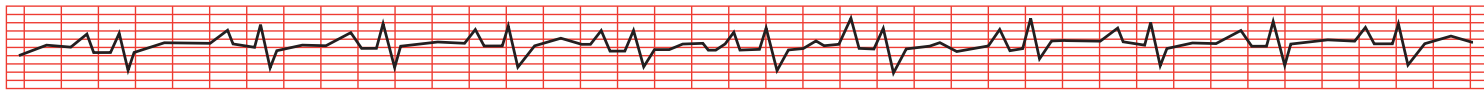


The BEAT GOES ON



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.MENDEDEARTS138.ORG

MAY 2008

VOLUME 27 NUMBER 4

EDITOR'S MESSAGE

It's Earth Day and I am enjoying the soft grass beneath my feet as I gaze on nature's many tones of green interspersed with bushes of white and pink blossoms that add pleasing fragrance to the warm breeze and I concentrate on a small white orb penetrating the vast azure sky .. what a thoroughly satisfying feeling ... gosh, I love golf!

Another thing I find satisfying is visiting heart patients on behalf of Mended Hearts. Like the golf course, there is a set pattern to visiting that I follow, yet, every conversation is a new adventure just as each hole has its challenges and charms. Then while I try to shape each shot to the situation at hand with varying success, every now and then, all goes in unison and the perfect shot or the perfect thought is the result, when the course and I, and the patient and I, are in sync.

Our President, Joyce, is still in rehab at the Manor Care at 9055 West Sprague Rd., Parma, OH 44133. Her phone is 440-345-9356. But she hopes to be home just about the time you will be reading this newsletter. Joyce is sure that it has been your prayers that have kept her going and she hopes that you will keep them coming. Many thanks to her husband Joe for so ably pitching in for her at the meetings.

As Joyce always says, remember our troops over there in harm's way.

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.

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!)

MAY MEETING

Our **Wednesday, May 14th** meeting will be at **Southwest General Health Center**, in conference room **Williams A & B** in the basement level of the "C" building at 18697 Bagley Rd. west of I-71. Social with refreshments at **6:30 PM**, the meeting starts at **7:00 PM** with a board meeting following.

Our speaker will be our **Chapter Advisor, Rosemarie Pierson, BA, RN** who will bring us up to date on the latest in heart treatment and care. **Rosemarie** is the **Cardiothoracic Intensive Care Unit Coordinator** at the **Cleveland Clinic Foundation** and is on the front line.

I'm sure all our visitors will especially want to hear her presentation. Everyone who has had a heart event is welcome at this and all our meetings.

JUNE MEETING

Our **Wednesday, June 11th** meeting will be at **MetroHealth Medical Center in Rammelkamp 172 G/H. Dr. Nutan Gill, M.D., Endocrinologist**, will speak on the association of diabetes and heart disease. Dr. Gill is part of the **Cardiovascular Screening Program** at **MetroHealth**.

JULY

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

AUGUST PICNIC

Yes, the picnic is on for **Sunday, August 17th**, at **Joyce's** place at **4700 W. 11th St., Cleveland, OH**. The picnic will start at **noon** and end at ? We will eat at **2:00 P.M.** Dogs, burgers, drinks and games! Bring a favorite dish or dessert, a wrapped white elephant gift, 5 bucks, guests, and thou.

VISITING REPORT

2008	Hospital	March
Cleveland Clinic	356
Elyria Memorial	12
Hillcrest	123
Lake West	7
MetroHealth	10
Parma General	5
Southwest General	25
St. John Westshore	24
University Hospital	25
Hospital Totals	587
Internet Visits	16
Telephone Visits	2
Total Visits	605

HEART EVENT ANNIVERSARIES

Irwin Dinn	5/01/96
Donna Hintz	5/01/94
Charles Stiles	5/01/83
Joyce Thompson Russo	5/01/95
Richard Phillips	5/05/05
Robert J. Darden	5/06/03
Thomas Huth	5/06/01
Joseph Keough	5/06/98
Leona Smith	5/06/00
Margaretann Thomas	5/10/96
Joseph Jancsurak	5/11/00
Helen Homik Kuligowski	5/13/02
Lansing E. Williams	5/17/99
Steve Cayne	5/21/04
Joyce Walters	5/21/03
Sharon Guttman	5/22/97
John Kraus	5/22/03
Rita Webb	5/24/95
Robert McCarraher	5/29/92
Schuyler Haskell	5/30/93
Thaddeus Bizon	5/31/96

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.

APRIL MEETING

My name is Dave Masek. My wife is Erna. On February 2nd, 2007 we went with five other couples to Punta Cana in the Dominican Republic for a 10 day vacation. When we landed over there we had about an hour and a half ride to the resort. I was feeling kind of nauseous and queezy. We got to the resort. The rooms weren't ready so we got something to eat. We went back upstairs to the rooms. Everyone then had gone out to the pool. When I walked out about a half hour later, I had a pain in my back and I was still nauseous. As I was walking to the pool the pain went into my chest. Then I couldn't raise my arms, neither my left nor my right. I got cold sweats and then my vision started going in and out. When I got to the pool some guy was there and I asked him to help me. He told me I looked like I was having a heart attack. He laid me down on the ground (he was a retired medic) and his wife went to get the doctor from the resort. As they were doing vitals the doctor got there. She gave me an aspirin. When my wife, Erna, got there I asked her to get my wallet and a few things from the room. They called an ambulance and they wheeled me to the gate of the resort on a roller bed with a nice mattress. We got to the gate where there was what looked like an old 1940 milk truck that said ambulance on the side. Then they picked me up by the four corners of the blanket and put me on the floor inside the truck. There was no equipment. Erna and her girlfriend got up in the cab with the driver and one guy crawled in the back with me with a bucket of ice cubes and a cell phone. It was a hour and a half ride to the hospital and the pain was unbelievable in my chest. I kept trying to get Erna to come in the back with me. (I felt like I was dying) She just kept yelling to keep calm. We got to the hospital and they wouldn't take me in until she paid the \$300.00 ambulance fee. They got me in there and hooked me up to the machines and that's when it hit me. They took me into another room in the emergency. There were six or seven nurses working on me right away and the last thing I remembered was that they took my swim trunks off and started to put a catheter in me. That was about two o'clock on Friday the 2nd. I woke up Wednesday at MetroHealth Medical Center in Cleveland, OH. What had happened about a half hour later on that Friday, the doctor came out of that emergency room and told Erna that I would maybe be dead in another half hour yet he would not let her go in and see me. A couple hours later he came back out and told her I was little more stable. About seven o'clock in the evening they told her that they had to ruscuate me four times and two more times by ten o'clock so they put me on life support. Erna and her girlfriend asked if there was a room so they could get out of the hallway to take a break to compose themselves. They wanted \$250.00 for a room to sit in. About midnight someone brought up a bottle of water and a couple packs of saltine crackers for them. That's all they had all day since noon. The doctors wanted to send me to a bigger hospital in Santa Domingo which was a four hour ride away on dirt roads that were in very bad shape. She kept telling them “no”. On Saturday morning she and her girlfriend went back to the resort where she showered, packed a couple light bags, and came back alone. When she returned they still would not let here see me and she thought they had already shipped me to Santa Domingo. She said “No Santa Domingo! The life flight is coming from America today!” (Erna really didn't make any phone calls at this time – she just told them that). They still insisted that I go to Santa Domingo. They wanted to send me there to put a stent in my lower right artery and see what else might be wrong. Erna then did start making calls to my sister who works at MetroHealth in Emergency Medicine and she contacted the Metro Life Flight crew who found a plane in Alabama, a MedVac jet that was ready to take off. They said for \$40,000.00 they would load up and go. Erna called her son who took care of the money. They came to Burke Lakefront Airport to pick up Dr. Craig Bates M.D., one of the life flight doctors, and a male nurse named John Singleton. They got to the Dominican Republic about two o'clock Sunday morning and they came in and got me prepped and told Erna that “things didn't look too good”, but they were going to take me and her off the Island and home to Cleveland. Erna then had to pay the hospital bill of \$15,000.00 before they would release me. The MedVac team brought the right meds to keep me alive. My heart rate was 170 when they put me on the Lear Jet. On the flight back

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

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 Briz.3@juno.com
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 Sunshine: Gladys Bergson 216.321.7422
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 Visting Chairman: Joyce Russo 216.749.4131
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 hrtmndr@hotmail.com
 Chaplain: Walter Heber 440.716.9066
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 Briz3@juno.com
 Historian: Jim Gosline 440.974.1048
 Jgosline@aol.com

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 Av_iv30@yahoo.com
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 behrensw@adelphia.net
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 smileymax@yahoo.com

OTHER VISITING CHAIRMEN

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

to the States they found some of the equipment was not working right. They landed in Florida because they thought my lungs had collapsed and also to call MetroHealth Medical Center and find out about the equipment. They were told to lower their altitude on the flight to Cleveland and everything then worked OK.

At MetroHealth Medical Center they did a catherization, stented the right artery and found four more arteries over 80% blocked. Dr. Inderjit S. Gill, M.D. then scheduled me for the quadruple bypass on May 2nd. They say they never saw anyone go through what I did and live to tell about it so they call me the miracle patient.

People should be made aware that there is medical insurance when going out of the country, EVAC insurance that will get you back home with one phone call so you don't have to go through what we did.

We thank all those people in Punta Cana, on the plane, and here in Cleveland with all our heart for keeping me alive.

Dave and Erna Masek are members of our Mended Hearts Chapter 138. Dave is a partner in Parma Window & Garage at Brookpark Rd. and W. 130th St. in Cleveland, OH.

Last week, I stated this woman was the ugliest woman I had ever seen. I have since been visited by her sister, and now wish to withdraw that statement.

- Mark Twain

I had a rose named after me and I was very flattered. But I was not pleased to read the description in the catalog: "No good in a bed, but fine against a wall."

- Eleanor Roosevelt

I was married by a judge. I should have asked for a jury.

- Groucho Marx

Be careful about reading health books. You may die of a misprint.

- Mark Twain

The cardiologist's diet: If it tastes good, spit it out.

MEMBERSHIP APPLICATION

May '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	YEARLY RENUAL DUES	\$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. 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!”