



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 2

March-April 2011

CardioVascular Procedure Area and Cape Cod Mended Hearts Launch MH Volunteer Coverage of the CVPA Reception Desk

What better way to celebrate February Heart Month than to begin a new chapter in our Cape Cod Mended Hearts history book? And, what better way to reach out to other cardiac patients and implement the Mended Hearts motto of *"It's great to be alive and to help others"* than to actually have MH volunteers greeting patients and their caregivers who come to the Cardiovascular Procedure Area (CVPA) at Cape Cod Hospital?

Thanks to several of our members, we are now providing an important initial contact to out-patients who are undergoing various cardiovascular procedures at Cape Cod Hospital's CVPA. It is with much joy and excitement from all involved in this effort that we proudly launch this endeavor. According to Barbara Clancy, RN, Nurse Manager of the CVPA, "It's exciting and energizing to see how Mended Hearts members are so willing to give back. They have so much positive energy to share and we are blessed to have them."

Our MH volunteers will be proudly wearing their red Mended Hearts Volunteer jackets (a/k/a "red coats") designating them as survivors or caregivers of survivors who offer hope, a smile, and a kind word of encouragement to patients and caregivers while also providing clerical assistance to the CVPA nursing staff.

Not all shifts are covered at this time. We are still looking for additional members who may be interested. Time commitment requirement is a 4-hour shift, same day and time every week, along with standard CCH Volunteer Services training and orientation. If you are interested in learning more about how you can 'give back', please contact Pat Boris (508-896-5941; patboris@aol.com) or Tim Crane (508-896-2560; tcrane7632@comcast.net).



(from left to right) Pauline Philie, RN, CCH Nursing Liaison to MH, members Jeanne Lemire, Joanne Wiseman, and Ellie Brennan, Barbara Clancy, RN, Nurse Manager of CVPA, and member Katherine Beach

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 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/Pulmonary Rehabilitation Center
 Falmouth Hospital
Exercise and Heart Health

MAY 19, 2011

Speaker & Topic is TBA

JUNE 16, 2011

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

SEPTEMBER 15, 2011

Speaker & Topic is TBA

OCTOBER 20, 2011

Speaker & Topic is TBA

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,

Time to *"Think Spring!"*. I'm ready!!

As you can see from the update on the cover of this newsletter, our chapter is 'springing' into action to fill a void in the Cardiovascular Procedure Area (used to be referred to as the "Cath Lab") reception area. This opportunity is affording our Mended Hearts organization additional exposure and presence with both the hospital's CVPA nursing staff and patients and their caregivers. A special heartfelt thanks to those who have already signed on as volunteers. We hope that additional members who are able to make a weekly 4-hour commitment will consider filling other shifts.

Please 'save the dates' March 24th and April 21st for our springtime meetings and guest speaker programs. The pair of guest speakers for our March 24th meeting will remind us of the importance of caring for ourselves while caring for others - a meaningful presentation for both patients and caregivers alike. Please consider inviting someone you know who may be interested in this topic to join you on March 24th. Most of us have played both roles (i.e. caregiver and patient) at one point in our lives.

On April 21st, we will be visited by an exercise physiologist from Falmouth Hospital's Cardiac/Pulmonary Rehabilitation Center who will give us additional insight regarding the topic of exercise and heart health. A timely presentation that I'm confident will make us all want to "spring into action" when it comes to taking good care of our heart's health. Again, a great topic for anyone so please extend an invitation to others.

Lastly, I received word today from Tim Elsner, Executive Director of The Mended Hearts, Inc. national headquarters. "It's official", according to Tim; Mended Hearts and the American College of Cardiology (ACC) last month signed a Letter of Agreement between MHI and the ACC officially establishing the ACC as our new anchor organization for Mended Hearts. Tim promised additional details will be forthcoming soon. As they do, I will be sure to pass the information along to you.

Springtime 2011 is an exciting time for Mended Hearts, Inc. and for our Cape Cod Chapter! I hope to see you on March 24th and April 21st!

All My Best, *Pat*

Be sure to visit...

www.cardiosmart.org



The patient education Web site of the American College of Cardiology (ACC)

Welcome! New Member
Richard Emborg

VISITING REPORT

by Tim Crane, Chapter #315 Visiting Coordinator

Update from Tim Crane, Visiting Coordinator

We're off to a good start for this year, running just ahead of our numbers from last year, not including the Rehab visit. We were pleased to return to the Falmouth Hospital Cardiac Rehab unit in early February, and will hopefully return every few months for a presentation and chat with patients.

News:

A heartfelt welcome Dick and Gail Reilly to our ranks of visitors! They will be making their first visits shortly.

Our thanks to those members who have gotten involved with the Cardiovascular Procedure Area (CVPA) Waiting Room reception program. We've developed a short training session to give those members background and current information on Mended Hearts to add to the hospital Volunteer and CVPA training given to them as well. The program is off to a great start!

As always, 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	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

Visiting Report for Jan-Feb 2011

Total Visits = 43

CCH Wards -12 Cardiac Rehab - 17
CVPA Waiting Area - 12 Phone - 2

January/February Visitors:

<i>Katherine Beach</i>	<i>Maryse Ethier</i>
<i>Pat Boris</i>	<i>John Gibson</i>
<i>Ellie Brennan</i>	<i>Carl Hevert</i>
<i>Mike Brennan</i>	<i>Don Moberg</i>
<i>Tim Crane</i>	<i>Jean Shepardson</i>
<i>Ken Ethier</i>	<i>Bob Silverberg</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.

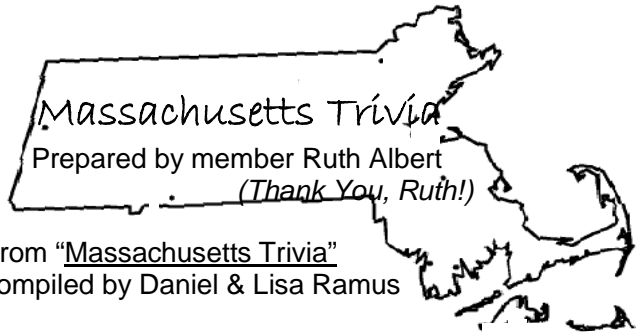
What is required:

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





From "Massachusetts Trivia"
compiled by Daniel & Lisa Ramus

1. Where is the Peabody Museum?
2. What religious order runs St. Joseph's Abbey in Spencer?
3. What color is the line on the sidewalk that traces the Freedom Trail?
4. What town is know as the Victorian-style town on Martha's Vineyard?
5. Where is the "art capital" of Cape Cod?
6. On what island in Massachusetts can visitors see a whale skeleton?
7. Where is the "Forefather's Monument" - the largest granite monument on its kind?
8. What kind of greeting card did Louis Prang of Boston print for the 1st time in Boston?
9. What ice cream company has been in business for more than 75 years?
10. During what month is held the Boston Harbor Fest?

(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 1-1-11)

Steven Lipsky - In Memory of Mr. Richard Mahoney - long time friend of Bill & Judy Lipsky

Sharon Kelly (Anytime Angels)
Additional donation from the Nov. 19th Craft Fair at Cape Cod Hospital

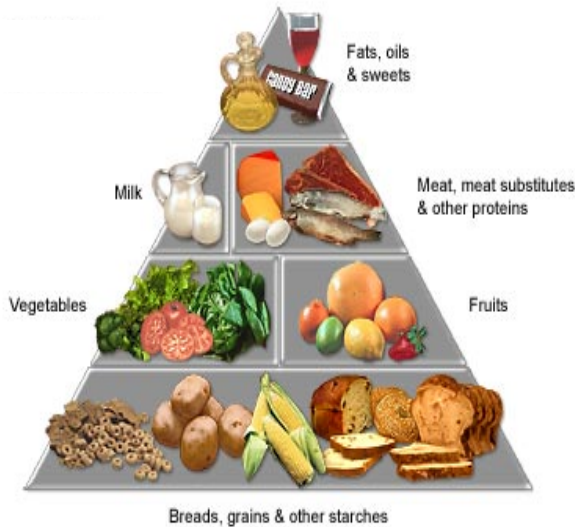
Our Heartfelt THANKS!!

**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

- OXYMORONS -

- Why is the third hand on a watch called the second hand?
- Why do "fat chance" and "slim chance" mean the same thing?
- How come a "tug" boat pushes its barges?
- Why are they called "stands" when they are made for sitting?
- Why do we say "after dark" when it really is "after light"?
- Why is "phonics" not spelled the way it sounds?
- How come "abbreviated" is such a long work?
- Why do we drive on a parkway and park on a driveway?



March is National Nutrition Month... How to interpret the FDA Food Pyramid

Do you feel as though you can't keep up with the latest nutrition news because it's always changing? Knowing these basics, you'll be better equipped to sort through the latest information.

What foods are in the grain group? Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, breakfast cereals, tortillas, and grits are examples of grain products.

What's in the vegetable group? Any vegetable or 100 percent vegetable juice counts as a member of the

vegetable group. In cooking, vegetables may be used raw, cooked, frozen, canned, dried or dehydrated.

What foods are in the fruit group? Any fruit or 100 percent fruit juice counts as part of the fruit group. Fruits may be used fresh, canned, frozen or dried and may be whole, cut-up, or pureed.

What foods are in the milk group? All fluid milk products and many foods made from milk are considered part of this food group. Foods made from milk that retain their calcium content are part of the group, while foods made from milk that have little to no calcium, such as cream cheese, cream and butter, are not. Most milk group choices should be fat-free or low-fat.

How about the meat group? Foods made from meat, poultry, fish, dry beans, peas, eggs, nuts and seeds are considered part of this group. Dry beans and peas are part of the FDA's meat group as well as the vegetable group. Fish, nuts and seeds contain healthy oils, so choose these foods frequently instead of meat or poultry.

What are oils? Oils are fats that are liquid at room temperature. They come from many different plants and from fish. Some common oils are: canola oil, corn oil, cottonseed oil, olive oil, safflower, soybean and sunflower oil. A number of foods are naturally high in oils, like nuts, olives and avocados.

What to throw away, what to keep

Chances are you're saving more paper than you need to. Here's some advice from *Consumer Reports* on what to save, where to save it and for how long.

Keep these in a safety deposit box

- * Wills, health care proxy and estate planning documents. Give copies to your executor.

- * Life insurance policies. Toss only when a term policy expires.

- * Vehicle titles. Throw them away when you sell the vehicle.

- * Savings bonds. Save until maturity, then cash them in.

Keep these papers at home

- * Bank deposit slips.

Discard after you reconcile your bank statement.

- * Bank statements. Save with tax returns if they support deductions.

- * Credit-card bills. Can be discarded after you pay them. Save any that support tax deductions for seven years.

- * Loan documents: Put discharge papers in a safe-deposit box after they are paid off.

- * Pay stubs. Discard after you reconcile with your W-2.

- * Brokerage, retirement and investment statements. Shred quarterly or as new ones arrive. Keep annual statements until you sell the securities.

- * Household warranties. Discard when they expire but save parts lists and repair instructions.

- * Social Security statements: Toss when you get a new one.

- * Tax returns and supporting documents can be discarded after seven years.



Answers to MA Trivia Questions: 1. Salem; 2. Trappist; 3. Red; 4. Oak Bluffs; 5. Provincetown; 6. Nantucket; 7. Plymouth; 8. Christmas Card; 9. Brigham's; 10. July



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