



The Mended Hearts, Inc.

# HEART TO HEART

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

Fall, 2022

## October Message



### **WE'RE BACK!!!!!!**

We know it's been a long time since we've communicated with a newsletter, but when everything is at a standstill, there's nothing much to communicate.

Covid was devastating, for all of us, but especially for loved ones in the hospital. They had no visitors and very limited communication with the outside world. Think of how frightening that must have been for both patient and families. Think of the caregivers how completely helpless they must have felt and how devastated they were when things went bad.

Thankfully that is all behind us now and we are getting back to everyday life and in that spirit we here at Cape Cod Mended Hearts are doing the same. We've started our monthly meetings again, although limited to Zoom, but soon we will be together again, as a matter of fact we are exploring the possibility of starting a hybrid format in October. Additionally, we are petitioning Cape Cod Hospital to allow us to reinstate our Accredited Visiting Program once again. We will keep you posted on both fronts!!!

I am both thrilled and honored to pick up the torch as President from Warren, and I thank you all very much for giving me this opportunity. We owe him such a debt of gratitude for stepping up when needed and carrying us through these last 4 years, which given the state of things, was no easy task. I look at this as a time of renewal and rebuilding; we have all sheltered in place for far too long and it's time to get back to business—The business of helping ourselves as well as others, whether it be through our monthly support meetings, hospital visits, phone visits or video visits; we need to get busy!

I am also excited to be part of the new leadership team as well, that will guide this chapter through the next 2 years and to offer support to each and every one of you. One of our immediate goals is to educate and inform our members and in that light we are introducing an all new website for chapter 315. 'CapeCodMendedHearts.com', same link, but it's brand spankin' new, we have been working on this for the last 2-3 months and it's finally ready for prime time. There will be weekly updates, access to educational webinars, videos and publications, all available at a touch of your screen. We encourage you to go and explore and if you have any suggestions for links or material that you would like to see us add, please don't hesitate to let us know.

Remember, **"It's Great to be Alive and Help Others"**

Thank You All for what you do every day to support and encourage others

*George*



Warren & Sue Silver



Pictured above—David Elworthy; Steve Livingston, Hartford CT Chapter of Mended Hearts; Ann Sarno; George Frongillo; Ron German

New officers were inducted at the September meeting at Scargo Restaurant in Dennis, MA. Steve Livingston did the inductee honors for our chapter.



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



<b>President:</b>	George Frongillo	774-245-7674	gnfrongillo@gmail.com
<b>Vice President:</b>	Ron German	508-364-1911	rgerman0920@gamil.com
<b>Secretary:</b>	Ann Sarno		ann.sarno@yahoo.com
<b>Treasurer:</b>	David Elworthy	508-641-4390	downbysea@aol.com



<b>Visiting Coordinator:</b>	George Frongillo	774-245-7674	gnfrongillo@gmail.com
<b>Media Chair:</b>	Cathy Van Stratum	508-349-6841	CVanstrat@comcast.net





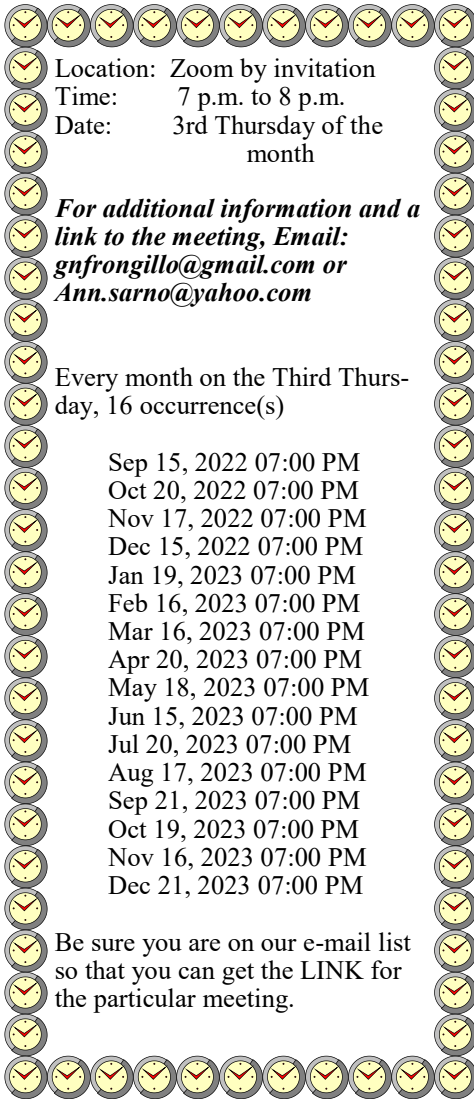
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"It's Great to Be Alive and to Help Others"

Fall, 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](mailto:gnfrongillo@gmail.com) or [Ann.sarno@yahoo.com](mailto:Ann.sarno@yahoo.com)**

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

- Sep 15, 2022 07:00 PM
- Oct 20, 2022 07:00 PM
- 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.



In September we had guest speaker, Joanne Privett, MSN, RN, CCRP, Joanne is currently working at South Shore Hospital in Weymouth, running the Cardiac Rehab unit. She is also the Owner and Moderator of Heart Matters website and blog. She joined us at our September meeting to talk about "Risk Factors for Heart Disease".



See Joanne's article on "The Aftershock of MI or Cardiac Arrest – the On-looker's Trauma" On page 3

In October, we are thrilled to announce that the guest speakers will be **Dr. Paul Pirundini** and **Dr. Mary Huerter**. They will be joining us for a discussion surrounding the Cardiac unit transition from Mass General Brigham to Beth Israel Lahey and what we can expect. Dr. Pirundini returned to Cape Cod Hospital specifically to lead this transition and has offered his time to help us understand what it all means to us.

Tell your Family, Friends, and Neighbors to join us!! Remember, you don't have to be a member to attend our monthly support meetings, you just have to be curious and interested in managing your health care.



The Mended Hearts, Inc.

**Offering**

Hope & Support  
**From** Heart Patients  
**To** Heart Patients  
Their families and caregivers

Everyone can help. If you are a heart patient, have any type of heart condition, we want your help. Family members, caregivers, medical professionals, or anyone interested in helping cardiac patients are welcomed, valued, and encouraged to join with us at Mended Hearts of Cape Cod. Please call or visit us online at [www.capecodmendedhearts.com](http://www.capecodmendedhearts.com)

**Accredited Visitors**

- |  |              |
|--|--------------|
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| Ron German, <a href="mailto:rgerman0920@gmail.com">rgerman0920@gmail.com</a>       | 508-364-1911 |
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| Warren Silver, <a href="mailto:silverfish40@gmail.com">silverfish40@gmail.com</a>  | 508-255-5436 |
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*"It's Great to Be Alive and to Help"*

## The Aftershock of MI or Cardiac Arrest – the On-looker's Trauma

*Heart Matters*

By Joanne Privett, MSN, RN, CCRP

It's easy to see, that if something bad happens to us, we are afraid it will happen again. If it's something really bad, like a heart attack or cardiac arrest, the survivor can expect to suffer some real physical, psychological, and emotional repercussions – perhaps even a PTSD response – because they have come face to face with their own mortality. The cardiologist or cardiac nurse expects that many of their patients will have anxiety, depression, or fear about what will happen next as the patient's body and mind deals with the trauma of a near death experience, but what about the spouse or significant other? What can they do about the trauma that they've been through?

I'm always bewildered when I meet a couple where the patient tells the story as if it were a scene in a movie – totally unaffected – but the spouse or loved one, completely traumatized, sits in silence – emotionally devastated by the mere thought of what they have just experienced. Often, the patient was in a coma or otherwise unaware of how sick they were or how close to death, but the spouse or on-looker sat at the bedside living through uncertain terror as their loved one struggled each day to cling to life.

I began my nursing career taking care of my dear mother who had kidney failure and, as a result, have often contemplated this question: *what is worse, going through a serious illness yourself, or watching helplessly as someone you love struggles in a day-to-day battle to survive?* Your heart breaks as you fight to find a way to ease the pain or make the suffering stop. You witness a great deception as the body you once trusted to protect the soul and very being of the one you love turns into weakness, sickness – demanding incredible amounts of attention, as it becomes a source of agony and uncertainty rather than the strong walls of wellness that once housed them.

We can easily see how the survivor's life has changed as they deal with the fear of having another heart attack or wonder how much exertion it will take to trigger another one. They have questions about how this heart condition will affect their sex life or their ability to do the things they always enjoyed doing? The on-looker's life has also changed as they deal with, not only their own emotions and fears, but that of their loved one. Often the survivor is given a certain grace that helps them cope, but the on-looker suffers alone. Like the adrenaline flood or shock response that helps victims of a traumatic accident – all the on-looker can do is apply an emotional tourniquet and hope for the best.

I can still recall my own experience when my husband had his heart attack. I was never so scared in my life. I remember sitting in a dark waiting room in shock, crying out to God for His mercy, while David was in the cath lab. A nurse came out at one point, held my hand, and let me know that all was going well. I could not hold back the tears as that flood of emotions erupted, and as I thanked God for being so present with us, I wondered if that nurse knew how much that simple act of kindness helped me.

For months afterward I lived with the trauma of what we'd both been through and though I knew my first priority was to build confidence in my husband, it was important that we both faced our individual fears together. We encouraged each other and it was understood that if I texted or called him and he didn't answer quickly, I would be calling 911. Consideration from David of simple things like texting me when he was going to take a shower or be incommunicado really let me know he understood what I was going through. Being there for each other was a big factor in helping us both deal with the fear and trauma of nearly losing what we had.

I wish I could say I had an easy solution for you on this one, but these can be complex and emotionally charged issues that are difficult to address. However, if you recognize that you're suffering the effects of on-looker trauma, I think you've already accomplished the first step toward healing. The truth is, we are in uncharted territory here because most people who experience this are too afraid to say anything and seldom ask for help in deference to their loved one.

My advice to you is, tell your spouse or loved one how you feel and partner together to bring a solution. Take advantage of the support available to them. Talk to their cardiologist, join them in their cardiac rehab program as much as possible, if there are patient support groups available, offer to go with them – meeting with others that have been through the same thing can be a big help. If you don't feel able to share your feelings with your spouse, talk to your own doctor in private or seek counseling from a professional or perhaps from a friend you trust.

Most of all, be encouraged knowing that marvelous things can happen through great difficulty. Just as muscle is built through exercise and hard work, relationships can be strengthened by going through problems together. Your loved one has survived something that not everyone does, so now you both have the God given opportunity to appreciate all you have together by demonstrating love to each other over the course of each day given to you. Over time, the heart will heal – you will be able to trust it again, and you will have gained a new understanding of the precious fragility of life. Now you can be the on-looker that witnesses new wonders as healing replaces hurt and peace overwhelms the trauma you've experienced.



MINI PUMPKIN WHOOPIE PIES

Printed from COOKS.COMhttps://cooks.com/ex80p20e

Fluffy cream cheese filling sandwiched between two moist pumpkin cookies make these Mini Pumpkin Whoopie Pies the perfect hand-held snack you just won't be able to resist!

COOKIES:

- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon salt
- 1/2 cup (1 stick) butter, softened
- 1 1/4 cups granulated sugar
- 2 large eggs, at room temperature, lightly beaten

.COMBINE flour, baking powder, baking soda, cinnamon, ginger and salt in medium bowl. Beat butter and sugar in large mixer bowl on medium speed for 2 minutes. Add eggs, one at a time, beating well after each addition. Ad1 cup LIBBY'S® 100% Pure Pumpkin  
1 teaspoon vanilla extract

PREHEAT oven to 350°F. Lightly grease or line four baking sheets with parchment paperd pumpkin and vanilla extract; beat until smooth. Stir in flour mixture until combined. Drop by heaping measuring teaspoons onto prepared baking sheets. (A total of 72 cookies are needed for the recipe.)

BAKE for 10 to 13 minutes or until springy to the touch. Cool on baking

sheets for 5 minutes; remove to wire racks to cool completely.

CREAM CHEESE FILLING:

- 4 ounces cream cheese, at room temperature
- 6 tablespoons butter, softened
- 1/2 teaspoon vanilla extract
- 1 1/2 cups powdered sugar

BEAT cream cheese, butter and vanilla extract in small mixer bowl on medium speed until fluffy. Gradually beat in powdered sugar until light and fluffy.

SPREAD a heaping teaspoon of filling onto flat side of one cookie; top with flat side of second cookie to make a sandwich. Repeat with remaining cookies and filling. Store in covered container in refrigerator.

Estimated Times: Preparation - 20 minutes; Cooking - 10 minutes.

Yields 3 dozen mini pies.

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Submitted by: LIBBY'S® Pumpkin



# AUTUMN TRIVIA

1. What is the first day of fall called?
2. How long does autumn last in the Northern hemisphere?
3. What is a harvest moon?
4. What are the 3 Zodiac signs of fall?
5. What weed pollen causes the most common fall allergies?
6. T/F: On autumnal equinox the number of hours of daylight and darkness are equal.
7. In autumn do you turn your clocks ahead or back?
8. During which month does summer end and autumn begin?
9. Why do the leaves change colour in autumn?
10. Although some varieties are available year round, what fruit is freshest in the fall?

ANSWERS: (1) autumnal equinox (2) mid-Sept to mid-December (3) the full moon which occurs closest to the autumnal equinox (4) Libra; Scorpio; and Sagittarius (5) ragweed (6) True (7) Back (8) September (9) As the leaves loose chlorophyll, their other pigments are exposed. (10) Apples

## WHO CAN JOIN MENDED HEARTS??

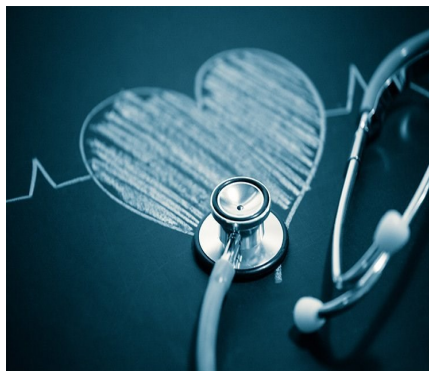
Individuals with any type of heart condition, their families, heart patient caregivers, medical professionals or anyone interested in helping heart patients are welcome to become a member of the Cape Cod Chapter of Mended Hearts. Applications are available on our website, capecodmendedhearts.com. You may call or e-mail our President George Frongillo at 774-245-7674 or at gnfrongillo@gmail.com

All are Welcome!





## Cardiac Rehab



Holiday luncheon plans are now being formed. Please contact Ann Sarno or George Frongillo if you are willing to help plan this luncheon, the sooner the better.

Cardiac rehabilitation, or cardiac rehab, is a comprehensive secondary prevention program designed to improve cardiovascular health following a cardiac event or procedure. An optimal cardiac rehab experience consists of 36 one-hour sessions that include team-based supervised exercise training, education and skills development for [heart-healthy living](#), and counseling on stress and other psychosocial factors (*Mayo Clinic Proceedings*, 2016). Participation in a cardiac rehab program can reduce the risks of death from any cause and from cardiac causes as well as decrease hospital readmissions. Cardiac rehab participation also improves functional status, quality of life, mood, and medication adherence (*Cochrane Database of Systematic Reviews*, 2016). Despite these benefits, participation in cardiac rehab remains low, ranging from 19% to 34% in a national analysis (*Mayo Clinic Proceedings*, 2016), with strong state-by-state geographic variations and differences by cardiac diagnosis. While cardiac rehab services are widely covered by public and private plans, co-pays per session represent a financial obstacle for most participants.

Strong evidence shows that cardiac rehab programs can benefit individuals who have:

Had a [heart attack](#).  
Stable [angina](#).

- Received a stent or angioplasty.  
[Heart failure](#) with reduced ejection fraction.

- Undergone a bypass, valve, or heart or heart-lung transplant surgery.
- Improving awareness of its value, increasing referral of eligible patients, and reducing system and patient barriers to participation are all critical steps in improving the referral, enrollment, and participation rates in cardiac rehab programs. Effective remedies have been identified but are not being widely and systematically implemented.

### Benefits of Cardiac Rehab

- Lower your risk of a future cardiac event
- Eat better
- Lose weight
- You will be able to return to work
- Engage in daily activities you might have missed

How to find a cardiac rehab near you

- If you recently had a heart event, ask your doctor for a referral to a cardiac rehabilitation program near you

([www.mendhearts.org/cardiac-rehab-2/](http://www.mendhearts.org/cardiac-rehab-2/))



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Mended Hearts™

**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)**