

# ReFocus



**United States  
Presidents**

A REPORT OF THE CLEVELAND STROKE CLUB

FEBRUARY 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.



**FEBRUARY 19, 2014**

**Developing A Healthy Life Style**  
*featuring*

**Dr. Matt Plowe from the Cleveland Clinic**



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 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

## EXECUTIVE DIRECTOR

Geri Pitts  
216-932-0552

Executive Director & Editor  
Emeritus

Dorothy Norton

## Editor

Lu Higginbottom

Founder  
Bill Pitts

## 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 Minutes*

# JANUARY Mtg Notes

### *Meeting Notes for Jan 15, 2013*

You had to have been there! What a night it was. Mike Karban and his team from Break Out Fitness led a group of Stroke Club members in exercises and discussion. Those who attended want to go back and attend next month.

Concurrently, Bob Shelton called BINGO for others. We then had a scrumptious meal by Chef Rita of chicken paprikash over noodles, green beans, applesauce and dessert.

Following that, Roger Gulbranson opened the meeting. Geri Pitts had asked people to steer their dinner conversation to the topic of volunteering. There are so many different jobs that need to be filled that surely something is appealing. After dinner she led the group in a discussion about how each of us can contribute and developed a list of new volunteers. Can you believe that out of 33 people in attendance, 18 people said they would need help. Many of these people were already volunteering.

Recently Stroke Club members wanted to thank the following people for their random acts of kindness: Gus Aberle, Nancy Ackerman, Geraldine Barnett, Brian and Deena Barrett, Joanne Bergole, Mason and Jenny Camp, Jon and Paula Colston, Lucy Conde, Barbara Cox, Vicki Curtis, Charles and Helen Rose Deforest, Dorothy and June Emmerson, Kay Exl, Marleen Griffin, Roger Gulbranson and Debbie Felt, Michael and Cecelia Hamilton, Lu Higginbottom, George and Jeannine Kerm, Katie Kern-Pilch, Herb and Berence Kleiman, Shirley Kondo, Joanne Kraynak, Al Lebarre, Cynthia McCreary, Bonnie Morris, Jean Nisenbourn, Shirley Patterson, Lurelean Patterson, Rita

Perna, Linda and George Pfeiffer, Geri and Bill Pitts, Amelia Ponyik, Barbara Schecter, Dan and Vivien Sekeres, Sherry and Bob Shelton, Sue Sheridan, Sabrina Simmons, Tony and Charlotte Starec, Dorothy Story, Christine Vuyancih, George and Jacky Williamston. People with huge volunteer spirit also include Dottie and George Norton and Paul Fisher. Three cheers to all of you.

Following this stimulating and rewarding part of the meeting we discussed a questionnaire that was filled out by each person. A copy of the questionnaire is included on a separate page. The results of the questionnaire follow below:

1. Seven people want the picnic changed to June, 9 said keep it in July and 17 said either month was okay with them.
2. Fifteen people wanted the Refocus to be emailed to them only and 18 wanted to continue to receive it in the mail. By the way, Debbie Felt added the January 2014 Refocus to our website <http://clevelandstrokeclub.wordpress.com/refocus-newsletter/> Future newsletters will be on the website. Follow the instructions to increase the size, if you like.
3. Only 2 people requested their information not be included on the roster.
4. The next topic on the questionnaire asked people for suggestions, etc. These will be considered in the future: A funny hat month, either March or May. Wear a hat of your choice or create a hat that will make people smile. Another idea was to make a list of people's strengths, interests or passions. For example, if a person has expertise in an area, let us know about it so that you can give advice to someone in need. Another idea was that the Stroke Club should have those stretchy, rubber-like bracelets with the club's name for publicity.

# CSC Questionnaire

Your opinions are important to us. Members, please get your answers to:

Geri: 216-932-0552 or [pittsgeraldine@yahoo.com](mailto:pittsgeraldine@yahoo.com) or

Deb: 440-944-6794 or [Debbie@gulbranson.com](mailto:Debbie@gulbranson.com) .

Name: \_\_\_\_\_

1. The picnic is currently held on the third Wed. of July. Some members want to move it to June, when it is less humid. **Should we move the picnic to June or keep it in July?**

- I prefer the picnic in June
- I prefer the picnic in July
- Either month is OK.

2. To save printing and mailing costs, some members want to **receive the Refocus on the Web and in email**. Other members want to read a paper copy. How do you want to receive the 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

3. We would like to **distribute the membership roster** to help members connect. The roster will be marked: **For MEMBERS ONLY and NOT to be used for solicitation**.

Can we add your name and information to the roster?

- Yes: I want to be included in our Club roster that will be sent to members only.

Include my name, address, phone, and email.

(Cross off any piece of information you do NOT want included in our roster).

- No: I do not want my name to appear in the Club roster.

4. Do you have any other suggestions, comments, or questions?



## HOLIDAYS for this month



- 14 Valentine's Day  
17 President's Day



### HAPPY February Birthday:

to Paul Fisher (3), Joyce Levy (5), George Williams (5), Lu Higginbottom (7), Barbara Hoffmann (7), Brian Barrett (8), Leslie Hornyak (15), Karen Baker (16), Al Lebarre (7), Katie Lloyd (18), Adele Skerkoski (18), Nell Ezekiel (25), John Pumper (27), Marlene Griffin (28).



### Happy February Anniversary:

to Sue and Pat Sheridan (2-19-66), Charles and Helen Rose DeForest (2-22-47), The Curtis' (2-28-81), and the Fraziers' (2-29-2000).

### Congratulations 50/50 Winner

Tony Starec



### Thinking of You...

Paul Fisher. We miss you.

### Get Well Wishes

Joanne Bergole and Sari Loxterman. Sari is now at Heartland of Mentor, 8200 Mentor Hills Drive, Mentor, OH 44060. She'd love to get cards from you.

Alice Ladanyi and George Williamston are out of the hospital and on the mend. We miss you both.

## Announcement

*Berenice Kleiman sent this information: IHOPE is a series of webinars and Ask the Experts Q&A sessions led by topic experts on stroke recovery issues and produced by the National Stroke Association. The program is designed for an individual experience. Learn at your own pace and gain specific knowledge for personal needs.*

*Berenice E. Kleiman who is the author of ONE STROKE, TWO SURVIVORS and LESSONS LEARNED: STROKE RECOVERY FROM A CAREGIVER'S PERSPECTIVE, both published by the Cleveland Clinic Press and a long-time member of the Cleveland Stroke Club has written and narrated two videos: Time Management and Goal Setting for Caregivers. There are many other videos also on the site that may be of interest: Depression, Nutrition, Pain, Vision, Fatigue, etc.*

## NEXT MEETING

**Next Meeting:** Wednesday, February 19, 2014 at Disciples Christian Church, 3663 Mayfield Rd., Cleveland Heights, OH 44121

**5:00 Exercise with Mike Karban of Break Out Fitness (\$5.00) and games (free)**

**6:30 Dinner by Chef Rita:** yummy meatloaf dinner  
Remember to bring your place setting.

**7:30 Speaker:** Dr. Matt Plowe will speak on developing a healthy life style. Dr. Plowe is on staff at Cleveland Clinic's Biomedical Engineering Department.



## Can sunlight protect against heart attack and stroke?

**Tuesday 21 January 2014**

*Written by David McNamee*

*Copyright: Medical News Today*

New research conducted by the Universities of Southampton and Edinburgh in the UK, and published in the Journal of Investigative Dermatology, suggests that exposure to sunlight may help reduce blood pressure. In turn, this could cut the risk of heart attack and stroke. According to the National Institutes of Health, about 1 in 3 adults in the US have high blood pressure. We know that blood pressure tends to rise with age, but following a healthy lifestyle can help delay or prevent this rise.

Overweight people are more likely to have high blood pressure, and we also know that black people are also more at risk for this condition than white or Hispanic people.

Medical News Today recently looked at studies showing that high blood pressure can be more dangerous in women, and that socio-economic status can also be a factor in successful blood pressure reduction.

*read more of the Medical News Today article @*

***<http://www.medicalnewstoday.com>***

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➔ **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** February 19 "Developing A Healthy Life Style" *featuring* Dr. Matt Plowe from Cleveland Clinic

**ReFocus Staff:**

Lou Higginbottom = production,  
Bonnie Morris, Reporter  
George and Linda Pfeiffer  
Assembly is done by volunteers  
at the Kindred meeting.

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

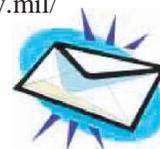
**WEBSITE:**  
[http://  
clevelandstrokeclub.wordpress.com](http://clevelandstrokeclub.wordpress.com)

**EMAIL:**  
[pittsgeraldine@yahoo.com](mailto:pittsgeraldine@yahoo.com)



**Remember Our Troops**

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



**CAREGIVERS MEETING**

*FIRST Wednesday EVERY month...  
6:30pm @ The Kindred Hospital, 11900  
Fairhill Road, Cleve.  
This is a dinner meeting & reservations  
are a MUST -phone 440-449-3309  
to do so; the cost is \$7per person.*

\*\*\*\*\*

*Many of our members also attend: Speak  
Easy at Cleveland Hearing & Speech  
Center  
For info visit  
[www.chsc.org/speakeasy](http://www.chsc.org/speakeasy)  
or call 216-231-8787*

**KEEP SMILING!**