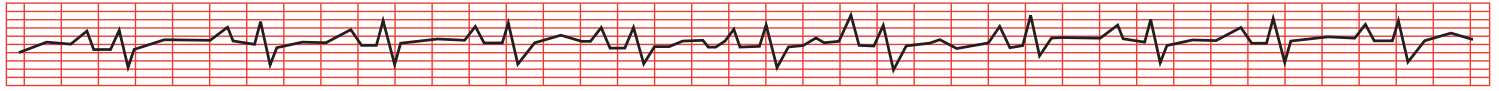


The **BEAT GOES ON**



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

DECEMBER 2009

VOLUME 28 NUMBER 8

PRESIDENT'S MESSAGE

Greetings to all:

We have just celebrated Veteran's Day which really is a very special day. The generosity of Applebee's Restaurants to serve a free meal to any veteran who showed proof of enlistment blows my mind. I understand that a waiting time of 90 minutes was not unusual. And, they were still cheerful at 10:00 pm! What a beautiful gesture by this restaurant chain. We all have much for which to be thankful, especially our military men and women who are on the front lines on our behalf. Keep our troops and their anxious families in your prayers. My eldest grandson will graduate from the Great Lakes Naval Training Station the day before Thanksgiving which will be a big day for our family. The little ones do grow up. Now, things will really ratchet up for the Christmas season and we must remember the true meaning of this special time of the year.

How blessed we are to have close family ties. Our thankful list could go on and on. How blessed we are to have the great medical facilities at hand in our city. Like I have said previously, I am not moving from this city! Our visitors are a true blessing to those they visit. We hope to have more of you join us in this capacity.

A blessed holiday to all of you.
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."

DECEMBER MEETING

LAST CALL FOR DECEMBER HOLIDAY DINNER.

Holiday Dinner is **Wednesday, December 9th, at 5:30 pm.**

We **ABSOLUTELY** have to have a head count for our upcoming Holiday Fund Raising Dinner at **Corleone's Restaurant**, 5669 Broadview Road, Parma, Ohio 44134. Phone is (216) 741-0220. **We need to be seated for the early bird special by about 5:30 pm.** Send your checks for \$20.00 each to **Gloria Herr**, 6363 Glen Allen Ave., Solon, Ohio 44139. Call Gloria at (440) 248-4263. This is a fund raiser for Camp Mountain Heart in West Virginia, the children's cardiac camp.

Corleone's is an award winning restaurant that has 18 delicious offerings from which to choose. Each entree is served with soup, salad, Italian bread, a choice of soft drinks or coffee and tea. Wine, beer or dessert is on you.

For those of you coming from the east side - come 480 west, get off at Exit 17, Brookpark Road which is Route 17. Turn left. Go to Broadview Road and turn left. The restaurant will be on your left in a small shopping center which includes OLLIES. The restaurant is between Brookpark Road and Snow Road - about midway. **See you there.**

JANUARY MEETING

Our meeting is **Wednesday, January 13, 2010. Dr. Carlos Garcia**, UH cardio-thoracic surgeon, will speak on risk factor reduction and exercise maintenance. We will meet at the **University Hospitals Chagrin Highlands Health Center** at 3909 Orange Place, Orange Place facility - Third floor. Refreshments at **6:30 pm** and the program at **7:00 pm**.

FEBRUARY MEETING

Our February 10th meeting will be held at **St. John West Shore** in Westlake. **Dr. Baldev Sekhon** will again share his knowledge with us. He gave an exceptionally fascinating talk last year and it will be worth your while to hear him again! Refreshments will be served at 6:30 pm and Dr. Sekhon will begin at 7:00 pm. **Be sure to attend this one!**

*Happy
Holidays!*



VISITING REPORT

2009	Hospital	October
Cleveland Clinic	265
EMH	12
Hillcrest	66
Parma General	11
Southwest General	26
St. John Westshore	12
University Hospitals	25
Hospital Totals	417
Internet Visits	10
Telephone Visits	14
Total Visits	441

HEART EVENT ANNIVERSARIES

Martin Brendorfer	12/01/97
Jim Gosline	12/01/81
Raymond Hirsch	12/01/80
Barbara Wolff	12/01/97
Barbara Etkin	12/05/94
Norman L. White	12/06/04
Alan Stephenson	12/08/98
Jeanne Elenin	12/08/98
Walter Heber	12/12/86
Loreen A. Sekeral	12/13/03
Joseph Baron	12/17/03
Ann M. Varley	12/17/04
Fred Priest	12/20/96
Lawrence Hadfield	12/21/99
Mary Kay Bilczo	12/31/92

GENERAL NEWS

Buy your Entertainment Books from us!
They make great gifts.

Call Joyce Russo at (216) 749-4131 or
smileymoxi@yahoo.com.

OCTOBER MEETING

Very special thanks to the staff at Hillcrest Hospital for hosting our October meeting. Our meeting kicked off with an introduction of our two speakers by Susan Landenberger of USANA Health Sciences. Our first speaker, Bill Oviatt, a nutritional medicine consultant, spoke of the history and benefits of antioxidants. Antioxidants are natural substances that exist as vitamins, minerals and other compounds in foods. They are believed to help prevent disease by fighting free radicals, substances that harm the body when left unchecked. Free radicals are formed by normal bodily processes such as breathing, and by environmental contaminants like cigarette smoke. Without adequate amounts of antioxidants, these free radicals travel throughout the body, damaging cells.

Part of this cellular damage leads to one of the major known factors in the development of heart disease, oxidation of cholesterol. Oxidation, meaning the addition of oxygen to low-density lipoproteins (LDL or "bad" cholesterol), contributes to the build-up of fatty plaque on artery walls (atherosclerosis), which can eventually slow or block blood flow to the heart. Eating a diet rich in antioxidant-containing foods, such as fruits, vegetables and whole grains, is linked to a reduced risk of cardiovascular (heart and blood vessels) disease. Ken Gamiere, consultant and trainer, then gave a spirited talk regarding how to obtain the right amount of antioxidants through supplements manufactured by USANA Health Sciences. A special thanks to all three speakers for the wealth of information. For additional information on antioxidants, Bill can be reached at (440) 442-2113. Ken can be reached at (440) 255-5363 and Susan at (216) 408-6698.

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ANNUAL RENEWAL DUES GO UP IN 2010

The National Office for Mended Hearts is raising the Annual Renewals dues. For an individual, the Renewal goes from \$17 to \$22 per year. For a family, the Renewal dues increase from \$27 to \$34 per year. New membership dues are not affected.

A HEARTY WELCOME TO NEW MEMBERS

New member Catherine Bosley had valve surgery followed by lung surgery in 1999. She works in Cleveland but goes home to Youngstown on the weekends. She completed training to become a visitor and will take up duties at the Cleveland Clinic shortly. New member Dennis Kline had by-pass surgery in September and is recovering well.

DONATIONS

We thank Pat Barto for her donation in honor of Vera Ercegovic which will go into the Children's Heart Camp Fund. The estate of Howard Thompson (Joyce Russo's former husband) gave a very generous donation to our Chapter's general fund.

THE SUNSHINE LADY

If anyone hears of anyone who is sick, let Gladys Bergon know. She does a wonderful job of encouraging our shut-ins. She can be reached at (216) 321-7422.

THE TELEPHONE LADY

Shirley Gorze does a tremendous job of making follow-up calls to patients who have left the hospital. Thankfully, Bob Pfeiffer will resume some telephone duties and John Rackoczy has agreed to make calls. Any accredited visitor can do this, so let Joyce Russo know if you are willing to help out at (216) 749-4131.

WIN A QUILT - SAVE A LIFE

Sewing machine maker Bernina is teaming with the American Heart Association as part of Operation Sew Red to help women fight heart disease. They are raffling off a quilt to help raise \$100,000 for the cause. Tickets are \$5. The Mended Hearts point of contact is Jana Stewart. She can be reached at (812) 963-6019 or TSThumper1@aol.com.

HOLIDAY DRINKING TIP

Drink as much eggnog as you can. And quickly. Like fine single-malt scotch, it's rare. In fact, it's even rarer than single-malt scotch. You can't find it any other time of year but now. So drink up! Who cares that it has 10,000 calories in every sip? It's not as if you're going to turn into an eggnogaholic or something. It's a treat. Enjoy it.

A psychiatrist is addressing a group of people who have all had experiences with the supernatural. He asks: "Who here has seen a ghost?"

Everyone puts up their hands. He then asks: "Who here has spoken with a ghost?"

Half the audience puts up their hands. "And who here has touched a ghost?" Ten percent of the crowd puts up their hands.

He asks: "And who here has made love with a ghost?" One little man in the back row puts up his hand ...

The psychiatrist looks down from the podium at the little man and says: "Do you mean to tell me that you have made love with a ghost?"

The man replies, "Oh No! I'm sorry. I couldn't here you correctly. I thought you said 'goat'."

LAST PUN OF THE YEAR

Did you know that William Tell and his family were avid bowlers? Yes, it's true. But, unfortunately, all the bowling league records were destroyed in a fire, so we will never know for whom the Tells bowled.



OFFICERS & COMMITTEES 2008/2009

ELECTED OFFICERS

President: Joyce Russo smileymoxi@yahoo.com	216.749.4131
Vice President: Jim Pachell Jvp072640@windstream.net	440.338.8162
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
Sunshine: Gladys Bergson Gladson30@aol.com	216.321.7422
Visting Chairman: Joyce Russo smileymoxi@yahoo.com	216.749.4131
Membership: Arden Swanson Aswanson6596@wowway.com	216.777.8910
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

December '09

*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*

*“It’s great to be alive – and
to help others!”*



DATED MATERIAL

THE MENDED HEARTS, INC.
Greater Cleveland Chapter 138

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

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. 11TH 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

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!”