



HEART TO HEART

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

"It's Great to Be Alive and to Help Others"

September-October 2013

Cape Cod Chapter Events for September-October, 2013

Please Join Us!... Invite Others.... All are Welcome!

FREE PROGRAM!

CHAPTER MEETINGS—4—6 P.M. Martins CR, Cape Cod Hospital

(THIRD THURSDAY OF EACH MONTH EXCEPT JANUARY, JULY AND AUGUST)

THURSDAY, SEPTEMBER 19, 2013

Peter Chiotellis MD, Cardiologist

THURSDAY, OCTOBER 17, 2013

Michael K. Lauf, President, CEO, CCHC

MENDED HEARTS NOTE from the PRERSIDENT September 2013

Well the summer is almost over and we will start our new year at Mended Hearts, I hope all of you are healthy and happy to be alive.

Just to confirm to you that as of June 2014 that Cathy and I will be stepping down as your President / Newsletter Editor and do hope that one or more of you will step up to take over. Possibly we could have Co-Presidents since some of our members go south for the winter. (just an idea)

Cathy and I will be more than happy to help the new team next year until you are comfortable with the job(s).

See you all on September 19th at 4 p.m. in the Martin's Conference room, Cape Cod Hospital, second floor. Dr. Peter Chiotellis (Cardiologist) will be our first guest speaker.

Pete

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FREE PROGRAM! ON-SITE RAFFLE

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THURSDAY, SEPTEMBER 19, 2013

Peter Chiotellis MD, Cardiologist

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Michael K. Lauf, President, CEO, CCHC

THURSDAY, NOVEMBER 21, 2013

Lawrence S. McAuliffe, M.D. F.A.C.C.

DECEMBER, 2013, HOLIDAY LUNCHEON

Beth Wood, Family Psychologist—"Happiness 101"

Date TBA

Visiting Report by Tim Crane:

We passed a milestone for our Chapter's visiting program during our Friday, May 24, tour at Cape Cod Hospital. Chapter Visitors, Jeanne Shepardson and John Gibson visited our 2000th Cardiac patient! Thanks to all who have participated, past and present.

We are in new of new active visitor volunteers. If you are interested in joining our group of visitors, or learning more about the visiting program, let me know. Visitors must be Mended Hearts members in good standing, qualified 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. It's a great way to give back to others needing hope and encouragement. We're glad to be alive and healing others!

May-June Visitors were:

Bobby Brown (2)
Tim Crane (5)
Ken and Maryse Ethier
John Gibson (2)
Russ Peck
Dick and Gail Reilly
Jeanne Shepardson
Bob Silverberg (4)

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.

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,, 508-896-2560
Tcrane7632@comcast.net

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September-October 2013

THE MENDED HEARTS, INC.
Cape Cod-Hyannis Chapter #315
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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
Visiting Coordinator:	Tim Crane	508-896-2560

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. Applications are available at our monthly meetings and on our website, capecodmendedhearts.com. You may also call our Membership Chair, Jeanne Lemire, at 508-295-9723 or e-mail our President, Peter Van Stratum, at trurogolf@comcast.net.

Presentation by President Peter Van Stratum to Michele O'Brien, Nurse Manager of CVICU in the amount of \$4,000 for Wish List items to benefit CVICU at CCH. Proceeds from raffle April—June, 2013.



CAPE COD TRIVIA

Prepared by Ruth Albert

1. What is the average temperature of Cape Cod in the winter?
2. Can you name the county in the Cape and Islands with only one traffic light?
3. What majestic wading bird seasonally inhabits the tidal estuaries of Cape Cod?
4. What do you call a family of whales?
5. How many lighthouses are there in Provincetown?
6. Thousands of seals inhabit Cape Cod waters. What do you call their babies?
7. Can you guess how many towns comprise Cape Cod?
8. In what Lower Cape town is Simpson Island?
9. Which type of fish is not caught off Cape Cod?
10. What lower Cape town had a naval air station during WW1?

(answers below)

CONGRATULATIONS TO RAFFLE WINNER, **BILL PHILLIPS** —a 4-COURSE DINNER FOR 6 AT THE **BARNSTABLE TAVERN AND RESTAURANT**, Rt. 6A, Barnstable.

THANK YOU Barnstable Tavern and Restaurant for your generous donation to Cape Cod Chapter of Mended Hearts, #315



1. 38 degrees F;
2. Nantucket County;
3. The Great Blue Heron;
4. A pod;
5. Three lighthouses;
6. Pups;
7. 15 towns;
8. Orleans;
9. Tarpon;
10. Chatham



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Cape Cod Chapter #315
The Mended Hearts, Inc.
PO Box 816
Monument Beach MA 02553



**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**