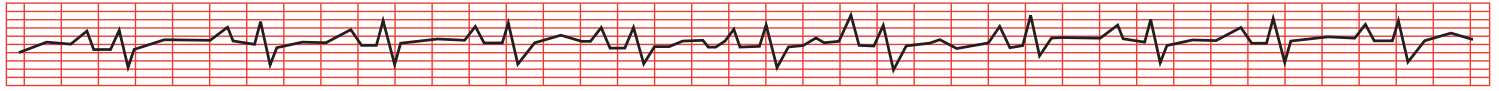


The **BEAT GOES ON**



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

APRIL 2008

VOLUME 27 NUMBER 3

EDITOR'S MESSAGE

Our President, Joyce Russo is on the 10th floor of MetroHealth Medical Center doing her best to fight off a form of meningitis. When I spoke with her I asked what she wished to say in her president's column. She said, "I could use all the prayers I could get!"

Our thoughts and our prayers are indeed with you, Joyce. Please make a fast recovery. We want you back with us where you belong.

Well it sure seems March is going to make the most of it and roar all it can while it's here. Let's hope the sun shines a lot in April and gives us a taste of real Spring again.

We have had some very interesting meetings lately and they are continuing. Our meetings are the second Wednesday of the month. They are a great boost to stay the course of good health. We have a good time and keep aware of the newest happening in the ever-evolving nature of heart medicine, procedures, and care.

As Joyce always says, remember our troops over there in harm's way.

John Kraemer

OUR MISSION

We are dedicated to inspiring hope in heart disease patients and their families.

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!)

APRIL MEETING

Our **Wednesday, April 9th** meeting will be at **MetroHealth Medical Center, 2500 MetroHealth Drive in Rammelkamp 172 A/E**, with social at **6:30 PM**, meeting at **7:00 PM** and board meeting following. Note that there will be a nominal charge for parking. (Budgets are being strained all over!) The topic will be, *"An American having a heart attack outside the USA"*.

Dave Masek will tell of his experience of having a massive heart attack when he and his wife began their vacation in Punta Cana in the Dominican Republic. It is truly quite a story!

Dave is a partner in **Parma Window & Garage** at Brookpark Rd. and W. 130th St. (Parma Lumber).

Ed note: Would you believe they built my garage in 1993! Small world, Great garage!

MAY MEETING

Our **Wednesday, May 14th** meeting will be at **Southwest General Health Center**, in conference room **Williams A & B** in the basement level of the "C" building at 18697 Bagley Rd. west of I-71. Social with refreshments at **6:30 PM**, the meeting starts at **7:00 PM** with a board meeting following.

Our speaker will be our *Chapter Advisor, Rosemarie Pierson, BA, RN* who will bring us up to date on the latest in heart treatment and care. **Rosemarie** is the **Cardiothoracic Intensive Care Unit Coordinator** at the **Cleveland Clinic Foundation** and is on the front line.

I'm sure all our visitors will especially want to hear her presentation. Everyone who has had a heart event is welcome at this and all our meetings.

JUNE MEETING

Our **Wednesday, June 11th** meeting will be at **MetroHealth Medical Center in Rammelkamp**. Our Program will be on the association of diabetes and heart disease.

VISITING REPORT

2008	February
Hospital	
Cleveland Clinic	459
Elyria Memorial	10
Hillcrest	87
Lake West	9
MetroHealth	20
Parma General	17
Southwest General	25
St. John Westshore	23
University Hospital	20
Hospital Totals	670
Internet Visits	11
Telephone Visits	2
<hr/>	
Total Visits	683

HEART EVENT ANNIVERSARIES

Eleanor Carter	04/01/03
Patricia G. Gunter	04/02/97
Polly Miller	04/04/02
Ruth Matthey	04/09/93
Richard Cass	04/10/98
Marguerite Gilbert	04/10/90
Leonard Torok	04/11/91
Gordon McRitchie	04/14/98
Michael Wojtowicz	04/16/01
Don Lear	04/17/98
John Slovonick	04/19/95
Patricia Jacobs	04/26/97
David Deiona	04/29/94
Douglas Gonda	04/29/92

AHA HEARTWALK

Mary Kay Bilczo is heading up the **2008 AHA Heartwalk** on behalf of Mended Hearts Chapter 138 which will take place on **Sunday, August 10, 2008 at Progressive (Jacobs) Field**. Registration is at **8:00 AM**. Keep the date in mind and please join the Mended Hearts Team or sponsor them with a donation. If you wish to join the team, **call Mary Kay at 216-687-3433** during business hours or “e” mail her at mbilczo@ssd.com.

MARCH MEETING

We sincerely thank **Hillcrest Hospital** for their hospitality in furnishing us with their Ross Auditorium, splendid refreshments, and a great speaker for our March meeting.

Michele Cici, RN, CCRN is a nurse with over 25 years experience including care of heart surgery, ICU and CCU patients. She is currently at the **Hillcrest Chronic Care Services** (her dream job) for the past 5 years. This center is mainly concerned with patients with chronic heart and kidney conditions who need continuing care on an outpatient basis. Her topic was entitled **The Circle of Chronic Disease**.

The circle contains within its perimeter three chronic diseases, **Congestive Heart Failure, Chronic Kidney Disease, and Anemia** to show the connections and that any one can lead to another.

Congestive Heart Failure (CHF) is one of the most common reasons people over 65 go to the hospital. About 5 million Americans are living with it now. The heart becomes weaker and less able to pump the blood and oxygen that your body needs causing the blood to back up in the veins and fluids build up causing swelling in the feet, ankles, and legs called “edema”. Fluid also builds up in the lungs, called “pulmonary congestion”. Besides weight gain from the fluid, other signs are shortness of breath especially when lying down, tired, run down feeling, and confusion or can’t think clearly.

CHF can be caused by clogged arteries, heart muscle damage by past heart attacks, birth defects, high blood pressure, heart valve or heart muscle disease, and infection. Surgery may be needed in some cases but the usual treatment is rest, a healthy diet low in salt and saturated fat, supervised exercise, and faithful adherence to your doctor’s regimen of medicines to strengthen the heart and reduce the fluid buildup.

The **Kidneys** are a pair of bean-shaped organs each about the size of your fist and weighing 4 to 6 ounces located below the rib cage on either side of the spine. They regulate the amount of body fluids, remove waste products from the blood and eliminate them in the urine, release hormones that help to control blood pressure and red blood cell production, maintain proper electrolyte balance for body cells to live and grow, and helps the body use the calcium it takes in.

Signs of **Chronic Kidney Disease** are burning or difficulty during urination, frequent urination, bloody or tea colored urine, swelling or puffiness around the eyes, hands and feet, back pain not aggravated by movement, and uncontrolled blood pressure, or untreated diabetes or anemia. The tool to classify kidney health is a test called Glomerular Filtration Rate. The progression of kidney disease can be slowed by controlling diabetes, diet, blood pressure, exercise, medication and knowing your kidney score.

Anemia is the most common blood condition in the United States and affects 33% of patients over 75. Anemia is having less than the normal number of red blood cells or less hemoglobin than normal in the blood. Hemoglobin helps the red blood cells to carry oxygen from your lungs to all the cells in your body. Anemia can be caused by a deficiency of iron, folate, or vitamin B-12 as well as blood loss and chronic disease. Symptoms are pale skin color, tiredness and weakness, shortness of breath, rapid heartbeat, headache, dizziness, irritability, chest pain, decreased appetite, and difficulty sleeping. The test for anemia is a complete blood cell count (CBC). The treatments are blood transfusions and replacements of iron, B-12, folate, and erythropoietin.

We sincerely thank you, Michele, for a greater understanding of the relationships of chronic disease and a heads up on prevention and recognition.

OFFICERS & COMMITTEES 2007/08

ELECTED OFFICERS

President: Joyce Russo 216.749.4131
 smileymoxi@yahoo.com

Vice President & Membership Chair: Arden Swanson 440.777.8910
 Aswanson6596@wowway.com

Vice President & Program Director: Vacancy

Treasurer: Bart Slak 440.639.9363
 Bslak@sbcglobal.net

Secretary: Arden Swanson 440.777.8910
 Aswanson6596@wowway.com

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Sunshine: Gladys Bergson 216.321.7422
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 smileymoxi@yahoo.com

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 hrtmndr@hotmail.com

Chaplain: Walter Heber 440.716.9066

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 shortth@aol.com

Last Past President: John Kraemer 440.845.2089
 Briz3@juno.com

Historian: Jim Gosline 440.974.1048
 Jgosline@aol.com

HOSPITAL COORDINATORS

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 Av_iv30@yahoo.com

Hillcrest: Dick Singer, leave a message at 216.444.4190
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 Thompsons@yahoo.com

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 Aswanson6596@wowway.com

University Hospital: Bill Behrens 216.831.7775
 behrensw@adelphia.net

VA Med. Ctr., Wade Park: Joyce Russo 216.749.4131
 smileymax@yahoo.com

OTHER VISITING CHAIRMEN

Internet Visiting: Marty Fried 216.464.0669
 MartinF956@aol.com

Telephone Visiting: Vacant

A little girl asked her mother, "How did the human race appear?" The mother answered, "God made Adam and Eve and they had children and so was all mankind made."

Two days later she asked her father the same question. The father answered, "Many years ago there were monkeys from which the human race was developed."

The confused girl returned to her mother and said "Mom, how is it possible that you told me that the human race was created by God and Papa says they were developed from monkeys?" The mother answered, "Well, dear, it is very simple. I told you about the origin of my side of the family and your father told you about his side."

WHY, WHY, WHY

Why do we press harder on a remote control when we know the batteries are getting dead?

Why do banks charge a fee on "insufficient funds" when they know there is not enough money?

Why does someone believe you when you say there are four billion stars, but check when you say the paint is wet?

Why do they use sterilized needles for death by lethal injection?

Why doesn't Tarzan have a beard?

Why does Superman stop bullets with his chest, but ducks when you throw a revolver at him?

Why do Kamikaze pilots wear helmets?

If people evolved from apes, why are there still apes?

Thanks to Dick Singer for submitting all the above.

MEMBERSHIP APPLICATION

April '08

*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 RENUAL 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:
 Bart Slak, Treasurer, 7471 Brenel Dr., Concord Twp., OH 44060***

*“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!”