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 12, Issue 10
October, 2012

Cape Cod Chapter Events for October 2012
Please Join Us!... Invite Others…. All are Welcome!

Thursday October 18, 2012
Chapter Meeting - 4 to 6 pm. Martins CR, Cape Cod Hospital
Guest Speaker:
ROBERT J. RIZZO, M. D.
CCH – Cardiac Surgery

MORE INFO ON CRAFTS FAIR
 Volunteers can sign up for one or two shifts (8:30 a.m. - 12:30; 12 - 4:30 p.m.)
 Duties - some sit-down jobs greeting people; relieve crafters for breaks
 Assist crafters at their booths, e.g. lunch, snacks, water, etc.
 CONTACT PETER at trurogolf@comcast.net
 We need 10 people per shift
 ALL PROCEEDS GO TO CAPE COD MENDED HEARTS!

3rd Annual Holiday Craft Fair
To Benefit Cape Cod Mended Hearts
Friday, November 16, 8:30 a.m. – 4:30 p.m.
Cape Cod Hospital, Mugar Building, Ground Floor
--- Offering many beautiful, uniquely hand-crafted items
--- Ideal for holiday shopping/gift giving
--- Please support this event
--- Please tell and invite others to attend!

VOLUNTEERS NEEDED!!!
If you can donate a couple of hours, please contact Peter at 503-349-6841 or at trurogolf@comcast.net
SEE BELOW
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.

2012 MEETING DATES & SPEAKERS

OCTOBER 18, 2012
Robert J. Rizzo, MD
CCH—Cardiac Surgery
Hyannis, MA 02601

NOVEMBER 15, 2012
Lawrence S. McAuliffe, MD, F.A.C.C.
Director of Cardiovascular Services, CCH
Yearly Address to the Mended Hearts Community

SAVE THE DATE!
Saturday, DECEMBER 8, 2012
Annual Holiday Luncheon
OLD YARMOUTH INN
11:45 A.M.
(details November newsletter)

2013 PROGRAMS
(3rd Thursday of the month)
Will include Beth Woods, Psychologist; Dr. Bart Main, Psychiatrist; Dr. Eleanor Sullivan, Cardiologist; Dr. Scott Graham, GPDO; Pauline Phillie, Cardiovascular Quality Department Director; Dr. Alanna Coolong, Interventional Cardiologist.

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Vice President: Jeanne Shepardson  508-833-5110
Secretary: Johanna Fullam  508-487-3474
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Speaker Program: Jeanne Shepardson  508-833-5110
Membership: Jeanne Lemire  508-295-9723
TV/Radio Publicity: Bob Silverberg  508-778-4578
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PRESIDENT’S MESSAGE

By Peter Van Stratum

Well, where do I start!

October letter from the President

We had our first Mended Hearts meeting on September 20, as President, I think we should start by thanking everyone that came to support the cause. We also had a good turnout of about 20 people. The weather was less than ideal, but everyone seemed to enjoy the meeting.

Our first topic of discussion was the raffle. We have made some changes to the raffle this year. Instead of having a fixed prize of $500 for restaurant gift certificates, we will now sell tickets at $5 each and 3 for $10. The prize will now be drawn at random and will be $125 in restaurant gift certificates for meals at various restaurants (see page 7). We made $110 for the group…not bad!!!

Dick Blanchard, our web master, had a few words to say about our web site and made a suggestion or two for us to work on over the winter when things quiet down.

Jim Ainsworth, one of our new members and Marathon runner, spoke to our group regarding volunteering at road races here on the Cape. Each time we volunteer to work at a road race, we will very likely get a donation…along with having a great time at the race. Our next volunteers were Jeanne and Dick Shepardson…thank you Jeanne and Dick. The next road race is on October 28, the Cape Marathon. Please contact Jim at 508-360-372 to see if he needs help.

Dr. John Kalin…September meeting. “What’s new with Pacemakers and Defibrillators?” What an amazing speaker he is, the very best I have heard in a very long time!

THANK YOU DR. KALIN!

Our OCTOBER 18 SPEAKER will be DR. ROBERT RIZZO

Members need get to our next meeting EARLY. The last time he spoke we had standing room only. We plan to take “picture 2” with all his patients in the room entitled “Drop in the bucket 2”. In the last 10 years, Dr. Rizzo has performed over 1920 open heart surgeries at Cape Cod Hospital. AN AMAZING ACCOMPLISHMENT!!!

Be Safe, Healthy and have Fun in life

Peter
Update from Tim Crane, Visiting Coordinator

As most of you are aware, our Chapter has an active cardiac visiting program. We have a cadre of 22 trained Accredited Mended Hearts Visitors who visit the several cardiac related wards and waiting areas each Friday to offer hope and encouragement to heart patients and caregivers.

It was a relatively quiet summer for our visitors. The chart to the right summarizes our visits.

We will continue to make presentations to the Falmouth Hospital Rehab patients every three months or so as their 12-week long rehabilitation program rolls over.

If you are interested in learning more about the visiting program and/or are interested in joining, let me know.

Best, Tim C.

HEARTFELT THANKS to all our Hospital Volunteers!
Recipe exchange

Included in this issue is a new recipe for Chicken, Avocado and Black Bean Salad.

If you have a heart-healthy, friendly recipe that you would like to share, please send it to Peter Van Stratum trurogolf@comcast.net PO Box 568, Truro MA 02666

We will try to include at least one new recipe for any meal in each newsletter.

Cardiovascular Procedure Area (reception)

Mended Hearts members may become Cape Cod Hospital volunteers to volunteer in the CVPA area. This involves greeting patients/caregivers and making them feel comfortable and at ease for their scheduled cardiac procedures. Volunteers see an average of 10-12 patient/caregivers per day.

Current Mended Hearts hospital volunteers are:

- Katherine Beach
- Jeanne Lemire
- Dick Shepardson
- Peter Van Stratum

If you are interested in volunteering in the CVPA Reception area, please contact:

Pat Boris at Cape Cod Hospital Volunteer office

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.

Cape Cod Trivia

Prepared by member Ruth Albert

(Trivia book loaned by Herb Anderson)

1. According to legend, for whom was Scargo Lake named?
2. How many bridges span the Cape Cod Canal?
3. What are four ways Cape Cod cranberries are marketed?
4. Where are the State Fish Hatcheries?
5. Where on Cape Cod is “Great Rock”?
6. What is the correct legal name of Dukes County?
7. In what town is Castel Village?
8. The Old Colony Valley is now known as what today?
9. What did a Brewster sea captain first take as unusual cargo to Chile?
10. Which doctor at Cape Cod Hospital has touched over 1920 lives?

(Answers on Page 6)

Recipe exchange

Dedicated to those whose lives were lost to heart disease, stroke and related illness. Each month, in this section, please send your recipe for a heart-healthy meal for one or more people.
CHICKEN, AVOCADO, AND BLACK BEAN SALAD

Ingredients
- 12 ounce(s) chicken, breast
- 1 medium lime(s) juiced, use 1 tablespoon
- 1 1/2 tablespoon oil, olive, extra virgin
- 14 ounce(s) beans, black, drained and rinsed
- 1/4 cup(s) pepper(s), red, bell, chopped
- 1 clove(s) garlic minced
- 1/4 teaspoon salt
- pepper, black ground to taste
- pepper, red, crushed to taste
- 1 1/2 teaspoon cilantro, fresh (optional), chopped
- 1 medium avocado

Instructions
1. Cook chicken on stove or grill over medium heat until cooked through and internal temperature reaches 165.
2. Place the lime juice in a large bowl and gradually whisk in the oil. Stir in the beans, bell pepper, garlic, salt, black pepper, and pepper flakes (optional). Correct seasoning to taste. Add the diced chicken strips, and top with the cilantro. Mix well.
3. Slice avocado and serve beside scoops of chicken and bean salad.
4. Time Saver: Make the chicken and bean salad a day or night ahead without the cilantro or avocado. Slice the avocado and add cilantro immediately before serving.

Source: South Beach

THANK YOU!

TO THE FOLLOWING RESTAURANTS FOR THEIR GENEROUS GIFT CERTIFICATES FOR OUR SEPTEMBER MEETING:

THE LOBSTER CLAW, Route 6A, ORLEANS
CARLA'S, 54 Main Street, ORLEANS
GRAND CENTRAL, 5 Masonic Place, PROVINCETOWN

Answers to Trivia Questions:

THANK YOU!