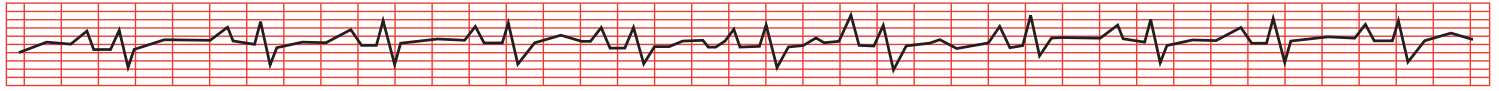


# The BEAT GOES ON



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

NOVEMBER 2009

VOLUME 28 NUMBER 7

## PRESIDENT'S MESSAGE

Greetings to all:

Fall is my favorite time of the year, so a leisurely ride this past weekend did not disappoint me. The vivid breathtaking colors Mother Nature provides are awesome and the beautiful part of all of this is that it is in our own back yard! I do hope that you will get out and enjoy some of this beauty as the warm days are fleeting. Years ago, I was in the desert area of Washington State (yes, they really have a desert there) and the colors were very muted. I personally like the vivid colors.

Fall also means that we are getting back to our monthly meetings and I encourage you to attend. We have great speakers who give their precious time to keep us updated on what is the latest. It is a special privilege that we can talk to the experts.

Since I am not fond of hot weather (loved this cool summer), I marvel at how our troops handle their assignments in Afghanistan and Iraq. Please keep them in your prayers. Prayer does work and I feel that is something we all can do on their behalf.

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."

## NOVEMBER MEETING

We will again be at **Hillcrest Hospital** for our **Wednesday, November 11<sup>th</sup>, 2009** meeting at which time **Susan Landenberger from USANA Health Sciences** will talk about **Nutrition**. We will meet at **6:30 pm** for refreshments in Auditorium A in the basement and Susan will talk to us at **7:00 pm**.

## DECEMBER MEETING

This year we are asking you to join us for our **Holiday Dinner** meeting to not only enjoy this special time of the year with each other but to add some cheer for some child who was born with a heart defect. This dinner will be a fundraiser for **Camp Mountain Heart**, the children's Heart Camp in West Virginia. Dick and Marian Singer spent a week with the children several summers ago. I attended their 10th anniversary dinner and was blown away by the love and enthusiasm these children have for their week at this Heart Camp. Babs and Len Eichorn enticed a neighbor child to attend. The monies we raise can help send a child to camp for one week free of charge. The money we have received in memory of Vera Ercegovic is set aside for the Heart Camp. **DO make an effort to join us!**

We will meet at **Corleone's Restaurant, 5669 Broadview Road, Parma, Ohio, 216-741-0220**, for their **Early Bird Specials at 5:30 pm. WE HAVE TO BE SEATED BY 6:00 PM - I REPEAT: WE HAVE TO BE SEATED BY 6:00 PM TO QUALIFY FOR THE EARLY BIRD SPECIAL.**

This award winning restaurant has 18 delicious offerings for you. 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. The price is \$20.00 per person. **RSVP**. Make your checks out to Mended Hearts Chapter 138 and **send in to Gloria Herr**, 6363 Glen Allen Ave., Solon, OH, 44139. If you want to pay at the door, call Gloria at 440-248-4263. Call me if you want to know the menu selections – Joyce Russo, 216-749-4131. All you hubby's, wives, singles, significant others, I want you to join us.

**WE HAVE TO HAVE A HEAD COUNT OF THIS MEETING.**

## JANUARY MEETING

Save the date! Our first meeting of 2010 is on **Wednesday, January 13<sup>th</sup>**. Details are forthcoming.

## VISITING REPORT

**2009** **September**

Hospital	
Cleveland Clinic .....	274
EMH .....	14
Hillcrest .....	123
Lake West .....	11
MetroHealth .....	8
Parma General .....	6
Southwest General .....	26
St. John Westshore .....	20
University Hospitals .....	24
Hospital Totals .....	506
Internet Visits .....	8
Telephone Visits .....	23
<hr/>	
Total Visits .....	542

## HEART EVENT ANNIVERSARIES

William Krumhansl	11/01/99
John Rakoczy	11/01/00
Dolores Bartian	11/02/00
Donald J. Babets	11/04/93
Zami Ram	11/06/93
Rita Webb	11/07/97
Dan Minelli	11/08/90
Orville Britton	11/11/92
Scott Thompson	11/13/91
Betty Malosh	11/30/79
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	12/10/02
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

## DONATIONS

*Vera Ercegovic* not only served our chapter well during her life, her many friends have honored her with contributions that will be set aside for the children who will attend Camp Mountain Heart in W. Virginia. **We thank the following for their generous donations:** Mr. and Mrs. Douglas Henderson, Victoria Scarmazzi, Josephine Ercegovic, Victor and Rose Pallotta, her daughter, Judy Albanese, Mr. and Mrs. David Scherry, Mr. and Mrs. Visich, Joyce Russo, Mr. and Mrs. Dave Moore, Mr. Carmen Arrigo, Mr. Thurley Khoury and Prudence Khoury Lyman, Davis & Davis/Attorneys At Law, Mr. and Mrs. James Schabert and Tom, Kay Morris, and Ms. Rosann Zingales. A donation was also made by Joyce Russo in memoriam of Jere Austin's father.

## OCTOBER MEETING

Thank you to Hillcrest Hospital for hosting our October meeting! As our guest speaker, the *Reverend Brian Shields* gave a spirited and informational lecture on the healing of Reiki. Reiki is a spiritual practice developed in 1922 by Mikao Usui. It is a technique whereby practitioners believe they are moving "healing energy" (a form of *ki*) through the palms. After demonstrating a Reiki session on Joyce, who is recovering from knee surgery, Rev. Shields performed a moving *a cappella* rendition of the gospel classic, *Blessed Assurance*. A hearty "thank you" to Rev. Shields for his time.

## NOVEMBER IS AMERICAN DIABETES MONTH

The American Diabetes Association is calling type 2 patients and their families to attention. It is easy to get complacent about type 2 diabetes. Just take a pill and forget about it? That is a dangerous idea, but handling type 2 is so convenient that people may put it into the back of their minds and not give it a thought. As diseases go, this one is fairly easy to handle if you do it right. Getting regular exercise is important, as well as eating a nutritious, low-fat diet. But you should do that anyway. If your doctor has given you a diet to follow, it is probably a lot like any healthful eating plan. But for type 2 people, the diet is basic. Of the 20 million people in the United States living with diabetes, about 6 million do not yet know they have it. Many others have pre-diabetes. Their blood glucose levels are high but not high enough to be diabetic. For them, progression to type 2 is inevitable. They can prevent or delay onset of the disease by losing 5-7 percent of their body weight by eating healthier and getting 30 minutes of physical activity five days a week. The lifetime risk of diabetes for people born here in 2000 is 1 in 3 for all Americans, 2 in 5 for African Americans and Hispanics, and 1 in 2 for Hispanic women.

*Thanks to the Toledo Chapter for this article.*

## PASSING THE TORCH

*John Kraemer* is stepping aside as newsletter editor in order to be a caregiver for his wife. John has blessed us with many years of service in many capacities. He has visited and been the Hospital Coordinator at Southwest General Hospital for many years, was program chairman, was president, got us started with the Malley's Candy Bar fundraising program and always had a great mind of analyzing any problem that confronted us. He has a passion for the work that Mended Hearts does and it shows in everything he has done for us. We really **thank you John** for your dedication and look forward to your active return.

We are blessed that *Rick Fournier* has stepped forward to take on newsletter editor duties. Rick and his wife of 29 years, Peg, recently joined Mended Hearts after they were visited during Rick's valve replacement six months ago. The Mended Hearts visitor answered all their questions and gave them peace about the surgery. Rick and Peg are longtime residents of Auburn Township and have four grown children.

## GENERAL NEWS

Buy your Entertainment Books from us! They make great gifts. Call *Joyce Russo* at 216-741-4131 or smileymoxi@yahoo.com.

## HOLIDAY EATING TIPS

About those carrot sticks. Avoid them. Anyone who puts carrots on a holiday buffet table knows nothing of the Holiday spirit. In fact, if you see carrots, leave immediately. Go next door, where they're serving rum balls.

Do not have a snack before going to a party in an effort to control your eating. The whole point of going to a Holiday party is to eat other people's food for free. Lots of it.

Walking through a supermarket, a young man noticed an old lady following him around. He ignored her for a while, but when he got to the checkout line, she got in front of him.

"Pardon me," she said. "I'm sorry if I've been staring, but you look just like my son who died recently."

"I'm sorry for your loss," the young man replied. "Is there anything I can do for you?"

"Well, as I'm leaving, could you just say 'Goodbye, mother!?' It would make me feel so much better." She gave him a sweet smile.

"Of course I can," the young man promised.

As she gathered her bags and left, he called out "Goodbye, mother!" just as she had requested, feeling good about her smile.

Stepping up to the counter, he saw that his total was about \$100 higher than it should be. "That amount is wrong," he said. "I only have a few items!"

"Oh, your mother said that you would pay for her," explained the clerk.

*Happy  
Holidays!*



## 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 smileymax@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

November '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. 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!”*