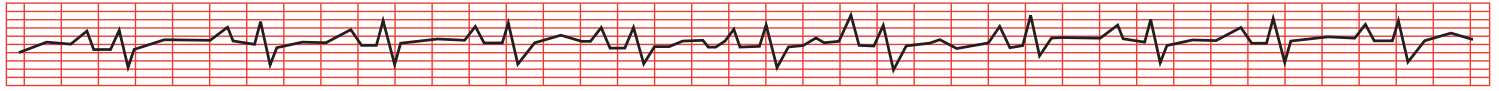


# *The* **BEAT GOES ON**



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

MARCH 2008

VOLUME 27 NUMBER 2

## **PRESIDENT'S MESSAGE**

Greetings to all:

Our wintery weather has us looking forward to spring. A recent visit to the **Home and Garden Show** was uplifting. I'm always interested in all of the new gadgets that are displayed at this show and I came home loaded. One of the best items is a neat inexpensive tool that easily cleans the inside of your windshield among other things. I love it! (And, of course, it was designed by a woman!)

Joe and I are looking forward to attending the **American Heart Association's GO RED for Women's** breakfast at the end of February. To look out and see 800 plus people in red is quite a sight. This program is really getting the message out about women and Heart Disease.

On **March 10th** from **9:00 AM to 5:00 PM** and **March 11th** from **9:00 AM to 4:00 PM** we will man a booth on behalf of Mended Hearts at the **Cleveland Clinic Nursing Symposium** at the **Intercontinental Hotel**. Volunteers are needed. (Hourly credit will be doubled.) Please call me! April will find me helping at a **Women's Health Fair** at **Michaud's Town'N Country**.

Late May will find us in **Hartford, CT** for the **National Convention, (May 24-28th)**. This is within driving distance. Put it on your calendar now.

Again, our hearts go out to those in the military as well as their families so that you and I can enjoy our freedoms. I have just read about a suggestion to wear red on every Friday to show that we are red blooded Americans who are standing behind our troops.

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.

## **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**. There will be a board meeting following.

Our speaker will be Michele Cici, RN, who will talk about congestive heart failure, (CHF). Michele has worked in cardiac care for over 20 years and now works in the Chronic Care Unit of Hillcrest Hospital.

What is the outlook now for a person who is diagnosed with CHF and what does the future look like?

*Ed. Note: As this heart patient heads into his 74th year with a history of 2 by-passes and 11 stents, he begins to wonder if CHF is in his future and is keenly interested in what progress is being made.*

## **APRIL MEETING**

Our **Wednesday, April 9th** meeting will be at **MetroHealth** with social at **6:30 PM**, meeting at **7:00 PM** and board meeting following. Note that there will be a nominal charge for parking. (Budgets are being strained all over!) The topic will be **"An American having a heart attack outside the USA"**. **Dave Masek** will tell of his experience of having a massive heart attack out of the country. It is truly quite a story!

## **2008 AMERICAN HEART WALK**

**Mary Kay Bilezo** 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 or donate, call Mary Kay at 216-687-3433 during business hours or "e" mail her at [mbilezo@ssd.com](mailto:mbilezo@ssd.com).

## VISITING REPORT

2008

January

Hospital	
Cleveland Clinic	458
Elyria Memorial	12
Hillcrest	65
Lake West	8
MetroHealth	29
Parma General	17
Southwest General	40
St. John Westshore	22
University Hospital	12
VA Wade Park	6
Hospital Totals	669
Internet Visits	6
Telephone Visits	12
Total Visits	687

## HEART EVENT ANNIVERSARIES

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

## IN MEMORY OF

### Laverne Gasdick

Laverne was a member of Mended Hearts since 2003 and visited patients at MetroHealth. She recently made phone visits for our chapter.

## FEBRUARY MEETING

Our February *“Ask The Cardiologist”* meeting was hosted by **The MetroHealth System**, who not only supplied the room and the refreshments, but also the really great speaker, **Dr. William R. Lewis, M.D.** Dr. Lewis, Chief of Clinical Cardiology in the MetroHealth Heart and Vascular Center, was born in Cleveland and received his Cardiology and Cardiac Electrophysiology training at University Hospitals.

Our popular *“Ask The Cardiologist”* meetings give us each the opportunity to get the answers to those things we don’t quite understand, and at this meeting, from one of the leading teaching Cardiologists.

The theme of this meeting turned out to be, *“Take what you read about in the papers about medicine with a grain of salt”*.

*“Lipitor (statins) rarely cause muscle pain, leg cramps, and memory loss”*.

Yes, they can, and it is also important to have your liver function checked periodically. Doctors tell you that statins lower your cholesterol. What they sometimes fail to tell you is that they can prevent you from having another heart attack. They can save your life! They have been proven to lower mortality. In the case of severe muscle and/or memory loss, temporary cessation and change of statins may be necessary. Many people feel no effects. Work with your doctor before giving up something that can save your life.

*What do statins actually do in lowering cholesterol?*

Cholesterol forms in the artery inner layer like a jelly with a plaque exterior. When a piece of plaque comes off, the jelly seeps out and the bloodstream does not like it and attacks it, forming a blood clot that can close the artery. Statins reduce that mass of jelly.

*Warfarin (a blood thinner) can prevent strokes.*

Warfarin is a tremendous drug for lowering the risk of stroke. It can lower the risk by 67%! Warfarin prevents blood clotting proteins from solidifying, unlike aspirin and Plavix which work to keep blood platelets apart, *“keep them from shaking hands.”*

*Implantable defibrillators don’t kill people!*

They have been proven to reduce the risk of death by 40% per year. In a patient with heart muscle problems, who have an increased chance of irregular heartbeats, there is a 50% chance it will save their life within 2 years. The fact these devices save lives is undeniable.

There were many general questions and unfortunately we cannot cover them all. Questions like

*“What is Restrictive Pericarditis?”*

The inflammation of the pericardium or membranous sac surrounding the heart can restrict the heart movement. When medications are not successful in treating the inflammation, surgery may be needed to remove the stiff pericardium.

*“It used to be that heart valves were replaced with mechanical valves in younger people and with animal valves in older people. What is the valve material of choice now when a valve needs replacement?”*

Of the many options, human (Homograph) and pericardial bovine valves offer long term durable valve replacement when repair is not an option.

We again thank Dr. Lewis not only for taking time to speak with our group but for taking the time to become such a fascinatingly interesting speaker.

## SATELLITE NEWS

**Katherine Fagan** our Mended Hearts coordinator and visitor at **Lake West Hospital**, was asked to be the guest speaker at **The Women’s Center of Lakeland Community College** and **The Lake Hospital Systems’ “Wear Red For Women”** dinner and fashion show held at the **Holiday Inn Express Hotel & Suites LaMalsa** on February 1st for over 300 enthusiastic and colorful women. Katherine spoke on Mended Hearts, Rehab, and *“What it’s like to have stents”*.

**PONDERISMS**

Can you cry under water?

How important does a person have to be before they are considered assassinated instead of just murdered?

Once you're in Heaven, do you get stuck wearing the clothes you were buried in for eternity?

What disease did cured ham actually have?

Why are you IN a movie, but you're ON TV?

Why do people pay to go up tall buildings and then put money in binoculars to look at things on the ground?

Why do toasters always have a setting that burns the toast to a horrible crisp, which no decent human being would eat?

If Jimmy Cracks corn and no one cares, why is there a stupid song about him?

If the professor on Gilligan's Island can make a radio out of a coconut, why can't he fix a hole in a boat?

Why does Goofy stand erect while Pluto remains on all fours? They're both dogs!

If Wile E. Coyote had enough money to buy all that ACME stuff, why didn't he just buy dinner?

Did you ever notice that when you blow in a dog's face, he gets mad at you, but when you take him for a car ride, he sticks his head out the window?

**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

**COMMITTEE CHAIRMEN**

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

**MEMBERSHIP APPLICATION**

**March '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)**

**YEARLY RENUAL DUES**

Individual	\$ 22.00	\$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. 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!”*