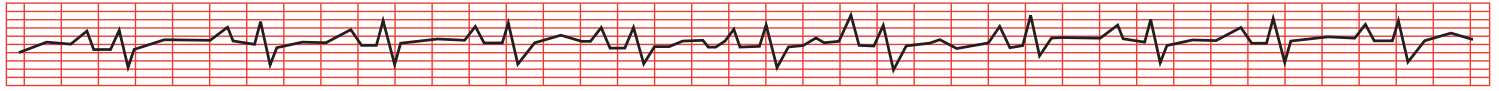


The **BEAT GOES ON**



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

FEBRUARY 2008

VOLUME 27 NUMBER 1

PRESIDENT'S MESSAGE

Greetings to all:

A beautiful holiday season has now passed and time keeps marching on. The Christmas scene has been replaced with Valentine greetings and February is fast approaching which is Heart Month. Our Chapter has just enjoyed our 25th year anniversary event. The letters of commendation from the area hospitals indicate that our presence with current heart patients is invaluable. Those of us who visit are rewarded in many ways by our visits. We need more visitors. Please join our ranks. The support we give to the patient and the family makes all the difference in the world to that patient and their family members. Follow up calls by telephone also mean a great deal to the patient. Those of you, who would be willing to do this, give me a call or "e" mail me.

Education in our field is so important so again I am telling you that our conventions are excellent. May 24-28th are the dates for the Hartford, CT site. This is within driving distance. Put it on your calendar now.

I am still looking for fund raising ideas so put your thinking caps on and give us some fresh new means of making some dollars for the chapter.

Once again we need to keep our members of the military in our prayers as well as their concerned loved ones. My yellow ribbon is back around my tree.

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.

We are you! People who have had a heart event and want to learn more about the care and feeding of the heart through our monthly professional speakers and also those who volunteer to visit and encourage other heart patients.

FEBRUARY MEETING

Our **Wednesday, February 13th** meeting will be at *The MetroHealth System, 2500 MetroHealth Drive, in room 172 of the Rammelkamp Atrium*. Refreshments will be at **6:30 PM**, meeting at **7:00 PM**, and board meeting after.

Dr. William R. Lewis, M.D. has agreed to preside at our annual "Ask The Cardiologist" meeting. Dr. Lewis is Chief of Clinical Cardiology in the MetroHealth Heart and Vascular Center. Dr. Lewis was born in Cleveland and received his Cardiology and Cardiac Electrophysiology training at University Hospitals.

Our popular "Ask The Cardiologist" meetings gives us each the opportunity to get the answers to those things we don't quite understand from one of the leading teaching Cardiologists.

If you only attend one meeting this year, make it this one!

FEBRUARY RE-ACCREDITATION MEETING

Re-accreditation will be at a new facility on **Saturday, Feb. 23, 2008** from **9:00 - 12:00 noon**.

We will meet at **Beachwood Family Health Center** (by Beachwood Place) - **26900 Cedar Road**, first floor. There is plenty of parking.

All Mended Hearts visitors must attend one of the two re-accreditation meetings every year. It's a good idea to attend the first one in case something comes up and you are unable to be at the next one.

Those of you who plan to attend, please let me know - 216-749-4131 or smileymaxi@yahoo.com.

Joyce Russo

MARCH MEETING

Our **Wednesday, March 12th** meeting will be at *Hillcrest Hospital, 6780 Mayfield Road, in Ross Auditorium*. Refreshments will be at **6:30 PM**, meeting at **7:00 PM**, and board meeting following.

APRIL MEETING

Our **Wednesday, April 9th** meeting will be at **MetroHealth** with refreshments at **6:30 PM**, meeting at **7:00 PM** and board meeting following. The topic will be, *"An American having a heart attack outside the USA"*.

VISITING REPORT

2007	Hospital	Nov.	Dec.
Cleveland Clinic	566	263
Elyria Memorial	11	8
Hillcrest	143	62
Lake West	7	7
MetroHealth	22	20
Parma General	5	
Southwest General	39	22
St. John Westshore	15	15
University Hospital	16	
Hospital Totals	824	397
Internet Visits	9	
Telephone Visits	42	47
Total Visits	875	444

HEART EVENT ANNIVERSARIES

Louise Breese	02/01/90
Irwin Dinn	02/01/97
John Hoffer	02/01/98
William Behrens	02/03/99
Paul Messenheimer	02/03/71
Vera Ercegovic	02/04/84
Thomas Leach	02/06/96
Richard Wendell	02/11/02
Robert Pfahl	02/13/87
Anthony B. Sajovic	02/14/79
James Swaye	02/14/01
Robert Bowers	02/15/94
Charles R. Schaefer	02/15/99
Rita Webb	02/16/94
Mary Gilpin	02/17/02
Joseph Rodio	02/18/98
Donna Hintz	02/20/01
Vincent Jacko	02/24/92
Gene Fixler	02/25/04
William Courser	02/28/01

The holiday rush kept us so busy that January and February seem like great months to stay in the nice warm house and munch goodies in front of the TV. Well maybe January.

But unlike the groundhog who gets out to sniff the air at the start of February and may duck back in for six more weeks, we must start to prepare our bodies to romp in the Spring sunshine.

Now is the time to start our walking routine at the mall and the rec center.

OUR CHAPTER'S 25TH BIRTHDAY PARTY

On Sunday, January 13th, 2008, we celebrated our Greater Cleveland Mended Hearts Chapter 138's twenty-fifth birthday with a splendid brunch at the **Mustard Seed Café** in Solon. Our **President, Joyce Russo**, along with **Gloria Herr, Delores Dunlop**, and **John Kraus**, designed a marvelous program for the occasion which led off with an invocation from our **Chaplain, Walter Heber**.

Our first Advisor, beloved by us all, **Danni Gogol, CNS/NP, LPC, CLNC**, gave us the background of how she and our founder, **Mort Gold**, made it all happen. Of course, she explained, she was a mere child at the time.

Jill Snyder, our **Assistant Central Region Advisor**, came in from Toledo to join us and complimented us on our growth, the number of hospitals we visit, and the achievements we have made.

Many of those hospitals we partner with sent us letters acknowledging our 25 years and the work we do. We read them all and we thank you for giving us the opportunity to help and for the speakers and amenities you provide us.

Our present Advisor, **Rosemarie Pierson, RN, BA**, spoke of the future of cardiac medicine, the new innovations that are now in practice, and how they are being developed to change the procedures we used yesterday. She reminded us how important it is for us to stay abreast of what is happening by attending meetings. (Don't miss her meeting, June 11th, at SWGHC.)

DECEMBER MEETING

Common symptoms of **OSAS, Obstructive Sleep Apnea Syndrome** are: Excessive Daytime Sleepiness, Snoring, Gasping or Choking for Air During Sleep, Restless Sleep, Depression and Irritability, Sexual Dysfunction, Feeling of grogginess, dullness, Morning Headaches, and Memory Loss. All caused by obstruction of the airways.

Dr. Vidya Krishnan, MD, MHS, Division of Pulmonary, Critical Care, and Sleep Medicine of MetroHealth Medical Center addressed our group at our December meeting and outlined the written history, the causes and effects, and treatments for OSAS which include Sleep Studies, (CPAP), Continuous positive airway pressure, and surgery.

Dr. Vidya Krishnan further writes:

"Thanks again for inviting me to talk to your group. I thoroughly enjoyed it, and appreciate how you all support each other and yearn to learn about medicine. It makes my work so much more rewarding.

Sleep is integral with every part of our lives. It takes up 1/3 of our life, and has a major impact on our mood and daytime function.

OSAS, sleep apnea, has been shown to be associated with cardiac disease, including hypertension, glucose tolerance, coronary artery disease, cardiac arrhythmias (including atrial fibrillation), and congestive heart failure. Additionally, treatment of sleep apnea has been shown to reduce many of these cardiac diseases. Sleep apnea is common, but is usually easily treated. If you have any concerns about your sleep or the relationship of sleep on your other medical conditions, please consult your physician.

If you would like to contact us at the **MetroHealth Sleep Center**, please call us at **216-778-2286**."

Ed note: I used to snore resoundingly and woke up utterly exhausted. Shortly after my heart attack I had nasal surgery done, without which I don't think I would have lasted this long.

NEWSLETTER Send your e-mail address to Tom Short at shortth@aol.com to receive your next newsletter via e-mail.

SPEEDING IN OHIO

1) Good:

A Fremont, OH policeman had a perfect spot to watch for speeders, but wasn't getting many. Then he discovered the problem. A twelve-year-old boy was standing up the road with a hand-painted sign, which read "RADAR TRAP AHEAD". The officer then found a young accomplice down the road with a sign reading "TIPS" ... and a bucket full of money. (And we kids used to just sell lemonade!)

2) Better:

A motorist was mailed a picture of his car speeding through an automated radar post in Canton, OH. A \$40 speeding ticket was included. Being cute, he sent the police department a picture of \$40. The police responded with another mailed photo of handcuffs.

Why don't we ever see the heading, "Psychic Wins Lottery"?

Why don't sheep shrink when it rains?

Why is lemon juice made with artificial flavor, and dishwashing liquid made with real lemons?

WHY MEN ARE NEVER DEPRESSED:

Your last name stays put.

The garage is all yours.

You can never be pregnant.

You can wear a white T-shirt to a water park. You can wear NO shirt to a water park.

Car mechanics tell you the truth.

Same work, more pay.

Wrinkles add character.

Wedding dress \$5000.

Tux rental \$100.

A five-day vacation requires only one suitcase.

You can play with toys all your life.

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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Nursing Scholarship: John Ackerman 440.356.2349
Sunshine: Gladys Bergson 216.321.7422
Gladson30@aol.com
Visting Chairman: Joyce Russo 216.749.4131
smileymoxi@yahoo.com
Chapter Adviser: Rosemarie Pierson, RN, BA 440.236.3410
hrtmndr@hotmail.com
Chaplain: Walter Heber 440.716.9066
Data Processing Mgr.: Tom Short 216.291.0769
shortth@aol.com
Last Past President: John Kraemer 440.845.2089
Briz3@juno.com
Historian: Jim Gosline 440.974.1048
Jgosline@aol.com

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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: LaVerne Gasdick 216.759.0234

MEMBERSHIP APPLICATION

Feb. '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!”