



HEART TO HEART

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



Volume 10, Issue 3

May/June 2010

Staying Well

Healthy Snacks

When you want a treat to go with your movie, think about your heart as well as your taste buds. Skip the candy and cupcakes and forget the potato chips. Popcorn is better. It qualifies as one of the whole-grain foods that scientists at the University of Scranton say are great sources of fiber. In fact, popcorn was their top choice. Most microwave popcorn tastes just fine without adding butter. Whole-grain snacks contain antioxidants that remove free radicals (harmful chemicals) from the body. When selecting your snack foods, read the label and look for those that list whole grain as the first ingredient.

Who needs a shingles vaccination?

Shingles results when the body reactivates the virus that causes chicken pox. Some people think they never had chicken pox, so they can't get shingles. Doctors at the CDC say 99 percent of Americans over 40 have had chicken pox, or come into contact with it, even if didn't produce symptoms. So it's wise to be immunized against the virus. Shingles can be extremely painful. It travels through nerve paths, and the rash causes a burning sensation that some say feels like being shocked. A quarter of sufferers have pain that lasts for months. The risk of developing shingles rises after age 50. The older the victim, the more severe the effect. Pneumonia, hearing problems, blindness and encephalitis can be complications. It pays to be immunized with Zostavax, say doctors at Johns Hopkins Medical Centers.

Doctor's live-longer advice

- * Exercise every day. Lift weights once a week and stretch every day.
- * Get 15 minutes of sun every day to keep up your vitamin D levels.
- * Eat uncooked whole foods to naturally rejuvenate your body.
- * Sleep more than seven hours.
- * Have purpose in your life. Love living it.!

ATTENTION: Chapter #315 Members

Election of Chapter Officers will take place
at our May 20th Meeting

**WE NEED MEMBERS WILLING
TO HELP SERVE OUR CHAPTER**

PLEASE CONSIDER.... Please HELP!

For more information, members may contact
2010-2012 Nominating Chair

Ken Traugot - BEFORE May 20, 2010

Phone: 508-362-6618

E-Mail: info@beechwoodinn.com



Save The Date

Installation Dinner of Chapter Officers
and...
'Summer Social' BBQ Dinner



June 17, 2010 at 5:30pm
Ardeo's Grille at King's Way
Yarmouth Port, MA

Chapter Members: Watch for reservation details
to be mailed to you 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: (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

Summer B-B-Q & Installation of New Officers
5:30pm - Ardeo's Grille at King's Way

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

Heartfelt Greeting to All,

I hope this Springtime greeting finds everyone well. I'm convinced that Spring has finally 'sprung' here on Cape Cod because I have the muscle aches from Springtime yard cleanup to prove it!

For those of you who have been away or not able to attend our monthly meetings here is a recap of the latest news:

Our chapter continues to grow and that is fantastic!... as you will see by the "Welcome New Members" list below. We are on our way to a chapter of 100 members! A special welcome to our new members and a special thank you for all our members who continue to share the Mended Hearts story and mission to cardiac patients.

Our 'fundraiser' and the opportunity to purchase 'red-ware' as I call it... i.e. red polo shirts, tee shirts, fleece vests and jackets that proudly display "The Heart of the Cape - Mended Hearts" continues. Please contact our Vice President Joanne Wiseman (508-428-2860) to order yours. Thank you to those who have already participated.

Our chapter meeting on May 20th is an important one. Please attend if you can. Just prior to the meeting, Tim Crane, our Visiting Coordinator, will conduct re-certification training for our volunteer hospital visitors. We will hold election for chapter officers for the next 2 year term - Please contact our nominating chair Ken Traugot (508-362-6618) if you are interesting in helping by serving as an officer. Our guest speaker on May 20th will be Georgia Dash, RN, Director of Infection Control for CCHC, explaining to us the stringent regulations constantly monitored to insure patient safety and infection control. Truly, a meeting not be to missed. Hope you can join us.

Lastly, on June 17th Northeast Regional Director Priscilla Soucy will join us for a special 'summer BBQ' event at Ardeo's Grille, King's Way, Yarmouth Port for the traditional installation of new chapter officers. We have planned an incredibly 'scrumptious' BBQ buffet as our 'summer social' In addition... And I saved the best surprise for last! (glad you are still reading!) we will have the honor of Mended Hearts National President Raul Fernandes joining us as our special guest. PLEASE mark your calendar for June 17 and try to attend. It is important to have as many members as can attend.

Stay well. All My Best, PAT

Welcome!!

New Members-2010

- Mr. and Mrs. John Buckley
- Patricia Dowd
- Carl Hevert
- Thomas Mazzei
- Donna Prescott
- Denise St. Pierre
- Carole Sandquist
- Kent "Sandy" Sandquist
- Dick Silvia
- June Silvia

Thank You!

DONATION Received from member Bob Silverberg

In Memory of Albany, NY chapter member

DAN SEKELICK

(Dan visited Bob in 1995 after Bob's heart attack)

Our HEARTFELT THANKS to Bob for his generosity!

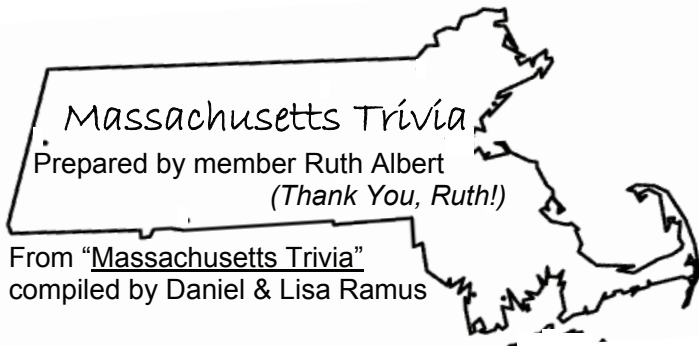
Please consider a contribution to Cape Cod-Hyannis Chapter #315

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




1. Who composed the movie score for "Star Wars"?
2. What was the original name for Cambridge?
3. What was the name of the horse Paul Revere borrowed when he carried the warning of the British invasion?
4. How old was Paul Revere when he made his famous midnight ride?
5. What kind of whale is the Massachusetts state marine mammal?
6. What is the oldest town on Cape Cod?
7. In the art world, for what do the letters I.C.A. stand for?
8. How are the swan boats in Boston Public Garden propelled?
9. What city in the Commonwealth is the birth-place of the U. S. Coast Guard?
10. Where was Edgar Allen Poe born?

(Answers on Page 6)

"Washed Up"
by Bob Silverberg

They say that water runs downhill
But I find that hard to believe
'Cuz when I reach down to wash
my hands
Water runs up my sleeve.




**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!***

May 5-12, 2010

National Nurses Week



CARING TODAY FOR A
HEALTHIER TOMORROW

Thank a Nurse!

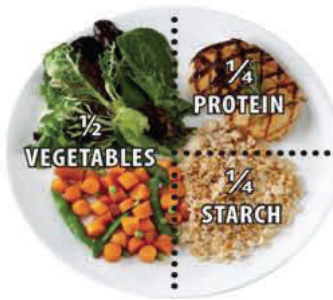
During National Nurses Week, we are reminded that nurses are a pivotal component of medical care for people of all ages.

More than ever, patient outcomes are known to be more positive when skilled and sensitive nursing is involved. Because a "patient" may be an individual, a family, or a community, patient outcome is a broad term that is amenable to change. Nurses are a positive influence in these outcomes.

In addition to May 12th - International Nurses Day, National Nurses Week includes May 8th - National Student Nurses Day and Wednesday of Nurses Week - National School Nurses Day.

WebMD Portion Size Guide

When you're trying to eat healthfully, it's essential to keep track of just how much you're eating. It's all too easy to misjudge correct portion sizes. Here are some easy comparisons to help you figure out how many servings are on your plate.



PORTION SIZE YOUR PLATE

1/2 PLATE VEGETABLES:

Fill half your plate with a colorful assortment of different vegetables for good nutrition and tastes to please your palate.

1/4 PLATE PROTEINS:

Low-fat proteins are good for your heart and better for your waistline. Bake, broil, or grill your way to a delicious and healthy meal.

1/4 PLATE STARCHES:

Whole-grain starches are good for your heart and keep you feeling fuller longer. While foods like yams, potatoes and corn are considered vegetables, they are high in starch and should be placed on this part of your plate.

BASIC GUIDELINES



1 cup = baseball



1/2 cup = lightbulb



1 oz or 2 tbsp = golf ball



1 tbsp = poker chip



1 slice of bread = cassette tape



3 oz chicken or meat = deck of cards



3 oz fish = checkbook



1 oz lunch meat = compact disc



3 oz muffin or biscuit = hockey puck



1 1/2 oz cheese = 3 dice

GRAINS

- 1 cup of cereal flakes = baseball
- 1 pancake = compact disc
- 1/2 cup of cooked rice = lightbulb
- 1/2 cup cooked pasta = lightbulb
- 1 slice of bread = cassette tape
- 1 bagel = 6 oz can of tuna
- 3 cups popcorn = 3 baseballs

DAIRY & CHEESE

- 1 1/2 oz cheese = 3 stacked dice
- 1 cup yogurt = baseball
- 1/2 cup frozen yogurt = lightbulb
- 1/2 cup ice cream = lightbulb

FRUITS & VEGETABLES

- 1 medium fruit = baseball
- 1/2 cup grapes = about 16 grapes
- 1 cup strawberries = about 12 berries
- 1 cup of salad greens = baseball
- 1 cup carrots = about 12 baby carrots
- 1 cup cooked vegetables = baseball
- 1 baked potato = computer mouse

FATS & OILS

- 1 tbsp butter or spread = poker chip
- 1 tbsp salad dressing = poker chip
- 1 tbsp mayonnaise = poker chip
- 1 tbsp oil = poker chip

MEATS, FISH & NUTS

- 3 oz lean meat & poultry = deck of cards
- 3 oz grilled/baked fish = checkbook
- 3 oz tofu = deck of cards
- 2 tbsp peanut butter = golf ball
- 2 tbsp hummus = golf ball
- 1/4 cup almonds = 12 almonds
- 1/4 cup pistachios = 24 pistachios

SWEETS & TREATS

- 1 piece chocolate = dental floss package
- 1 brownie = dental floss package
- 1 slice of cake = deck of cards
- 1 cookie = about 2 poker chips

SOURCE: Kathleen Zelman, MPH, RD, LD, Director of Nutrition for WebMD. Reviewed on November 26, 2008.

healthyeating.webmd.com

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... Please Help!

THANK YOU!!

Answers to MA Trivia Questions:

1. John Williams
2. Newtowne
3. "Brown Beauty"
4. 40
5. Right Whale
6. Sandwich
7. Institute of Contemporary Art
8. By foot pedals
9. Newburyport
10. Boston



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

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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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.** 