



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 2

March/April 2010

♥ Chapter #315 Celebrates February Heart Month ♥



(L to R) Janet Benson, RN, Cardiac Services,
Pat Boris, Chapter #315 President, & Pauline
Phillie, RN, Director of Cardiovascular Quality

Cape Cod Chapter #315 Receives \$LARGEST\$ Donation in Our Chapter's History

At our February 18th meeting, Janet Benson and Pauline Phillie - two ladies who are near and dear to the hearts of all Chapter #315 members visited us bearing an incredibly generous donation to our chapter.

Since last Fall, CCH nurses Janet Benson, Gayle Cody, and Pauline Phillie have been conducting a "Wear Red on Friday" campaign as part of a National effort and have sold shirts, vest, and jackets as a fundraiser. At our February meeting, Janet and Pauline presented to MENDED HEARTS, CHAPTER #315 the proceeds of their fundraising efforts - \$1,385 !!!

Our **HEARTFELT THANKS** to Janet, Pauline, and Gayle and everyone who purchased red apparel in support of the 'Wear Red on Friday' effort.

SPECIAL OFFER TO CAPE COD CHAPTER #315 MEMBERS An Extension of CCH's Successful "Wear Red" Campaign AND a Fundraiser for Chapter #315

A specially created Cape Cod Mended Hearts collection of red apparel is now available for order and all proceeds will benefit our local chapter. You can now order the following red apparel to show your support of 'Wear Red on Friday' OR... any day to show your support for Mended Hearts and our mission to inspire hope to heart patients and their families. Red apparel available to order include men's and ladies short sleeve tee shirts, long sleeve tee shirts, short sleeve polo shirts, fleece vests, and fleece jackets.

For Mended Hearts Chapter #315 members wishing to support our fundraising efforts, an order form is enclosed in the center of this newsletter.



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

Dinner & Installation of New Chapter Officers

Time & Location is TBA

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

"What can YOU do to help?"

Heartfelt Greeting to All,

As you can see from the cover page of this newsletter, exciting times are happening for our Cape Cod Chapter. I hope as a member of our local Mended Hearts organization you are proud and excited. As I have said many times before... and what I truly believe with all my heart.... our chapter's greatness is based upon the knowledge and life experiences that EACH and EVERY member brings. So in the spirit of working together to keep our chapter great, I respectfully ask you to please take a moment and reflect upon what you could do to help.

To keep our chapter going and to continue our efforts to outreach to cardiac patients, families, caregivers, and the cardiac community in general we need:

- Newsletter Editor - CRITICAL NEED!
- Members willing to contribute to our newsletter (editorials, MA trivia, recipes, health articles easily researched from an on-line service paid for by MHI national)
- Nominating Chair and Committee for 2010 election of chapter officers that needs to take place by our May 20th meeting - PLEASE KNOW: We **CANNOT** continue as a chapter unless nomination and election of chapter officers happens!

At this time, I would like to acknowledge and express thanks and appreciation on behalf of our entire membership to those who have already stepped up and are helping in numerous ways.... i.e. our patient visiting program, meeting hospitality, phoning members to remind them of meetings, 'sunshine' greetings to 'under the weather' members, local radio and TV publicity, special event coordination, etc., etc.... Your help and support *DOES* make a difference! And, I would like to thank our chapter officers and every other member who is helping in various ways time and time again.

To summarize, my message for this issue is two-fold. *THANK YOU* to those who are currently helping with chapter activities and a request to each and every member to please take a moment to think about ways that YOU can join in our efforts to keep our chapter viable. Please give me a call, e-mail, talk to me at a meeting and share any thoughts or ideas that you may have about how YOU can help our chapter to continue to grow.

Stay well. Hope to see you at our March 18th and April 15th meetings and beyond.

All My Best,
PAT

"Matters of the Heart" Community Education Event - February 23, 2010

On the afternoon of February 23rd, Chapter President, Patricia Boris was invited to speak about Mended Hearts as a local resource to cardiac patients on Cape Cod—one of three speakers for a heart health educational event in recognition of February as heart month. Other presenters included Dr. Eleanor Sullivan of Cardiovascular Consultants of Cape Cod who spoke about heart disease prevention and Nanette Hallett, RN who spoke about cardiac surgery at Cape Cod Hospital. In addition to Pat, Tim, and Katherine, several of our members also attended this informative event.



Tim Crane, Visiting Coordinator and Katherine Beach, Treasurer at our information table at "Matters of the Heart" event at EPOCH Brewster Place

VISITING REPORT

Update from Tim Crane, Visiting Coordinator....

Our visiting program had a slow start to 2010 in part due to construction in the 3rd floor surgical recovery areas perhaps delaying some surgeries and/or putting some patients we might see in other areas while refurbishing work was being done.

One positive sign is that we seem to be seeing pre-op patients more often. Nice to be able to calm some of these folks down and encourage them.

Our annual re-certification training session for our volunteers is scheduled for an hour before the regular May 20th chapter meeting in the Martins Conference Room (same as last year). The session gives us an opportunity to talk over our successes and brainstorm improvements to our program. It's also really neat to see all the volunteers at once and to thank them for their great work!

We're currently working with 3 members to complete the training to become Certified MH Visitors and as always we encourage members to consider join the visiting group!

Best, Tim C.

Visiting Report Jan/Feb 2010

Total Visits = 22

CCH Wards—11

Cath Lab Waiting Area—11

(NOTE: One week in January was cancelled due to inclement weather)

**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
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



MORE...Cape Cod Trivia

1. What is the name of the famous wharf in Provincetown?
2. Name the four state parks on Cape Cod.
3. Where is Chappaquiddick Island?
4. How long is the Cape Cod Rail Trail?
5. What is the name of the oldest light house on Cape Cod?
6. Name the famous landmark in Brewster.
7. What Cape beach ranks in the TOP 10 in the U.S.?
8. Name the most common area to observe feeding whales.
9. What shell fish is Wellfleet noted for?
10. Do Cape Cod League players use aluminum or wood bats?

(Answers on Page 6)



April 1, a time of tomfoolery...

Call it April Fool's Day or the Day of Tomfoolery, April 1 can bring out the prankster in most of us. The trick can be as small as changing the time on someone's clock, serving cereal that has been placed in the freezer, saying a snake is at their feet or telling someone there is a spot on their shirt.

But hoaxes can also be elaborate and catch the world by surprise. Over the years, many have gained "elite" status.

In 1957, the BBC show Panorama announced that Swiss farmers were enjoying a bumper spaghetti crop from their spaghetti trees. Accompanying footage showed spaghetti strands being pulled out of the trees. Calls flooded in asking where the viewers could obtain a "spaghetti tree." Tis said a wit at the BBC said callers could place a strand of spaghetti in tomato sauce and see what happened.

One year, Burger King ran an ad for a Left Handed Whopper whose ingredients had been shifted so condiments would leak out the right side. Not only did people attempt to order the Left Handed Whopper but some customers came in and specified they wanted a Right Handed Whopper.

Comic strips often join in the April Fool's Day fun. Cartoonists of syndicated strips will draw each other's strips or incorporate "visiting" characters into their own. In one strip, Garfield ate Dagwood's sandwich.

TV shows are not immune. In 1997, Alex Trebek, host of Jeopardy, traded places with Pat Sajak of Wheel of Fortune. Sajak and Vanna White then played as contestants on their own show.

In 2005, a news story was downloaded to the official NASA Web site announcing a picture of water on Mars. The photo consisted of a glass of water on a Mars candy bar.

**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

**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!***



**To Decrease Heart Risk . . .
Move Around While Watching Television**

New studies show that the amount of time you spend not moving at all has been linked to a higher risk of death from heart problems or from any cause.

Researchers at the Harvard School of Public Health report the risk of death from any cause increased by 11 percent for each hour a day of reported TV watching or total inactivity. For death by heart problems, the risk increased significantly more.

The benefits of getting 30 to 60 minutes of exercise on most days are still important. But if you sleep for eight hours and exercise for an hour, that leaves about 15 hours for either sitting still or moving.

The new findings show that after sitting for a few hours, the enzyme that pulls fat from the blood shuts down. Instead of fat being transported to muscle tissue where it is burned as fuel, it accumulates in the blood stream. Over time, it can damage arteries and lead to cardiovascular disease.

What you can do:

- ♥ Doctors at the Mayo Clinic, Jacksonville, Fla., say adding almost any kind of movement to break up a period of sitting can help. When you are at the computer, driving, reading a book or watching TV, always add movement.
- ♥ Stretch and flex muscles, fold some laundry, stand up and walk about from time to time, or just get up to change the channel instead of using the remote. When you just stand up, you use muscles not required when you're sitting or lying down.

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. MacMillan
2. Scusset, Shawme-Crowell, Nicherson, South Cape Beach
3. Off of Martha's Vineyard
4. 22 Miles
5. Highland Light in Truro
6. Brewster General Store
7. Coast Guard Beach
8. Stellwagen Banks
9. Oyster
10. Wood



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 _____

- | | | |
|--|---|------------------------------------|
| <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.

Yes No _____
Signature

Permission to print birth month in newsletter? Yes No

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 |

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

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

