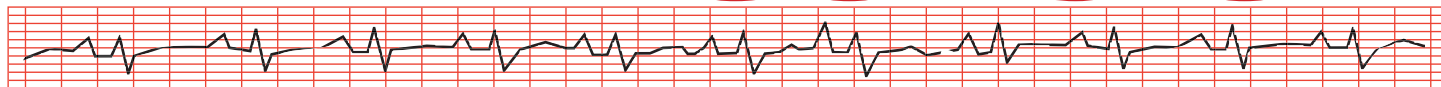


The **BEAT GOES ON**



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

MARCH 2007

VOLUME 25 NUMBER 3

PRESIDENT'S MESSAGE

We got snowed! But I guess that can happen on Valentines Day. I'm happy to advise that our February speaker, **Dr. Sharma, MD**, has agreed to speak at our April meeting.

Joyce, who as I am writing this, is in Hawaii on her honeymoon with **Joe**, (may they have a wonderful life together!) invited me to the **"Go Red for Women"** breakfast Feb. 2nd at the Cleveland Hotel which was great because I always celebrate Groundhogs Day anyway. I met **John Krause** on the way in who asked politely, "how are you feeling?" I said "not so good but better than last night." John said I should see about that today. The breakfast was great, the speakers were dynamic, and the energy of 800 Women in Red was awesome!

I felt fine as I left, but halfway across the Tower City Center concourse I felt that stabbing pain in the back again and was forced to slow down and amble the rest of the way to the car.

So taking John's advice, I skipped going home and went directly to my doctor who quickly fit me in, did some tests, and made a reservation for me at the hospital where they fitted me with my eleventh stent. Not the best way to observe Heart Month, but isn't it fantastic the way they keep us going!

I think I'll rest for awhile with some moderate exercise so I will be in shape to "swing in the Spring!"

PS: Please read the newsletter article on page 2.

JOHN KRAEMER

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 want to visit and encourage other heart patients. We send our newsletter "The Beat Goes On" to those we

visit (if you gave us your name and address) for three months to advise you when, where, and who is speaking in the next months so you may be inclined to come to a meeting, even bring a guest. Everyone who has had a heart event is welcome at our meetings at any time. You may come to like us and what we do and become a member yourself! Feel free to call any of our listed officers for information.

MARCH MEETING, Wednesday March 14th, 2007

Our National Mended Hearts Headquarters has advised that the most popular chapter meetings are entitled **"Ask The Cardiologist"** where members and guests and friends are invited to ask the speaker to clarify what they don't understand, explain why they feel like they do, and what should they do about it?. **Dr. David S. Rosenbaum, M.D.**, Director of the Heart and Vascular Center for the MetroHealth System and Professor of Medicine & Biomedical Engineering for the MetroHealth Campus of Case Western Reserve University, has graciously agreed to field this meeting in room R172 A/E at the MetroHealth System, 2500 MetroHealth drive. Board meeting at 5:30 PM, refreshments at 6:30 PM and Meeting at 7:00 PM

Let's be there for this one!

APRIL MEETING

Our April 11th Meeting is actually going to be our February meeting which was snowed out and will again be at Southwest General Health Center with our speaker, **Doctor Sanjeev Sharma, MD., FACS**. Assistant Professor of Surgery, Division of Cardiothoracic Surgery of **The University Hospitals Health System**. This meeting will again be in conference room **Williams A** in the basement of the "C" building at 18697 Bagley Rd. west of I-71. Take the elevator in the "C" building to the basement level and upon exiting walk straight ahead into Williams A.

The Board meeting is at 5:30 PM, refreshments at 6:30 PM, and the meeting starts at 7:00 PM.

You won't want to miss Doctor Sharma's talk on the innovations of heart surgery ...plus... Doctor Sharma is supplying the refreshments!

Again, you do not have to be a member to attend. We urge everyone that has had a heart event to attend.... and bring a friend if you like!

ELECTION OF OFFICERS

Open positions are President, Vice President & Membership Chairman, Vice President & Program Chairman, and Secretary. Please consider helping continue the life of your chapter and give some serious thought to pitching in for a term to keep this wonderful support group going. You are needed now! We will all help to make your experience a fulfilling success. Come join us! Please contact John Krause at 330-664-0916, Marty Fried at 216-464-0669, or Louise Chesler at 440-449-8381.

The Greater Cleveland Chapter #138 of Mended Hearts, Inc. wishes to express our sincere appreciation for the generous support of the Cleveland Clinic.

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 January

Hospital	
Cleveland Clinic	395
Elyria Memorial	9
Hillcrest	68
Lake West	2
Lakewood	1
MetroHealth	17
Parma General.....	17
Southwest General	41
St. John Westshore	14
University Hospital	10
VA Wade Park.....	7
Hospital Totals	581
Internet Visits.....	19
Telephone Visits.....	1
Total Visits	601

**HEART EVENT
ANNIVERSARIES**

Don Kuschel	3/03/03
Joseph H. Newman	3/03/95
Joseph Dolence	3/09/98
Albina Skocaj	3/09/81
Michael Wojtowicz	3/10/98
Barbara Bydash	3/11/03
Dick Singer	3/13/97
Robert Games	3/15/01
Laurie Rose	3/15/02
James D. Southerland	3/15/00
Tom Cooper	3/16/00
Hilde Barthol	3/17/98
Martin Fried	3/17/93
Robert Alban	3/20/02
Terry Schmidt	3/23/04
William Reed	3/25/93
Ruth Matthey	3/26/02
Walter M. Drake III	3/27/04
Renee A. Geniusz	3/28/00
Mary Klemencic	3/28/91
Richard Cass	3/29/93
Rev. Paul Johnson	3/31/00

DONATIONS

Babs and Len Eichorn made a contribution to Camp Mountain Heart with only good thoughts for their friend Howard Marx's wonderful recovery and wellness and for Ruth Torchia who recovered very nicely from a recent surgery.

NEWSLETTER DONATIONS

Our newsletter *"The Beat Goes ON"* is very vital to our mission. Our newsletter informs us of our meeting dates and speakers, adds to the education of our members, visitors, and those we visit with a synopsis of the information given by our very learned speakers and other heart related articles, and it informs the Doctors, Nurses and Hospital Staff with whom we partner of our activities.

The Cleveland Clinic has been paying the total cost for over 20 years and now they will cover half of the cost for publishing, printing, and mailing. We need to ask the other Hospitals, Cardiologists, and Surgeons if they will also help us keep "The Beat Goes On" circulating.

If any of our members are looking for a worthy cause for their sponsorship, please send us a donation for our newsletter. Send them to me, John Kraemer, at 7192 Greenleaf Ave. Parma, Ohio 44130 and I will be pleased to acknowledge your gift in "The Beat Goes On."

If any of our members would like me to help them in sending a letter for funding, please call me or send me an e-mail. Thank you.

JOHN KRAEMER

THE MEDITERRANEAN DIET

From the American Institute for Cancer Research Newsletter

The Mediterranean Diet may provide a powerful edge to fighting heart disease, cancer, and other diseases. The diet consists of eating more vegetables, fish, whole grains, fruits, and healthy mono unsaturated fats from nuts and olive oil. Red meats with no more than 3 ounces per day and processed foods are to be eaten in very limited amounts. The fat from red meat is a major factor in causing high cholesterol. The skins from poultry should be removed and white meat should be the choice.

Trans fats (a process called hydrogenation) from chemically altered plant oils should be avoided.

These fats are used in stick margarine, shortening, fried foods, and commercially baked goods. Red wine is consumed regularly in moderate amounts. To provide the best protection use unsaturated oil to help lower harmful cholesterol.

HEALTHY HEART REPORT

Rich in healthy fats from olive oil or nuts, fresh vegetables, fruits, and low fat poultry or fish, the Mediterranean diet continues to demonstrate health benefits in study after study.

Recently, Spanish researchers found the traditional Mediterranean diet to improve the cholesterol, blood pressure, and blood sugar levels in older adults. The results, published in the "Annals of Internal Medicine", add to the growing body of evidence that the Mediterranean diet may substantially reduce the risk of heart disease and type II diabetes, as well as potentially add years of life.

The Saturday Evening Post

HOMORESQUE

JoAnn Hawkens, Mended Hearts of Oak Ridge, TN, Chapter 299

I was in Walmart buying a large bag of Purina for "Kitty Kat" and was in line to check out. A woman behind me asked if I had a cat.....Duh!?

I was feeling a bit crabby so impulsively I said, "No, I am starting The Purina Diet again. I probably shouldn't do this because the last time I tried it I lost 50 pounds before waking up in an intensive care unit with tubes coming out of most of my body orifices and IVs in both arms." Her eyes almost popped out of her head!

I went on and on with the bogus diet story and she was buying every word. I told her that it was an easy, inexpensive diet and that the way it works is to load your pockets or purse with Purina nuggets and simply eat one or two every time you feel hungry. The package says the food is nutritionally complete so I was going to try it again.

I should mention here that by now practically everyone in the line was totally enthralled with my story, particularly a tall guy standing behind the woman.

Horrified, she asked, "Was it something in the cat food that poisoned you and caused you to end up in the hospital?"

I said, "No.....I had stopped in the middle of the street to lick myself when a car hit me."

I thought the tall guy would have to be carried out of the store!

OXYMORONS

- Why does "slow down" and "slow up" mean the same thing?
- Why does "fat chance" and "slim chance" mean the same thing?
- Why are they called "stands" when they are made for sitting?
- Why is it called "after dark" when it really is "after light"?
- Why do "overlook" and "oversee" mean opposite things?
- Why is "phonics" not spelled the way it sounds?
- If all the world is a stage, where is the audience sitting?
- How come abbreviated is such a long word?

OFFICERS & COMMITTEES 2006/07

ELECTED OFFICERS

President: John Kraemer 440.845.2089
7192 Greenleaf Avenue, Parma OH 44130
Briz.3@juno.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: Gloria Herr 440.248.4263
Gloevan@worldnet.att.net

COMMITTEE CHAIRMEN

Newsletter Editor: John Kraemer
Briz.3@juno.com 440.845.2089

Nursing Scholarship: John Ackerman 440.356.2349

Sunshine: Gladys Bergson 216.321.7422
Gladson30@aol.com

Visiting Chairman: Joyce Thompson 216.749.4131
smileymoxi@yahoo.com

Chapter Adviser: Rosemarie Pierson, RN, BA
hrtmndr@hotmail.com 440.236.3410

Chaplain: Walter Heber 440.716.9066

Data Processing Mgr: Tom Short 216.291.0769
shortth@aol.com

Last Past President: Joyce Thompson 216.749.4131
smileymoxi@yahoo.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

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

LakeWest: Katherine Fagan 440.639.9418

Lakewood: Scott Thompson 440.331.1001
Thompsons@yahoo.comw

MetroHealth Med. Ctr.: Joyce Thompson
smileymoxi@yahoo.com 216.749.4131

Parma Community: Tony Sajovic 440.842.3698

Southwest General: John Kraemer 440.845.2089

St. John Westshore: Vera Ercegovic
Erce20@juno.com 440.331.1427

University Hospital: Bill Behrens
behrensw@adelphia.net 216.831.7775

VA Med. Ctr., Wade Park Charles Stiles
Chas80@sbcglobal.net 440.331.8862

OTHER VISITING CHAIRMEN

Internet Visiting: Marty Fried 216.464.0669
MartinF956@aol.com

Telephone Visiting: Bob Pfeifer
Rpfe104675@aol.com 216.831.5042

MEMBERSHIP APPLICATION

March 2007

Anyone can become a member of MENDED HEARTS and will enjoy all the benefits of membership. Members of MENDED HEARTS can become ACCREDITED VISITORS by completing our specialized training courses. Being a member of MENDED HEARTS is truly a rewarding experience.

Please Print

Mr/Mrs/Ms _____ Date _____ Birthday _____

Street Address _____ City _____ State _____ Zip _____

Home Phone _____ Work Phone _____ Cell Phone _____

E-Mail Address _____ Date and type of heart procedure _____

Name of Spouse _____ Spouse's birthday _____ Retired Yes No

Interests or Hobbies _____ Vocation _____

Would you like to visit other heart patients? Yes No. Help in other ways? _____

When you join a chapter you also become a member of the National MENDED HEARTS organization and receive their quarterly publication plus the local chapter newsletter and a red heart shaped pin.

NEW MEMBERSHIP DUES – FIRST YEAR ONLY

Individual National and Chapter Dues	\$22.00
Family National and Chapter Dues	\$29.00
Individual National Life Membership	\$155.00
Family National Life Membership	\$220.00

MEMBERSHIP RENEWAL

Individual Yearly National and Chapter Dues	\$17.00
Family Yearly National & Chapter Dues	\$27.00
Individual Life Chapter Dues Only	\$5.00
Family Life Chapter Dues Only	\$10.00

NATIONAL LIFE MEMBERSHIP IS A ONE-TIME PAYMENT – CHAPTER DUES ARE PAID ANNUALLY.

Please make checks payable to: **MENDED HEARTS CHAPTER 138**, and mail to:

Bart Slak, Treasurer, 7471 Brenel Drive, Concord Twp., OH 44060

We accept and acknowledge donations which are tax deductible.

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

Mr. John Kraemer, President

7192 Greenleaf Avenue

Parma, Ohio 44130

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!"

MENDED HEARTS