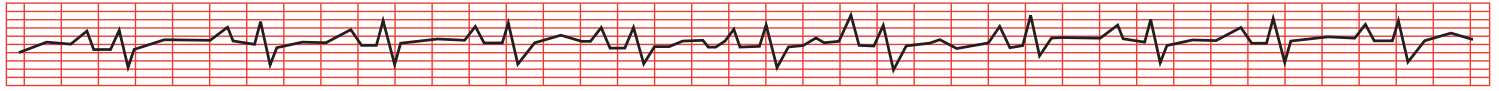


# *The* **BEAT GOES ON**



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

FEBRUARY 2010

VOLUME 29 NUMBER 2

## PRESIDENT'S MESSAGE

Greetings to all:

I thoroughly enjoyed the recent Holiday Season but I am sure glad to get back on schedule. The days are already zipping by too quickly. I am an animal lover and was excited to learn that there was a herd of 12 reindeer (the Santa type) in Huron, OH which is about 35 miles outside of Cleveland. I misplaced the article but went on-line and lo and behold, our Cleveland Zoo has a group of 6 reindeer! The zoo is about 5 minutes from home so Joe and I plan on a *zippity zoo dah* day at the zoo!

February is **American Heart Month** and every month should be heart month for our Mended Hearts group. The American Heart Association will hold their annual **Go Red for Women** luncheon on Friday, Feb. 26th at the Renaissance Hotel from 10:30 AM to 1:00 PM. It is VERY impressive to see about 800 women wearing red (some men too). Remember, our Health is our Wealth! *More info at [www.goredforwomen.org](http://www.goredforwomen.org).*

There are not enough words to express our anguish and horror at what has happened in Haiti. And our troops and their families need our continued prayers. My eldest grandson is now in the Navy at a Submarine School. Our Armed Forces do an incredible job. We must support them in every way we can.

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."

## FEBRUARY MEETING

Our February meeting will be **Wednesday the 10th** at **MetroHealth Hospital** in Rammelkamp Center, Room 172 A/E. **Dr. Ted Warner**, pulmonologist will speak to us on the swine flu and pneumonia. Both conditions could be killers. Refreshments begin at 6:30 PM followed by Dr. Warner's presentation at 7:00 PM. There are parking charges of \$5.00.

## MARCH MEETING

This meeting will be held **Wednesday, March 10th** at **St. John West Shore Hospital** in Westlake. **Dr. Baldev Sekhon** will again share his knowledge with us. He gave an exceptionally riveting speech 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 There!

## APRIL MEETING

We are honored to have **Dr. Carlos Garcia**, UH cardio-thoracic surgeon speaking on risk factors and exercise management. The meeting will be held at the **UH Chagrin Highland Health Center** at 3909 Orange Place on the Third Floor on **Wednesday, April 14th**. Refreshments are at 6:30 PM and the program begins at 7:00 PM. Hope to see everyone there!

## REACCREDITATION – A MUST FOR VISITORS

Reaccreditation is an annual requirement for Visitors. The next session is **February 20th, 2010** from 9:00 AM to 12:00. Join us at **Parma Community General Hospital**, 7007 Powers Boulevard, Parma, OH. Call Joyce Russo, (216) 749-4131 if you plan to attend or email her at [smileymoxi@yahoo.com](mailto:smileymoxi@yahoo.com). We will meet in the John Nelson Auditorium, which is on the first floor of the hospital. After you enter and pass the information desk, the auditorium is to your left.

AMERICAN  
HEART  
MONTH



The Greater Cleveland Chapter #138 of Mended Hearts, Inc. wishes to express our sincere appreciation for the generous support of the Cleveland Clinic. For 2010, a special thanks to the Ulmer Berne family for their 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

2009

December

Hospital	
Cleveland Clinic	282
EMH	8
Hillcrest	77
Lake West	7
MetroHealth	12
Parma General	7
Southwest General	13
St. John Westshore	12
University Hospitals	20
Hospital Totals	438
Telephone Visits	36
<b>TOTAL VISITS</b>	<b>474</b>

## HEART EVENT ANNIVERSARIES

Louise Breese	2/01/90
Irwin Dinn	2/01/97
John Hoffer	2/01/98
Paul Messenheimer	2/03/71
Thomas Leach	2/06/96
Richard Wendell	2/11/02
Robert Pfahl	2/13/87
Anthony B. Sajovic	2/14/79
James Swaye	2/14/01
Robert Bowers	2/15/94
Charles R. Schaefer	2/15/99
Rita Webb	2/16/94
Mary Gilpin	2/17/02
Loreen A. Sekeral	2/17/09
Joseph Rodio	2/18/98
Donna Hintz	2/20/01
Vincent Jacko	2/24/92
Gene Fixler	2/25/04
Adele Baker	2/27/07
William Courser	2/28/01

## JANUARY MEETING

Old Man Winter knocked out the power at the last minute and our January meeting at the UH Chagrin Highlands building was canceled. Reminds us of last year the frigid temperatures had us abort our pot-luck dinner. Come on Spring!

## AMERICAN HEART MONTH

February is **American Heart Month**. Cardiovascular diseases, including stroke, are our nation's No. 1 killer. To urge Americans to join the battle against these diseases, since 1963 Congress has required the president to proclaim February "American Heart Month".

The **American Heart Association** works with the administration to draft and sign this annual proclamation.

During American Heart Month, thousands of our volunteers visit their neighbors. Their goal is to raise funds for research and education and pass along information about heart disease and stroke.

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## NEW MEMBERS

An organization is only as good as its members, and this month we are happy to welcome new members **Norma Koubeck, Don Amato, Catherine Bosley, and Elliot Gross**.

## DONATIONS

Another donation has been received honoring **Vera Ercegovic. Mr. and Mrs. Gregory Ervice** of San Diego, CA generously donated to the Children's Heart Camp Fund in her memory.

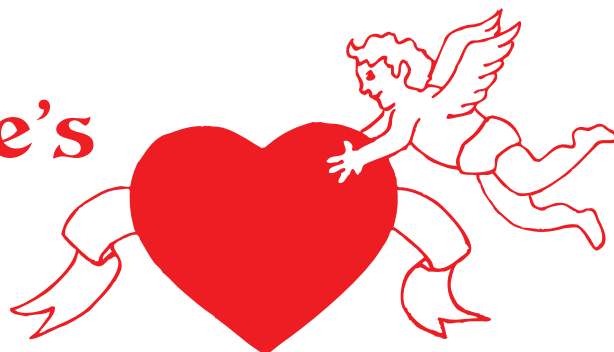
## WE NEED ONE SPECIAL VOLUNTEER

We are still looking for a replacement for our recently 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. Those interested should contact Joyce at (216) 749-4131.

## IRONY FOR THE SUNSHINE LADY

Our Sunshine Lady, the dear **Gladys Bergson**, does a wonderful job encouraging our shut-ins and those sick. Well, now it is her time to be sick. We pass along to Gladys our thoughts and prayers during this time. We also send well wishes to **Gloria Herr**. Please keep both dear ladies in your prayers.

Happy  
Valentine's  
Day



## TRIVIAL TRIVIA TIME

- It takes your food seven seconds to get from your mouth to your stomach.
- One human hair can support 6 pounds.
- Human thigh bones are stronger than concrete.
- A woman's heart beats faster than a man's.
- There are about one trillion bacteria on each of your feet.
- Women blink twice as often as men.
- The average person's skin weighs twice as much as the brain.
- Your body uses 300 muscles to balance itself when you're standing still.

## 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
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	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

## WIT AND WISDOM

- I find my greatest pleasure, and so my reward, in the work that precedes what the world calls success.
- I have not failed. I've just found 10,000 ways that won't work.
- I never did a day's work in my life. It was all fun.
- Be courageous. I have seen many depressions in business. Always America has emerged from these stronger and more prosperous. Be brave as your fathers before you. Have faith! Go forward!

~ Thomas Edison



- I take my wife everywhere, but she keeps finding her way back.
- My wife dresses to kill. She cooks the same way.
- She's a big-hearted girl with hips to match.

~ Henny Youngman

## MEMBERSHIP APPLICATION

February '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

\$22.00
\$34.00
\$ 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. 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!”*