



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 3

May-June 2011



**Cape Cod Chapter of The Mended Hearts, Inc. extends...
HEARTFELT THANKS TO ONE AND ALL!**

Philanthropy Issue

Our Mended Hearts chapter received the honor of being selected as "charity of choice" for not one, but two, memorial donation events during the month of March. We gratefully acknowledge all those who donated – see page 6 for full details. This issue of our "Heart-to-Heart" newsletter is dedicated to the many wonderful folks who contributed in memory of loved ones. Special heart-felt thanks to long-time member Marilyn Branzetti and also to long-time supporters, Gary and Janet Benson, for designating Cape Cod Mended Hearts as their charity of choice.

We're Giving Back!

Since our Cape Cod Chapter was chartered in 2002, each year we donate to one of the cardiac nursing units at Cape Cod Hospital where our team of Mended Hearts accredited volunteers visit cardiac patients each week. Our mission is to donate to the nursing staff something they could use that is not in their current budget – i.e. filling a need. This year, we chose to support the nursing team from the Cardiovascular Procedure Area (used to be known as the "Cath Lab"). Their request was for assistance in helping to make enhancements to the CVPA reception area with the addition of a coat rack, magazine racks, and additional table lighting for the area. By the time you are reading this article, they will have arrived and most likely be installed. According to Nurse Joanie Drushella, Director of the Cardiovascular Procedure Area, "Our patients and family members truly appreciate everything you do. Thanks so much for your help."

 Please save these dates and join us if you can
Your Participation as a Member DOES make a difference! 



Thursday, May 19th
Chapter Meeting - 4-6 pm
Martins CR, Cape Cod Hosp



Special Guest Speaker
Dr. Robert Rizzo

Director of Cardiac Surgery, CCH

Topic: **Cardiac Surgery at CCH:
Mending Hearts since 2002**

Please Invite Others... All are Welcome!

Mended Hearts
'Summer Social'
BBQ Dinner Buffet



Ardeo's Grille at
King's Way, Yarmouth Port
June 23, 2011 - 5:30pm



ATTENTION CHAPTER MEMBERS:
Reservation Details Enclosed!

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
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Speaker Program:	Pat Boris	508-896-5941
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Membership:	Katherine Beach	508-896-9436
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Publicity:	Pat Boris	508-896-5941
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TV/Radio Publicity:	Bob Silverberg	508-778-4578
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Special Events: (Co-Chairs)	Louise VanDell Marion Cooke	508-362-8882 508-398-5660
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Telephone:	Marilyn Branzetti	508-432-0103
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Hospitality:	Bev Moberg	508-888-1117
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Chapter Photographer:	Ed VanDell	508-362-8882
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Newsletter Editor: VACANT - Pat Boris (acting)

Past President:	Bart Kazin	413-279-1166
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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 Rehabilitation Center, FH
"Exercise: A Prescription for Heart Health"

MAY 19, 2011

Robert J. Rizzo, MD, F.A.C.S.
 Director of Cardiovascular Surgery, CCH
*"Cardiac Surgery at CCH:
 Mending Hearts since 2002"*

JUNE 23, 2011

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

SEPTEMBER 15, 2011

Speaker & Topic is TBA

OCTOBER 20, 2011

Alanna Coolong, MD
 Interventional Cardiology, CCH
"Acute Coronary Syndrome"

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,

Spring has finally sprung! Hurray!! Although there is still the Cape Cod Springtime 'nip' in the air even on the sunniest of days, there is still lots of yellows and pinks and 'new' bright green foliage all around us to make our hearts smile. Welcome back to our 'snowbird' members. We missed you and are glad to have you back!

We have an exciting meeting planned for Thursday, May 19th. Please mark your calendar to join us if you can. There will be time to renew acquaintances, catch up on news, and be present to hear our very special guest speaker, Dr. Robert Rizzo - the man who (along with his multi-talented surgical team) has been "mending hearts" (pun intended!) since 2002. It is an honor and privilege to have Dr. Rizzo take time out from his extremely full schedule to address our group. My hope is that we can find as many hearts that have been mended by Dr. Rizzo to come to our meeting on May 19th as possible. In addition, I would also ask ALL members to make an effort to attend. Let's fill the Martins Conference Room for Dr. Rizzo's presentation. And, let's all work together to make it happen. I am asking for your help.

I believe this issue of our newsletter "Heart-to-Heart" is filled with lots of exciting good news about our chapter - I hope you agree! The outpouring of financial support through donations is heart-warming to say the least. Donations help us to maintain our original promise to annually 'give back' to one of the cardiac units that we work with all year long through our hospital volunteer visiting program. It allows us to continue to fulfill the Mended Hearts mottoes of "Heart Patients Helping Heart Patients by offering Hope and Encouragement to Cardiac Patients and Their Families" and "It's Great to be Alive and to Help Others".

I hope to see you on Thursday, May 19th and I also hope you will also mark your calendar for our annual 'summer social' fun event - a 'mostly' heart-healthy BBQ dinner buffet especially created for Mended Hearts by the chefs at Ardeo's Grille, King's Way, Yarmouth Port.

All My Best, *Pat*

Welcome! New Members
Joseph Dillon
Johanna Fullam
Priscilla Gleason

Our Chapter recently purchased a new bulletin board for the CVPA waiting room. Part of our on-going effort to educate the Cape Cod cardiac community about the support we offer to heart patients and their families.



VISITING REPORT

by Tim Crane, Chapter #315 Visiting Coordinator

Update from Tim Crane, Visiting Coordinator

Thanks to our March and April visitors. The numbers for visits in the wards and the newly named CardioVascular Procedure Area - CVPA-(new moniker for the Cath Lab) were almost exactly the same as last year.

The new Cath Pacs developed by National Mended Hearts have been a welcome addition to our handouts. Visitors: Remember to have a few in hand even when you are visiting patients in the wards on the 3rd floor, as some of those patients may be there being observed and/or recovering from having stents or other CVPA services performed. A supply is on the top shelf of the supply cabinet on the 3rd floor. I'll add a supply of extra Visiting Reports on the lower shelf in case the Pacs you have or get from the supply cabinet are missing them.

RE CERTIFICATION SESSION, MAY 19—3:15 TO 3:45
National Mended Hearts requires all chapters with visiting programs to have a re certification session each year. We'll have ours on the 19th, in the Martins Conference Room where we have our regular chapter meetings. It will be before the regular meeting featuring Dr. Rizzo, so hopefully all of us will be there anyway to hear his presentation. I promise to make our session short and hopefully a great forum to hear from you.

Thanks again to our visitors for all you do!

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 Mar-Apr 2011

Total Visits = 32

CCH Wards -19
CVPA Waiting Area - 11
Phone - 2

March/April Visitors:

Pat Boris	Carl Hevert
Tim Crane	Ray Levesque
Bob Davis	Don Moberg
Ken Ethier	Judy Rose
Maryse Ethier	Warren Silver
John Gibson	Bob Silverberg

HEARTFELT THANKS to all

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.

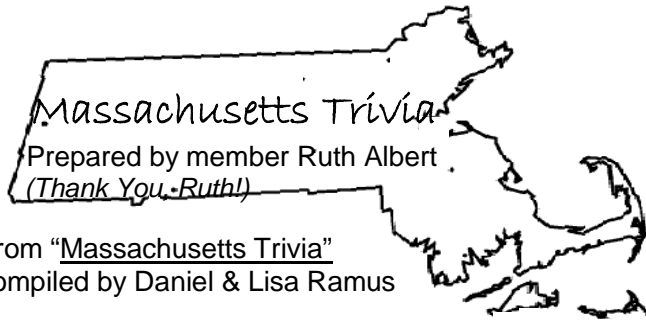
What is required:

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. Who won the battle of Bunker Hill?
2. Who supplied the brass fittings for the frigate known as "Old Ironsides"?
3. Who was made president of the 1st legally established Board of Health in America, February 13, 1799?
4. In what month did Paul Revere's midnight ride occur?
5. What state passed the 1st minimum wage law?
6. What is the oldest free municipal library in the world?
7. What was the 1st public school in the country?
8. What oceanographic institute was founded in 1930 by the Rockefeller Foundation?
9. What is the Massachusetts state animal?
10. On what hill is the Boston State House built?

(Answers on Page 6)

Cat-A-List

by member Bob Silverberg
(March 2011)



My cat sat on the table staring at me.
"OK, cat," I said,
"If you're so smart,
Tell me the secret of happiness."
She jumped off the table
And went to her food bowl.
Later, as she rested in her cat bed
I asked, "Is that it? Having food?"
She closed her eyes and went to sleep.
That evening, as I sat watching TV
She nestled on my shoulder - and purred.
So... The next time you feel
Irritable, Hungry, Neglected
Check with your cat.
For if you've got food
A place to sleep
And Love,,,
That pretty much
says it all.



NOW AVAILABLE!! Just in Time for Summer...



Cape Cod Mended Hearts Cap

only \$10



Purchase Yours at the May 19th meeting!



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
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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