



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

March-April, 2023

MESSAGE FROM GEORGE:

As we say good-bye to February, we reflect on what a busy month it was for our Chapter. We had a public outreach through both the Upper Cape Enterprise newspaper and the Cape Cod Times. The articles were meant to make readers aware that we exist and that they did. We have been contacted by a number of people totally unaware of our existence. Some wanting to learn more about who we are and what we do, and others very anxious to join our ranks and give back to the community. Additionally, we attended the YMCA Wellness Fair on February 8 and then we returned to our annual appearance at Cape Cod Hospital to hand out flyers and Files of Life cards in awareness of National Heart Month on February 23 for the first time in three years. On top of that we were getting ready for our resumption of hospital visiting for the first time in three years as well; whew busy, busy, busy. Now it's time to move on to March, and we still have lots to do. Some of our Accredited Visitors have to finish completing CCHC requirements so they can do visits; we have some new members beginning the accreditation process and we have some veterans ready to go. We have lined up some great guest speakers for the next few months and we have begun our outreach to some of the Council on Aging facilities across the Cape. We are looking forward to seeing you all on March 16 at our Monthly Support Meeting and continuing our journey of wellness. As always if there is anything we can do to help, please don't hesitate to reach out to any of your Chapter Leadership Team or any of the accredited visitors. Just a note, we are continuously making changes and updating our new website so please stay tuned and follow along.

Next meeting: **March 16, 2023, 7:00 p.m.** Guest speaker: Craig Rockwood, Esq.
Elder Law & Family Planning

George



MEET YOUR LEADERSHIP TEAM: Continuing article introducing members of Mended Hearts.

Meet **Ann Sarno, Secretary, Chapter 315, Cape Cod Mended Hearts**

My name is Ann Sarno and I am the current Secretary for Mended Hearts Chapter 315. I live in Dennis with my husband Bill and our Special Needs daughter, Amanda. Our other daughter Emily and her family are nearby in Harwich, and she has made us the proud grandparents of 3!

My journey to Mended Hearts began in 2017 when I was having chest pains and shortness of breath. I had lost two family members to heart attacks - my Mom at 62, when I was only 19, and later a brother at age 53. Knowing my family history, I knew it was time to get checked out. After failing my initial stress test, I was sent for my first Cardiac Catheterization.

That procedure revealed the need for 5 stents. I had two more catheterizations over the next 3 weeks to complete all the stent placements. It was during my initial procedure that I picked up a Mended Hearts Health Guide from the waiting area. Soon after I was enrolled in Cardiac Rehab when a Mended Hearts volunteer came to explain the organization and the rest is history.

I have had a couple of further incidents requiring catheterizations and now top out at 7 total stents. I have had no issues since 2019 and feel great. I am truly grateful to the Interventional Cardiac team that has brought me back to health!

I feel fortunate and blessed to have found a group of people through Mended Hearts that share a similar background and understand the worries and stress of being forever labeled a Cardiac Patient.

Wishing you all renewed health! *Ann*



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March-April, 2023

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

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.

The Cape Cod Mended Hearts February meeting was held in person and via Zoom on February 16, 2023. Members attended in person at the Cape Cod YMCA and via Zoom.

Our guest speaker was Dr. Tendoh Timoh, MD, PACC. Dr. Timoh is a specialist in cardiac imaging at Cape Cod Hospital. He spoke about the use of cardiac imaging technologies to guide the diagnosis and management of various cardiac problems. He presented two cases with a brief history and a description of the various technologies used for each situation. He guided us through the diagnostic process with visuals of each test result.

Our next meeting is on **March 16 2023**, via Zoom or in person. Be sure we have your e-mail the link to the meeting. Our speaker will be **Craig Rockwood, Esq.** on the topic of **Elder Law and Family Planning.**

April topic-**Electrophysiology**,
May topic-**Stroke**
(check website for updates or changes)



Ann and Dave at CCH on February 23, 2023 to support National Heart Month.

Dave, Ron and Linda at YMCA Wellness Fair on February 8, 2023.



**GET
READY
FOR
SPRING!**



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Joanne Privett, MSN, RN, CCRP

Revelations on the Revolution of Resolutions

Well, here we are – another brand-new year – a clean slate ready to be filled with the greatest of intentions to accomplish great feats of health and well-being. It's no wonder that starting an exercise routine tops the list of New Year's resolutions because if you really want to feel better and get healthy, exercise is the key, right? Right – so how come those full gyms and buzzing treadmills we see in January turn into ghost towns of inactivity just after Ground Hog Day? Every year we go through this revolving door of taking on an exercise program only to be frustrated by our own lack of resolve. Is there a way to keep this very beneficial routine of exercise going all year round?

There is little argument about the benefits of regular exercise – especially if you have any kind of heart disease. A regular routine of moderate exercise – just 30 minutes of walking 3 to 5 days per week – can make a huge impact on your cardiovascular health. Not only does it strengthen heart muscle but improves oxygen flow and circulation to the entire body. Besides that, it has been scientifically proven, that regular, purposeful activity such as walking can lower blood pressure, lower blood sugar, reduce the ravages of stress, help you lose weight, improve strength and endurance, and overall, give you more energy so you just feel great! If that's all true, then why do we keep failing to maintain a resolution that is obviously so good for us? Perhaps we make it too difficult – setting the bar so high that we could never possibly meet our own expectation. When it comes to planning an exercise program (and it does take planning), we need to be realistic so we can make this a life-long habit rather than a frenzied, idealistic activity that can never be sustained.

If you haven't exercised for a while – a long while – you're going to have to start off slow and build up gradually. If you're a little older you have to realize that when it comes to muscle tone, you lose it quickly and it takes a long time to get it back, so you need to be patient with yourself. You may feel a little winded or short of breath in the beginning but don't give up – you're just out of shape, after a couple of weeks this should improve. Keep your pace slow – your breathing rate will increase but you should be able to carry on a conversation while you are exercising. (If there is any question, check with your doctor to be sure you're healthy enough for exercise.) The key, however, is to start and then stick with it.

A little planning and a few tricks will help you keep your exercise resolution this year. Set an achievable goal to walk 10 minutes 2 to 3 days a week but let yourself be a little flexible at first until you can figure out what routine will work best for you. If you are too strict you will quickly resent the practice and you won't do it at all (thus the empty gyms). Work the exercise into your current routines by trying different times of day and see how they work for you. Be sure to account for inclement weather in your plan. If you enjoy walking in your neighborhood make a plan to walk at the mall or Home Depot when it rains. Once you find a routine that you feel good about, commit to keeping it for at least 2 months with a plan to gradually increase your time to a comfortable 20 to 30 minutes 3 to 5 days a week.

(continued on next page)



(continued from page 3—**Revelations on the Revolution of Resolutions**)

You may need a reminder at first so keep those workout clothes out where you can see them, clear off that treadmill so you can get right on it. In other words, remove every obstacle in the way of keeping that commitment. Make a plan to exercise with a friend or family member and then do something fun afterward as a reward. Start walking that dog instead of just opening the back door. Joining a gym can be a good way to move your exercise routine away from the house and the distractions that inevitably come when you're at home. Most gyms have attractive specials this time of year and we all know about that one that offers very low monthly rates all the time. Your local community or senior center may offer exercise programs that appeal to you. How about a swim club or ice skating? Try different things to find out what feels good and is fun for you.

The hardest part of any new activity that's good for you is sticking with it but you will never realize the benefits unless you do. Promise yourself you will keep exercising. On days you don't feel like it, tell yourself you will exercise for just 10 minutes and if you still don't feel like it after that you can stop. More than likely you will begin to feel better and you will be glad you made that commitment. Eventually you will feel so good you will want to exercise every day.

Even though that exercise resolution has been a revolving door of failure in the past, don't give up – with a little encouragement, planning, and realistic expectations, you can enjoy all the benefits of a regular routine of exercise all year long for life!



HAM AND CABBAGE SOUP (www.gimmesomeoven.com)

This cabbage and ham soup is overflowing with delicious, comforting flavor. And all of that cabbage is good for you, too!

2 cups diced or shredded ham
2 tablespoons olive oil
1 onion, finely diced
2 large carrots, diced
2 stalks celery, diced
3 cloves garlic, minced
10 cups ham or chicken broth*
1 2-pound head cabbage, cored and roughly diced
2 bay leaves
Salt and pepper



INSTRUCTIONS

In a large saucepan or small stockpot over medium heat, warm the oil. Add the onion and cook, stirring occasionally, until starting to become translucent, about 5 minutes. Add the carrots, celery and garlic and cook, stirring occasionally, until the carrots and celery are crisp-tender, about 3 minutes. Add the ham, broth, cabbage, and bay leaves and bring to a boil over high heat. Reduce to a simmer, cover, and cook until the cabbage is tender, 15 to 20 minutes. Add salt and pepper to taste. Remove the bay leaves before serving.

*To make ham broth, combine 2 smoked ham hocks, 1 carrot, 1 celery stalk, 1 onion (quartered), 2 bay leaves, 1 teaspoon whole peppercorns and 4 quarts water in a large stockpot. Bring to a boil over low heat, reduce to a very gentle simmer, cover and cook until the meat falls off the ham hocks, 3 to 4 hours. Strain the broth and add salt and pepper to taste. Makes about 3 quarts.