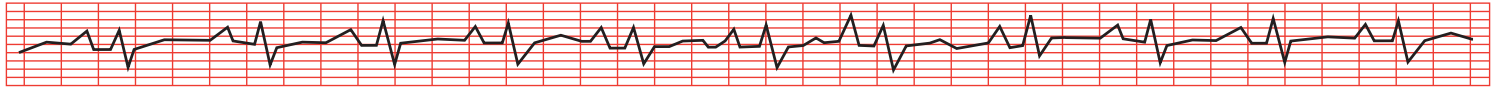


# The BEAT GOES ON



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 2009

VOLUME 28 NUMBER 2

## PRESIDENT'S MESSAGE

Greetings to all:

It is a tad difficult to be thinking ahead to spring when we had to abandon our January Pot Luck Dinner due to incredible weather conditions and there is snow on the ground as I write. But we all know that spring is coming and proof was in a recent visit to our yearly fabulous Home and Garden Show. I am a "gadget" girl and dearly love going from booth to booth to see what is new. I always come home with lots of "goodies" that make my life easier.

Our dedicated visitors continue their good work of helping allay the fears of those facing a current heart event. Current technology is incredible but there is nothing like talking to someone who is still on his feet following his own heart event.

Continue to pray for our troops and their loved ones as they head into more hostile territory. Keep them in your thoughts and prayers.

Blessings and a hug to all,  
*Joyce Russo*

## 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."

## MARCH MEETING

Our Wednesday, **March 11th** meeting will be at **Hillcrest Hospital, 6780 Mayfield Rd.**

Social at **6:30 PM**. Meeting is at **7:00 PM**. Our speaker is **Dr. Gary Birnbaum, MD., Chief of Staff**. **Dr. Birnbaum** will give us a look at heart patient care from the Family Medicine point of view.

The meeting will be in the **Oncology Conference Room** in the **Hirsch Cancer Center** on the 2nd floor.

We usually enter the Hospital on the west side of the building which is called the Atrium Bldg. The elevator there is the G elevator, (or take the glass elevator opposite). Go to the 2nd floor and down the long aisle to the Hirsch Cancer Center.

If you park in the garage go to the 3rd floor which becomes the 2nd floor of the hospital across the walkway and continue.

## APRIL MEETING

The **April** meeting will be on **Wednesday the 22nd** (a week later than usual) and will again be at **Hillcrest Hospital** in the **Ontario Room** of the North Campus. Our speaker will be **Dr. Edward Floyd, DPN., Podiatrist**, who will speak on the importance of foot care for heart and diabetic patients. Social at **6:30 PM** and meeting at **7:00 PM**.

## MAY MEETING

Our **Wednesday, May 13th** meeting will be at **Southwest General Health Care Center, 18697 Bagley Rd.** Social at **6:30 PM**. Meeting at **7:00 PM** in the **Williams A Conference Room** on the basement floor of the "**C**" Bldg. at the back of the hospital off Old Oak Blvd. (just west of the hospital)

We again welcome **Guenter Haines**, Regional Manager, and **Ron Gupta**, Representative, for **Boston Scientific**, manufacturer of the **Liberte' Coronary Stent System** among others, who will be our speakers. I guarantee that you will know a lot about stents after this meeting!



The Greater Cleveland Chapter #138 of Mended Hearts, Inc. wishes to express our sincere appreciation for the generous support of the Cleveland Clinic. Our thanks also to Ulmer & Berne for their contribution.

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

**2008-2009**

**Dec.**

**Jan.**

Hospital

Cleveland Clinic	335	283
Elyria Memorial	12	8
Hillcrest	139	72
Lake West	3	3
MetroHealth	17	12
Parma General	3	3
Southwest General	8	7
St. John Westshore	20	16
University Hospital	17	17
Hospital Totals	554	421
Internet Visits	18	7
Telephone Visits	34	26
<b>Total Visits</b>	<b>606</b>	<b>454</b>

## HEART EVENT ANNIVERSARIES

Joseph T. Forristell	3/01/95
Don Kuschel	3/03/03
Joseph H. Newman	3/03/95
Joseph Dolence	3/09/98
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
Robert Alban	3/20/02
Terry Schmidt	3/23/04
Michael A. Garlisi	3/25/08
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	3/29/03
Rev. Paul Johnson	3/31/00

## DONATIONS

Our outing at Max and Erma's garnered us about \$51.00 that we can add to our treasury. We also thank Jim Pachell and Irwin Dinn for their recent donations to our chapter.

## TO PERK YOUR MEMORY

*Take a walk. Eat a fish.*

## FEBRUARY MEETING

One of the highlights of our meeting, held at **Max and Ermas**, was naming our **Mended Heart of the Year**. A surprised **Delores Dunlop** received her plaque. Delores has been a quiet, behind the scenes gal, for many years; very dedicated and always ready with a great smile to help in any way needed. She is our office manager at the Cleveland Clinic and has been of invaluable help to all. Congratulations Delores! Keep up the good work.

Our new **Vice President, Jim Pachell**, a fairly new member, was sworn in as Vice President and Program Chairman. Jim was trained to be a biology teacher but has spent most of his teaching years in the culinary arts. He loves to travel and has the opportunity to do so when visiting his children. His daughter and her family just moved from France to Africa, and his son and his family live in Canada. He is great at "thinking outside of the box" and it is refreshing to have some new ideas. Thanks for coming on board, Jim.

*Joyce Russo*

## THANK YOU

A HUGE thank you to **Mary Kay Bilczo** who spent many lunch hours typing up our re-accreditation information into neat, legible packets for us. All of this information is now on discs. This was **Dick Singer's** brain child to do this and it was a huge undertaking on Mary Kay's part to accomplish this. Mary Kay, you have to have "tired" fingers from all of the typing you did. She also has done an incredible job for us selling Malley's Candy bars to her co-workers. She also wants to work on starting a **Mended Little Hearts** program. This gal is a "doer" and we are blessed that she helps us in so many ways. Big hugs to you, Mary Kay!

*Joyce Russo*

## YOUR HEART and VITAMIN D

You may already be watching your vitamin D intake because it's needed to help your body absorb calcium. The D and calcium together protect your bones.

Now, many studies point to the fact that lack of this sun-derived nutrient is tied to increased heart disease risk.

Reporting in BUSINESS WEEK, Dr. James O'Keefe says low vitamin D levels are associated with major heart-risk factors such as high blood pressure, diabetes, stiffening of the left ventricle of the heart and it's blood vessels. A low vitamin D level is also associated with increased inflammation, a big heart risk.

There are several ways to get more vitamin D. Just 10 to 15 minutes of sun exposure toward midday is enough. Salmon and deep water fish are rich in vitamin D. Dr. Robert Simpson, whose group was the first to identify vitamin D receptors as a precursor in heart cells, says vitamin D is a precursor to a hormone that is a cardiovascular regulator. He recommends supplementation if you don't get enough vitamin D from exposure or food.

*Condensed from "Bridge to the Heart" Chapter #51*

## SAVE THE DATE

**For the 57th Mended Hearts National Convention  
June 6th - June 10th, 2009  
Orlando, Florida**

It is not too early to send in a request for the Convention Registration Packet. Fill out the form in the Winter HEARTBEAT magazine or call Joyce Russo at 216-759-4131.

## REMEMBER

It was the Veteran, not the reporter, who has given us freedom of the press

It was the Veteran, not the poet, who has given us freedom of speech.

It was the Veteran, not the lawyer, who has given us the right to a free trial.

It was the Veteran, not the campus organizer, who has given us freedom to demonstrate.

It is the Veteran, who salutes the flag, who served under the flag, and whose coffin is draped by the flag, who allows the protester to burn the flag.

*Father Denis Edward O'Brien, USMC*

"All gave some – Some gave all"

## OFFICERS & COMMITTEES 2008/2009

### ELECTED OFFICERS

President: Joyce Russo smileymoxi@yahoo.com	216.749.4131
Vice President: Jim Pachell Jvp072640@windstream.net	440.338.8162
Treasurer: Marty Weisblatt glenda4492@aol.com	440.605.9419
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
Visiting Chairman: Joyce Russo smileymoxi@yahoo.com	216.749.4131
Membership: Arden Swanson Aswanson6596@wowway.com	440.777.8910
Program: Jim Pachell Jvp072640@windstream.net	440.338.8162
Chapter Advisor: Rosemarie Pierson, RN, BA hrtmndr@hotmail.com	440.236.3410
Chaplain: Walter Heber	440.716.9066
Data Processing Mgr.: Tom Short shorth@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: Norman Kay	440.461.7626
VA Med. Ctr., Wade Park: Joyce Russo smileymax@yahoo.com	216.749.4131

### OTHER VISITING CHAIRMEN

Internet Visiting: Walter Drake III ekardw3@msn.com	216.692.2221
Telephone Visiting: Vacant	

On July 20, 1969, as commander of the Lunar Module, Neil Armstrong was the first person to set foot on the moon.

His first words after stepping on the moon, "That's one small step for man and one giant leap for mankind" were televised to earth and heard by millions.

But just before he re-entered the Lander, he made the enigmatic remark "Good Luck, Mr. Gorski".

Many people at NASA thought it was a casual remark concerning some rival Cosmonaut. However, upon checking, there was no Gorski in either the Russian or American space programs.

Over the years many people questioned Armstrong as to what the "Good luck Mr. Gorski" statement meant. But Armstrong just smiled.

On July 5th, 1995, in Tampa Bay, Florida, while answering questions following a speech, a reporter brought up the 26 year old question to Armstrong. This time he finally responded. Mr. Gorski had died, so Neil Armstrong felt he could answer the question.

In 1938 when he was a kid in a small Midwest town, he was playing baseball with a friend in the backyard. His friend hit the ball which landed in his neighbor's yard by the bedroom windows. His neighbors were Mr. and Mrs. Gorski.

As he leaned down to pick up the ball, young Armstrong had heard Mrs. Gorski shouting at Mr. Gorski.

"Sex! You want sex! You'll get sex when the kid next door walks on the moon!"

True story.

A couple drove down a country road, not saying a word because of an ongoing argument, passed some pigs, goats and mules. "Relatives?" asked the husband. "In-laws," said the wife.

## MEMBERSHIP APPLICATION

March '09

*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***

*“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!”*