Cape Cod Chapter Events for May—June, 2013
Please Join Us!... Invite Others... All are Welcome!
FREE PROGRAM!

Chapter Meeting - 4 to 6 pm. Martins CR, Cape Cod Hospital

Thursday May 16, 2013
Scott M. Graham, D.O. “Questions to ask at your annual physical”

BUY YOUR RAFFLE TICKET ($5 each or a book for $50) FOR A DINNER FOR 6 INCLUDING WINE AT THE BARNSTABLE TAVERN, TAX, AND TIP INCLUDED. All proceeds donated to Cape Cod Chapter #315 Mended Hearts.

*SAVE THE DATE!*  
June 21, 2013—Annual Dinner Meeting (see page 6)

Raffle Dinner winner to be announced
THE MENDED HEARTS, INC.
Cape Cod–Hyannis Chapter #315
PO Box 568
Truro MA 02666
508-349-6841
E-Mail: trurogolf@comcast.net

CHAPTER OFFICERS
President: Peter Van Stratum 508-349-6841
Vice President: Jeanne Shepardson 508-833-5110
Secretary: Johanna Fullam 508-487-3474
Treasurer: Jeanne Lemire 508-295-9723

EXECUTIVE COMMITTEE
CHAIRPERSONS

Visiting Coordinator: Tim Crane 508-896-2560
Speaker Program: Jeanne Shepardson 508-833-5110
Membership: Jeanne Lemire 508-295-9723

TV/Radio Publicity: Bob Silverberg 508-778-4578
Special Events: Louise VanDell 508-362-8882
Telephone: Marilyn Branzetti 508-432-0105
Hospitality: Judy Lipsky 508-362-8171
Joan Ryan 508-432-7310

Chapter Photographer: Ed VanDell 508-362-8882
Newsletter Editor: C. Van Stratum 508-349-6841
Past Presidents: Pat Boris 508-896-5941
Bart Kazin (Emeritus)
Contributions/Donations: Jim Ainsworth 508-360-0372

MEETING SCHEDULE
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.

2013 MEETING DATES & SPEAKERS
Martins Conference Room
4–6 p.m.
(speakers usually at 5 p.m.)

May 16, 2013
Scott M. Graham, D.O.
“Questions to ask at your annual physical

*SAVE THE DATE!*
June 21, 2013—Annual Dinner Meeting (see pg. 6)
No meetings July & August or January

September 19, 2013—Peter Chiotellis MD, Cardiologist

October 17, 2013—Michael K. Lauf, President, CEO, CCHC

November 21, 2013—Lawrence S. McAuliffe, MD, F.A.C.C.

December—Holiday Luncheon—Beth Woods, Psychologist
“Happiness 101”
PRESIDENT’S MESSAGE
By Peter Van Stratum

May – June, 2013

How time just flies by…..One year as President of our Mended Hearts #315 here at Cape Cod Hospital along with a great Vice President, Treasurer, Secretary, Hospital visitation coordinator, Tim Crane. Of course our Newsletter Editor and my bride Cathy who has done an incredible job. Without these people it would have not been possible at all I can assure you.

This time next year (June 2014) the Newsletter Editor and the President will step down with no exception. My hope is Jeanne Shepardson will take over the reins and Jeanne Lemire, Johanna Fullam and Tim Crane will stay on.

My Chairmanship of the Personnel Committee of Lower Cape Cod Ambulance is taking more and more of my time getting our new employee manual.

Both Cathy and I intend on helping the new President of our Mended Hearts #315 to get to a point of total comfort with the Newsletter and whatever that person needs for as long as it takes. I would guess the new President (to be) and I would handle alternating monthly newsletter and meetings next spring.

I hope you all can attend our year-end meeting at the Barnstable Restaurant and Tavern on June 21, 2013 at 5 o’clock. We will be declaring the raffle winner for dinner for 6 to the Barnstable Restaurant and Tavern as well as presenting to the cardiovascular nurses a gift from our Mended Hearts chapter to get something from their Wish List. Let’s work hard to sell as many raffle ticket as possible during May.

Stay Healthy and Safe

Peter
VISITING REPORT

Update from Tim Crane, Visiting Coordinator

We had a reasonably active last two months visiting cardiac patients and family members at Cape Cod Hospital. Our total visits for the visiting program since its inception have reached 1,985. Thank you visitors, both past and present! We will likely pass the 2,000 mark in May or June.

We always welcome new visitor volunteers. If you are interested in joining our group of visitors or learning more about the visiting program, let me know. Visitors must qualify as Cape Cod Hospital Volunteers, complete our Mended Hearts Training Program and have had some form of heart surgery or be heart surgery patient caregivers.

Best, Tim C.

Individuals with any type of heart condition, their families, heart patient caregivers, medical professionals, or anyone interested in helping heart patients are welcome to become a member of the Cape Cod Chapter of Mended Hearts. An application is on page 7 of this newsletter; or, for further information or questions regarding membership, call our Membership Chairperson, Jeanne Lemire at 508-295-9723 or e-mail our President, Peter Van Stratum at trurogolf@comcast.net.
Cape Cod Trivia
Prepared by member Ruth Albert
(Trivia book loaned by Herb Anderson)

1. In what village is Kalmus Beach?
2. What shellfish is Wellfleet known for?
3. What is the carved figure on the prow of a sailing vessel called?
4. What is the estimated number of off Cape commuters each day?
5. What did many whaling Captains on the Cape and Islands have on the roof of their homes?
6. In what town is Corporation Beach?
7. What is the name of the surfer bar on the beach in Wellfleet?
8. What type of Herring do you find in the Herring Run of Cape Cod?
9. Most of the Nantucket Village streets are paved with what?
10. What airport hosts the annual Cape Cod Air Show?

(Answers on page 6)

MENDED HEARTS DONATIONS

THANK YOU WINTER CLUB
TRURO MA
Kenneth Hawkey and friends of the Truro Winter Club for their donation to our Chapter #315 of proceeds from an Art Auction held in February, 2013
Thank you Ken, Stephen, Fran, Janice and Judy!

In Memoriam: PAT STACEY from Elaine Murphy

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
Dick Shepardson

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

Pat Boris at Cape Cod Hospital
Volunteer office
PBBoris@capecodhealth.org

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

Please make checks payable to: Mended Hearts - Chapter #315
And mail to: Jeanne Lemire
PO Box 816
Monument Beach MA 02553
**SALMON WITH TOMATO-BASIL SALSA**

Cooking spray  
4 salmon fillets (about 4 oz. each, rinsed, patted dry)  
3 T. light mayonnaise  
2 T. chopped fresh basil  
1/2 tsp. garlic powder  
1/2 tsp. paprika  
6 oz. grape tomatoes  
1/4 cup fresh basil  
1-1 1/2 oz. sweet onion  
1 T. red wine vinegar

Preheat the oven to 375. Lightly spray a shallow baking pan with cooking spray. Place the fish in the pan. In a small bowl, stir together the remaining salmon ingredients. Lightly spread on each fillet.

Bake for 15 to 20 minutes or until the fish flakes easily when tested with a fork.

Meanwhile, chop the tomatoes, basil and onion. Put in a small bowl. Add the vinegar, stirring gently to combine. Spoon over or beside the cooked fish.

(Cook’s tip)—Some produce areas include “sweet onions” and other specify certain types, such as Vidalia, OsoSweet, Maui, Walla Walla or Texas 1015. As the term indicates, these onions are less pungent than most other onions.

Nutrition Analysis (per serving)  
Calories 200  
Total Fat 8.5 g.  
Saturated fat 1.5 g  
Trans fat 0.0g.  
Polyunsaturated fat 4.0 g.  
Monounsaturated fat 2.0g  
Cholesterol 68 mg.  
Sodium 175 mg.  
Carbohydrates 5 g.  
Fiber 1 g  
Sugars 2 g  
Protein 26g

*Heart Insight, August 2012, p. 20

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**RESERVATION FORM**

**ANNUAL DINNER MEETING**  
Friday, June 21, 2013  5-5:30 cocktails (cash bar)  
Heart Healthy Dinner to follow  
Barnstable Restaurant & Tavern  
3176 Main St/Rt. 6A, Barnstable 02630

**COST $20 per person**

Name(s) ________________________  
Telephone ____________________  
E-mail ________________________  
No. attending _____ @ $ ______ea.  
Amount enclosed _________________

Cut form and Return by **JUNE 13** to:  
Jeanne Lemire  
Cape Cod Chapter #315  
The Mended Hearts, Inc.  
PO Box 816  
Monument Beach MA 02553

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**Answers to Trivia Questions:**  
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.) __________________________

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

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

☐ 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

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

Mended Hearts, Inc., Chapter 315

Jeanne Lemire, Treasurer

P.O. Box 816

Monument Beach, MA 02553

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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: capecodmendedhearts.com