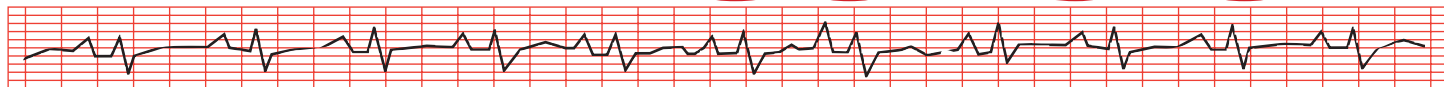


The **BEAT GOES ON**



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

JULY - AUGUST 2007

VOLUME 25 NUMBER 7

PRESIDENT'S MESSAGE

Greetings to all:

Summertime is finally here and we have a few more weeks of the wonderfully long days of sunshine and light before the solstice again changes our daylight hours. So, enjoy while we can. The tomato plants are loving all the sunshine and it is always exciting to see the produce forming. The instant gratification of beautiful flowers in bloom is another plus at this time of the year.

I will probably be sounding like a broken record as we need some of you to step up to the plate and give a hand to those of us who are carrying the load. Our needs? A Vice President Program Chairman. We need telephone callers to make contact with members who are home from the hospital. We need to recruit more visitors. You are missing out on great information that our speakers share with us if you don't attend the meetings. Our recent meeting on the value of exercise was phenomenal. Our life expectancy lengthens if we religiously exercise.

I will be attending the National Convention which will be held August 25-29, 2007 in San Antonio, Tx. I hope that some of you will join me. These conventions are outstanding!

Try one, you'll like it!

Picnic time is coming up, Sunday, August 12, 2007. This is always a real fun time for everyone.

Our troops are still slogging it out. Since heat and humidity is not my cup of tea I marvel how they handle these conditions. So, once again, keep our troops and their families in our prayers.

Blessings and a hug to all.

JOYCE RUSSO

OUR MISSION, etc

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.

Feel free to call any of our listed officers for information.

AUGUST PICNIC

When: Sunday, August 12th Noon to ??

Plan to eat at 2:00 PM

Where: Joyce Thompson Russo's house, 4700 W 11th St.
Cleveland, Ohio

Take route 176 to Spring Rd.. Turn west on Spring and go to the first light and turn left onto W 11th. for dogs, burgers, drinks, fun and games. OK to bring a favorite dish or desert and lawn chair. Bring a wrapped inexpensive item for the White Elephant Sale, the usual 5 bucks, your guest, and your charming self.

See You There!

SEPTEMBER MEETING

The **Wednesday, September 12th**, meeting will be at **Kaiser Permanente**, 12301 Snow Road, Parma, Ohio 44130. Our speaker will be **Ron Blider, M.Ed., CHES** (Certified Health Education Specialist), who will speak on "Living a Healthier Life with an Ongoing Condition – The Chronic Disease Self- Management Program" "Inspire people, Inform choices, Improve health."

Refreshments at **6:30 PM**. Meeting at **7:00 PM**

There will be a board meeting following.

Kaiser Permanente is between W. 130th St. and Chevrolet Blvd., on the south side of Snow Rd. Enter the east side front entrance of the Medical Office Bldg.. Conference Room A is left of the reception desk, through the double doors.

OCTOBER MEETING

The **Wednesday, October 10th** meeting will be at **Hillcrest Hospital** where **Tom Huth** is arranging for a Cardiac Surgeon to speak with us. Refreshments at 6:30 PM, meeting at 7:00 PM.

RE-ACCREDITATION

Our fall re-accreditation meeting is being scheduled for **Saturday, October 21st** at **Parma Hospital** from **9:00 AM** until **noon**. All Mended Hearts visitors must attend a re-accreditation meeting once per year to maintain their visiting status.

The Greater Cleveland Chapter #138 of Mended Hearts, Inc. wishes to express our

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 May June

Hospital		
Cleveland Clinic.....	621	654
Elyria Memorial.....	18	15
Hillcrest.....	111	92
Lake West.....	14	20
Lakewood.....	5	
MetroHealth.....	25	15
Parma General.....	6	11
Southwest General.....	38	39
St. John Westshore.....	17	15
University Hospital.....	27	13
Hospital Totals.....	882	874
Internet Visits.....	10	14
Telephone Visits.....	6	5
Total Visits.....	898	893

HEART EVENT ANNIVERSARIES

Irwin Dinn	7/01/96
Herbert Harris	7/01/84
John Kraemer	7/01/87
John Rakoczy	7/01/99
Anthony B. Sajovic	7/01/89
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
Edward Sweeny	7/23/94
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
Amelia Lusk	8/09/94
Richard Sprole	8/09/01
Bruce Haynes	8/13/99
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
Andrea Little	8/27/96
Paul Messenheimer	8/27/85
Arden W. Swanson	8/30/99

JUNE MEETING

Marcie Rais, RN, Coordinator for Cardiac Rehab at **Hillcrest Hospital, Euclid Hospital, Huron Hospital** and **SouthPointe Hospital/Sagamore Hills Medical Center** was our outstanding speaker at the June 13th. meeting at **Hillcrest Hospital**. Marcie has 31 years of experience, the last 15 in cardiac rehabilitation. She brought a demo model of the heart and thoroughly explained the routing of the blood through the atria and the ventricles and the function of the valves. The heart pushes out 3-4 tablespoons of blood at a time, 80 gallons per hour, in over 60,000 miles of blood vessels. This is the equivalency of 2 1/2 times around the earth! The blood delivers oxygen and nourishment to the vessels and picks up carbon dioxide. Our skeletal muscles de-condition rapidly (lose the ability to pick up food and oxygen) after 3 days of bed rest or 2 weeks without exercise. Our ejection fraction is a figure all of us should know. It is a measurement of the amount of blood pumped out of the left ventricle with each heartbeat. The kidneys are the first organ to get blood and if the EF is less than 50, a hormone goes to the brain and the brain releases adrenalin which may increase the heart rate, irregular rhythms, blood pressure, and breathing. How long does it take us to get "conditioned" once we start exercising again? It depends on the Ejection Fraction. It can be as quickly as 2 weeks if the EF is above 50% to 3 months if the EF is lower than 50%, based on exercising 3-5 times/week. If your EF is below 50%, consult with your doctor as he may have specific advice as to starting out slow and taking frequent rest breaks.

The benefits of exercise are: reducing the risk of another "event", decreasing the risk of diabetes, (and if you are diabetic, better blood sugar control), less arthritic pain and stress, raising HDL, improving balance, decreasing risk of falls and fractures, and may decrease the risk of Alzheimer's. She mentioned that an overweight fit person is less at risk of having a future coronary event than a thin no exercise person. Shall we all get moving?

JOYCE RUSSO

A COWBOY STORY

A Montana cowboy was overseeing his herd in a remote mountainous pasture when suddenly a brand-new BMW advanced out of a dust cloud towards him. The driver, a young man in a Brioni suit, leans out the window and asks the cowboy, "If I tell you exactly how many cows and calves you have in your herd, will you give me a calf?" The cowboy looks at the man and calmly answers, "Sure, Why not?"

The yuppie parks his car, whips out his Dell notebook computer, connects it to his Cingular RAZR V3 cell phone, surfs to a NASA page on the net, calls up a GPS satellite navigation system to get a fix on his location, feeds to another NASA satellite that scans the area in an ultra-high-resolution photo, opens the photo in Adobe Photoshop, exports it to an image processing facility in Hamburg.. Within seconds, he receives a processed image on his Palm Pilot. He then accesses a MS-SQL database through an ODBC Excel spreadsheet on his Blackberry and in minutes, receives a response. Finally, he prints out a full-color, 150-page report on his hi-tech, miniaturized HP Laser Jet printer and turns to the cowboy and says, "You have exactly 1,586 cows and calves."

"That's right. Well, I guess you can take one of my calves," says the cowboy. He watches the young man select one of the animals and looks on amused as the young man stuffs it into the trunk of his car. Then the cowboy says to the young man, "Hey, if I can tell you exactly what your business is, will you give me back my calf?" The young man thinks about it for a second and then says, "Okay, why not?"

You're a Congressman for the U.S. Government", says the cowboy. "Wow! That's correct," says the yuppie, "but how did you guess that?"

"No guessing required." answered the cowboy.

"You showed up here even though nobody called you; you want to get paid for an answer I already knew, to a question I never asked. You tried to show me how much smarter than me you are; and you don't know a thing about cows... this is a herd of sheep."

"Now give me back my dog."

CONTRIBUTED BY MARTY FRIED

ENTERTAINMENT BOOKS

“Now is the time for all good members to come to the aid of their chapter!”

Put in your order now for your 2008 Entertainment Books and include your relatives and friends.

This is our main fundraiser for sending kids to heart camp and giving scholarships to nurses working in the cardiac field.

Call Joyce Russo at 216 749-4131

START! HEARTWALK

August 19th,
7:30AM Jacobs Field
2401 Ontario St.
Downtown, Cleveland, Ohio

The American Heart Association's campaign to raise funds to support heart and stroke research.

Walk alone or with friends, join the fun and have a healthy day!

MEETING SCHEDULE

- Sept. 12,** Kaiser Hospital – Living a Healthier Life
- Oct. 10,** Hillcrest Hospital, Cardiac Surgeon.
- Nov. 14,** Max and Emma's – 20% Refund on Dinner
- Dec. 12,** MetroHealth - Sleep Apnea
- Jan. 2, 2008** Holiday Party – Mustard Seed Brunch
- Feb. 13,** MetroHealth - Ejection Fraction
- Mar 12** Hillcrest Hospital – Cardiologist
- April 9,** MetroHealth - Ask the Doctor
- May 2, -** Annual Installation dinner (place and time –later)
- June 11,** Southwest General – Rosemarie Pierson, RN

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

COMMITTEE CHAIRMEN

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

HOSPITAL COORDINATORS

Cleveland Clinic: Tom Huth 216.382.0470
or leave message at 216.444.4190
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msinger247@sbcglobal.net 216.444.4190
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Thompsons@yahoo.comw
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behrensw@adelphia.net 216.831.7775
VA Med. Ctr., Wade Park Charles Stiles
Chas80@sbcglobal.net 440.331.8862

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Internet Visiting: Marty Fried 216.464.0669
MartinF956@aol.com
Telephone Visiting: Bob Pfeifer
Rpfe104675@aol.com 216.831.5042

MEMBERSHIP APPLICATION

July-Aug 2007

*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 RENUAL DUES

\$17.00
\$27.00
\$5.00
\$10.00

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

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!"