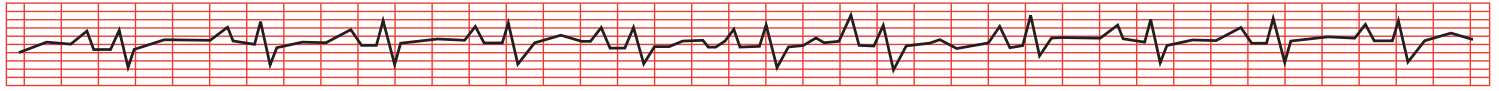


The **BEAT GOES ON**



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

DECEMBER 2007 - JANUARY 2008

VOLUME 25 NUMBER 10

PRESIDENT'S MESSAGE

Greetings to all:

It seems that if I take a real deep breath - six months has flown by! And we are headed for the busy season! Thanksgiving is approaching and we all have much for which we are thankful. My son and his family fortunately weathered the recent terrible fires in Ramona, CA and were one of the few families that did not evacuate. I know they are tired of scrubbing the dirty soot and the ash but thankfully they have something to scrub! This past year their rainfall was about 2 inches. I will stay right where I am.

Our Entertainment Books sales are winding down, as well as the candy bar sales. This helps us raise funds for our projects but we need to raise more. I would like ideas from you folks as to other fund raising ideas. And, we need more help from you members in running this chapter. It is not hard to line up people and topics for the meetings. Please step forward to offer your help and share the load. We are working on good educational topics for our meetings and you are missing wonderful informative get-togethers. I look forward to your call.

In late October I attended a cluster meeting in Pikeville, KY. Pikeville is in a gorgeous scenic area. This region is known as the little grand canyon of the East. The mountains are astounding and how they cut through them for roads is astounding. The new Pikeville chapter hosted the event and went all out to provide great hospitality. As you know I keep preaching to all of you to get to the conventions. Well, the second best thing is to get to the regional Cluster meetings if you can't make a convention. They are up to date with cutting edge information. I hope to go back to Pikeville one of these days.

Speaking of conventions, we are within driving distance of Hartford, CT, the location of the late May event. Keep this in mind.

Blessings and a hug to all,
Joyce Russo

OUR MISSION

We are dedicated to inspiring hope in heart disease patients and their families. We provide our services through visiting programs, support group meetings, and educational forums.

The Greater Cleveland Chapter #138 of Mended Hearts, Inc. wishes to express our sincere appreciation for the generous support of the Cleveland Clinic.

NOVEMBER MEETING

Yes, we did have FUN dining with such charming people at **Max and Erma's** "and they is us!" Everyone must have ordered spectacularly prompting major drooling on my part. "Thou shall not covet thy neighbor's ribs!" My Halibut was great even if I did order it just for the "hal i but". I noticed that those who paid by credit card got free discount coupons for next time. Money is worth so little it's just not appreciated anymore.

It was a pleasure to meet Rich and Julie Daff of Aurora. Both Rich and his dad have had recent heart valve surgeries. Rich is looking forward to becoming a Mended Hearts visitor at the Cleveland Clinic.

Ed.

DECEMBER MEETING

The Wednesday, December 12th meeting will be held at **MetroHealth Hospital** at 2500 MetroHealth Dr. in the East Dining Hall off the cafeteria, general meeting at **6:30 PM**, refreshments and board meeting following.

Our speaker will be **Dr. Vidya Krishman** whose topic will be **Sleep Apnea** and how it causes heart problems. "Sleep Apnea is a known risk factor for the development of hypertension, heart disease, and stroke" says Dr. Lawrence Epstein, past president of the American Academy of Sleep Medicine and instructor of medicine at Harvard Medical School.

JANUARY MEETING

THIS IS A BIGGIE!!

The celebration of the first 25 years of the Greater Cleveland Mended Hearts Chapter 138!

The Brunch Meeting will be held at the **Mustard Seed Café**, 6025 Kruse Drive in Solon in the **Alcove Room** on the second floor on **Sunday, January 13, 2008** from **noon until 3:00 PM**. The cost for the fantastic Brunch is an all inclusive **\$20** per person. Please make your reservations early with **Gloria Herr** at 440-248-4263 or gloevan@sbcglobal.net.

So let's acknowledge those that steered the ship and pulled the oars, have a blast, catch our second wind, and set sail for the next 25 years!

FEBRUARY MEETING

Our Wednesday February 13th meeting will be at MetroHealth in the Rammelkamp 172 Atrium. Refreshments at 6:30 PM, meeting at 7:00 PM, board meeting after.

A Blessed and Happy Holiday to all!

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

2007	Hospital	Sept.	Oct.
Cleveland Clinic	503	610
Elyria Memorial	15	11
Hillcrest	199	170
Lakewood	1	2
Lake West	16	16
MetroHealth	26	28
Parma General	28	5
Southwest General	32	29
St. John Westshore	18	15
University Hospital	12	29
Hospital Totals	850	915
Internet Visits	4	1
Telephone Visits	59	44
Total Visits	913	960

HEART EVENT ANNIVERSARIES

Martin Brendorfer	12/01/97
Jim Gosline	12/01/81
Raymond Hirsch	12/01/80
Barbara Wolff	12/01/97
Barbara Ettkin	12/05/94
Norman L. White	12/06/04
Alan Stephenson	12/08/98
Jeanne Elenin	12/10/02
Martin Fried	12/10/85
Walter Heber	12/12/86
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
Bobbi Koses	01/01/02
Betty Wolf	01/01/06
John Black	01/03/98
Harvey Kumin	01/03/94
Mary Tegel	01/03/03
Joyce Walters	01/03/03
Charles Clark	01/05/96
Louise Chesler	01/06/84
Ira Schobel	01/06/03
Peter Matas	01/07/02
Richard Wertheim	01/10/77
Robert Bartholomew	01/13/00
Esther Musichuk	01/13/97
Thomas Short	01/13/99
Boris Bubnow	01/16/96
Georgina G. Williams	01/17/04
Robert Jacobs	01/18/02
Allen Davis	01/21/00
Mary Klemencic	01/22/80
F. Thomas Krotine	01/22/01
Hugh "Oz" Arey	01/24/94
Ralph Stiles	01/25/99
Robert Inman	01/26/04
Thomas S. Bednar	01/29/03
Helene Greenwald	01/29/92
Kathy Rhee	01/30/96

RE-ACCREDITATION

All Mended Hearts visitors must attend a re-accreditation seminar once a year. The Spring session will be Saturday, February 23rd, at Beachwood Family Health Center, 26900 Cedar Rd., from 9:00 AM until noon.

GET A FLU SHOT

The American Heart Association, the American College of Cardiology, and Mended Hearts, Inc. recommend that the 12 million of us in the US with heart conditions get an annual flu shot. According to the Centers for Disease Control and Prevention, getting vaccinated is the best way to protect against the flu. Studies found that annual flu shots can prevent death in patients with chronic heart conditions.

PREVENTING COLDS AND FLU

Plenty of rest, exercise, and eat healthy. These activities will help boost your immune system. Hygiene is also very important. Wash your hands frequently but especially before eating, after using tissues or coughing into your hand. If possible, cough or sneeze into your elbow or sleeve instead of your hands.

OCTOBER MEETING

Dr. Avrum G. Jacobs, MD introduced us to computerized tomography or CT imaging, (also called a CAT scan) to diagnose coronary artery disease, CAD, "usually brought on by years of eating deep fried battered Snickers bars." This non-invasive procedure uses many small x-ray and detector sets while moving the patient through the unit providing thin spiral cross-sectional images from which a computer can then process a multi-dimensional picture for diagnosis. Unlike a stress test a CT can detect CAD before it becomes symptomatic. CT scans also provide information on heart function (squeeze) and structures (valves, wall, etc.) Dr. Avi showed case study slides of CT scans of patients with various heart problems to try our ability to recognize and to educate us on what we were looking at.

Dr. Avi explained calcium scoring, a test to measure the amount of calcium that is present in the coronary arteries. Plaques inside the coronary arteries are made up of fat, cholesterol, and calcium. The amount of the calcium detected provides a score that along with the patient's risk factors suggests the degree of advanced CAD.

Not all plaque has calcium so those patients that have symptoms should also be evaluated with testing such as the "gold standard", the catheter angiography, and aggressive risk factor modification. The AHA currently recommends calcium score screening tests only for those that are asymptomatic with multiple risk factors.

Thanks Dr. Avi, for a most informative meeting

Editor note: Dr. Avi Jacobs, MD gave us the knowledge to appreciate the Nov. 25th article in the *Cleveland Plain Dealer* about **MetroHealth** testing **Phillips'** newest high powered super CT scanner called the **Brilliance iCT**. Here-to-for common CT scanners took 16 segments or slices at a time with more powerful and higher definition units taking 64 segments at a time at a much faster rate. The **Brilliance iCT is a 265 slice** scanner that can image the heart in just two passes providing a fast and highly precision three dimensional picture. This fast diagnostic tool will no doubt save many lives by getting heart and stroke patients the necessary treatment sooner. Our friend, *Dr. David Rosenblum, MD* contributed to this article and we will look for an update at his next "Ask the Cardiologist" meeting.

GET "THE BEAT GOES ON" BY E-MAIL

In order to save postage and handling costs, we are now offering to send our newsletter to you by e-mail. This will also get the newsletter to you faster and in good shape. Please send your name, address, and e-mail address to **Tom Short**, our Data Processing Manager, at shortth@aol.com and he will transfer you to the e-mail list.

NEW MEMBER

We welcome **Sonia Golden** of Willoughby to our chapter and thank her for her donation.

"Fitness is a journey, not a destination. It must be continued for the rest of your life."

OFFICERS & COMMITTEES 2007/08

ELECTED OFFICERS

President: Joyce Thompson Russo 216.749.4131
 smileymoxi@yahoo.com

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

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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 Briz.3@juno.com

Nursing Scholarship: John Ackerman 440.356.2349

Sunshine: Gladys Bergson 216.321.7422
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 smileymoxi@yahoo.com

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Chaplain: Walter Heber 440.716.9066

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

Historian: Jim Gosline 440.974.1048
 Jgosline@aol.com

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 or leave message at 216.444.4190

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 Av_iv30@yahoo.com

Hillcrest: Dick Singer, leave a message at 216.444.4190
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 Chas80@sbcglobal.net

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Internet Visiting: Marty Fried 216.464.0669
 MartinF956@aol.com

Telephone Visiting: Bob Pfeifer 216.831.5042
 Rpfe104675@aol.com

Wife: "Do you want dinner?"

Husband: "Sure! What are my choices?"

Wife: "Yes and no."

A wife asks her husband:

"What do you like most in me, my pretty face or my sexy body?"

He looked at her from head to toe and replied: "I like your sense of humor."

A newly married man asked his wife, "Would you have married me if my father hadn't left me a fortune?"

"Honey," the woman replied sweetly, "I'd have married you no matter who left you a fortune!"

Smith climbs to the top of Mt. Sinai to get close enough to talk to God.

Looking up, he asks the Lord "God, what does a million years mean to you?"

The Lord replies, "A minute."

Smith asks, "And what does a million dollars mean to you?"

The Lord replies, "A penny."

Smith asks, "Can I have a penny?"

The Lord replies, "In a minute."

A day without sunshine is like night.

Support bacteria. They're the only culture some people have.

OK, so what's the speed of dark?

MEMBERSHIP APPLICATION

Dec. '07-Jan. '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	\$17.00
Family	\$ 29.00	\$27.00
Individual Life Member	\$155.00	\$ 5.00
Family Life Member	\$220.00	\$10.00

YEARLY RENUAL DUES

***Please make check out to Mended Hearts Chapter 138 and mail to:
 Bart Slak, Treasurer, 7471 Brenel Dr., Concord Twp., OH 44060***

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!"