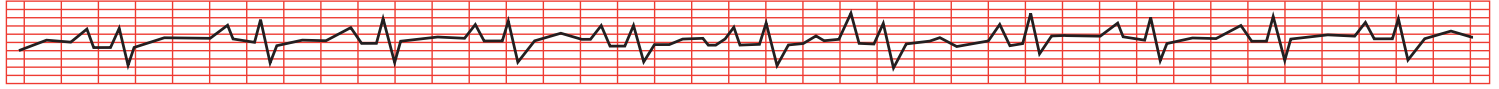


# The BEAT GOES ON



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

OCTOBER-NOVEMBER 2008

VOLUME 27 NUMBER 8

## PRESIDENT'S MESSAGE

Greetings to all:

The following grabbed my attention when it appeared recently in the Old Brooklyn Newspaper. It was written by Jerry Madasz, the pastor of St. Luke's United Church of Christ which is at the corner of Pearl and Memphis Avenue, Old Brooklyn.

"Imagine that your bank suddenly announced a new policy. Every morning your account is credited with \$86,400! You cannot carry any balance over from one day to the next. Every evening, your account is cancelled and the money you have not used is returned to the bank.

What would you do? You'd probably draw every cent of the \$86,400 out every day and spend, save or invest it. That seems the thing to do. Before long, you would become very wealthy. Actually you have a bank account with a similar policy. It's called "time." Every morning you are given 86,400 seconds. At the end of that 24 hour period, the moments you have failed to withdraw and invest to good purpose are ruled off your ledger. Time carries no balance from day to day. There are no overdrafts. A new account is open each day. If you fail to withdraw and use that day's deposit, it's your loss.

Those who truly love life use time to the maximum. Make your days count rather than counting your days.

Great food for thought, do you agree?

Fall is upon us which, for me, is one of my favorite times of the year. I love the changing colors of the leaves. Of course we all know what follows! I still like the "four seasons".

Our government needs guidance and prayers big time. Those who suffered losses from Ike, we also send our prayers.

Our troops are still slugging it out overseas so they also need to be remembered with prayers.

Until the next time .....

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. Everyone who has had a heart procedure is welcome to our meetings and please bring a friend if you wish.

## OCTOBER MEETING

Our **Wednesday, October 8th**, meeting, will be at **St. John West Shore Hospital, 29000 Center Ridge Rd., Westlake in Building 2, Auditorium A at 7:00 PM**. Refreshments at **6:30 PM**. **Dr. Baldev Sekhon, M.D., Cardiovascular and Thoracic Surgery**, will speak on **Heart Disease** and will hold an "Ask the Doctor" session. Dr. Sekhon was active with the *Grafted Hearts* of Fairview Hospital. This should be a really good meeting!

From the east, take 90 to Crocker Basset, go south to Health Campus Drive, go left at the fork all around to the last parking lot closest to Center Ridge, go into Bldg. 2 of Hospital. If you come in from Center Ridge, enter the 1st parking lot on left and go into Bldg. 2.

## RE-ACCREDITATION

Our Fall re-accreditation will be held on **Saturday, October 25th** from **9:00 AM to 12:00 PM** at **Parma Community General Hospital** in the **John Nelson Auditorium** on the lobby level.

All visitors must attend a re-accreditation once a year. If you are due and cannot make it, call Joyce Russo at 216-749-4131.

## NOVEMBER MEETING

Our **November 12th** meeting will be at **MetroHealth Medical Center at 2500 MetroHealth Drive in Rammelkamp Atrium Room 172**. Social at **6:30 PM** and meeting at **7:00 PM**.

Our speaker will be **Dr. Ted Warren, MD, Associate Professor of Medicine Case Western, Medical Director Medical Intensive Care MetroHealth, and Director of the Division of Pulmonary and Critical Care medicine**, will speak on the subject of **Pneumonia and other Respiratory Disease Problems**.

We are entering that part of the year (and that part of our lives) where it would be well to know something about these matters.

## DECEMBER MEETING

Our **December 10th** meeting will again be at **MetroHealth Medical Center at 2500 MetroHealth Drive in Rammelkamp Atrium, Room 172 A&E**. An **EMS** team will teach us the new and approved **CPR** way to resuscitate.

Another skill we should have to help those we love.

## VISITING REPORT

2008	Hospital	August
Cleveland Clinic	.....	416
Elyria Memorial	.....	12
Hillcrest	.....	115
Lake West	.....	6
MetroHealth	.....	16
Parma General	.....	5
Southwest General	.....	27
St. John Westshore	.....	15
University Hospital	.....	19
Hospital Totals	.....	631
Internet Visits	.....	2
Telephone Visits	.....	6
Total Visits	.....	639

## 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
Betty Malosh	11/30/79

## DONATIONS

*Len and Babs Eichorn* made a donation to Camp Mountain Heart in memory of *Erie Messinger*.

*Marguerite Gilbert* made a memorial contribution to honor *Bill Behrens*.

*Don Varga* made a donation to our Chapter to be used as needed.

## SEPTEMBER MEETING

Our thanks to **Hillcrest Hospital** for hosting our September meeting and to Mary Beth Mack, Wellness Coordinator, for supplying the refreshments. Our speaker, **Shannon Herchick, M.Ed., Exercise Physiologist with Cardiac Rehab**, spoke on why aerobic exercise is important for us, what are some misconceptions on exercise, and how we can plan some exercise routines for ourselves.

Aerobic exercise improves the quality of life, relieves depression, prevents certain types of cancer, enhances self-image, relieves stress and anxiety, reduces the risk of heart disease, can “slow” the aging process, increase the good (HDL) cholesterol, improves the quality of sleep, and improves mental sharpness.

Some common misconceptions about aerobic exercise are 1) no pain no gain ... do not push the envelope. 2) can I lose fat around my trouble spots? ... no, it’s an overall process. 3) stop training and muscle turns to fat ... no, two different things. 4) weight training will bulk you up ... not on the cardio level. 5) the more you sweat, the more fat you lose ... do not get dehydrated, drink plenty of water. 6) feel a burn or train until fatigue ... no, stay in your target heart rate or zone which is 65 to 75% of your maximum heart rate. MHR = 220 minus your age. If you are on a beta blocker figure your training heart rate to be 20 to 30 beats above your resting heart rate. 7) don’t need to heat up or cool down ... not true. You need to get your body up to speed. Go slower at first, stretch (but don’t bounce). 8) stop exercising and regain any body weight you have lost ... that is true over time. 2/3 of body weight will be regained in a year, all in 5 years. 9) if you can’t work out regularly why do it at all? ... it is always better to do something rather than nothing.

An aerobic routine is to exercise about 30 minutes 3 to 5 days a week. (30 minutes can be three 10 minute sessions a day). You can follow the routines you did in cardiac rehab at the gym or recreation center or some senior centers or develop your own. Those with centers that have tracks you can walk and if they have pools, you may enjoy water walking. Walking or biking outdoors is great. Indoors you can develop routines with resistance bands, weights, even steps and chair exercises using your body as resistance.

Whatever you do, make sure you are doing it at your target heart rate to get the most benefit from your exercise time!

Shannon gave us so much more. The above is just an outline as space allows. We sincerely thank her for her inspiration to get us moving again in the right direction and we are looking forward to a future meeting where she will put us through our paces in a participation program designed for the home.

## MODERATE AEROBIC FITNESS LEVELS CUT STROKE RISK

**Health Day News** ... A moderate level of aerobic fitness can significantly reduce stroke risk in men and women according to a large, long-running study. The study that was presented at the **American Stroke Association’s International Stroke Conference in New Orleans showed 30 minutes or more of walking, or an equivalent aerobic activity, five days a week could lower stroke risk by about 40%.**

## ENTERTAINMENT BOOKS

**Entertainment Books** and **Malley’s** candy bars are the major sources of funding for our chapter. We use the profits to send kids to **Camp MountainHeart** in **Ripley, W.VA.** and provide scholarships for nurses taking courses to work in the cardiac field.

We wish to thank **MetroHealth Medical Center, Southwest General Health Center, and LifeWorks** of **Southwest General** for giving us the opportunity to sell in their facilities. We also thank **Rev. Paul Johnson, Rita Webb, Charles Wymer, Joyce Russo, and John Kraemer** for donating their time and personalities to make those sales a success.

An Entertainment Book or box of Malley’s candy bars makes a great holiday gift and really helps the chapter. The books are \$25.00 each and a box of 36 bars is \$31.00. The bars come in Crunch, Almond Crunch, or Pretzel Crunch. Call Joyce Russo at 216-749-4131 or John Kraemer at 440-845-2089 and we will get them to you.

## GET YOUR NEWSLETTER BY E-MAIL

Save postage! Call tom Short at 216-291-0769 or shortth@aol.com.

## OFFICERS & COMMITTEES 2007/08

### ELECTED OFFICERS

President: Joyce Russo 216.749.4131  
 smileymoxi@yahoo.com  
 Vice Presidents: Vacant  
 Treasurer: Marty Weisblatt 440.605.9419  
 glenda4492@aol.com  
 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  
 Visiting Chairman: Joyce Russo 216.749.4131  
 smileymoxi@yahoo.com  
 Membership: Arden Swanson 440.777.8910  
 Aswanson6596@wowway.com  
 Program: Ellie Heiser 440.449.4663  
 elheiser@roadrunner.com  
 Chapter Advisor: Rosemarie Pierson, RN, BA 440.236.3410  
 hrtmndr@hotmail.com  
 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: 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  
 Thompsont@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: Walter Drake III 216.692.2221  
 ekardw3@msn.com  
 Telephone Visiting: Vacant

On her 69th birthday, Julie Andrews made a special appearance at Manhattan's Radio City Music Hall. One of the musical numbers she performed was 'My Favorite Things' from the legendary Movie 'Sound Of Music'. Here are the lyrics she used:

(Sing It!) - *If you sing it, its especially hysterical!!!*

Botox and nose drops and needles for knitting,  
 Walkers and handrails and new dental fittings,  
 Bundles of magazines tied up in string,  
 These are a few of my favorite things.

Cadillacs and cataracts, hearing aids and glasses,  
 Polident and Fixodent and false teeth in glasses,  
 Pacemakers, golf carts and porches with swings,  
 These are a few of my favorite things.

When the pipes leak,  
 When the bones creak,  
 When the knees go bad,  
 I simply remember my favorite things,  
 And then I don't feel so bad.

Hot tea and crumpets and corn pads for bunions,  
 No spicy hot food or food cooked with onions,  
 Bathrobes and heating pads and hot meals they bring,  
 These are a few of my favorite things.

Back pain, confused brains and no need for sinnin',  
 Thin bones and fractures and hair that is thinnin',  
 And we won't mention our short shrunken frames,  
 When we remember our favorite things.

When the joints ache,  
 When the hips break,  
 When the eyes grow dim,  
 Then I remember the great life I've had.  
 And then I don't feel so bad.

## MEMBERSHIP APPLICATION

**October-November '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  
 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!”*