



# 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 5

Sept-Oct 2010

Cape Cod-Hyannis Chapter #315 makes the TOP TEN List  
for increased membership during Spring 2010 MHI Membership Drive

**Editor's Note:** The following is an excerpt from the August 2010 Mended Hearts Internet Bulletin; compiled and distributed by Tim Elsner, Executive Director, The Mended Hearts, Inc., National Office, Dallas, TX.

## MHI Membership Drive Last Spring Yields Positive Outcomes

"The tallies are in and it looks like the National Membership Drive presented by the newly formed Membership Growth Committee produced a total of 565 new members last spring, during a three-month period.

Of these, 34 were Members-at-Large, but several chapters managed to recruit 10 or more new members during the period.

### Particular recognition goes to the following chapters

(followed by the number of new members recruited):

Chapter #363 (30 members)

Chapter #364 (25 members)

Chapter #127 (19 members)

Chapter #339 (13 members)

Chapters #38, #50, #161, and **#315** (11 members)

Chapters #216, #335, #361 (10 members).



Hats off to these chapters for their efforts."

**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, RN, MSN  
Director of Cardiovascular Quality, CCH

*"P-QRS-T: Making Sense of the ECG Alphabet"*

**OCTOBER 21, 2010**

Peter P. Chiotellis, MD  
The Heart Center, Hyannis

*Topic = TBA*

**NOVEMBER 18, 2010**

Lawrence S. McAuliffe, MD, F.A.C.C.  
Chief of Cardiovascular Services, CCH

*Yearly Address to the Mended Hearts Community*

*This Year's Topic: "Valvular Heart Disease - When Do You Call The Plumber?"*

**DECEMBER 4, 2010**

*Holiday Luncheon - Location is TBA*

PRESIDENT'S MESSAGE  
by Pat Boris

Heartfelt Greetings to All,

I hope you all had a great summer with time to enjoy the incredibly great weather we've had most of the season. It seems like we were just all together for dinner at Ardeo's (Yikes! That was way back in June!) Summer just flew by! Now it is time to re-group again, renew acquaintances, catch up on all the latest news, and enjoy phenomenal speaker presentations.

The 1st meeting of the 2010 Fall sessions will be held on Thursday, September 16th at the usual time and place (4 to 6pm, Martins CR, 2nd floor, Cape Cod Hospital). Hope you can attend this meeting and have an opportunity to chat with other members, receive an update on various chapter business issues, and get to hear a great presentation by our guest speaker - one of our 'best MH buddies', Pauline Philie. Pauline has agreed to return and educate us about the fundamentals of the Electrocardiogram. As heart patients we've all had more than a few ECG's! The title of her presentation is "P-QRS-T... Making Sense of the ECG Alphabet!". If you don't appreciate that 'snappy' title now, you will after hearing her most informative talk. It will be a real treat to have her visit us again. Please be sure to save the date!

Speaking of saving dates....please also mark your calendar for our other 2 meetings this Fall. Dr. Peter Chiotellis of The Heart Center will present a heart health topic on Thursday, October 21st. Followed by... what has become a Cape Cod Chapter tradition, Dr. Larry McAuliffe will return for his yearly educational presentation to the MH community on Thursday, November 18th. This year, Dr. McAuliffe will educate us about valvular heart disease. Another meeting not to be missed!

In closing, I want you all to know that it made my heart smile to share our chapter's news of more recognition on Page 1 of this newsletter. It is because of YOU and your good words about our group and sharing of information (including this newsletter) that our organization is growing. HEARTFELT THANKS TO ALL! I look forward to seeing you on September 16th.

All My Best, PAT

**Welcome!!**  
**New Members**  
*Jeanne Lemire*  
*Maureen Hammett*

**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

## VISITING REPORT

### **Update from Tim Crane, Visiting Coordinator....**

Summer at Cape Cod Hospital was slow at times and busy at times. Our visiting statistics were slightly down from last year, but in line with the last several year's statistics. Our newest visitors, Dick Silvia and Jeanne Shepardson did their initial "visits", and Charlie Fosgate, who cannot do hospital visits right now, was most helpful with a phone visit that matched up perfectly with his experiences.

Mended Hearts National organization has developed some Catherization Lab. specific information packets that are a great fit for our visits with family members we see who's members are being treated for heart related stent, angiogram, pacemaker, defibrillator and similar treatments. We'll be showing these materials at an upcoming Chapter meeting.

We, as always, thank our volunteer visitors. Their participation and continuing interest is what makes our visiting program so strong.

Best, Tim C.

### Visiting Report for July/Aug. 2010

**Total Visits = 28**

CCH Wards -16

Cath Lab Waiting Area -9

Phone -3

#### **July/August Visitors:**

Pat Boris

John Gibson

Ellie Brennan

Bill Lipsky

Mike Brennan

Don Moberg

Bobby Brown

Jeanne Shepardson

Tim Crane

Bob Silverberg

Bob Davis

Dick Silvia

Charlie Fosgate

Phyllis Wolitzer

**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
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
Jeanne Shepardson..	E. Sandwich .....	508-833-5110
Bob Silverberg .....	Centerville .....	508-778-4578
Dick Silvia .....	Marstons Mills .....	508-420-0755
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:

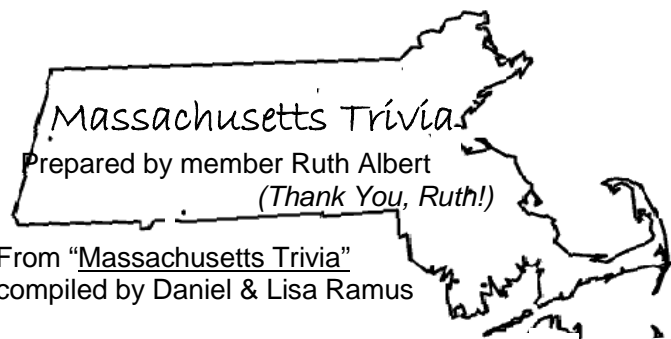
1. That you and/or your spouse has had a diagnosis of heart disease and/or a heart procedure, e.g. angioplasty, stent, valve repair, by-pass surgery, etc.
2. A Mended Hearts Membership.
3. Attendance at a Mended Hearts training session. Mended Hearts, Inc. has provided our chapter with an , step-by-step 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



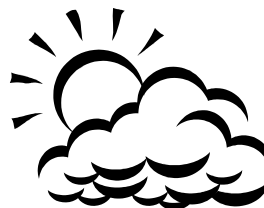


1. Eastern Point, near Rockport, is a take-off point for flocks of what migratory animal?
2. When did Massachusetts establish the 1st State Board of Health in the nation?
3. The Pilgrims thought cranberry blossoms resembled the head of what bird?
4. In 1737, plant-lover Andrew Faneuil bilt what structure that was the 1st of its kind in Boston?
5. What bird is named for a Cape Ann town?
6. What Cape Ann cove was named for a bird that was once abundant but is now extinct?
7. With what substance did Indians line their iron kettles so they would not taste the iron?
8. What town is the birthplace of Maria Mitchell, America's 1st woman astronomer?
9. In Dennis, who developed the commercial growing of cranberries?
10. What is the best way to tell if a substance is scrimshaw or plastic?

(Answers on Page 6)

**Poetic Words of Wisdom**  
**from our Member Bob Silverberg**

*Next time you see the weatherman,  
 Ask him to explain...  
 Why he's often wrong when he says "Sunny",  
 And always right when he  
 says*

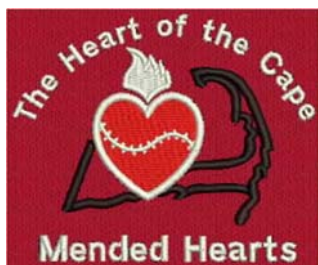


**Members Willing to  
 Provide a Ride to our Meeting**

- 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

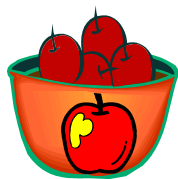
*If you are willing to drive a member to and from a meeting, kindly notify Pat and your name will appear in this list. THANKS!*

**REMINDER: Cape Cod Chapter Fundraiser Continues....**



You can keep warm as the chilly days of Autumn approach AND contribute to our Chapter fundraiser by purchasing a "Heart of the Cape—Mended Hearts" fleece vest or jacket (or other red MH apparel - tee shirts both long and short sleeve and polos).

To obtain an order form and place an order, contact our Chapter Vice-President Joanne Wiseman at 508-428-2860 or via e-mail at [pratbrat@verizon.net](mailto:pratbrat@verizon.net) (Payment due at time of order.)



## Healthy Fall Recipe



### Apple Corn Muffins

(from [www.MayoClinic.com](http://www.MayoClinic.com))

**Dietitian's tip:** Of the many varieties available, Baldwin, Braeburn, Cortland, Fuji and Gala are among the best apples to use in baked goods or for eating raw. When buying apples, select those that are firm and even-colored and don't have bruises or soft spots.

By: Mayo Clinic Staff - **MAKES 12 MUFFINS**

#### Ingredients:

- 2 cups all-purpose (plain) flour
- 1/2 cup yellow cornmeal
- 1/4 cup packed brown sugar
- 1 tablespoon baking powder
- 1/4 teaspoon salt
- 3/4 cup fat-free milk
- 2 egg whites
- 1 large apple, peeled and coarsely chopped
- 1/2 cup corn kernels

#### Directions:

Preheat the oven to 425 F. Line a 12-cup muffin pan with paper or foil liners.

In a large bowl, combine the flour, cornmeal, brown sugar, baking powder and salt. Stir to blend evenly.

In a separate bowl, combine the milk and egg whites. Add the apple and corn, whisk to mix evenly and pour over the flour mixture. Stir lightly until all are slightly moist. The batter will be lumpy.

Fill prepared muffin cups 2/3 full and bake about 30 minutes. Tops will spring back when touched.

#### Nutritional Analysis (per serving):

Serving Size = 1 Muffin

Calories	130	Cholesterol	3mg
Protein	4g	Sodium	150m
Carbohydrate	28g	Fiber	1g
Total Fat	<1g	Potassium	110mg
Saturated Fat	0g	Calcium	42mg
Monounsaturated Fat	0g		

## Flu Shot Reminder...



This year, a single shot protects against H1N1 and the seasonal flu.

Earlier this year, the Centers for Disease Control and Prevention recommended a "universal" vaccine program.

They want everyone six months and older to get a flu shot for the 2010-2011 season.

This year's vaccine will also protect against the H1N1 (swine flu) virus and two new flu virus strains. Last year, those who wanted to be protected against both the flu and H1N1 had to get two separate shots. This year, a single shot is all it takes.

Flu shots are easy to get. Medicare and health insurance programs usually cover the cost of the vaccine. Retail clinics in pharmacies and grocery stores offer flu shots.

Immunization is especially important for people in various groups.

- Those with diabetes should get a flu shot because they are more likely than others to suffer serious side effects.
- People with asthma need to guard against respiratory infections, such as the flu, that could cause a serious asthma attack.
- Cancer patients and survivors have a higher risk for complications.
- Heart patients: The risk of dying from a heart attack increases by one-third during outbreaks of the flu and colds. Researchers at the University of Texas say coronary deaths could be reduced by 90,000 a year in the U.S. if more heart patients got a flu shot.

#### Answers to MA Trivia Questions:

1. Monarch Butterflies
2. 1869
3. The Crane
4. A Greenhouse
5. The Ipswich Sparrow
6. Pigeon Cove (for the passenger Pigeon)
7. Clay
8. Nantucket
9. Henry Hall
10. Plastic melts



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

DATE:
Chapter #315 or (non-local) Member-At-Large
Phone ( )
Alt Phone ( )
DOB Retired: Yes No
Vocation
Preferred Contact: Phone Email Mail

Family member (i.e. spouse - must reside at same address): (Mr./Mrs./Ms.) DOB

May we contact you regarding local chapter opportunities? Yes No

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

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
Tricuspid

- PTCA/Stent(s) Atrial Septal Defect VALVE:
MI Pacemaker Aortic
Aneurysm Transplant Mitral
Bypass Other Pulmonary
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.

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

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.  
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**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](http://www.capecodmendedhearts.com)

Affiliated with:  
**American Heart  
Association.** 