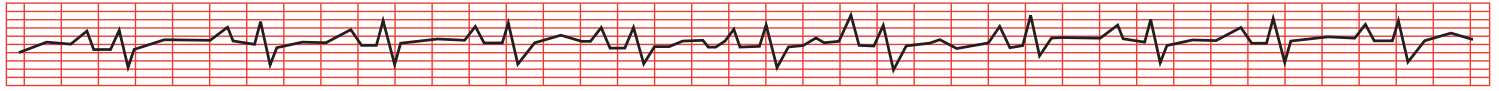


# The BEAT GOES ON



THE MENDED HEARTS, INC.  
Greater Cleveland Chapter 138  
Cleveland, Ohio



*"It's great to be alive – and to help others!"*



Affiliated with the  
American Heart Association  
Cleveland, Ohio

WWW.MENDEHEARTS138.ORG

APRIL 2010

VOLUME 29 NUMBER 4

## PRESIDENT'S MESSAGE

Greetings to all:

What a wonderful sight to behold - SUNSHINE! The transition from snow to sunshine is almost overwhelming and MOST welcome. Of course we know that winter is not over but the sunshine has been a wonderful relief. Mother Nature is on time as plants are pushing up through the ground so spring is on the way.

I LOVE this thought which appeared in the recent Greater Wheeling, West Virginia Chapter newsletter, the "CABG-PATCH" courtesy of Charlie Adams. "If you don't know what to be thankful for, just check your pulse!" It doesn't get any better than that says I!

Please keep the prayers going for our service men and women who are making the ultimate sacrifice for all of us, for those who have been affected by the recent earthquakes in Haiti, Chile and Turkey, and for those who are experiencing economic hardships and loss of work.

Blessings and a hug to all,  
Joyce Russo



## OUR MISSION

We are dedicated to inspiring hope in heart disease patients and their families.

## OUR METHOD

We partner with hospitals and rehabilitation clinics to help those affected by heart disease to have a positive patient-care experience. We provide our services through visiting programs, support group meetings, and educational forums.

Everyone who has had a heart procedure is welcome at our meetings and please bring a friend if you wish. You don't have to join Mended Hearts to hear our speakers and participate. (But of course you can if you like us!)

## OUR MOTTO

*"It's great to be alive – and to help others."*

## NEXT MEETING – APRIL 14<sup>TH</sup>

**Dr. Carlos Garcia**, a **University Hospital** cardio-thoracic surgeon, has graciously agreed to reschedule his talk with us to **Wednesday, April 14th**. This meeting will be held at the UH Chagrin Highland Health Center at 3909 Orange Place on the third floor. The building is right off Hwy 271, between Harvard and Chagrin Blvd. Dr. Garcia will discuss risk factors and exercise management. As always refreshments are at 6:30 PM and the program begins at 7:00 PM. Hope to see you there!

## MAY MEETING

The May meeting venue has changed. The meeting is still **Wednesday, May 12th**, but we will now meet at **Southwest General Health Center**, 18697 Bagley Road, Middleburg Hts., at 6:30 PM for refreshments and **Dr. Sanjeev Sharma** will educate us at 7:00 PM. We will meet in the Anderson Auditorium in the basement at the end of the hallway that goes to the cafeteria.

## JUNE MEETING

**Wednesday, June 9th**, we will meet at **Hillcrest Hospital** in the Ross Auditorium A, downstairs. The hospital address is: 6780 Mayfield Road, Mayfield Hts., Ohio. At 7:00 PM, **Dr. Ivy Batos**, periodontist, will talk on How Dental Disease can affect your heart. She will be preceded by refreshments at 6:30 PM.

## JULY AND AUGUST MEETINGS

July is our chapter's "off month," meaning there is no meeting on the second Wednesday of July. Spend quality time with your loved ones and enjoy Ohio's great summer weather. Save the date **Sunday, August 22nd**, to attend our annual summer barbeque to be held at our esteemed chapter president's house.

## CAMP MOUNTAIN HEART

**Camp Mountain Heart** is held for one week each summer at the beautiful Cedar Lakes Conference Center near Ripley in Jackson County, W. Va. The dates for 2010 are July 18th to the 24th. Thanks to the donations received honoring **Vera Ercegovic**, we have more than enough money to send a child to camp. Joyce Russo has the new brochures.

The Greater Cleveland Chapter #138 of Mended Hearts, Inc. wishes to express our sincere appreciation for the generous support of the Cleveland Clinic. And a very special thanks to Ulmer & Berne LLP for their continued generous support.

This newsletter is a publication of the Greater Cleveland Chapter of Mended Hearts Inc. It is available to anyone who is interested in joining this organization which was formed to support and encourage heart disease patients and their families.

## VISITING REPORT

2010	Hospital	February
Cleveland Clinic	.....	267
EMH	.....	10
Hillcrest	.....	52
Lake West	.....	9
MetroHealth	.....	11
Southwest General	.....	14
St. John Medical Center	.....	4
University Hospitals	.....	21
Hospital Totals	.....	388
Internet Visits	.....	11
Telephone Visits	.....	24
<b>TOTAL VISITS</b>	.....	<b>423</b>

## HEART EVENT ANNIVERSARIES

Eleanor Carter	4/01/04
Patricia G. Gunter	4/01/03
Polly Miller	4/02/97
Ruth Matthey	4/04/02
Richard Cass	4/09/93
Marguerite Gilbert	4/10/98
Gordon McRitchie	4/11/91
Michael Wojtowicz	4/14/98
Don Lear	4/16/01
John Slovonic	4/17/98
Patricia Jacobs	4/19/95
David Deioma	4/26/97
Rick Fournier	4/28/09
Douglas Gonda	4/29/94

## APRIL ELECTIONS

April is the month for our Chapter's elections. We are still looking for a replacement for our retired Vice President. As Vice President, the primary responsibility is to be our Program Chairman. The primary duties include finding our monthly speakers. Joyce's hands are full and we anxiously await one dear soul to step forward.

We need new blood! Bring your ideas to April's meeting. Those interested in any position should contact Joyce at (216) 749-4131.

## MENED HEART NATIONAL CONVENTION

The National Mended Heart Convention is from May 19th, 2010 through May 23rd. This year it is in Bloomington, Minnesota, home of the famous Mall of America. Your early registration convention packets are now ready. To obtain, call (888) 432-7899 or email [mart.samples@heart.org](mailto:mart.samples@heart.org) for details. They want to put together a multimedia slide presentation and need a photo (preferably electronic) of member(s) who are thriving and active! You could be working on your hobby, hugging your grandkids, busy at work, etc. Action photos are encouraged. Medtronic has a very special reception, exhibit and dinner planned for us on their campus. These conventions are WONDERFUL. Come be a part of it. Contact Joyce Russo for details. (216) 749-4131.

Nominations are open for the **Sydney & Helen Shuman Nurse Recognition Award**. Two awards of \$250.00 each are given out at the national convention. One nominee per chapter is permitted. This award shows our appreciation to the nurse who make a positive difference in their care and presence. Another award, the **Mary M. Amato Education Award** (two awards of \$500.00 each) will also be given out at the convention. The applicants and winners must be family members in good standing with Mended Hearts for at least one year prior to applying for this Award. Family members include son, daughter, grandchildren, great grandchildren and stepchildren. Contact Joyce Russo for details.

## IT'S ALL IN THE HEART

Why did I have a heart attack? Your heart muscle needs oxygen to survive. A coronary attack (heart attack) occurs when the blood flow that brings oxygen to the heart muscle is severely reduced or cut off completely. This happens because coronary arteries that supply the heart with blood can slowly become narrowed and harder from a buildup of fat, cholesterol and other substances that together are called plaque. This slow process is known as atherosclerosis. When plaque in a heart artery breaks, a blood clot forms around the plaque. This blood clot can block the artery and shut off blood flow to the heart muscle. When the heart muscle is starved for oxygen and nutrients, it is called ischemia. When damage or death of part of the heart muscle occurs as a result of ischemia, it is called a heart attack or myocardial infarction (MI).

## WHY DIDN'T I HAVE ANY WARNING?

Atherosclerosis may not have any symptoms. One reason there may be no warning signs is that sometimes when a coronary artery becomes narrowed, other nearby vessels that also bring blood to the heart sometimes expand to help compensate. The network of expanded vessels is called collateral circulation and helps protect some people from heart attacks by getting needed blood to the heart. Collateral circulation can also develop after a heart attack to help the heart muscle recover. In many cases, when ischemia occurs (decreased blood supply to the heart), symptoms of angina may occur. This can be described as chest discomfort, heaviness, tightness, pressure, aching, burning, numbness, fullness, or squeezing. It can be mistaken for indigestion or heartburn. Angina is usually felt in the chest, but may also be felt in the left shoulder, arms, neck, back or jaw

If you have angina or any of the symptoms listed below that last for more than 5 minutes, **SEEK EMERGENCY TREATMENT (CALL 9-1-1) WITHOUT DELAY**. These symptoms could be the signs of a heart attack (also called myocardial infarction or MI) and immediate treatment is essential.

- Pain or discomfort in other areas of the upper body including the arms, left shoulder, back, neck, jaw, or stomach.
- Difficulty breathing or shortness of breath.
- Sweating or cold sweat.
- Fullness, indigestion, or choking feeling (may feel like heartburn).
- Nausea or vomiting.
- Light-headedness, dizziness, extreme weakness or anxiety.
- Rapid or irregular heart beats.

For more information go to [www.americanheart.org](http://www.americanheart.org).

## STILL CAN'T HEAR YOU

An elderly gentleman with serious hearing problems goes to the doctor who fits him with hearing aids that allow him to hear at 100% for the first time in years.

The elderly man goes back in a month for a checkup. The doctor says, "Your hearing is perfect. Your family must be really pleased that you can hear again."

To which the gentleman replies, "Oh, I haven't told my family yet. I just sit around and listen to the conversations. I've changed my will three times!"

## DEFINITION OF SEX

An 8-year-old girl went to her dad, who was working in the yard. She asked him, "Daddy, what is sex?"

The father was surprised that she would ask such a question, but decides that if she is old enough to ask the question, then she is old enough to get a straight answer. He proceeded to tell her all about the "birds and the bees."

When he finished explaining, the little girl was looking at him with her mouth hanging open.

Then her father asked her, "Why did you decide to ask about this now?"

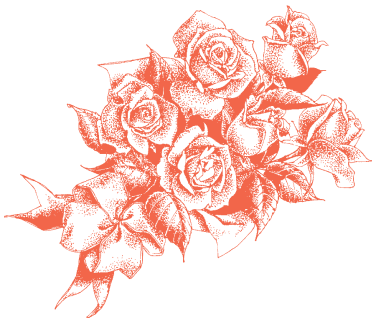
The little girl replied, "Mom told me to tell you that dinner would be ready in just a couple of secs".

## QUOTABLE QUOTES

Government's view of the economy could be summed up in a few short phrases: If it moves, tax it. If it keeps moving, regulate it. And if it stops moving, subsidize it.

~ Ronald Reagan

*Editor's Note: Happy 30th wedding anniversary to my lovely bride Peg.*



## OFFICERS & COMMITTEES 2008/2009

### ELECTED OFFICERS

President: Joyce Russo smileymoxi@yahoo.com	216.749.4131
Vice President: VACANT	
Treasurer: Marty Weisblatt glenda4492@aol.com	440.605.9419
Secretary: Arden Swanson Aswanson6596@wowway.com	440.777.8910

### COMMITTEE CHAIRMEN

Newsletter Editor: Rick Fournier rick@e-rickfournier.com	440.552.2806
Nursing Scholarship: John Ackerman	440.356.2349
Visiting Chairman: Joyce Russo smileymoxi@yahoo.com	216.749.4131
Membership: Arden Swanson Aswanson6596@wowway.com	440.777.8910
Program: Jim Pachell Jvp072640@windstream.net	440.338.8162
Chapter Advisor: Rosemarie Pierson, RN, BA hrtmndr@windstream.net	440.236.3410
Chaplain: Walter Heber	440.716.9066
Data Processing Mgr.: Tom Short shorth@aol.com	216.291.0769
Last Past President: John Kraemer briz.3@cox.net	440.845.2089
Historian: Jim Gosline Jgosline@aol.com	440.974.1048

### HOSPITAL COORDINATORS

Cleveland Clinic: Joyce Russo smileymoxi@yahoo.com	216.749.4131
EMH Regional Med. Ctr.: Bill Crowell Av_iv30@yahoo.com	440.323.7770
Hillcrest: Dick Singer, leave a message at msinger247@sbcglobal.net	216.444.4190
Lake West: Katherine Fagan	440.639.9418
Lakewood: Scott Thompson Thompsons@yahoo.com	440.331.1001
MetroHealth Med. Ctr.: Joyce Russo smileymoxi@yahoo.com	216.749.4131
Parma Community: Dan Fink dmfink@sbcglobal.net	440.886.0885
Southwest General: John Kraemer	440.845.2089
St. John Westshore: Arden Swanson Aswanson6596@wowway.com	440.777.8910
University Hospital: Norman Kay	440.461.7626
VA Med. Ctr., Wade Park: Joyce Russo smileymoxi@yahoo.com	216.749.4131

### OTHER VISITING CHAIRMEN

Internet Visiting: Walter Drake III ekardw3@msn.com	216.692.2221
Telephone Visiting: Shirley Gorze	216.447.1314

## MEMBERSHIP APPLICATION

April '10

*Being a member of MENDED HEARTS is a truly rewarding experience.  
Anyone can be a member. Everyone is Welcome!*

Please print

Mr/Mrs/Ms \_\_\_\_\_

Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_ E-Mail \_\_\_\_\_

Date and type of heart procedure \_\_\_\_\_

Name of Spouse \_\_\_\_\_ Spouse Birthday \_\_\_\_\_

Interests or Hobbies \_\_\_\_\_

Vocation \_\_\_\_\_

Would you like to visit other heart patients? Yes  No

*When you join our Chapter you also become a National Member, receive a red heart shaped pin, national quarterly magazine, and local chapter newsletters.*

### NEW MEMBERSHIP DUES, (FIRST YEAR ONLY)

Individual	\$ 22.00
Family	\$ 29.00
Individual Life Member	\$155.00
Family Life Member	\$220.00

### YEARLY RENEWAL DUES

\$17.00
\$27.00
\$ 5.00
\$10.00

*Please make check out to Mended Hearts Chapter 138 and mail to:  
Marty Weisblatt, Treasurer, 418 Glencoe Lane, Highland Hts., OH 44143*

If undeliverable return to:  
Tom Short  
1361 Grantleigh Road  
South Euclid, OH 44121

**THE MENDED HEARTS, INC.**  
*Greater Cleveland Chapter 138*

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**DATED MATERIAL**



*"It's great to be alive – and  
to help others!"*

## **ABOUT MENDED HEARTS**

*Mended Hearts is an international volunteer support organization dedicated to helping heart disease patients and their families as you cope with heart events being experienced. Our trained and dedicated members visit patients, with doctor's approval, while you are hospitalized. We provide literature related to Mended Hearts and to heart disease and are affiliated with the American Heart Association. We also try to visit you by telephone and on the internet and we send you the next three issues of our chapter newsletter. For more information about us please contact any of our officers listed in this newsletter.*

*For further information please contact:*



**THE MENDED HEARTS, INC.**

Greater Cleveland Chapter 138

Joyce Russo, President

4700 W. 11<sup>TH</sup> Street

Cleveland, Ohio 44109

*or any of the officers of the chapter listed on the previous page. We would like to hear from you!*

*Please visit us at [www.mendedhearts138.org](http://www.mendedhearts138.org)*

*Dedicated to inspiring hope in heart disease patients and their families.*

*When you finish reading this newsletter, please do not throw it away. Pass it along to a friend, a relative, a neighbor, or drop it off in someone's waiting room. This way more people will get the Mended Hearts message ...*

*"It's great to be alive – and to help others!"*