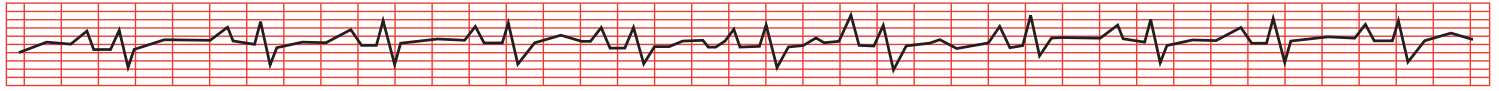


The **BEAT GOES ON**



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 2008

VOLUME 27 NUMBER 9

PRESIDENT'S MESSAGE

Greetings to all:

This is such an important time of the year for all of us as a Thanksgiving celebration is at hand and then before you know it Christmas festivities follow. How blessed we are that we live in this great country and enjoy freedoms unheard of in many other countries. The foresight of our forefathers boggles my mind. The sacrifices of those on the front line in military action past and present humble me and make me grateful for their service.

I have known for years that my health is my wealth and I am amazed at how quickly the medical scene is changing. Most of us reading this probably would not be here were it not for the modern medical miracles being performed. For this we are most grateful.

How blessed we are to have close family ties. There is nothing like family and for this we are most grateful. The list could go on and on. In this crazy busy world I hope that each of us will slow down for a moment and realize how truly blessed we are and give thanks.

Again, keep our troops and their anxious families in your prayers.

Blessings and a hug to all,
Joyce Russo

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 to 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!)

DECEMBER MEETING

Our **Wednesday, December 10th** meeting will be at **MetroHealth Medical Center at 2500 MetroHealth Drive in Rammelkamp Atrium, Room 172 A&E**. There will be a social at **6:30 PM** with the meeting starting at **7:00 PM**. An **EMS** team will teach us the new and approved **CPR** way to resuscitate.

Another skill we should have to help those we love.

JANUARY MEETING – INSTALLATION DINNER

Our **January Dinner** will be on **Friday, January 16, 2009** at **Lakewood Hospital** in the **Wasmer Auditorium** at **6:30 PM**.

Free Parking

Instead of our usual dinner of years past, we will be hosting a **Pot Luck Dinner**.

The chapter will provide the meat dish, rolls and beverages.

Those with last names from **A to M**, please bring **vegetables** or **potatoes**. Those with last names **N to Z**, bring a **salad** or **dessert**. Plan on feeding 6 to 8 people.

For planning purposes, we need to know who will attend. Please contact **Gloria Herr** between **January 1** and **January 10**. Her telephone number is **440-248-4263**.

Let's start out the New Year with an enjoyable get together!

AHA HEART WALK

A belated thank you to Mary Kay Bilczo for heading up our recent Heart Walk. She collected \$844.73 on behalf of the American Heart Association in our chapter's name. Mary Kay is also instrumental in selling Entertainment Books for us and our Malley candy bars to her coworkers. She is always willing to give us a hand and we truly appreciate her efforts.

DONATIONS

We thank Rich Daff for his recent donation to our chapter. All donations help us continue with our mission of giving nursing scholarships to those who continue their education in the cardiac field, providing funds to send children to cardiac camp, and to help send our members to our National Convention. Thank you Rich.

*Merry Christmas * * Happy Hanukkah * * Happy Holidays*

The Greater Cleveland Chapter #138 of Mended Hearts, Inc. wishes to express our sincere appreciation for the generous support of the Cleveland Clinic. Our thanks also to Ulmer & Berne for their contribution.

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

2008	Hospital	Sept.	Oct.
Cleveland Clinic	384	331
Elyria Memorial	19	17
Hillcrest	120	156
Lake West	11	14
MetroHealth	19	16
Parma General	5	7
Southwest General	30	22
St. John Westshore	11	24
University Hospital	17	19
Hospital Totals	616	606
Internet Visits	2	2
Telephone Visits	11	25
Total Visits	629	633

HEART EVENT ANNIVERSARIES

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
Joseph Baron	12/17/03
Ann M. Varley	12/17/04
Fred Priest	12/20/96
Lawrence Hadfield	12/21/99
Mary Kay Bilezo	12/31/92

IN MEMORY OF

Anthony Sajovic
1924 - 2008

Our deepest sympathy to his wife, Stephanie, and family. Tony was a member of our chapter since 1999 and our visiting coordinator for many years at Parma Community Hospital.

Percy Griffin
1947 - 2008

Our deepest sympathy to his wife, Elizabeth, and family. Percy was a member of our chapter since 1995 and visited heart transplant patients for many years at the Cleveland Clinic.

We thank Tony and Percy and their families for the many hours they devoted giving hope to heart patients. We will miss you both. Thank you for your friendship.

OCTOBER MEETING

Our thanks to **St. John West Shore Hospital** for hosting our October meeting at which **Dr. Baldev Sekhon, M.D., Cardiovascular and Thoracic Surgery**, spoke on Heart Disease and held an excellent **“Ask the Doctor”** session. Dr. Sekhon, who was active with the **Grafted Hearts** of Fairview Hospital, was very interested in our Mended Hearts chapter and even stayed for our board meeting. Dr. Sekhon began his work at Fairview Hospital and was practicing at St. Vincent’s Charity Hospital back when it was second only to the Cleveland Clinic in heart procedures.

“A Heart to Heart Talk”

Began with a full pictorial anatomy of the heart organ, “the greatest pump ever made”. During one of our heartbeats the blood from the body is pumped from the right atrium to the right ventricle, from the right ventricle through the lungs, where carbon dioxide is exhaled and oxygen added, to the left atrium then to the left ventricle and back into the body having passed through valves by muscles enacted by electrical signals about 60+ times a minute from the womb to the last breath. *(ed note: lucky for us there are people like Dr. Sekhon around to provide the required maintenance to keep that last breath in the future)*

There are several types of heart disease; Coronary artery disease (CAD), Congestive heart failure (CHF), Disease of the heart valves, Electrical conduction abnormalities, and Diseases of the aorta.

Dr. Sekhon had time to cover the aspects of CAD in a most enlightening manner which is impossible to relate here. We wish you all had attended the meeting. You would have gained immensely. We can only abbreviate here to advise that if you have risk factors and spend most of your time sitting on the sofa eating jelly donuts, your arteries will get clogged with cholesterol and cause you pain so you have to get an EKG, blood enzyme test, 64 slice CAT scan, echocardiogram, and/or stress test to determine that you need an invasive coronary angiogram, balloon angioplasty, stents, or surgical coronary artery bypass grafts to fix your problem ... or ... you could eat right and get your body in shape and possibly avoid all that.

NOVEMBER MEETING

We thank **MetroHealth Medical Center** for hosting ur November meeting. Our main speaker, **Dr. Ted Warren, MD, Associate Professor of Medicine Case Western, Medical Director Medical Intensive Care MetroHealth, and Director of the Division of Pulmonary and Critical Care medicine**, spoke on the subject of **Pneumonia and other Respiratory Disease Problems** and was followed by **Mary Emhoff, RRT, Registered Respiratory Therapist**, who explained airway clearance and the devices used to both prevent and treat pneumonia in patients.

Pneumonia is an inflammation of the lung, usually caused by an infection, that inhibits the transfer of oxygen in the blood. Three common causes of pneumonia are viruses, fungi, and bacteria. It is the sixth leading cause of death in the US. Dr. Warren pointed out occasions of pneumonia like Community Environment such as Legionnaire’s Disease bred in ventilation systems. He concentrated, however, on Hospital or Nursing Facility Acquired Pneumonia where staff is the most prevalent.

When aerosols, particles, and germs enter the lungs, we have a coughing mechanism where the chest muscles push the diaphragm into the lung area and we expel them. If we cannot cough due to chest surgery or diaphragm removal as in stomach surgery the germs can overpower our defense systems. The surest way to get bacteria into the lung is through the mouth which is our most germly place. If dog bites man and man bites dog, the dog gets the worst of it. When we are on a ventilator or unconscious or have a stroke, mouth bacteria has a highway to the lungs.

Mary demonstrated and then we all tried the Incentive Spirometer, the plastic device we use in the hospital by putting the tube in our mouth and sucking our breath in to keep the bouncing ball at the proper level until we can’t inhale any more and then hold it in for a few moments more. This not only forces the air into the air sacks at the bottom of the bronchial tubes but also through the canals between the sacks to inflate them despite obstructions above them. This action increases our lung efficiency. We then used the PEP, a similar device that uses positive pressure for the same results, and then the EZ PEP where the same action takes place with the assist of oxygen. We finished with Vibrating Vest Therapy. Thanks Dr. Warren and Mary for a great meeting!

Wash your hands often and get a flu shot.

GONNA BE A BEAR

In this life I'm a woman. In my next life, I'd like to come back as a bear. When you're a bear, you get to hibernate. You do nothing but sleep for six months. I could deal with that.

Before you hibernate, you're supposed to eat yourself stupid. I could deal with that.

When you're a girl bear, you birth your children (who are the size of walnuts) when you're sleeping and wake to partially grown, cute, cuddly cubs. I could definitely deal with that.

If you're a mama bear, everyone knows you mean business. You swat anyone who bothers your cubs. If your cubs get out of line, you swat them too. I could deal with that.

If you're a bear, your mate EXPECTS you to wake up growling. He EXPECTS that you will have hairy legs and excess body fat.

Yup, gonna be a bear!

MY DAY IN PERCENTAGES

- Sleeping 30%
- Working 20%
- Eating..... 10%
- Looking for things I had a
minute ago 40%

The sole purpose of a child's middle name is so he can tell when he's really in trouble.

*Entertainment books make terrific
last minute gifts!
Call Joyce at
216-749-4131.*

OFFICERS & COMMITTEES 2007/08

ELECTED OFFICERS

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Treasurer: Marty Weisblatt 440.605.9419
glenda4492@aol.com
Secretary: Arden Swanson 440.777.8910
Aswanson6596@wowway.com

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

OTHER VISITING CHAIRMEN

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ekardw3@msn.com
Telephone Visiting: Vacant

MEMBERSHIP APPLICATION

December '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
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. 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!”