



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

May-June, 2023

A word from Ron German, our Chapter Vice President:

Let's face it, most of us really don't need another shirt that doesn't fit, a tie that we will probably never wear, another candle from Yankee Candle that smells like the woodland forest or a scarf that will sit in the bottom of the dresser. A gift in the form of a donation to Mended Hearts Cape Cod Chapter will be more of a perfect fit by helping people and supporting an organization that we all feel strongly about. It also relieves our sons, daughters, and grandchildren of that age old question, "what do I get for mom/ grandma or dad/ grandpa for their special day, they have everything".

I know personally my children cannot get me a gift any bigger than the gift I have already been given by my angels, first responders and medical personnel. However, giving me a gift of a donation to an organization so near and dear to my **heart** makes my day. Even the smallest donation of ten dollars added up goes a long way.

Donations can be made to our chapter on our website at <https://www.capecodmendedhearts.com/> two ways, a direct donation using PayPal or using a standard credit card. A personal check can also be mailed to the chapter at "Mended Hearts of Cape Cod c/o George Frongillo 35 Polaris Drive Mashpee MA 02649"

Or perhaps the gift giver would like to become a Mended Hearts member. By becoming a member of Mended Hearts, a portion of the fee will be given to our chapter."

Ron



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

Hi, I'm George Frongillo, I live in Mashpee with my wife, Kathy and our two rescue hounds Zuzu (12) and Rhody (5). We have lived in Mashpee since 2014 and before that in Westborough, Ma. For 29 years. We have 4 children, Jennifer, Anthony, Kristin & Mary Kate, all grown and on their own. I spent the majority of my Career in Supply Chain Systems and I retired from Staples in 2017 ending a 25-year career.

In 2001 I had a massive heart attack while coaching one of my daughter's softball games. I had a clot and was no where close to a hospital that had a Cath lab. It took so long to get to one and then dissolve the clot, I lost 40% of my heart function, and my EF (Ejection Factor) was in the low 30's. As a result, I was a candidate for an ICD (Implanted Cardiac Device) Pacemaker & Defibrillator. Like a fool, I resisted the procedure and decided to wait.

In September of 2016 I experienced sudden cardiac death due to an Arrhythmia in my home. Kathy was the only one there at the time and immediately called 911 and started CPR. The EMT's restored my heartbeat and brought me to Cape Cod Hospital, where they did the "Artic Sun" protocol to slow the deterioration of all my organs due to the lack of oxygen to my brain. I remained on life support for 10 days and fully recovered.

In 2018 I joined Mended Hearts after seeking counseling to deal with "Survivors Guilt". It gave me the opportunity to give back to the community that saved my life.

In March of 2022 I went into Ventricular Tachycardia and was rushed to Cape Cod hospital once again. This time due to the severity of the issue, I was med-flighted to Boston Mass General hospital. I spent 35 days in the hospital and after many ups and downs and two ablations I returned home on April 11th. I am ever grateful for the support and expertise of Cape Cod Hospital, Mass General Hospital and my many Friends and Family members that got me through to where I am today.

And now you know the REST of the Story!!

George

**NEXT MEETING: Thursday,
June 15, 2023, 6:45 p.m**



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@gamil.com
Secretary:	Ann Sarno	508-776-8635	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



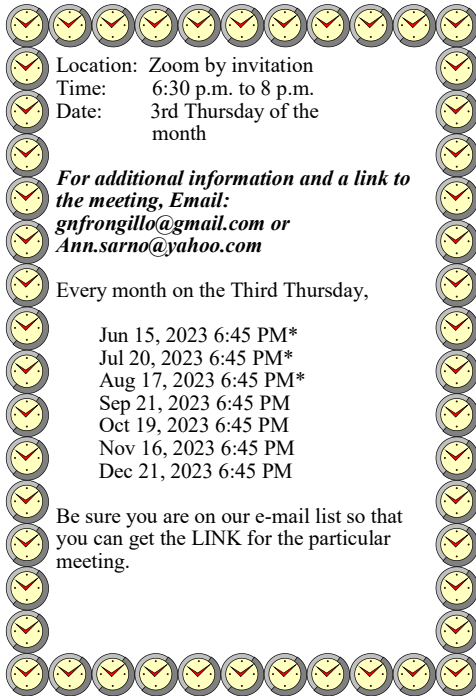
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Location: Zoom by invitation
Time: 6:30 p.m. to 8 p.m.
Date: 3rd Thursday of the month

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

Every month on the Third Thursday,

Jun 15, 2023 6:45 PM*
Jul 20, 2023 6:45 PM*
Aug 17, 2023 6:45 PM*
Sep 21, 2023 6:45 PM
Oct 19, 2023 6:45 PM
Nov 16, 2023 6:45 PM
Dec 21, 2023 6:45 PM

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

*June 15, 2023 — Caregivers session
*July 20, 2023—Luncheon at Scargo Café
*August 17, 2023—Brown Bag lunch
CPR Training, Location TBC

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

Our guest speaker was Craig Rockwood, Estate Planning Attorney from Hyannis. He is also a cardiac survivor having had a heart attack in 1997. His presentation included the following which may need to be included in Estate Planning: Durable Power of Attorney; Health Care Proxy; Living Will; HIPPA Release Form; MMOLST (Massachusetts Medical Order of Life Sustaining Treatment); and a DNR (Do Not Resuscitate). It is best to speak to your doctor regarding these documents.

Ann and Susan shared stories of their cardiac issues and their journey to Mended Hearts.



The Cape Cod Mended Hearts April meeting was held in person and via Zoom on **April 21, 2023**. Ten people attended in person at the Cape Cod YMCA and 10 members attended via Zoom.

Our guest speaker was Dr. Theofanie Mela, Electrophysiologist at Mass General Hospital. The topic was "All You Need to Know about your Defibrillator". An ICD is an Implantable Cardiac Device. There is a difference between a Defibrillator and a Pacemaker. A Defibrillator shocks the heart when there is an irregular heartbeat; A Pacemaker adds extra beats for an extremely low heart rate. An open discussion followed the presentation.

(A video of this meeting will be available very soon. Your Mended Hearts officers will notify you when and where you can find it.)

Thank You!

To Staples in Falmouth MA for printing our newsletters and publicity items for our Mended Hearts Chapter 315.



The Mended Hearts, Inc.

Healthy Heart



Healthy You



The Cape Cod Mended Hearts May meeting was held in person and via Zoom on **May 18, 2023**. Eight people attended in person at the Cape Cod YMCA and 10 members attended via Zoom.

Our guest speakers were Jean Estes and Lisa Lyons, Stroke Specialist nurses at Cape Cod Hospital and Falmouth Hospital.

May was **Stroke Awareness Month**. Stroke is the 5th leading cause of Death in the US. Strokes cause the death of brain tissue from lack of oxygen. There are two types of stroke—blood vessel rupture and Ischemic, which is from a clot or blockage. The acronym for identifying and reacting to stroke symptoms—FAST, F—face (facial drooping); A—Arm (arm weakness); S—Speech (speech difficulty); T—Time (time to call 911).

Both CCH and Falmouth Hospitals are Primary Stroke Service Providers (PSS) which means they will be prepared for you before you arrive by ambulance after calling 911.



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VISITATIONS ARE BACK!

Well, we are now into our 3rd month of visiting Cardiac Patients on Cape Cod at both Cardiac Rehab and Cape Cod Hospital. In just the first two months, we have already seen and visited with 129 Patients and Caregivers, WOW!!!! We will continue to update you on the value of our visits.



The visits have been as short as a quick hello and leaving our contact information to as long as 15-20 minutes of meaningful and impactful discussion about feelings and futures.

I think I speak for all of us when I say it has been a wonderful and rewarding experience for all of us that have been involved. If you could see the look of relief and hope on the faces of both patient and caregiver, knowing that we too were in that bed, sharing our experiences and listening to their concerns.

Additionally, I can't tell you how happy the Nursing staff has been to see us come in and how helpful they have been in pointing us in the right direction, Big, Big, shout out of thanks to all those involved and working with us on a weekly basis.

Our current Team of Accredited Visitors consist of : **Dave Elworthy, George Frongillo, Ron German, Ken Lyman, Ann Sarno, & Linda Wagner**; we are visiting every Tuesday and Thursday from 11:00AM until we are done, usually around 1:00PM.

If anyone would like to find out how to become an Accredited Visitor please, please reach out and contact me, I can guarantee you won't regret it!!



George

George Frongillo 774-245-7674 gnfrongillo@gmail.com



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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, 774-245-7674 gnfrongillo@gmail.com

PLEASE BE SURE THAT YOU HAVE FILLED OUT THE NATIONAL MEMBERSHIP APPLICATION IN ORDER TO GET THE MOST BENEFIT FROM YOUR MENDED HEARTS CHAPTER #315 MEMBERSHIP. A very simple application is available ONLINE at MendedHearts.org. Click on Join. You will receive official membership cards from the National Mended Hearts organization.



www.capecodmendedhearts.com



This strawberry parfait recipe combines fresh fruit, Greek yogurt and crunchy granola for an easy breakfast. Pack the parfait in a mason jar for a healthy breakfast on the go.

By EatingWell Test Kitchen

Ingredients

- 1 cup sliced fresh strawberries
- 1 teaspoon sugar
- ½ cup nonfat plain Greek yogurt
- ¼ cup granola

Directions

Combine strawberries and sugar in a small bowl and let stand until the berries start to release juice, about 5 minutes.
To assemble parfait, layer yogurt and the strawberries with their juice in a 2-cup container. Top with granola.



Zucchini & Squash Casserole*

Healthy, simple, and fabulous, this **Zucchini and Squash Casserole** is the best healthy recipe for summer squash. This easy casserole is amazing for summer picnics and potlucks, and makes the perfect side dish for any holiday dinner!

Ingredients

- 2 lbs. summer squash zucchini and yellow squash, cut into ¼-inch slices
- 2 ½ Tbsp. olive oil
- 1 ¼ tsp. salt divided
- ½ tsp. pepper
- ½ cup Parmesan cheese grated
- ⅓ cup Panko breadcrumbs gluten-free
- ¼ tsp. garlic powder
- 2 Tbsp. fresh parsley finely chopped

Instructions

- Preheat oven to 350 degrees.
- Cut yellow squash and zucchini into thin, ¼-inch slices.
- Sprinkle ½ teaspoon salt over the zucchini and squash slices. Let sit for 10 minutes and then dab to remove excess moisture with a paper towel.
- Spray a 9-inch square baking dish with non-stick cooking spray.
- Alternatively, overlap the zucchini and squash in a row. You should be able to form 4 rows.
- Drizzle olive oil over the zucchini and squash and then sprinkle with salt and pepper.
- In a small bowl combine Parmesan cheese, breadcrumbs, and garlic powder. Toss to combine and then sprinkle over the zucchini and squash.
- Cover baking dish with aluminum foil and bake in preheated oven for 30 minutes.
- Remove foil and turn heat to a High broil. Broil for an additional 5-7 minutes, or until breadcrumb topping starts to turn a golden brown.
- Serve immediately with fresh parsley and enjoy!

*(www.evolvingtable.com/healthy-summer-squash-casserole/)