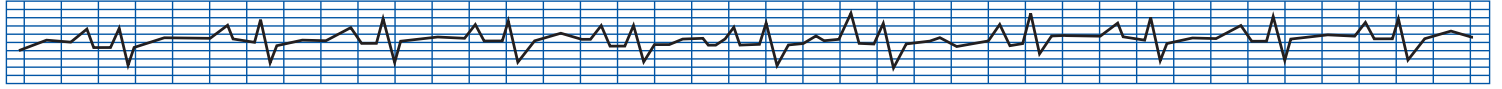


# The BEAT GOES ON



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

JULY - AUGUST 2010

VOLUME 29 NUMBER 7

## PRESIDENT'S MESSAGE

Greetings to all,

The National Convention in Minneapolis, MN, was a "WOW" experience. The visit to Medtronic (research and development division) alone was well worth the trip. The founder, Dr. Earl Bakken, spoke to us from his home in Hawaii. He started in his garage over 50 years ago. He invented the pacemaker in the late 40's and was this year's recipient of the Harken Award. The first pacemaker was huge. Today it is about the size of a cigarette lighter. He now has companies in 120 countries and thousands of employees. The volunteer employees showed us the latest items being developed: help for tremors, help for incontinence, help for back pain, etc. MANY people today are alive today because of this man's inventions.

Another highlight is the progress that Mended Little Hearts is making. Five years ago there were 2 chapters, today there are almost 50. Folks, WE have work to do and need your help to start a Mended Little Hearts Chapter in Cleveland. So, start collecting the toiletries from your hotel stays. The stories of these moms are sometimes heartbreaking. One child was born with 1 atrium and 1 ventricle and has had 4 surgeries and has 16 more ahead. The financial toll for these families is horrendous, so we can save quarters so that the mothers can wash clothes. We can also support a current Mended Little Hearts Chapter.

The Cath Lab program is taking off so we plan to look into that also. Their Path Pak is well done and a Spanish language version of the visiting pack will be available late summer/early fall.

This is a bird's-eye view of what goes on at a convention. A new attendee, Joe Quagliano, Chapter 5, Poughkeepsie, NY, said, "The speakers and presentations were excellent. The camaraderie was awesome. This was my first convention – the first of many."

The real tearjerker was driving by a National Military Cemetery for over a mile. As far as you could see the white crosses went on and on and on. A very humbling sight and a huge reminder that many have sacrificed their lives for us. Do keep our troops and their families in your prayers.

Blessings to all,

Joyce Russo

## CLEVELAND HEART WALK

Mary Kay Bilczo is again heading up the **American Heart Association Heart Walk** on behalf of Mended Hearts, so please consider walking or **supporting her efforts with a donation**. The American Heart Association Cleveland-Start! Cleveland Heart Walk starts at 9:00 AM, Saturday **August 21st** at Mall C, downtown Cleveland. Please contact Mary Kay Bilczo at (440) 785-3471 or mbilczo@ssd.com.

## ENTERTAINMENT BOOKS

We will again be selling **Entertainment Books** at the end of August. The price is \$30.00. The profits help fund our scholarship winners. Sellers are needed.

## BECOME AN ORGAN DONOR

One organ donor can save 8 lives. One tissue donor can enhance the life of 50 or more people. More than 1800 men, women and children in the Cleveland and Akron areas are waiting for life-saving organ transplants; statewide, 3000 are waiting. Kidneys are most in need and are the most often transplanted. Nearly three-fourths of all people on the national organ list are waiting for kidneys. Source: LifeBanc in Northeast Ohio.

## S.O.S.

Folks, we need to form a **Calling Committee** so we can notify members of our meetings. Please call Joyce if you can help at (216) 749-4131.

## 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."*

The Greater Cleveland Chapter #138 of Mended Hearts, Inc. wishes to express our sincere appreciation for the generous support of the Cleveland Clinic. And a very special thanks to Ulmer & Berne LLP for their continued generous support.

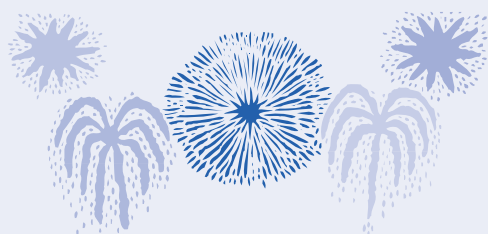
This newsletter is a publication of the Greater Cleveland Chapter of Mended Hearts Inc. It is available to anyone who is interested in joining this organization which was formed to support and encourage heart disease patients and their families.

## VISITING REPORT

2010	Hospital	May
Cleveland Clinic	.....	198
EMH	.....	7
Hillcrest	.....	70
Lake West	.....	9
MetroHealth	.....	11
Parma General	.....	6
Southwest General	.....	10
St. John Medical Center	.....	16
University Hospitals	.....	24
Hospital Totals	.....	351
Internet Visits	.....	10
Telephone Visits	.....	46
<b>TOTAL VISITS</b>	.....	<b>407</b>

## HEART EVENT ANNIVERSARIES

Irwin Dinn	7/01/96
Herbert Harris	7/01/84
John Kraemer	7/01/87
John Rakoczy	7/01/99
Satoko Gillespie	7/02/01
Robert Conroy	7/03/03
Don Kuschel	7/03/03
Jerry Cortland	7/07/04
John Piety	7/07/98
Tim Sunley	7/07/01
Fr. Chuck Henkle	7/11/01
Bruce Weir	7/11/88
William Crowell	7/20/01
William Kaylor	7/22/00
Judy Klekota	7/23/02
Helen Mary Bunk	7/27/93
Bart Slak	8/03/03
Boris Bubnow	8/04/02
Evan Herr	8/06/90
Tim Sunley	8/08/01
Tara Camera	8/08/08
Amelia Lusk	8/09/94
Richard Sprole	8/09/01
Michael J. Dzurinda	8/13/06
Bruce Haynes	8/13/99
Gary Kabat	8/13/07
Delores Dunlop	8/16/00
John Spinner	8/16/94
Douglas Dellisanti	8/17/98
Wade Fussner	8/24/98
Richard Mack	8/24/01
Jim Gosline	8/26/82
Arden W. Swanson	8/30/99



## JUNE MEETING – DR. IVY BATOS

Our many thanks to Hillcrest Hospital for hosting our June 9th meeting and for providing delicious snacks. **Marty Weisblatt**, our Chapter Treasurer, introduced **Dr. Ivy Batos**, periodontist, who discussed How Dental Disease Can Affect Your Heart.

Dr. Batos shared with us that periodontal disease is an inflammatory disease caused by having too much bad bacteria in the mouth, which then spreads to the gums. People with untreated periodontal disease are at higher risk of heart attack and stroke. In fact, she said that when animals are injected with the infectious bacteria, their blood pressure goes up, and they experience inflammation and clots.

If a patient's oral health is questionable, physicians will often remove his or her teeth prior to immediate heart (or knee or hip) surgery to ensure no bacteria enters the bloodstream during surgery. They have found that otherwise, patients with gum disease who undergo heart surgery, for example, have respiratory problems from the breathing tube spreading the infection into the lungs. If the surgery is scheduled months ahead of time, however, there is usually enough time to treat the bacteria.

Dr. Batos stressed the importance of taking care of your teeth, because a healthy mouth is beneficial to the body overall. And, periodontal disease is preventable and treatable.

Thank you again to Dr. Batos for providing a lot of valuable information on the topic.

## JULY MEETING

July is our chapter's "off month," so there will be no meeting on the second Wednesday of July. Spend some time enjoying Ohio's great summer weather.

## AUGUST MEETING

On **Sunday, August 22**, from noon until ???, Joyce and Joe Russo will again host our annual picnic fun. They plan to eat around 2:00 PM and will provide roasted chicken, hot dogs, bratwursts, hamburgers and drinks. Those with the last names beginning with A through R, please bring a favorite dish (veggies or salad); those with S through Z, bring a dessert. And, bring your lawn chair. We will have our usual fun White Elephant Game. Bring a wrapped, inexpensive item to trade.

Address: 4700 W. 11th Street. Coming from the west, take 71 south. Pick up Parma, Route 176. Go past Denison-Harvard exit. Next exit is the Hinckley-Spring Road exit - exit here. Turn right onto Spring Road. Go to W. 11th Street (traffic light here). Turn left. Go past the stop sign. We are midway between the stop sign and Schaaaf Road on the right. Green markers are on the treelawn tree. From the east coming 480, get off at Exit 17 - Brookpark Road, Route 17. Stay in left lane, turn left and then quick right at Tuxedo. Go up Tuxedo to W. Schaaaf Road, turn left. Go to W. 11th Street and turn right. We are the 12th house on the left. Joyce's cell phone: (216) 856-4131.

We will need a head count. Please call **Gloria Herr** at (440) 248-4263 to confirm. Cost is \$5.00 per person.

Note: If anyone is having an outing and needs a nice tent, we have one! It is 20 x 25 feet and rents for \$100.00.

## SEPTEMBER MEETING

Our **September 8th** meeting will be held at **MetroHealth Medical Center at 2500 MetroHealth Drive in Rammelkamp Atrium, Room 172**. **Dr. Ted Warner**, pulmonologist, will discuss pneumonias and swine flu. Refreshments will be served at 6:30 PM, and the talk will begin at 7:00 PM.

## MORE ON CUCUMBERS ...

Don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe, as its chemicals will provide a quick and durable shine that not only looks great but also repels water.

## THE BACON TREE

Two Mexicans are stuck in the desert after crossing into the United States, wandering aimlessly and starving. They are about to just lie down and wait for death, when all of a sudden Luis says, "Hey Pepe, do you smell what I smell? It's bacon, I think."

Pepe says, "Si, Luis, it sure smells like bacon."

With renewed hope they struggle up the next sand dune, and there, in the distance, is a tree loaded with bacon. There's raw bacon, there's fried bacon, back bacon, double smoked bacon ... every imaginable kind of cured pork.

"Pepe, Pepe, we is saved. It's a bacon tree."

"Luis, maybe it's a mirage? We is in the desert don't forget."

"Pepe, since when did you ever hear of a mirage that smell like bacon ... it's no mirage, it's a bacon tree."

And with that, Luis staggers towards the tree. He gets to within ten feet, Pepe crawling close behind, when suddenly a machine gun opens up, and Luis drops like a wet sock. Mortally wounded, he warns Pepe with his dying breath.

"Pepe ... go back man, you was right, it's not a bacon tree!"

"Luis, Luis mi amigo .. what is it?"

"Pepe ... it's not a bacon tree. It's a ham bush."

## PLANNING AHEAD

We need to start making plans now for our **Christmas dinner outing**, which will take place on our regular meeting night, **Wednesday, December 8th**. If you have any suggestions, please contact Joyce at (216) 749-4131.

## A MILESTONE

Congratulations to **Walter Heber**, our Chapter Chaplain, on celebrating his 65th anniversary as a priest. Best wishes!



Have a Happy  
and Safe  
Fourth of July!

## OFFICERS & COMMITTEES 2009/2010

### ELECTED OFFICERS

President: Joyce Russo 216.749.4131  
smileymoxi@yahoo.com  
Vice President: VACANT  
Treasurer: Marty Weisblatt 440.605.9419  
glenda4492@aol.com  
Secretary: Arden Swanson 440.777.8910  
Aswanson6596@wowway.com

### COMMITTEE CHAIRMEN

Newsletter Editor: Tara Camera 440.227.5170  
tncamera@yahoo.com  
Nursing Scholarship: John Ackerman 440.356.2349  
Visiting Chairman: Joyce Russo 216.749.4131  
smileymoxi@yahoo.com  
Membership: Arden Swanson 440.777.8910  
Aswanson6596@wowway.com  
Program: Joyce Russo 216.749.4131  
smileymoxi@yahoo.com  
Chapter Advisor: Rosemarie Pierson, RN, BA 440.236.3410  
hrtmndr@windstream.net  
Chaplain: Walter Heber 440.716.9066  
Data Processing Mgr.: Tom Short 216.291.0769  
shorthth@aol.com  
Last Past President: John Kraemer 440.845.2089  
briz.3@cox.net  
Historian: Jim Gosline 440.974.1048  
Jgosline@aol.com

### HOSPITAL COORDINATORS

Cleveland Clinic: Joyce Russo 216.749.4131  
smileymoxi@yahoo.com  
EMH Regional Med. Ctr.: Bill Crowell 440.323.7770  
Av\_iv30@yahoo.com  
Hillcrest: Dick Singer, leave a message at 216.444.4190  
msinger247@sbcglobal.net  
Lake West: Katherine Fagan 440.639.9418  
Lakewood: Scott Thompson 440.331.1001  
Thompsons@yahoo.com  
MetroHealth Med. Ctr.: Joyce Russo 216.749.4131  
smileymoxi@yahoo.com  
Parma Community: Dan Fink 440.886.0885  
dmfink@sbcglobal.net  
Southwest General: John Kraemer 440.845.2089  
St. John Westshore: Arden Swanson 440.777.8910  
Aswanson6596@wowway.com  
University Hospital: Norman Kay 440.461.7626  
VA Med. Ctr., Wade Park: Joyce Russo 216.749.4131  
smileymoxi@yahoo.com

### OTHER VISITING CHAIRMEN

Internet Visiting: Walter Drake III 216.692.2221  
ekardw3@msn.com  
Telephone Visiting: Shirley Gorze 216.447.1314

## MEMBERSHIP APPLICATION

JULY - AUGUST '10

*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*

If undeliverable return to:  
Tom Short  
1361 Grantleigh Road  
South Euclid, OH 44121

**THE MENDED HEARTS, INC.**  
*Greater Cleveland Chapter 138*

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**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. 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!"*