

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.MENDEdHEARTS138.ORG

SEPTEMBER 2007

VOLUME 25 NUMBER 8

PRESIDENT'S MESSAGE

Greetings to all:

Summer is zipping by. We had our annual picnic at Joyce and Joe Russo's home on August 12 and were grateful for the bright sunshine. It is well known that rain has not spared many of our picnics in years past! We thoroughly enjoyed the delicious goodies provided by our guests. I am indebted to Gloria Herr for her help both before, during, and after the event. The highlight of the day is always the crazy white elephant game we play. We are still trying to figure out who brought the ugliest cutest dog that Evan Herr inherited. You have takers if you want to unload "it" Evan.

At the end of this month I will be in San Antonio, TX. for the National Convention. Not only is this a great learning experience, one has time to explore the local area and learn about it. I will be a "buddy" to two newcomers. And of course it is wonderful to see old friends. This is a first class experience and I encourage all of you to consider a National Convention.

Entertainment books will be available at the end of this month as well as Malley's Candy Bars through myself and John Kraemer. This is our means of raising money to be able to continue to send children to heart camp, provide nursing scholarships, and support those members who can attend workshops etc. Yes, everyone sells Entertainment Books but we have done well in the past and are asking for your support again this year. The price is \$25.00 and can be used as soon as you purchase them. If we sell more than we did last year we get a wonderful extra bonus.

I am asking those of you who could do some telephone calling for us to contact me. And anyone who can suggest a good topic for a meeting - again, call me. The work load needs to be shared. As we all know, many hands make light work.

As you know by now I always remember our troops and their families in each newsletter. Ever since we entered Iraq, I have had a yellow ribbon tied around my tree lawn tree.

Someone removed it and I am bummed about this. Another ribbon is going up pronto. Once again, keep our troops and their families in our prayers.

Blessings and a hug to all.

JOYCE RUSSO

SEPTEMBER MEETING

Our **Wednesday, September 12th**, meeting will be at **Kaiser Permanente**, 12301 Snow Road, Parma, Ohio 44130. Our speaker will be **Ron Blider, M.Ed., CHES** (Certified Health Education Specialist), who will speak on "Living a Healthier Life with an Ongoing Condition – The Chronic Disease Self- Management Program" "Inspire people, Inform choices, Improve health."

Refreshments at **6:30 PM**. Meeting at **7:00 PM** There will be a board meeting following..

Kaiser Permanente is between W. 130th St. and Chevrolet Blvd., on the south side of Snow Rd. Enter the east side front entrance of the Medical Office Bldg.. Conference Room A is left of the reception desk, through the double doors.

OCTOBER MEETING

The **Wednesday, October 10th** meeting will be at **Hillcrest Hospital** where **Tom Huth** is arranging for a Cardiac Surgeon to speak with us. Refreshments at 6:30 PM, meeting at 7:00 PM.

RE-ACCREDITATION

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

OUR MISSION, etc

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.

Feel free to call any of our listed officers for information.

The Greater Cleveland Chapter #138 of Mended Hearts, Inc. wishes to express our sincere appreciation for the generous support of the Cleveland Clinic.

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
2007 July

Hospitals	
Cleveland Clinic.....	443
Elyria Memorial.....	12
Hillcrest.....	80
Lake West.....	16
Lakewood.....	1
MetroHealth.....	31
Parma General.....	18
Southwest General.....	33
St. John Westshore.....	20
University Hospital.....	14
Hospital Totals.....	679
Internet Visits.....	20
Telephone Visits.....	8
Total Visits.....	707

HEART EVENT
ANNIVERSARIES

Louise Breese	9/01/82
Margaret Hovan	9/01/03
John G. Koval	9/01/04
Robert Bartholomew	9/05/93
Mary Humes	9/06/02
Elaine Golob	9/07/05
Marvin Friedman	9/18/02
Pauline Johnson	9/18/00
Carl Smith	9/22/94
Stanley Pockar	9/27/02
Leonard Pavell	9/28/93
Linus Gottas	9/29/87

NEW MEMBERS

We wish to introduce **Stan Gorsky** and **Dan Fink** as new members of our chapter and new Mended Hearts visitors at **Parma Community General Hospital**.

Stan is a teacher at a vocational school and Dan has been a full time volunteer for many years at Parma General.

Both have excellent people skills and both are dedicated to helping the patients they visit feel more comfortable with their situation.

Welcome aboard!

Doctor: "You'll live to be 60!"

Patient: "I AM 60!"

Doctor: "See! What did I tell you?"

The doctor gave a man six months to live.

The man couldn't pay his bill,
so the doctor gave him another six months.

PICNIC FUN

Were you at the Mended Hearts Picnic? We all had such a good time! Joe and Joyce Russo were great hosts, the weather was super, the food was great, and the company was outstanding. If you missed it this year be sure to plan ahead and put it on your next year's calendar.

One of the highlights of the day is always our white elephant game. This year as usual we had some very unusual items and also some very useful ones. Perhaps the most useful was a folding reading lamp received by John Kraemer. The one that caused the most conversation was a brown puppy received by Evan Herr. It sat in its bag looking at everyone for the longest time. Evan is looking for a name for him (her) and if you have a suggestion please email Evan at Gloevan@sbcglobal.net. Next month we will tell you what the winning name is and who chose it.

GLORIA HERR

Editors Note: The "brown puppy" is of most questionable pedigree and is so extremely challenged in favorable appearance it is actually quite cute in a "Bill the Cat" sort of way.

DIFFERENT STENTS, DIFFERENT EVENTS

Balloon angioplasty is a procedure in which a balloon is inflated inside a blocked artery and then withdrawn. The balloon presses the plaque against the artery wall and may even enlarge the artery. But parts of the plaque can flap away from the artery wall, or the artery can elastically shrink back toward its former size.

The remedy is to put in a "stent", a metal cage that is threaded into the artery on another balloon and expanded by inflating the balloon. The stent stays in the artery to hold it open and hold the plaque against the artery wall.

But the stent is a foreign body inside the artery, and blood clots can form on it, a process called *thrombosis*. The clots can clog the artery, causing a potentially fatal heart attack, or break off and do damage somewhere else. The danger of thrombosis is soon past, however, because tissue grows from the artery wall to cover the stent.

Unfortunately, the growth of tissue over the stent can go too far and block the artery again, a process called *restenosis*. "Drug eluting stents", coated with a drug that prevents this tissue growth, greatly reduces that danger of restenosis. But then the stent remains exposed indefinitely. The threat of thrombosis never ends, and "late Thrombosis" can occur. The remedy is Plavix (clopidogrel) with aspirin for at least a year, which can cause excessive bleeding, especially during surgery.

"Bioabsorbable stents" now in early development, promise to strike a happy medium. The coating on these stents lasts only a month or so, long enough to prevent restenosis. Some small studies have shown favorable results. Further development and more studies are planned.

Martin Brilliant, The Jersey Heartbeat, Chapter 179

Information from americanheart.org and cardiology.jwatch.org

Editors note: Because of the recent medical studies of thrombosis occurrence with "drug eluting stents," (DES), the duration of antiplatelet therapy is still being established. The FDA states Plavix for a year and aspirin indefinitely for those at low risk of bleeding. Dr. Ellis, in a recent live web chat, stated that people heal at different rates, but most Cleveland Clinic physicians recommend aspirin indefinitely and Plavix for at least two years. Consideration should be given to the type of stent to be used in a patient dependent on probability of near future exams or surgeries that would require stopping Plavix. Consult with your cardiologist before ever self electing to discontinue Plavix.

THE MANY BENEFITS OF WALKING

For the body, walking helps....

Reduce the risk of heart disease by improving blood circulation throughout the body

Keep weight under control and improve blood cholesterol levels.

Prevent and manage high blood pressure

Boost energy levels

Increase muscle strength, increasing the ability to do other physical activities

For the mind, walking helps...

Manage stress

Release tension

Improve the ability to fall asleep quickly and sleep well

Improve self-image

Counter anxiety and depression and increase enthusiasm and optimism

SHERRY SHOCKLEY
HEART NEWS, CHAPTER 127

ABOUT SQUIRRELS

In the Baptist Church the squirrels had taken up habitation in the baptistery. The deacons met and decided to put a cover on the baptistery and drown

the squirrels in it. The squirrels escaped somehow and there were twice as many there the next week.

The Methodist Church got together and decided that they were not in a position to harm any of

God's creation so they humanely trapped the squirrels and set them free a few miles outside of

town. Three days later, the squirrels were back.

But -- The Catholic Church came up with the best and most effective solution. They baptized the squirrels and registered them as members of the church.

Now they only see them on Christmas and Easter.

Not much was heard about the Jewish synagogue,

but they took one squirrel and had a short service called circumcision. They haven't seen a squirrel on the property since

HUMOR PROVIDED BY DICK SINGER

OFFICERS & COMMITTEES 2007/08

ELECTED OFFICERS

President: Joyce 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
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COMMITTEE CHAIRMEN

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Cleveland Clinic: Tom Huth 216.382.0470
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MEMBERSHIP APPLICATION

Sept 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
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:
Bart Slak, Treasurer, 7471 Brenel Dr. Concord Twp., OH 44060*

If undeliverable return to:
Tom Short
1361 Grantleigh Road
South Euclid OH, 44121

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Greater Cleveland Chapter 138

DATED MATERIAL



*"It's great to be alive – and
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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!"

MENDED HEARTS