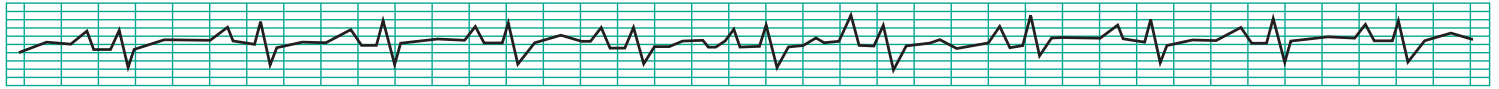


The BEAT GOES ON



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.MENDEDCHEARTS138.ORG

MARCH 2010

VOLUME 29 NUMBER 3

PRESIDENT'S MESSAGE

Greetings to all:

February was a busy month with celebrations for American Heart Month, Valentine's Day, President's Day and the Go Red for Women luncheon. The inclement weather unfortunately canceled out another regular monthly meeting. Robyn Sandys of Old Brooklyn News says it so well. "It is the sunshine within that gets us through these mid west winters". Another saying that I like is: "A smile enhances your face value" so smile! Now we go from red to green as we will be celebrating St. Patrick's Day before you know it. I did experience some "spring" as a visit to the Home and Garden Show is a must for me. I am a "gadget" girl and came home with some new "goodies". Anything that makes life easier is a winner with me.

We are blessed that we have not been walloped with as much snow and ice a many areas of our country. We are also blessed that our troops are doing a yeoman job of still slugging it out in incredible terrain and conditions protecting our freedoms. I hope that any service person you meet you will thank them.

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."

MARCH MEETING

This meeting is **Wednesday, March 10th** at **St. John Medical Center** 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! The meeting is in **Building No. 2, 29101 Health Campus Drive, Auditorium B**. Parking Lot V-3 is the closest available parking spot. Refreshments will be served at 6:30 PM and Dr. Sekhon will begin at 7:00 PM. Be There!

APRIL MEETING

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. This is off of Hwy. 271 and Chagrin Blvd. Refreshments are at 6:30 PM and the program begins at 7:00 PM. Dr. Garcia will discuss risk factors and exercise management. Hope to see everyone there!

MAY MEETING

Dr. Ted Warner, pulmonologist at **MetroHealth Hospital**, also has graciously agreed to reschedule his talk with us to **Wednesday, May 12th**. He will talk to us about the Swine Flu and Pneumonia. Both conditions can be killers. With our "bugs" becoming bolder, we need to learn how to protect ourselves from these respiratory conditions. Parking is \$5.00 or less. Again refreshments are at 6:30 PM and Dr. Warner will educate us at 7:00 PM.

JUNE MEETING

The June 9th meeting will be held at Hillcrest Hospital. We're planning on an outstanding orthodontist to tell us about the connection between the mouth and the heart! Details to follow.

SPECIAL THANKS

We give a special heartfelt *thank-you* to **Ulmer Berne LLP** for once again supporting our mission with a generous donation.

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

January

Hospital	
Cleveland Clinic	284
EMH	11
Hillcrest	52
MetroHealth	20
Parma General	5
Southwest General	9
St. John Med. Ctr.	15
University Hospitals	20
VA	5
Hospital Totals	421
Internet Visits	5
Telephone Visits	35
GRAND TOTAL	461



HEART EVENT ANNIVERSARIES

Joseph T. Forristell	3/01/95
Don Kuschel	3/03/03
Joseph H. Newman	3/03/95
Joseph Dolence	3/09/98
Michael Wojtowicz	3/10/98
Babara Bydash	3/11/03
Dick Singer	3/13/97
Robert Games	3/15/01
Laurie Rose	3/15/02
James D. Southerland	3/15/00
Tom Cooper	3/16/00
Hilde Barthol	3/17/98
Robert Alban	3/20/02
Michael A. Garlisi	3/25/08
Ruth Matthey	3/26/02
Walter M. Drake III	3/27/04
Renee A. Geniusz	3/28/00
Mary Klemencic	3/28/91
Richard Cass	3/29/93
Rev. Paul Johnson	3/31/00

CLANG - CLANG - CLANG

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. Those interested should contact Joyce at (216) 749-4131.

SYMPATHY

With a heavy heart we note the passing of our good friend, **Gladys Bergson**. Gladys' volunteer efforts will be missed by many organizations. Gladys became a member of Mended Hearts in 1987 and most recently served as our Sunshine Lady.

GET WELL WISHES

We continue to send our thoughts and prayers to **Gloria and Evan Herr** and to **John Ackerman** as he recovers from double pneumonia.

A SIMPLE SECRET TO STAYING WELL

The single most important thing you can do to keep from getting sick and to stop the spread of disease-causing germs is to wash your hands – often. All it takes is soap and water, 20 seconds of scrubbing hands and wrists, and then a good rinse.

Viruses that cause colds and the flu most often are transmitted on the hands. People commonly catch colds when they rub their nose or their eyes after their hands have been contaminated with the cold virus. By washing your hands frequently, you wash away germs that you may have picked up from other people or from contaminated surfaces.

Hand washing takes on an especially important role during the winter months, when infectious diseases such as the flu are in season. (If you haven't already, consider getting a flu shot.) You also can protect your health during cold and flu season by getting plenty of sleep, eating nutritious foods and drinking plenty of fluids. Also, remember to cover your mouth when coughing or sneezing and avoid rubbing your eyes and nose. Stay away from crowds when possible, and don't share food or drinks.

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CLEVELAND HEART WALK

Mary Kay Bilczo is again heading up the **American Heart Association Heart Walk** on behalf of Mended Hearts so please consider walking or supporting her efforts with a donation. The American Heart Association Cleveland-Start! Cleveland Heart Walk starts at 9:00 AM, Saturday, August 21st at Mall C, Downtown Cleveland. Please contact Mary Kay Bilczo at (440) 785-3471 or mbilczo@ssd.com.

MENDED HEARTS NATIONAL CONVENTION

The National Mended Heart Convention is just around the corner. This year it is in Bloomington, Minnesota, home of the famous Mall of America. It is time to request your early-registration convention packet. For more information call (888) 432-7899 or email mart.samples@heart.org for details. Folks, these conventions are WONDERFUL. The speakers they have are phenomenal. It is a marvelous learning experience. This will be my 10th attendance and Joe and I are really looking forward to it. You can also contact me for information. Joyce Russo, (216) 749-4131 or smileymoxi@yahoo.com.

*Happy
St. Patrick's
Day*



A doctor and a lawyer were talking at a party. Their conversation was constantly interrupted by people describing their ailments and asking the doctor for free medical advice. After an hour of this, the exasperated doctor asked the lawyer, "What do you do to stop people from asking you for legal advice when you're out of the office?" "I give it to them," replied the lawyer, "and then I send them a bill."

The doctor was shocked, but agreed to give it a try. The next day, still feeling slightly guilty, the doctor prepared the bills. When he went to place them in his mailbox, he found a bill from the lawyer.



Did you hear about the teacher who was helping one of her kindergarten students put on his cowboy boots? He asked for help and she could see why. Even with her pulling and him pushing, the little boots still didn't want to go on. Finally, when the second boot was on, she had worked up a sweat. She almost cried when the little boy said, "Teacher, they're on the wrong feet."

She looked and sure enough, they were. It wasn't any easier pulling the boots off than it was putting them on. She managed to keep her cool as together they worked to get the boots back on - this time on the right feet. He then announced, "These aren't my boots."

She bit her tongue rather than get right in his face and scream, "Why didn't you say so?" like she wanted to. And, once again she struggled to help him pull the ill-fitting boots off his little feet. No sooner they got the boots off and he said, "They're my brother's boots. My Mom made me wear 'em."

Now she didn't know if she should laugh or cry. But, she mustered up the grace and courage she had left to wrestle the boots on his feet again. Helping him into his coat, she asked, "Now, where are your mittens?" He said, "I stuffed 'em in the toes of my boots."

Her trial starts next month.

OFFICERS & COMMITTEES 2009/2010

ELECTED OFFICERS

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

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Chaplain: Walter Heber 440.716.9066
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Historian: Jim Gosline 440.974.1048
Jgosline@aol.com

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Aswanson6596@wowway.com
University Hospital: Norman Kay 440.461.7626
VA Med. Ctr., Wade Park: Joyce Russo 216.749.4131
smileymoxi@yahoo.com

OTHER VISITING CHAIRMEN

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ekardw3@msn.com
Telephone Visiting: Shirley Gorze 216.447.1314

MEMBERSHIP APPLICATION

March '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	YEARLY RENEWAL DUES	\$22.00
Family	\$ 29.00		\$34.00
Individual Life Member	\$155.00		\$ 5.00
Family Life Member	\$220.00		\$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!”