



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"
www.capecodmendedhearts.com

January-February, 2023



MESAGE FROM GEORGE:



I hope everyone had a wonderful Holiday season and you all are healthy and safe as we deal with these Covid Variants. I am thrilled to announce that we have negotiated a reinstatement of our Accredited Visitors Program at both Cape Cod Hospital and Falmouth Hospital. We are in the process of gathering all the medical information required by the Cape Cod Health Care (CCHC) and executing all necessary documentation. The plan is to visit Tuesdays and Thursdays every week at Cape Cod Hospital in Hyannis and when appropriate at Falmouth Hospital. We will also reinstate our educational opportunity for patients attending Cardiac Rehab in both hospitals.

If anyone is interested in becoming an accredited visitor please contact either Ken Lyman at capecodken9@comcast.net or 508-373-3312 or myself. We could certainly use some new volunteers to help make this bigger and better than ever before!!

I am putting out a call for help as well. We have been running our monthly support meetings since May of 2022, and the attendance has been rather light although growing. We would love some feed back as to why members are not joining us--is it the content, the time of day, the day of the week? Please feel free to have open discussion with any of the Leadership Team. The meeting is for you; our intent is to inform and educate patients, caregivers and family members. Please let me know how we can help you. In-person meetings are held at the Cape Cod YMCA, 2245 Iyannough Road, West Barnstable, MA or via ZOOM. All we need is your e-mail address and you can easily connect or we will help you.

FEBRUARY IS HEART MONTH

February 16, 2023—7 p.m. Guest speaker, Tendoh F. Timoh, MD, FACC, Cardiac Imaging

George

Valentines commonly depict Cupid, the Roman god of love, along with hearts, traditionally the seat of emotion.

MEET YOUR LEADERSHIP TEAM: First in a series of articles introducing members of Mended Hearts.

My name is Ron German and I serve as Vice-President of Mended Hearts, Cape Cod. I live in Sandwich with my wife Tricia and our pet beta fish named Betty White.

We have three adult children, two being married. No grandchildren, but we have two grand dogs and a grand cat. My wife and I grew up on Long Island, New York. I joined the US Navy in 1979, serving for 6 years as a submariner. When Tricia and I married in 1986, we moved to Plymouth. I was employed by Boston Edison and worked as a nuclear power plant operator at Pilgrim Station.

After a year we moved to Sandwich where we settled down to raise our three children. We became very involved in the Sandwich soccer programs as board members and coaches. And immersed ourselves in their activities.

In February, 2011, during a routine echocardiogram the technician asked me if I had a cardiologist. I answered "No". He said "You do now". This led to a triple by-pass and mitral valve repair at Cape Cod Hospital. Recovery took a few months and I returned to work.

Things changed dramatically on July 13, 2019. It was a beautiful, hot summer Cape Cod Day. I had been working building a gate for our new fence, all day. As evening approached, we were having a friend over for dinner, I decided we needed new tiki torches

so we could dine outside bug free. I headed off to the local hardware store. Coincidentally three angels also headed to the same place.

After placing my purchase in the car, my heart stopped. I was in cardiac arrest. I collapsed in the parking lot. My first angel, a former police officer, trained in CPR found me. John performed chest compressions while my second angel, Joanne, a nurse, performed rescue breaths, and my third angel, Boomer found an AED. Had it not been for them I am sure I would not be writing this as a member of Mended Hearts. I recovered and came home with a pace-maker/defibrillator and no longer work. My cardiologist now greets me as Lazarus.

Feeling the need to pay it forward, I spend my days volunteering at a veteran's food pantry on Joint Base Cape Cod. In the Fall, I volunteer as the assistant coach for the high school varsity soccer team. And in my spare time, Tricia and I take ballroom dance lessons once a week.

Being a member of Mended Hearts allows me the opportunity to reach out to others and share my experiences and to let other heart patients know there is indeed someone out there just like them.

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

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happy
Valentine's
day

Americans send 145 million Valentine's Day cards each year.



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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, 12 occurrences

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 November monthly meeting was held in person and via Zoom on November 17, 2022. Thirteen members appeared in person and via Zoom.

Our guest speaker was Nicole Clark, MS, RD, CNSC, LDN from CCH. Her topic was "Healthy Holiday Eating". Her talk is summarized as follows: There are problems faced with holiday eating—we have more availability to high calorie foods; we move less, especially as it gets dark early; and stress. Eating an extra 500 calories per day can lead to a weight gain of 1 pound per week. The holiday span is 5-6 weeks which translates to an easy weight gain of 5-6 pounds! She advises us to eat slowly, drink more water, wait before having seconds, don't skip meals, budget calories wisely, and alter recipes to be lower in fat and lower in salt.

A Q & A session followed including the following tips: Strive for better body proportion, change your mindset, weigh yourself daily, everything in moderation, plant-based foods tend to scare people off—strive for unprocessed, whole foods.



December 8, 2022—Annual holiday luncheon at Scargo Café, Dennis.



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Mended Hearts January meeting was held in person and via Zoom on January 19, 2023. Members attended in person at the Cape Cod YMCA and via Zoom.

Our guest speaker was **Jacqueline Lane, NAMI*, CC&I Executive Director** (National Alliance on Mental Illness for Cape Cod and the Islands). Her talk is summarized as follows: The heart affects the brain. After a heart incident, you may be prone to depression, anxiety, memory loss. This condition may impact on others and stress relationships. It is necessary to Think Forward. Get stress relief from pets, friends, laughing, writing, religions, having a hobby, thinking healthy, getting exercise, relaxing, controlled breathing, meditation, and getting enough sleep. "Good sleep washes out the garbage". She says to remember: "You are not alone". People need people/friends/support groups.

*"Our mission is to educate, support, and advocate for mental wellness through partnerships with families and community resources in the building of mentally healthy lives throughout Cape Cod and the islands of Martha's Vineyard and Nantucket." (namicapecod.org)



This classic Chambord cocktail needs just two ingredients—Chambord (a sweet, black-raspberry liqueur) and your favorite sparkling wine. (A raspberry garnish is the perfect extra touch!)

It's a pretty pink cocktail that's a perfectly festive addition to your [Valentine's Day dinner](#) (or just a fun get-together).



- 1 oz chambord (raspberry liqueur)
- 1/2 cup chilled Champagne or other sparkling white wine
-

Directions: Pour one ounce Chambord into a champagne coupe or flute. Top with champagne and add a raspberry garnish, if desired.