



The Mended Hearts, Inc.

HEART TO HEART

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

Holiday, 2022



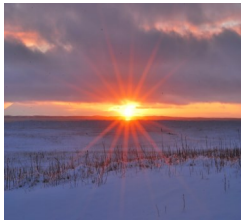
Holiday Message from George:



As the holidays approach, we take this time to prepare emotionally, physically and mentally for the times ahead. We all have our own stories and some happy, some sad but one thing we all have in common is the ability to forgive and love. So open your hearts and minds to both the new and the old and be thankful for what and who we have in our lives.

Additionally, November is Diabetes month so be aware of your eating habits and make sure you are getting regular exercise, whether it's walking, doing in-home exercise or going to a gym. Recognize the symptoms of increased thirst, fatigue, appetite, & urination along with weight loss and blurred vision. If you experience any of these and they are unexplained, contact your health provider as soon as possible. For more information see www.knowdiabetesbyheart.org.

November 17 meeting—7 p.m.—Guest speaker Nicole Clark, MS, RD, CNSC, LDN, "Healthy Holiday Eating Tips". See you then, *George*



HOLIDAY LUNCHEON

Mended Hearts Chapter 315

The annual Holiday Luncheon will be held on **Thursday, December 8, 2022**, at noon at Scargo Café, Route 6A, Dennis. Please let Ann Sarno know if you are able to attend by December 1, 2022. It's necessary to have a final head count to allow for enough staff to accommodate our group. Each attendee will pay their own tab from ordering off the menu. We hope you can join us. All members and guests are invited. Ann.sarno@yahoo.com or 508-776-8635



THE MENDED HEARTS, INC. Cape Cod-Hyannis Chapter #315 CHAPTER OFFICERS

| | | | |
|-----------------|-------------------|--------------|--|
| President: | George Frongillo | 774-245-7674 | gnfrongillo@gmail.com |
| Vice President: | Ron German | 508-364-1911 | rgerman0920@gmail.com |
| Secretary: | Ann Sarno | | ann.sarno@yahoo.com |
| Treasurer: | David Elworthy | 508-641-4390 | downbysea@aol.com |
| Visiting | | | |
| Coordinator: | George Frongillo | 774-245-7674 | gnfrongillo@gmail.com |
| Media Chair: | Cathy Van Stratum | 508-349-6841 | CVanstrat@comcast.net |

18 Ways to Have a Healthy Holiday

Easy tricks to stay on track

by Melissa Sperl

www.weightwatchers.com/ca/en/article/18-ways-have-healthy-holiday

Hoping to shed some pounds during the holidays? No matter how motivated you are, 'tis probably not the season to make drastic changes to your routine. With all the lists you're making and checking twice, you'll barely have time to breathe, let alone think about adding a weight-loss or fitness plan to your to-dos.

But that doesn't mean the holidays have to be an unhealthy time. In fact, it's important to keep long-term health goals in mind in the months ahead, even if there's no time yet to really start on them.

If you ignore your goals altogether they may be much harder to address — mentally and physically — in the new year. The 10 pounds you wanted to lose by Christmas may seem like a tough hill to climb, but the 18 pounds you'll face on January 1 if you overdo it during December, will feel like a mountain.

Have a healthy holiday!

Your first step toward good holiday health: Don't use the season as an excuse to splurge. The second? Always be on the lookout for ways to fit healthy behaviours into your life. Even in the hectic weeks ahead, there are steps you can take that will make it easier for you to tackle your weight-loss goals in the New Year.

Challenge yourself to use these easy tricks:

(continued on page 2)

































































































































The Mended Hearts, Inc.

HEART TO HEART

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

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

Holiday, 2022



Location: Zoom by invitation
Time: 7 p.m. to 8 p.m.
Date: 3rd Thursday of the month

For additional information and a link to the meeting, Email:
gnfrongillo@gmail.com or
Ann.sarno@yahoo.com

Every month on the Third Thursday, 16 occurrence(s)

Nov 17, 2022 07:00 PM
Dec 15, 2022 07:00 PM
Jan 19, 2023 07:00 PM
Feb 16, 2023 07:00 PM
Mar 16, 2023 07:00 PM
Apr 20, 2023 07:00 PM
May 18, 2023 07:00 PM
Jun 15, 2023 07:00 PM
Jul 20, 2023 07:00 PM
Aug 17, 2023 07:00 PM
Sep 21, 2023 07:00 PM
Oct 19, 2023 07:00 PM
Nov 16, 2023 07:00 PM
Dec 21, 2023 07:00 PM

Be sure you are on our e-mail list so that you can get the LINK for the particular meeting.

Mended Hearts October monthly meeting was held in person and via Zoom on October 20, 2022. Ten members appeared in person and nine attended via Zoom.

Our guest speaker was Dr. Mary Huerter, Cardiac surgeon at Cape Cod Hospital, along with Dr. Pirundini. Dr. Huerter was recruited by CCH to invigorate the cardiac program. Her topic was The Transition from MassGeneral/Brigham to Beth-Israel/Lahey.

Drs. Huerter and Pirundini will be based here on the Cape, while the rest of the new Cardiac Surgical Team will be based out of Lahey in Burlington, MA. The Interventional staff at CCH remains the same with Dr. Leeman and Dr. Coolong on the staff. Dr. Zelman is now in private practice.

A question and answer period followed Dr. Huerter's presentation. Dr. Huerter is an advocate and supporter of Mended Hearts and sees the positive impact we have on patients. She will be working with us to get our Visitor Program re-established.

(18 Ways to Have a Healthy Holiday con't)

1. Always eat a healthy dinner before you go to a holiday party.
2. "Don't go to a party wearing spacious clothes," suggests Josh Fink, MD, owner of Prescriptions For Fitness, a personal training studio. Wear something slim-fitting, or pull your belt one notch tighter than it should be — you will be much less likely to overeat.
3. Bring "safe," healthy foods to potlucks.
4. At appetizer tables, choose two or three of your favourites, put them on a napkin rather than a large plate which you're likely to want to fill up.
5. If there are fruits and veggies available, load your plate with them first. Then find room for smaller portions of the high-calorie mains.
6. Watch out for craving binges, says Leslie Fink, MS, RD, nutritionist for Weight Watchers, which are times when you feel guilty for overeating, then figure you might as well just eat as much as you can while you're at it. Remember: One meal is one meal. One day is one day.
7. On the nights you decide to have a drink, limit yourself to one or two and don't indulge every night, says Fink.
8. If you are drinking, alternate alcoholic beverages with non-alcoholic choices. Asking for wine spritzers, which are half wine and half seltzer, is a great way to limit the impact of the liquor.
9. Drink extra water to help flush out the extra sodium you consume during rich meals, says Fink.
10. No matter how busy you get, make time for a healthy breakfast. Eating a morning meal will help control cravings later on.
11. If baked goods are your holiday weakness, consider hosting a cookie party: Everybody brings one batch of his or her favourite cookies, plus the recipe, and shares. This way, you and your family get a variety without having to bake loads. (For extra credit, challenge guests to bring low-fat or low-calorie cookies.)
12. Store healthy snacks at the front of your fridge and pantry, and go for them before you treat yourself to the splurge stuff.
13. Just say "no" to holiday-coloured, packaged candies and cakes! So what if they're red and green or blue and white — with all the homemade goodies hanging around, you don't need them.
14. Streamline your grocery shopping with lists of the ingredients you'll need for a week's worth of quick, easy meals. This way, you won't be limited to last-minute convenience and fast foods during those nights when you're dashing around.
15. Park as far away from stores and malls as you can, so you're forced to get in those extra minutes of walking.
16. Online shopping is a great time saver, but it means you lose out on the mall walking that usually goes with shopping. Make it up by figuring out exactly how much time you saved (say, 15 minutes per gift), and increasing your cardio by that much for the week.
17. On heavy-eating weeks, compensate for the extra food with more weight or resistance training. "It will increase the metabolic rate of the muscle tissue," says Fink. That means your body will be better prepared to handle the extra calories.
18. Add health-related gifts to your wish list this year — they could help make for a slimmer, healthier new year!