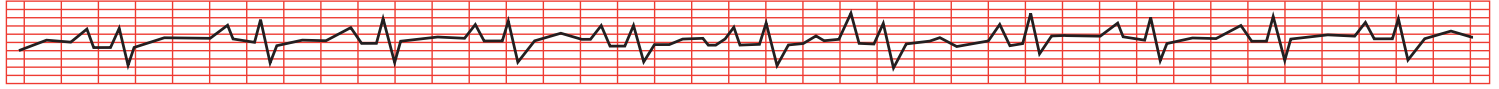


The BEAT GOES ON



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

MAY 2010

VOLUME 29 NUMBER 5

PRESIDENT'S MESSAGE

Greetings to all,

I just learned that April is National Donate Life month. I am acutely aware of this life giving gift as my niece from Florida is nearing being accepting at the Cleveland Clinic for a lung transplant. The testing has been incredible. Because of the shortage of donors many patients die before a compatible organ is located. Please consider registering as a donor at www.donatelife.net. This truly would fulfill our motto ' "It's great to be alive - and to help others."

Joe and I are gearing up for our jaunt to Bloomington, MN for the coming National Convention May 19-23, 2010. It will be another blockbuster event and is really worth the effort to attend. Any takers? You will NOT be disappointed.

May brings us Armed Forces Day on May 15th, and Memorial Day on May 31st. Thousands of our young men and women have given their lives defending our way of life. The young people of today will soon have limited knowledge of those who died during WWII. We would not have our current way of life had we not won this war. On this day please pay your respects for these sacrifices.

On a lighter note, J.P. Getty says it so well - "money isn't everything, but it sure keeps you in touch with your children". This appeared in the April 2010 Readers Digest.

Blessings 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."

MAY MEETING

Our Wednesday, **May 12th** meeting is at **Southwest General Health Center** in Anderson Hall, which is on the basement floor at the end of the hallway that goes to the cafeteria. Signs are posted at the garage and west elevators as you exit.

Our speaker will be **Dr. Ali Shaikh, M.D.**, F.A.C.C. Clinical and Interventional Cardiology. Dr. Shaikh, who last spoke with us in 2000 and was very well received, has been the Head Cardiologist at Southwest and Fairview Hospitals. Refreshments are at 6:30 PM. The meeting is at 7:00 PM.

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. **Dr. Ivy Batos**, periodontist, will talk at 7:00 PM on How Dental Disease can Affect Your Heart. Dr. Batos teaches Case University medical students on this important connection. She will be preceded by refreshments at 6:30 PM.

JULY MEETING

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.

AUGUST MEETING

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 Eregovic**, 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	March
Cleveland Clinic	346
EMH	8
Hillcrest	141
Lake West	11
MetroHealth	14
Parma General	19
Southwest General	14
St. John Medical Center	11
University Hospitals	13
Hospital Totals	577
Internet Visits	14
Telephone Visits	8
TOTAL VISITS	599

HEART EVENT ANNIVERSARIES

Irwin Dinn	5/01/96
Donna Hintz	5/01/94
Joyce Russo	5/01/95
Charles Stiles	5/01/83
Dave Masek	5/02/07
Richard Phillips	5/05/05
Robert J. Darden	5/06/03
Thomas Huth	5/06/01
Joseph Keough	5/06/98
Leona Smith	5/06/00
Margaretann Thomas	5/10/96
Joseph Jancsurak	5/11/00
Donald Peshek	5/11/07
Helen Homik Kuligowski	5/13/02
Lansing E. Williams	5/17/99
Steve Cayne	5/21/04
Joyce Walters	5/21/03
Sharon Guttman	5/22/97
John Kraus	5/22/03
Rita Webb	5/24/95
Robert McCarraher	5/29/92
Schuyler Haskell	5/30/93
Thaddeus Bizon	5/31/96

WHEN TO DRINK WATER

Two glasses of water taken 30 minutes before a meal will improve the digestion process. One glass of water taken after waking up helps to activate all internal body organs. One glass of water before sleeping helps to avoid stroke or heart attack during the night. One glass of water after taking a bath helps to lower the blood pressure. Thanks to **Shirley Gorze** for this info.

MARCH MEETING - DR. SEKHON

We'd like to thank the folks at St. John Medical Center for hosting our March 10th meeting. After enjoy good fellowship and heart-healthy refreshments, we were treated to an informative and entertaining talk entitled, "Heart Health after Open Heart Surgery."

Dr. Baldev Sekhon shared with us the aspects of bypass surgery and valve repair/replacement. Starting with by-pass surgery, he said that patients must ask if the surgeon will be using the mammary artery as it is the best conduit for by-passing the blockage. Dr. Sekhon shared that the relatively new technique of endoscopic vein harvesting is significantly easier on the patient in terms of healing and risk of infection. Advancements in valve replacement are here and more are on the horizon. While mechanical valves last effectively a lifetime, tissue valves used to last about ten years.

Today, he said tissue valves can last fifteen to twenty years. With respect to valve replacement surgery, there are clinical trials currently under way utilizing percutaneous valves implanted through a catheter inserted in the groin, preventing the need to crack the chest! (see www.clinicaltrials.gov). In January, the FDA approved the first percutaneous valve, used for pulmonary valve disease.

For past heart surgery patients, Dr. Sekhon stressed the importance to watching one's diet, at least 30 minutes of exercise per day, and reducing stress in one's life. He also commended Mended Hearts volunteers for providing hope through hospital visits. Once again, thank you to Dr. Sekhon for taking the time to share this vital information.

APRIL MEETING

Our April meeting was cancelled at the last moment due to our gracious speaker, Dr. Carlos Garcia of University Hospital, being called into emergency surgery. We look forward to hearing him share with us in the near future.

NEW VISITORS

Welcome to **Catherne Bosley** and **Don Amato** who are now visiting at the Cleveland Clinic. **Tara Camera** is ready to come on board at Parma General Hospital.

NEW OFFICERS ELECTIONS

April was the month for our Chapter's elections. With our meeting canceled, we will address elections at our May meeting. **We need new blood!** Bring your ideas to May's meeting. Those interested in any position should contact Joyce at (216) 749-4131.

SCHOLARSHIP WINNER

Dolores Murray of MetroHealth was this year's educational scholarship winner and was presented with a \$500 Mended Heart check by **John Ackerman**, Scholarship Chairman, and Joyce Russo on April 16th at the hospital. We wish Dolores the best on her future studies.

HEART HEALTHY GRILLED TURKEY BREAST

One 5-6 pound whole turkey breast, bone in.

MARINADE

1/4 Cup Vegetable Oil	1 Tablespoon Vinegar
1/4 Cup Soy Sauce	1 Clove Garlic Pressed
2 Tablespoons Catsup	1/4 Teaspoon Ground Ginger
Freshly Ground Pepper To Taste	

Marinate turkey breast in the refrigerator for at least 8 hours, turning occasionally. Overnight is best. Grill until a meat thermometer reaches 165 degrees (or approximately 20 minutes per pound at 350 degrees). Baste turkey while grilling. Turn often - every 20 minutes. Start with breast side up. Cover the turkey with a foil "tent" to prevent the turkey from being scorched on the outside. Remove the foil about 45 minutes to an hour before the turkey is done. The breast will get very charred on the outside but inside they are so moist. One breast will serve approximately 6 people. Special thanks to **Tom Bednar** for this recipe.

MAKE A HEART ATTACK HEALTH EMERGENCY KIT

What it should contain: A bottle of uncoated aspirin ... a contact list of your physicians and key family members and friends as well as the hospital to go to in an emergency ... a list of medications you are currently taking ... notes on any allergies or adverse reactions to medications ... medical-insurance plan information and the procedures to follow for using your hospital of choice. Make sure your family members know where you keep the "kit" in the event that they need it in an emergency when you are disabled. Jennifer Mieres, MD, New York University Dept. of Medicine, interviewed by Bottom Line.

PIRATE LORE

Once there was a retired pirate so he decides to live with his brother.

The pirate walks up to his brother's house and knocks on the door and his brother answers the door and says, "Oh my gosh, what happened to your hand!?"

The pirate said, "I lost it in a sword fight, but now I have a hook."

Then the brother said, "What about your leg?"

The pirate said, "A cannonball hit it, but now I have a peg leg."

Then the brother said, "Well, what about your eye?"

The pirate said, "I got some dust in it."

The brother said, "How could you lose your eye by just getting dust in it?"

Then the pirate said, "It was my first day with my hook!"

Far better it is to dare mighty things, to win glorious triumphs, even though checkered by failure, than to rank with those poor spirits who neither enjoy much nor suffer much, because they live in that grey twilight that knows neither victory nor defeat.

~ Theodore Roosevelt

OFFICERS & COMMITTEES 2009/2010

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 shorthth@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

MAY '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	\$17.00
Family	\$ 29.00		\$27.00
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**

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

THE MENDED HEARTS, INC.
Greater Cleveland Chapter 138

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. 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!"