVES TO SALT: You won't miss the salt and will feel better!
Empty the salt shaker, avoid pre-packaged herb or spice mixtures that contain sodium and
Instead use: Lemon zest and juice Citrus or herb marinades for meats
 Fresh ground pepper Flavored vinegar
 Fresh or dried herbs Garlic

CREATE YOUR OWN SALT-FREE BLEND (from UCSF Nutrition Counseling Center)

Chinese 5-Spice -- for chicken, fish or pork.

- 1/4 cup ground ginger
- 2 tablespoons of each: ground cinnamon, ground cloves
- 1 tablespoon of each: ground allspice, anise seeds

Mixed Herb Blend -- for salads, pasta salads, steamed vegetables, vegetable soup or fish.

- 1/4 cup dried parsley flakes
- 2 tablespoons dried tarragon
- 1 tablespoon of each: dried oregano, dill weed, celery flakes

Italian Blend -- for tomato-based soups, pasta dishes, chicken, pizza, focaccia and herbed bread.

- 2 tablespoons of each: dried basil, dried marjoram, thyme, crushed dried rosemary, crushed red pepper
- 1 tablespoon of each: garlic powder, dried oregano

Easy Dip Blend -- for mixing with cottage cheese, yogurt, or low-fat sour cream

- 1/2 cup dried dill weed
- 1 tablespoon of each: dried chives, garlic powder, dried lemon peel

FOODS TO AVOID PROCESSED: Deli & cured meats & cheeses, frozen prepared meals, limited condiment use, canned sauces & soups, powdered mixes, pickled items, fast foods

FOODS TO CHOOSE FRESH: Fresh fruits, fresh vegetables, fresh meats, legumes, eggs, grains, yogurt, plain rice, pasta, oatmeal, fresh/dried snacks over salty

- DONATION -

Received from member *Marylee Pelosky*
In memory of her sister *Suzanne Doherty*
Our HEARTFELT THANKS to Marylee
for her generosity!
Thank You!

Answers to MA Trivia Questions:

1. Bounces a berry 7 times	6. Baked Beans
2. Vitamin C	7. Hot stones, clams, a covering of seaweek
3. Ladybug	8. 14
4. Tanglewood	9. Hospitality
5. Arlo Guthrie	10. Suspension



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
(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
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