

ReFocus



A REPORT OF THE CLEVELAND STROKE CLUB

MAY 2014

Cleveland Stroke Club, c/o Geri Pitts
3266 E. Scarborough Road
Cleveland Heights, OH 44118
216-932-0552



A PUBLIC ANNOUNCEMENT

The public is invited to attend the next meeting of the Cleveland Stroke Club, at the **Disciples Christian Church, 3663 Mayfield Road, Cleveland Heights, Ohio.**

MAY 21, 2014

**Challenge Your Brain:
Unlock Keys to Your Memory Tools**

featuring

LeAnne Stuver, RN, Director of Lifelong Learning at Menorah Park

The Cleveland Stroke Club was founded on the basic self-help concept. That is, stroke survivors and their families banded together to exchange coping techniques for the many stroke-related problems they experience.

Meetings are usually held on the **third Wednesday** of each month. The focus of the meeting is on some aspect of stroke through discussions, lectures, or films.

Meetings last for about two hours. Dinner is provided at 6:30p.m. at a nominal cost of **\$5.00** per person. Please bring your own eating utensils.

If you or a member of your family has had a stroke, we invite you to visit our meeting anytime. New members are always welcome. There is plenty of parking in the rear of the meeting hall.




Officers 5/2013-5/2014
President:

Roger Gulbranson
440-944-6794

Vice-President:

Deena Barrett
216-410-2306

Secretary:

Vivien & Dan Sekeres

Treasurer:

Shirley Kondo
216-229-4183

Assistant Treasurer:

Brian Barrett

Founder

Bill Pitts

EXECUTIVE DIRECTOR

Geri Pitts
216-932-0552

Executive Director & Editor

Emeritus

Dorothy Norton

Editor

Lu Higginbottom

Board Committees:
Public Relations Chairperson

Sue Sheridan

Membership Chairperson

Kay Exl

Secretary to the Board:

Sue Sheridan

Volunteer Coordinator:

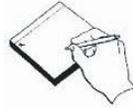
Shirley Patterson
216-751-9376

Assistant to the Board:

Bonnie Morris
440-552-3970

Greeters

June Emmerson

*It's a Matter
of the*
**APRIL
Mtg Notes**

Meeting Notes for April 16, 2013

The Cleveland Stroke Club was treated to a splendid fish meal made and served for us by Rita and her helpers. Prior to the meal and meeting, Bob Shelton led a Bingo game in the dining room, and our first practice of the Cleveland Stroke Club Choir was held. We were blessed by their mini-concert after dinner, as Shirley Patterson, Malcolm Gordon, Jackie Patterson, and Velma Black sang, accompanied skillfully on the piano by Ann Brown. Definitely a treat for the ears! Roger Gulbranson led a brief business meeting, reiterating that our annual picnic has been moved to June this year. We met first-time attendees Maggie and Charles Boone, and Gary Mengay, and hope they return. After birthday recognitions, and the 50-50 raffle drawing, won by Malcolm Gordon, Deena introduced our speaker, Kathy Wendorff and her husband. Kathy was patient with the large number of members who arranged themselves in a semblance of a circle of dance pairs, and we struggled with passing on the right versus passing on the left, and the always fun promenade. The music was invigorating, and we had great instruction on several folk dances. Thankfully Kathy omitted the dreaded Troika from my gym class days! It was fun to laugh and move to, "Together, Away, Together, Away, Half-Sashay Away, and Promenade Away!" Here are a few pictures so all the fun is evident!


NEXT MEETING

Next Meeting: Wednesday, May 21, 2014 at Disciples Christian Church, 3663 Mayfield Rd., Cleveland Heights, OH 44121

5:00 Shirley Patterson's Choir (free) and games (free)

6:30 Dinner by Chef Rita: A variety of pizzas, tossed salad and fruit salad. *Remember your place setting.*

7:30 Speaker: LeAnne Stuver, RN, Director of Lifelong Learning at Menorah Park will speak to us. Her topic is "Challenge Your Brain. Unlock Keys to Your Memory Tools".





HOLIDAYS for this month



MAY 2014

- 5 Cinco de Mayo
- 6 National Teacher Day
- 11 Mother's Day
- 17 Armed Forces Day
- 26 Memorial Day



HAPPY May Birthdays...

to Charlotte Starec (1), Annie Nix (4), Dottie Norton (9), Cynthia McCreary (11), Mason Camp (15), Denise Sager (16), Paula Colston (17), Edward Jennings, (19), Ernest Ezekiel (21), Trudy Hood (27), Sari Loxterman (29), Mario Houston (30), and Maggie Eskridge (30).

HAPPY May Anniversaries...

to The Hoffmanns (5-9-1959), The Boffs (5-15-1965), The Skerkoskis (5-15-1954), The Sheltons (5-20-1972), The Nisenbouns (5-24), The Wallaces (5-26-1986), The Kerns (5-30-2003).

Welcome Back...

Alice Ladanyi

Get Well Wishes

Herb Kleiman, Trudy Hood, Jeannine Kern, and Sari Loxterman

DON'T FORGET - our annual PICNIC will be JUNE 18, 2014 - SAME PLACE - SAME TIME.

ANNOUNCEMENTS:

ELECTION OF OFFICERS - The slate of officers for the term May 2014 to May 2015 follows. We want to send our extreme thanks to our outgoing President Team, Roger and Deb Gulbranson and outgoing Secretary Team, Dan and Vivian Sekeres for their diligence and remarkable service to the Stroke Club. We also want to extend our gratitude to incumbents Deena and Brian Barrett, our Vice President Team and Shirley Kondo, our Treasurer, for agreeing to remain at their posts for another year.

SLATE OF OFFICERS FOR MAY 2014 - MAY 2015:

President: Chris Vuyancih
 Vice President: Deena and Brian Barrett
 Secretary: Barb and Barry Schecter
 Treasurer: Shirley Kondo

Voting takes place at our Annual General Meeting, May 21, 2014. If you cannot attend that meeting, you can request and use a proxy ballot for your right to participate in this election. If you would like to request that we consider other candidates, you may do so by writing in the person's name (with their approval) on a proxy ballot. Proxy ballots are available on request. Call Geri Pitts, 216-932-0552 and request one. She will mail it immediately because they need to get back to her by May 31, 2014. Voting takes place at our Annual General Meeting, May 21, 2014. If you cannot attend that meeting, you can request and use a proxy ballot for your right to participate in this election.

Membership Renewal - from Kay Exl, Membership Chairperson

A membership renewal form is included with this ReFocus. If you're receiving this newsletter electronically, you may print a copy from the website, or pick up a renewal form at either Kindred or Disciples Christian Church, or call Kay Exl at 440-449-3309 and ask her to mail one to you. Dues are still only \$6.00 per person per year and are payable by May 31, 2014. Dues can be paid at meetings where help with filling out the form will be available. Ask for the person who is designated the "Collector of Dues."

Due to popular demand, Yoga, Music Therapy, and Music & Exercise are continuing at CHSC to be offered to Stroke Survivors and persons of Aphasia at the Cleveland Hearing & Speech Center. For times and costs, please refer to our calendar in the Speaking Out Newsletter at www.chsc.org/speakeasy or call Deb & Roger at 440-944-6794.

Bowling for Brain Injury event is on June 28, 2014, sponsored by the Brain Injury Association of Ohio. If you're interested, contact Nicole Kirch at nicolekirch@gmail.com or look for more information in our next ReFocus.

Power of Laughter Workshop & Comedy Luncheon - Saturday, May 31, 2014 at Embassy Suites Hotel in Independence. For "free health screenings, vendors, exhibitors, silent auction, a heart healthy lunch and plenty of laughter!" Luncheon tickets are \$35.00. Call Geri Pitts (216)932-0552 for more information.

Our Anniversary Dinner is coming up in October. It's time to save for this evening of good food, good company and good entertainment. Prices will be slightly higher this year, so start saving your money now. This is an event you don't want to miss.

A BIG thank you to Barry and Barb Schecter and Chris Vuyancih for being on the panel at CCC's conference on April 24th and also to Sue Sheridan and Joanne Bergole for passing out information for the Cleveland Stroke Club.



GETTING TO KNOW GERI PITTS, OUR NEW STROKE CLUB DIRECTOR

Berenice E. Kleiman

The conclusion of a series of monthly columns highlighting members of the Cleveland Stroke Club

Each of us has a story-about what we did in our previous lives, how we met our significant other, and perhaps even the choices that changed our lives. Geri Pitts, the Cleveland Stroke Club's new executive director has her own story. She and Bill, our club's founder, who passed away in March, met 48 years ago on a ski slope in Chesterland while taking lessons at Mount Chalet. They had hoped this year, in 2014, to celebrate their 46th anniversary. Although that was not to be, they shared a rich, full life together. The overwhelming support and attendance at Bill's funeral on March 23rd, was a testament to both of them and the life they shared. Entering a second marriage, each brought one child, comprising the "yours and mine." Subsequently they added an "ours" who was followed some years later by a "theirs" when they adopted a profoundly deaf child to complete their family. Putting skiing aside after Geri suffered a fall, they continued their love of the outdoors by canoeing over many years at area reservations and along the Mohican River.

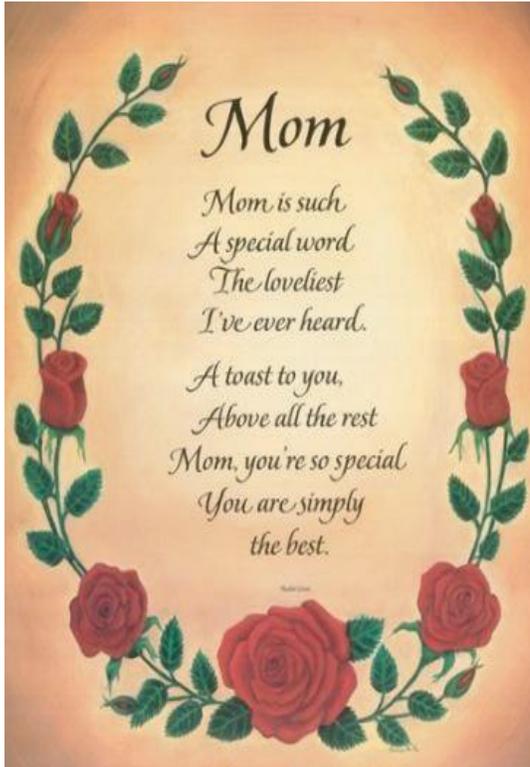
Geri, who had previously been a secretary, was inspired by both Bill's work in speech pathology at Highland View Hospital and her volunteer activity in his unit. Even with an active, growing family, she decided to return to school to earn a degree in the same field. She graduated from Cleveland State University all the while balancing family and academics. Although Geri initially intended to specialize in restoring communication for stroke patients, she later gravitated to adult training centers where she focused on the developmentally disabled. In particular, she taught communication techniques to help her patients better function within both their work and social environments. "It was rewarding work and a wonderful career," Geri says.

Many of us may not know that Geri also helped Bill found the Cleveland Stroke Club. She remembers the first stroke club meeting organized by Bill 40 years ago and has photos of that first meeting and the 30 stroke survivors with their caregivers who attended. Highland View and Bill were later incorporated into MetroHealth Hospital's speech pathology unit.

Geri, Bill and their children enjoyed many pleasant memories of their days at Highland View, especially their July 4th celebrations in the hospital parking lot. Positioned at the highest point in the Cuyahoga County, they had a panoramic view of fireworks activities all over the city.

Geri retired from the Cuyahoga County Board of Developmental Disabilities in 2002, sixteen years following Bill's retirement as Associate Director of Speech Pathology at MetroHealth Hospital. Geri is fortunate that all four of their children, eight grandchildren, and seven great grandchildren live within an hour of their home in Cleveland Heights. This close proximity allowed them to help care for their father and share remaining time together. "Bill, in this last phase of his illness, didn't remember as much as he used to but he enjoyed their visits," she explains. When Dottie and George Norton retired from club leadership at the end of 2013, Geri reluctantly and hesitatingly stepped forward to assume the leadership role. Although fully involved in Bill's care she recognized the need and was grateful for a team of strong officers who promised to continue their efforts. Now in this transition it's our turn as members to roll up our sleeves and take on tasks, however small, to ensure that our Cleveland Stroke Club continues to function and thrive. Our efforts in support and cooperation are not only in tribute to Bill and Geri but also for ourselves, as stroke survivors and caregivers, to maintain a working group that benefits us all. Geri now looks to those members on the sidelines, new members who have not yet become involved, as well as those who may have contributed earlier, to participate. "Our active leaders are wonderful but to continue to function and make this work, we need the involvement and support of everyone." Geri encourages all members to choose a slot and provide active backup for current leaders because "your help is much needed." More shared responsibility will allow Geri to maintain her leadership at this difficult time. So in essence, perhaps this introduction helps you learn more about Geri Pitts, the gracious lady with the big, warm smile. Or how much she needs each of us to participate in securing the success of the Cleveland Stroke Club! And while we're at it, let's all take some time over dinner at upcoming meetings to sit among people we haven't talked with before and learn about their interesting stories. Good questions, friendly exchange, and active involvement all add to our club's warmth, strength and camaraderie.

And Bill Pitts will smile down upon us all.



Insomnia may increase the risk of stroke,' researchers say

Friday 4 April 2014; MedicalNewsToday

According to the American Academy of Sleep Medicine, around 30% of the US population has insomnia. Now, as if having difficulty getting to sleep is not enough, new research suggests that insomniacs are at much higher risk of stroke than those without the sleep disorder.

Researchers found that insomniacs, particularly those aged between 18 and 35 years at diagnosis, have a much higher stroke risk than those without the sleep disorder.

A higher 3-year cumulative incidence of stroke was found in people with persistent insomnia, compared with those in the remission group.

The investigators also found that insomniacs with diabetes had a higher risk of stroke than those without diabetes.

Although the research team says it is not fully clear as to why insomnia may increase stroke risk, past research has suggested that the sleep disorder can interfere with cardiovascular health by causing inflammation, increasing blood pressure and impairing glucose levels.

read entire article @: www.medicalnewstoday

Deb's Top 10 reasons: Why I can't join the CSC Choir

10. I can't sing, I had a stroke.

Good try, chances are your music center in your brain was not impacted by your stroke. Most people with aphasia and most stutterers can actually sing well. You won't know unless you try.

9. My mouth is numb, I can't form words right.

Nice excuse, but music exercises those muscles and you can have fun doing it.

8. I'm not Christian, the songs are not right for me.

Good excuse, but no cigar. Our choir members know many songs. If they don't know your favorite song, request it and/or teach it to them. Differences are a good thing.

7. I like Bingo because I want to win a prize.

Fine, talk to the organizers they'll find prizes.

6. I can't remember the words.

You've been listening to music since you were a baby, you might be surprised at how much you know. Singing is a great way to work on memory.

5. I'm shy and tone deaf.

I am shy, too, but I sing, clap, and tap my toes. Sit with me.

4. My voice is too low and I can't make my voice go up and down when I want.

Music is a way to practice volume and breath control. Harmonizing might help you with voice inflection.

3. I'm tired. I just want to relax.

What is more relaxing than music, friendship, and harmonizing?

2. I came to the CSC to be with my friends.

Bring your friends.

1. I'm an old poo, always was, always will be.

Fine, join your friends at the next choir practice. We love you just the way you are.

The Cleveland Stroke Club
c/o Geri Pitts
3266 E. Scarborough Road
Cleveland Heights, OH 44118



➔ **DATED MATERIAL**

We are appreciative to Disciples Christian Church and Kindred Hospital for their support of our endeavors to meet the needs of stroke survivors and their caregivers.

NEXT MEETING MAY 21, 2014 "Challenge Your Brain" featuring LeAnne Stuver, RN, Menorah Park

ReFocus Staff:

Lu Higginbottom = production,
Bonnie Morris, Reporter
Geri Pitts, Coordinator
Assembly is done by volunteers
at the Kindred meeting.

**For More Information on
the Cleveland Stroke Club
visit...**

WEBSITE:
[http://
clevelandstrokeclub.wordpress.com](http://clevelandstrokeclub.wordpress.com)

EMAIL:
pittsgeraldine@yahoo.com



KEEPSMILING!

MEMORIAL DAY



Remember Our Troops

<http://anyservicemember.navy.mil/>
www.operationDearAbby.net
(Send a greeting card)
www.operationuplink.org/
(Donate a calling card)



CAREGIVERS MEETING

The caregiver meetings are at 6:30 pm on the first Wednesday of every month. Stroke survivors are invited as well. After dinner the stroke survivors and caregivers separate and each have their own meeting until 8:30 pm. The meeting is Kindred Hospital, 11900 Fairhill Road, Cleveland, OH 44120. Reservations are required. Call Kay 440-449-3309 or Deb 440-944-6794.

Many of our members also attend: Speak Easy at Cleveland Hearing & Speech Center

For info visit
www.chsc.org/speakeasy
or call 216-231-8787

FREE STROKE SCREENINGS

Are You at Risk for Stroke?

A Simple Screening Can Provide Peace of Mind

Stroke is the fourth leading cause of death in the United States.

GET A FREE STROKE RISK ASSESSMENT AT ONE OF
THE FOLLOWING UNIVERSITY HOSPITALS LOCATIONS THIS MAY:

UH CASE MEDICAL CENTER
Cafeteria Atrium
May 5, 9 & 20 | 11 a.m. – 2 p.m.

**SOUTHWEST GENERAL
HEALTH CENTER**
Williams Conference Center,
L. Jon Schurmeier Medical Pavilion
May 8 | 6:30 – 8:30 p.m.

UH BEDFORD MEDICAL CENTER,
a campus of UH Regional Hospitals
Main Lobby
May 14 | 9 a.m. – 12 p.m.

UH RICHMOND MEDICAL CENTER,
a campus of UH Regional Hospitals
4th Floor Auditorium
May 14 | 9 a.m. – 12 p.m.

UH GEAUGA MEDICAL CENTER
Main Lobby
May 15 | 9 a.m. – 12 p.m.

UH AHUJA MEDICAL CENTER
Main Lobby
May 21 | 9 a.m. – 1 p.m.

UH PARMA MEDICAL CENTER
Health Education Center
May 27 | 6:30 – 8 p.m.

ST. JOHN MEDICAL CENTER
May 28 | 9 a.m. – 12 p.m.

No appointments necessary



1-866-UH4-CARE (1-866-844-2273) | UHhospitals.org/Stroke

Among the nation's leading academic medical centers, University Hospitals Case Medical Center is the primary affiliate of Case Western Reserve University School of Medicine, a nationally recognized leader in medical research and education.

© 2014 University Hospitals NEU 00400

Cleveland Stroke Club Membership Form
May 2014-2015

Dear Members: Your 2014-2015 Cleveland Stroke Club membership is due by May 15, 2014. In order to receive the ReFocus, please complete the form below and mail it along with a check (payable to: Cleveland Stroke Club)

Mail to:
Cleveland Stroke Club
c/o Kay Exl
6507 Chase Drive
Mayfield Heights, OH 44143
440-449-3309

It is necessary to complete this form each year so that we can keep our records updated. Thank you for your continued participation and support.

(Please Print)

Date _____

Name (stroke survivor) _____

Name (caregiver) _____

Spouse (circle) Yes No

Supporter (neither caregiver or stroke survivor) _____

Address _____

Number

Street

Apt.#

City

State

Zip Code

Home Phone Number

Cell Phone Number

e-mail address _____

Birthdays (month and day):

Survivor: _____

Caregiver: _____

Supporter: _____

Wedding date (month/day/year): _____

Annual Dues - \$6.00 per person

Amount paid - \$ _____

ReFocus:

- I prefer to receive the ReFocus in Email or on the Web
- I prefer to receive the ReFocus in my mail box at home

Club Roster

- Include my name, address, phone and e-mail address in the Club Roster (Cross off anything you do NOT want included in our Roster).
- No, I do not want my name to appear in the Club Roster.

DUE BY MAY 31, 2014