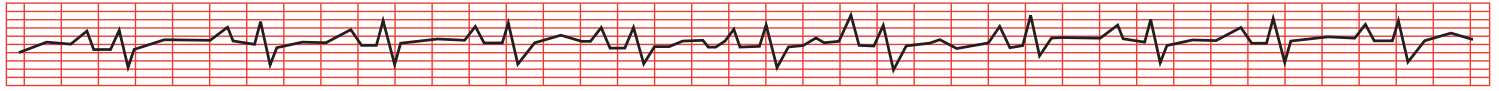


The **BEAT GOES ON**



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

OCTOBER - NOVEMBER 2007

VOLUME 25 NUMBER 9

PRESIDENT'S MESSAGE

Greetings to all:

I am back from our 55th National Convention which was held in San Antonio, TX the end of August. It was a superb event and as always, a great learning experience. Mr. Anthony Hooper, president of U.S. Pharmaceuticals, Worldwide Medicines, elaborated on the time and costs it takes to get a new medicine approved by the F.D.A., (generally about 8 years and many millions of dollars) and maybe one drug out of 15 makes it. He is a member of the Management Counsel for Bristol-Myers Squibb Company which generously supports Mended Hearts. I suspect he was possibly influenced to support Mended Hearts as he knows first hand how much a visit from a Mended Heart visitor meant to him when he had his heart event.

We attendees are privileged to ask questions of the speakers. I was posing some type of question and mentioned that I was Joyce from Cleveland, Ohio and I visit at the Cleveland Clinic and continued with my comment. As I was leaving the seminar to head to the next one, a lady from Parkersburg, W. VA approached me and said that I had visited her 16 year old daughter and herself at the clinic some months ago and commented that the visit was so helpful to them. It doesn't get any better than this folks!

The Mended Little Hearts group is growing. To look at Andrew Adams, age 6, one would never guess that he started out in life weighing only one pound, eight ounces, had only one upper chamber in his heart, had surgery to give him two chambers, had severe reflux problems which required surgery to fix, had to have very large tonsils removed, a double hernia operation, and made it through several bouts of pneumonia, and can sing clear as a bell! One meets awesome people at these conventions! We had outstanding accommodations, great weather and wonderful Texan hospitality. As I have said previously, once you attend a convention you want to go to another one.

Our fall like days mean it is time to start our monthly meetings and to keep abreast of what is new out there.

As always, please keep our troops and their families in your prayers.

Blessings to all.

Joyce Russo

OCTOBER MEETING

The **Wednesday, October 10th** meeting has been arranged by **Tom Huth** to be held at **Hillcrest Hospital, 6780 Mayfield Rd.**

Enter on the right side of the Hospital and go one floor down to the Ross Auditorium. Refreshments and social gathering for the general membership will begin at **6:30 PM**, the open meeting will commence at **7:00 PM**. Signs will be posted in the Lobby directing you to the meeting room.

Dr. Avi Jacobs of Cardiovascular Consultants will discuss Heart Failure and today's treatment regime for this condition.

This is one of the dynamic areas of heart care and we should update our thinking with his information.

RE-ACCREDITATION

Our fall re-accreditation meeting is being scheduled for **Saturday, October 20th** at **Parma Community General Hospital, 7007 Powers Blvd.** off Ridge Rd. at Parmatown from **9:00 AM** until **noon**. Turn left past the Information Desk on the ground floor and down the hall to the conference rooms. All Mended Hearts visitors must attend a re-accreditation meeting once per year to maintain their visiting status.

Call Joyce Russo if you have any questions at 216-749-4131.

NOVEMBER MEETING LET'S HAVE SOME FUN, GANG!

On **Wednesday, November 14th** at **6:00 PM**, we again will meet at **Max and Ermas, Brooklyn location, 5020 Tiedeman Rd.** This is our chance to get a **20% return** on the cost of any meal served that day to anyone who shows up with our flyer. I have 500 flyers to distribute so please call me or "e" mail me and I will get flyers out to you. They can come for lunch or dinner so talk this up with your friends, family and neighbors. This is a great way for our chapter to earn some money and have an enjoyable meal. (No, we cannot stand outside the restaurant and distribute flyers!). Those of us who plan to attend the meeting will order whatever we want off the menu. We need a head count, so please let **Gloria Herr** know at **440-248-4263**.

Joyce Russo

DECEMBER MEETING

The December meeting will be held at **MetroHealth Hospital** in the East Dining Hall, refreshments at **6:30 PM**, general meeting at **7:00 PM** and board meeting following.

The speaker will be announced in our next bulletin.

VISITING REPORT 2007 August

Hospital	
Cleveland Clinic	617
Elyria Memorial	14
Hillcrest	167
Lake West	10
MetroHealth	10
Parma General	18
Southwest General	55
St. John Westshore	6
University Hospital	17
VA Wade Park	6
<hr/>	
Hospital Totals	920
Telephone Visits	22
<hr/>	
Total Visits	942

HEART EVENT ANNIVERSARIES

Michael Brickman	10/01/02
Patricia G. Gunter	10/01/02
Bobbi Koses	10/04/04
Richard Mack	10/07/99
William Minnich	10/07/87
Cookie Lapars	10/16/96
Robert Bowers	10/22/93
Robert Pfeifer	10/22/98
Henry Wolf	10/22/98
Miriam Pirnat	10/23/03
James Larkin	10/26/99
William Beutel	10/27/89
Martin Weisblatt	10/27/97
Mary Pavlick	10/29/87
William Krumhansl	11/01/99
John Rakoczy	11/01/00
Dolores Bartian	11/02/00
Donald J. Babets	11/04/93
Zami Ram	11/06/93
Rita Webb	11/07/97
Dan Minelli	11/08/90
Orville Britton	11/11/92
Scott Thompson	11/13/91
Percy Griffin	11/23/94
Thomas E. Churchey	11/26/96
Betty Malosh	11/30/79

FUND RAISING

Joyce Russo and John Kraemer need your support in purchasing **Entertainment Books** and the dollar **Malley Candy Bars**. If we sell more books than we did last year, our financial return increases dramatically. These books make great Christmas gifts. Call Joyce at 216-749-4131 or John at 440-845-2089. You can start using them now until November 1, 2008.

A LOVELY SURPRISE

Congratulations to our editor John Kraemer as "The Beat Goes On" newsletter won an excellence award for a monthly publication. I received many favorable comments at the convention on our newsletter. Thank you, John, for your efforts.

Joyce Russo

HEAR YE HEAR YE

The 56th National Convention will be held in Hartford, Connecticut May 25th to 29th, 2008. This is within driving distance for us so start making plans to attend.

SEPTEMBER MEETING

Mr. Ron Blidar, M.E., Certified Health Education Specialist and Program Coordinator for the Chronic Disease Self-Management Program at **Kaiser Permanente**, hosted our chapter at their Parma location and outlined this excellent award winning program for us.

Those of us born before WWII remember the steel tycoon, Henry J. Kaiser, and his endeavors. One of my senior year buddies was lucky to have a Kaiser to drive to school. Well, Henry J. also was innovative in establishing an employee health care system that today has 8.5 million members and is known as Kaiser Permanente.

"Living Healthier with Your Ongoing Condition" is a 15 hour workshop given in 2 1/2 hour sessions for 6 weeks designed by Stanford University and used successfully in many countries including Great Britain, Australia, and Japan. The foundation of this program is a directed self designed and administered individual action plan of diet, exercise, and relaxation to manage the mind, emotions, and stress to better handle chronic disease in maximizing the quality of life, improving the condition of disability and pain, and providing confidence and skill of coping, which will result in improved health, less doctor visits, and less days in the hospital.

Although this program is now only for members, Kaiser Permanente wishes to expand it to the community and is looking for volunteer workshop leaders. Thanks, Ron, for a great job in presenting this health program to us. Ron can be reached at 216-778-6094.

PERIOSTIN PATCH HELPS HEART GROW NEW CELLS

July 17th (HealthDay News) – A special patch placed on a damaged area of the heart regenerates cardiac cells after attack and improves heart function, a new study finds. Success with the patch in rats may lead the way to new methods of repairing damaged human hearts and possibly spare some patients the need for a heart transplant, according to researchers in the July 15th online edition of **Nature Medicine**.

"Normally adult human hearts do not regenerate because the heart does not make more cardiomyocytes, (heart muscle cells) after injury," explained lead researcher, **Dr. Bernard Kuhn**, from the Department of Cardiology at **Childrens Hospital Boston**. "It would be desirable to induce the heart to make new cardiomyocytes after injury." To that end, Kuhn's team created a patch that contains a compound called periostin, which helps cardiomyocytes divide and multiply. "If you do that over a number of cycles, you do get an increase in cardiomyocytes," he said. "So, the cardiomyocytes you have lost are replaced." Periostin is a natural component of tissue surrounding cells. It comes from the skin lying around bone and helps stimulate cells to divide. During a heart attack, cardiac cells die from lack of blood and oxygen. This damage prevents the heart from working normally. Typically, lost or damaged cardiac tissue cannot regrow. In their study, Kuhn's team made patches from a material called Gelfoam and soaked patches with periostin.

Continued on page 3

DONATION

Mr. Al Schlechter made a donation to the chapter because we do great work.

Mended Hearts Chapter #327 of Pikeville is hosting a Cluster Meeting on Saturday, October 13th from 9 to 3. Call Joyce for details

Continued from page 2

They placed the patches on the damaged heart muscles of rats in which they had induced a heart attack. After 12 weeks, the rats treated with periostin experienced a 16% improvement in their heart's cardiac pumping ability. They also had less scarring of heart tissue, a reduction in the size of the damaged area of the heart, and more blood vessels feeding the area. In contrast, rats that received a patch without periostin showed no change in their heart function.

"The hearts of the rats treated with periostin showed a 100-fold increase in the number of heart cells and an average of 6 million more heart cells, far outnumbering the amount of dying cells. At this point, the only biological proven myocardial replacement therapy is heart transplant," Kuhn said. "This could be a revolutionary approach to treating heart failure."

*Printed in part from
Cardiac Chronicles of the Treasure,
Coast, newsletter of Chapter 235
Vero Brach, FL*

HOW ADAM GOT EVE

Adam was hanging around the Garden of Eden feeling very lonely.

So, God asked him, "What's wrong with you?"

Adam said he didn't have anyone to talk to.

God said that He was going to make Adam a companion and that it would be a woman.

He said, "This pretty lady will gather food for you, she will cook for you, and when you discover clothing, she will wash it for you."

"She will always agree with every decision you make and she will not nag you, and will always be the first to admit she is wrong when you've had a disagreement."

"She will praise you!"

"She will bear your children and never ask you to get up in the middle of the night to take care them."

"She will NEVER have a headache and will freely give you love and passion whenever you need it."

Adam asked God, "What will a woman like this cost?"

God replied, "An arm and a leg."

Then Adam asked, "What can I get for a rib?"

Of course the rest is history !!!!!

OFFICERS & COMMITTEES 2007/08

ELECTED OFFICERS

President: Joyce Thompson Russo 216.749.4131
smileymoxi@yahoo.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: Arden Swanson 440.777.8910
Aswanson6596@wowway.com

COMMITTEE CHAIRMEN

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Briz3@juno.com
Nursing Scholarship: John Ackerman 440.356.2349
Sunshine: Gladys Bergson 216.321.7422
Gladson30@aol.com
Visting Chairman: Joyce Thompson Russo 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: John Kraemer 440.845.2089
Briz3@juno.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 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: Tony Sajovic 440.842.3698
Southwest General: John Kraemer 440.845.2089
St. John Westshore: Vera Ercegovic 440.331.1427
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University Hospital: Bill Behrens 216.831.7775
behrensw@adelphia.net
VA Med. Ctr., Wade Park: Charles Stiles 440.331.8862
Chas80@sbcglobal.net

OTHER VISITING CHAIRMEN

Internet Visiting: Marty Fried 216.464.0669
MartinF956@aol.com
Telephone Visiting: Bob Pfeifer 216.831.5042
Rpf104675@aol.com

MEMBERSHIP APPLICATION

Oct-Nov 2007

*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**

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

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!"