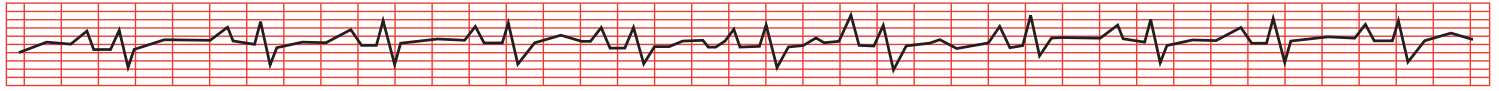


The **BEAT GOES ON**



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

JUNE - JULY 2008

VOLUME 27 NUMBER 5

EDITOR'S MESSAGE

Greetings to all:

I just read the May newsletter account of *Dave Masek* and realize that he truly is a miracle man and I too feel like I am a miracle lady. I felt so good on March 9 until 3:00 PM when I felt like a Mack truck hit me. I started chilling uncontrollably with nausea, vomiting, stiff neck, and aches all over. A trip to the emergency room confirmed that I had spinal meningitis and I was one sick cookie. Fortunately I was not contagious. Two months of care, first at MetroHealth Hospital and then time spent in a skilled nursing home for rehabilitation finally got me back on my feet. I've had a few medical challenges in my life but nothing like this. I have never been so sick. It truly was the grace of God and the many prayers made on my behalf that I survived. I am so grateful. Continue with the prayers. I understand that this particular bug (strep Bolus) is in everyone's bowel. Why it broke out in mine no one really knows. There could be a correlation between the splenectomy I had at age 18. I can't believe that I survived. Thankfully, I'm home and making great progress but still have a long ways to go. I've known for a long time that my health is my wealth.

I'm wondering if Spring like weather will ever show up.

I appreciate the officers stepping up to carry the load. We absolutely need more membership help in becoming officers. Those of us carrying the load are not spring chickens anymore. Please give us some support!

We must not forget our troops who are still putting their lives on the line for us and their families who also need our 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 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!).

JUNE MEETING

Our **Wednesday, June 11th** meeting will be at **MetroHealth Medical Center** at **2500 MetroHealth Drive, Cleveland, Ohio**, in **Rammelkamp 172 G/H** at **6:30 PM**.

The American Diabetes Association will provide a speaker on the subject of the association between diabetes and heart disease.

JULY

Vacation time! No meeting in July. Enjoy. Play Safe.

AHA HEARTWALK

Mary Kay Bilczo is heading up the **2008 AHA Heartwalk** on behalf of Mended Hearts Chapter 138 which will take place on **Sunday, August 10, 2008** at **Progressive (Jacobs) Field**. Registration is at **8:00 AM**. Keep the date in mind and please join the Mended Hearts Team or sponsor them with a donation. If you wish to join the team, **call Mary Kay** at **216-687-3433** during business hours or "e" mail her at mbilczo@ssd.com.

AUGUST PICNIC

Yes, the picnic is on for **Sunday, August 17th**, at **Joyce Russo's** place at **4700 W. 11th St., Cleveland, OH**. A fast way to get there is to take Rt. 176 (The Parma Freeway) to Spring Road, turn west and go to W. 11th St., turn left (north) to 4700 (on the right hand side).

The picnic will start at **noon** and end at ? We will eat at **2:00 PM**. Dogs, burgers, drinks, and games! Bring a favorite dish or desert, a wrapped white elephant gift, 5 bucks, guests, and thou.

VISITING REPORT

2008

April

Hospital	
Cleveland Clinic	336
Elyria Memorial	12
Hillcrest	152
Lake West	10
Parma General	6
Southwest General	35
St. John Westshore	18
University Hospital	16
Hospital Totals	585
Internet Visits	5
Telephone Visits	2
Total Visits	592

HEART EVENT ANNIVERSARIES

Claudine Calhoun	6/01/00
Herbert Harris	6/01/96
Margaret Hovan	6/01/04
Robert Conroy	6/03/03
Dolores Bartian	6/05/00
Dennis M. Svoboda	6/10/02
Mark H. Doris	6/11/99
Robert Games	6/15/01
James A. Konya	6/18/01
Alexander Kraut	6/19/05
Gail Sulman	6/21/88
Donald Martin	6/22/95
Lillian Morisky	6/24/85
Robert Williams	6/26/00
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

IN MEMORY OF

Martin L. Fried
1923 - 2008

Our deepest sympathy to his wife Miriam and family. Marty, a member of our chapter since 1985, visited heart patients at the Cleveland Clinic and served as Internet Visiting Chairman and official event photographer. We will miss you, Marty.

MAY MEETING

Our thanks to **Southwest General Health Center** and *Marietta Joyce, RN, Cardiac Rehab Nurse Clinician*, for their hospitality in providing us with a conference room, refreshments, and parking for our April meeting. Thanks, Marietta, for also joining us.

Our speaker, *Rosemarie Pierson, BA, RN, Cardiothoracic Intensive Care Unit Coordinator* for **The Cleveland Clinic Foundation** brought us up to date with some of the latest happenings in Cardiovascular care.



Rosemarie spoke of many improvements in procedures such as surgery re-do's, 2nd, 3rd, etc. to be done much more successfully, endovascular stenting of the descending aorta and the Elephant Trunk Procedure for complex aortic aneurysms, and percutaneous valve repair.

She spoke of Advanced Practice Nursing becoming huge where Acute Care Nurse Practitioners will put in invasive lines, support anesthesiologists, and write prescriptions among many more things.

Rosemarie said robotically assisted surgery will become very big. While in the present facility they have one robotic surgery room, in the new ten story hospital tower and technology center they will have eleven! Robotically assisted surgery is a type of minimally invasive surgery employing thin arms with small complex instruments that mimic the surgeon's wrists and hands entering small holes in the right side of the body and assist the surgeon in performing bypass, mitral and tricuspid valve repair and replacement, catheter ablation, and many other cardiac operations. The computerized system offers the surgeon a magnified three-dimensional view allowing him to do complex heart surgeries and offers the patient smaller incisions, improved outcomes, shorter hospital stays, and quicker recovery.

Rosemarie's department will move into the new heart center in October. The Technology Building will contain 16 cardiothoracic operating rooms, 12 cath labs, 8 electrophysiology labs, 4 specialized intensive care units, and radiology and nuclear medicine facilities. The 288 bed Hospital Tower will even have an outside patient pavilion on the roof!

FLAG DAY, JUNE 14TH

Although George Washington raised a new thirteen stripe continental flag at his headquarters in 1776, the birthday of our American flag, "The Stars and Stripes", was established June 14, 1777.

I seemed to make sort of a bond with the flag and Washington's uniform when, on a trip to the Smithsonian I was stranded in the "Flag Room" for ages when my son decided to explore elsewhere and I couldn't chance to follow him because there were six ways to go so I could only wait until he back-tracked. Later on, when walking up the narrow cobblestone road from the harbor at Annapolis, I happened into the house where Francis Scott Key got married in the living room. Then at Fort Henry in Baltimore I read about that flag (the one in the Smithsonian) that flew there when Francis wrote his poem about "The Star Spangled Banner" when out on the river aboard that British ship. All that reminded me of another poem: "Breathes there a man with soul so dead that never to himself has said, This is my own, my native land!" *Patriotism by Sir Walter Scott, 1801*. I feel a strong sentiment to fly the flag on the 14th!

Ed. John Kraemer

DONATIONS

The following people made donations to our Mended Hearts Chapter in honor of Marty Fried.

Mr. and Mrs. Braun, Mr. Dan Zuckerman and Family, Mr. Leonard Greenberg, Mr. and Mrs. Len Eichorn, Mrs. Isabelle Zuckerman, Mr. and Mrs. Adam Baker, Mr. and Mrs. Adam Koblitz, Mr. and Mrs. Leonard Oscar, Kay Zuckerman and Jim McCarthy, Joyce Russo, Mr. and Mrs. Paul Klein, Mrs. Lois Gaynor, Mr. and Mrs. Harold Sichertman, Mr. and Mrs. Hank Bernbaum, and Mr. and Mrs. Matthew Levy.

ADAM & EVE'S PETS

Adam and Eve said, "Lord, when we were in the garden, you walked with us every day. Now we do not see you any more. We are lonesome here, and it is difficult for us to remember how much you love us."

And God said, "I will create a companion for you that will be with you and who will be a reflection of my love for you, so that you will love me even when you cannot see me. Regardless of how selfish or childish or unlovable you may be, this new companion will accept you as you are and will love you as I do, in spite of yourselves."

And God created a new animal to be a companion for Adam and Eve. And it was a good animal. And God was pleased. And the new animal was pleased to be with Adam and Eve and he wagged his tail.

And Adam said, "Lord, I have already named all the animals yet I cannot think of a name for this new animal."

And God said, "I have created this new animal to be a reflection of my love for you, his name will be a reflection of my own name, and you will call him DOG."

And Dog lived with Adam and Eve and was a companion to them, loved them, and they were comforted. And God was pleased. And Dog was content and wagged his tail.

After a while, an angel came to the Lord and said, "Lord, Adam and Eve have become filled with pride. They strut and preen like peacocks and they believe they are worthy of adoration. Dog has indeed taught them that they are loved, but perhaps too well."

And God said, "I will create for them a companion who will be with them and who will see them as they are. The companion will remind them of their limitations, so they will know they are not always worthy of adoration."

And God created CAT to be a companion to Adam and Eve. And Cat would not obey them. And when Adam and Eve gazed into Cat's eyes, they were reminded that they were not the supreme beings.

And Adam and Eve learned humility.

And they were greatly improved.

And God was pleased ...

And Dog was happy ...

And Cat didn't give a fig one way or another ...

OFFICERS & COMMITTEES 2007/08

ELECTED OFFICERS

President: Joyce Russo smileymoxi@yahoo.com	216.749.4131
Vice President & Membership Chair: Arden Swanson Aswanson6596@wowway.com	440.777.8910
Vice President & Program Director: Vacancy	
Treasurer: Bart Slak Bslak@sbcglobal.net	440.639.9363
Secretary: Arden Swanson Aswanson6596@wowway.com	440.777.8910

COMMITTEE CHAIRMEN

Newsletter Editor: John Kraemer Briz.3@juno.com	440.845.2089
Nursing Scholarship: John Ackerman	440.356.2349
Sunshine: Gladys Bergson Gladson30@aol.com	216.321.7422
Visting Chairman: Joyce Russo smileymoxi@yahoo.com	216.749.4131
Chapter Adviser: Rosemarie Pierson, RN, BA hrtmndr@hotmail.com	440.236.3410
Chaplain: Walter Heber	440.716.9066
Data Processing Mgr.: Tom Short shortth@aol.com	216.291.0769
Last Past President: John Kraemer Briz3@juno.com	440.845.2089
Historian: Jim Gosline Jgosline@aol.com	440.974.1048

HOSPITAL COORDINATORS

Cleveland Clinic: Joyce Russo smileymoxi@yahoo.com	216.749.4131
EMH Regional Med. Ctr.: Bill Crowell Av_iv30@yahoo.com	440.323.7770
Hillcrest: Dick Singer, leave a message at msinger247@sbcglobal.net	216.444.4190
Lake West: Katherine Fagan	440.639.9418
Lakewood: Scott Thompson Thompsons@yahoo.com	440.331.1001
MetroHealth Med. Ctr.: Joyce Russo smileymoxi@yahoo.com	216.749.4131
Parma Community: Dan Fink dmfink@sbcglobal.net	440.886.0885
Southwest General: John Kraemer	440.845.2089
St. John Westshore: Arden Swanson Aswanson6596@wowway.com	440.777.8910
University Hospital: Bill Behrens behrensw@adelphia.net	216.831.7775
VA Med. Ctr., Wade Park: Joyce Russo smileymax@yahoo.com	216.749.4131

OTHER VISITING CHAIRMEN

Internet Visiting: Marty Fried MartinF956@aol.com	216.464.0669
Telephone Visiting: Vacant	

MEMBERSHIP APPLICATION

June '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 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**

*“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!”