The MISSION of the Cleveland Stroke Club is to enhance the lives of stroke survivors and their families through support, fellowship and socialization, education and advocacy.

Next General Meeting: April 19, 2017

Healthy Eating for Graceful Aging

by

Angela Majerle RD LD
Department of Clinical Nutrition,
Senior Health and Wellness Center
Rehabilitation Institute at MetroHealth Medical Center

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.

Except for the months of June and August, our General Meetings are held on the third Wednesdays of each month at Disciples Christian Church at 3663 Mayfield Rd, Cleveland, OH 44121. Usually, we host Bingo at 5:30, dinner at 6:30, and a presentation by community professionals from 7:30 until 8:30. Meetings end at 8:30.

In addition, our Caregiver & Survivor meetings are held on the first Wednesday of every month at Select Medical (formerly Kindred Hospital) at 11900 Fairhill Road, Cleveland, OH 44120. We dine together at 6:30 and then breakout into separate meetings for caregivers and survivors from 7:30 until 8:30. Meetings end at 8:30.

Please RSVP for both meetings to Kay 440-449-3309 or Deb 440-944-6794. Look for details in this newsletter.

If you or a member of your family has had a stroke, we invite you to visit our meetings anytime. New members and community professionals are always welcome. Both meetings have plenty of free handicap parking and are fully wheelchair accessible.
**ANNOUNCEMENTS**

*By Geri Pitts*

WE ALMOST MADE IT! But Mother Nature had other plans. We are so sorry it was necessary to cancel the March 15th meeting. The anticipation of Rita's great corned beef dinner will have to wait until next year. We hate to cancel meetings, but we think SAFETY FIRST. Let's hope that was the last of the snow storms for the season. Let's get on with Spring!

... APPLAUSE, APPLAUSE to Kay Exl and her calling committee: Sherry Shelton and Linda Pfeffer. They needed to call people first to take reservations for March 15th and then call back again to tell them that the meeting was cancelled. Kay does a wonderful job of keeping tabs on what's going on, in addition to making calls herself. Kay even drove to the church and waited in the parking lot to let anyone who might have shown up know that the meeting was cancelled.

**ELECTIONS ARE COMING UP**

YOUR NOMINATIONS COMMITTEE will be announcing its slate of officers at our next meeting.

We will vote on May 17th for your Board of 2017-2018, our 43rd year!

If you can't make the May meeting and would like to have your vote count, call Geri Pitts (330-975-4320) or email (pittsgeraldine@yahoo.com) and she will mail/email you a proxy ballot.

**A HUGE THANK YOU...**

goes to the grandchildren of Larry and Kay Exl for their generous donation to the Stroke Club's picnic fund. We like this habit you are getting into. You are so thoughtful and kind.

**PICNIC 2017**

**SAVE THE DATE: JUNE 21ST**

On the afternoon of Wednesday, June 21st will be our PICNIC. This year we will hold the picnic at Disciples Christian Church. If the weather is nice, we will sit outside and if it rains we will be cozy inside. Everything else will be the same: The Club will provide the burgers and dogs, table settings, condiments, ice, sodas, and games. Members can bring a salad or dessert to share. More details to come. In the meantime, mark your calendar and note the new location.

**PICNIC FUNDRAISER**

To further help fund the picnic, we will be making and selling T-Shirts! Special thanks goes to our 2017 designers: Charlotte Starec, Linda Davis, Geri Pitts, and Katie Kern-Pilch.

**SIZES: M, L, XL, 2X, 3X, 4X**

$10

To order, fill out a form at one of our April meetings or contact Geri or Deb or Linda Davis.

We will distribute the finished T-Shirts at our general meeting on May 17th.

Get your orders in as soon as you can.

(Here is a close-up of the design.)
**AURAL DAYS**
- 1 April Fools
- 1 March Madness
- Final 4
- 3 March Madness
- Final Game
- 3 Golf Masters
- 9 Palm Sunday
- 11 Passover (first day)
- 15 NBA Playoffs begin
- 16 Orthodox Easter
- 16 Easter Sunday
- 22 Earth Day
- 24 Isra and Mi’raj
- 24 Holocaust Rem
- 28 Arbor Day

https://www.timeanddate.com/holidays/us/2017

**MARCH WISHES**

**Happy Birthday**
- Raj Saggar 4/2
- Barbara Cox 4/3
- Romero Guerry 4/5
- Sanjay Godbole 4/6
- Lucy Conde 4/8
- Gus Aberle 4/9
- Vinita Saggar 4/9
- Lorna Fung 4/10
- Ruth Ann Secrist 4/11
- Cynthia Frazier 4/12
- Mary Carney 4/15
- Linwood Hudson 4/15
- Rita Misich 4/15
- Sherry Shelton 4/16
- John Lefler 4/19
- Stoney’s grandch. 4/21
- George Pfeffer 4/26
- Bill’s dau. Lauren 4/28

**Thinking of You**
- Don Broge,
  - Omelia Beverly,
  - Harry Davis,
  - Sanjay Godbole,
  - Alice Ladanyi, and
  - Katherine’s Aunt Gloria

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**NEXT GENERAL MEETING**
By Charlotte S.
Wednesday, April 19, 2017
Disciples Christian Church,
3663 Mayfield Road, Cleveland Heights 44121

5:30 p.m. - Bingo
6:30 p.m. - Dinner by Rita – chicken stir fry and vegetable stir fry and dessert -- cost is $5.00. *Try to remember to bring your plates & silverware.*
7:30 p.m. - Angela Majerle RD LD: “Healthy Eating for Graceful Aging”
8:30 p.m. - Meeting ends.

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**ADVOCACY**
By Katherine S.

**AARP Advocacy Alert**

We were please to tell you back in December that the Ohio Caregiving Act passed both the Ohio House and Senate with unanimous support! In January, Governor John Kasich signed the bill into law. And this week, the Ohio Caregiving Act became effective March 20.

What does this mean? It means that statewide, Ohio’s 1.4 million family caregivers now have the support needed to help transition a loved one 55 years of age or older from the hospital back home or to another facility.

Specifically, The Ohio Caregiving Act ([action.aarp.org](http://action.aarp.org)] requires Ohio hospitals to:

1. Record the name of the family caregiver when a loved one over age 55 is admitted into a hospital;
2. Notify the caregiver if the loved one is to be discharged to another facility or back home; and,
3. Provide the family caregiver with instruction and demonstration on all tasks that the family caregiver will have to perform at home — such as medication management, injections, wound care, and transfers. You can now download a free wallet card ([action.aarp.org](http://action.aarp.org)] to keep with your insurance card. The wallet card has the Ohio Caregiving Act provisions on it should you or a loved one should ever need it. Feel free to download your wallet card today ([action.aarp.org](http://action.aarp.org)], and thank you so much for all of your help in getting the Ohio Caregiving Act passed!

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**MUSIC**
By Malcom G.

**The Western Reserve Chorale**

This magnificent chorale specializes in Jewish and Christian music to promote appreciation for cultural differences.

The concert pictured here was at Church of Gesu (a Jesuit church) on March 19th.

Special thanks to Deena Barrett and Judi Koffman for an awe-inspiring performance.
FROM THE DESK OF OUR PRESIDENT
By Chris Vuyancih

Hello Members, caregivers, supporters and friends!

Super unfortunately; we decided to cancel the CSC meeting @ DCC this past week. Between the impending winter storm forecast and bitter cold and wind gusts predicted, the decision was made. Safety is so important when considering the members and their individual challenges. Since, I was snowbound as well; I was cleaning through some papers and came across this excerpt below from an earlier writing.

....To keep my mind occupied with something other than my disgust, I began to volunteer at the art museum. This made perfect sense given my previous education and ‘art’ background. I began volunteering as a means of rehabilitating myself both physically, and mentally. The art museum, with all its challenges, was exactly what I needed. It physically was like an obstacle course, with all its ‘areas’ and the required security an art museum provided, was just one among a wide range of challenges as well. I can recall that on the first day I was supposed show up at the museum to volunteer, it was an extremely windy, cold, snowy day. I tried to walk to my car, but the wind kept blowing at me. I struggled to just stay on my feet. I returned back inside and wasn’t long before my phone rang and it was Liz from the volunteer office wondering if I was coming to volunteer. I tried once again; I made it to my car, drove down to CMA and prayed I would find an accessible parking space. I did. Then I had to contend with the frightful walk into the museum and to the volunteer office. “Oh God, I thought, please help make it to a chair to sit!”

I wanted to share this writing because it because it reminds me of how much I have changed. Even I forget just how challenging simple things have been for me. It is only through constantly challenging myself, in any way I could think of, (you know make everything into a game….) that I believe I have recovered so well.

A reminder to everyone: Constantly Challenge Yourself, Whatever It Takes!

I know, because I have been where you are! Not exactly of course, everyone story is individual and unique, however, I know from experience that you will never regret having done so! Since the ‘recovery journey’ is life long, and seemingly painfully slow at times, use the time to your benefit! Physically or otherwise. Decide to be a better you!

MOVIE REVIEW
By Damon S.

Kong (skull island)

A secret government organization mounts an expedition to Skull Island, an uncharted territory in the Pacific. Led by an explorer (John Goodman) and a lieutenant colonel (Samuel L. Jackson), the group recruit a disillusioned soldier (Tom Hiddleston) and a photojournalist (Brie Larson) to investigate the island's peculiar seismic activity. But once there, they discover that Skull Island is home to a gigantic ape called King Kong, and finds themselves caught up in an ongoing war between the beast and the area's indigenous predators. Jordan Vogt-Roberts directed this reboot of the classic monster franchise. (www.yahoo.com)

This was an excellent movie, and left the door open for several series or version. I give this movie 1 ½ thumbs up.
“BITS-‘n-PIECES”
By Dan S.

“In the Warner & Swasey building at 5701 Carnegie Ave. critical armament parts were once manufactured that helped the United States and its allies win two world wars during the twentieth century. The five-story building made of reddish-stone was constructed over a six-year period from 1904 to 1910. It replaced the original building that had been erected on the site in the early 1880s. Warner & Swasey built telescopes and machine lathes in the new, as well as the old building on Carnegie Ave. And the wartime, when the company built those armament parts that helped America win two world wars, thousands of Clevelanders worked there. They built parts for “tommy guns” in WWI and in WW II when 7,000 Clevelanders worked there they built parts for planes, ships, and tanks. In the end it was a victim of high technology, and when it closed its doors in 1985. Only a few hundred employees were still left to be sent elsewhere.”

https://clevelandhistorical.org/items/show/623#.WNmf2fkrJ9M

COURTESY OF THE GEIS COS.

Hemingway Development hopes to revive the former Warner & Swasey Co. complex at East 55th Street and Carnegie Avenue in Cleveland. This image shows a restored version of the main building, which is dilapidated, with boarded-up and bricked-over windows. The city of Cleveland owns the property, a former machine-tool shop that has been vacant since 1985.


BOOK REVIEW
By Carolyn D.

Never, Never by James Patterson

It’s set in modern times—it has text and email. It’s about a female cop who gets transferred to Australia, of all places. She has a partner and they are trying to figure out who is killing a lot of people. There are lots of twists and turns, of course. It’s just like a video game. I really liked it. I recommend it; I think everyone will enjoy it. I just read a Harlan Corben called, Hold Tight, and that will be my next review.

HOME BREWING
By Roger G.

Pirate’s Plunder India Dark Ale

I received the ingredients. I made it before and I like it. It will be brewed on April 15. Open house starts at 2:00 with food and beer tasting. My email is roger@gulbranson.com. I will be brewing one more, Stepson Root Beer.
ON THE ROAD AGAIN
By Linda D.

It was very cold, but nice day for the St. Patrick’s Day Parade. It was the 175 years for the parade, it was a long one: 2 hours long. There were not a lot of people because of the weather. Here are some pictures that I took.

SPORTS
By Willy F.

March Madness Final Four is on Saturday, April 1: South Carolina vs. Gonzega (a Jesuit College in Spokane Washington) plays at 6:09. Oregon plays North Carolina at 8:45. All the games are on CBS. Gonzega and North Carolina were expected to make it to the Final 4 and the Final Game. I think NC will win.

The Cavs won the Central division on Friday, March 24. The playoffs begin on April 15th. They should go all the way to the finals but they have some injuries, especially Love, who plays Center. If they don’t make it, it will be because of the injuries. I think Golden State should make it to the finals also.

GOLF
By Gary M., John P., Bill F., Barry S., and Hollis T.

All of us love to play golf. Most of us played before our stroke. Hollis played in a lot of tournaments across the country. It’s great exercise but upper body range of motion and strength and balance are difficult after a stroke. Gary Mengay told us all about the program and we love it. The PGA and University Hospitals rehabilitation therapists have teamed up to help you get back to the game we all love. Thanks to Gary for introducing all of us to the program. Here’s what their Website says:

“The Return To Golf® program provides innovative programming, free of charge, adults to improve balance, coordination, muscle strength. Weekly programming is conducted by appointment year round (45 weeks per year) on the campus of the Wharton Golf Center at North Olmsted Golf Club for individuals and groups. The Return To Golf® program participants represented a broad range of physical disabilities, including stroke survivors, amputees, traumatic brain injuries, visual impairment, multiple sclerosis and cerebral palsy.” http://www{returntogolf.org/}

Interested in more information about Return to Golf?
Contact Shellie McQuaid at 440-686-1070 (ext. 210) or email shellie@returntogolf.org.
There are two spectacular places in Cleveland to celebrate spring that you can even view from a car. Take pictures … and send them to Deb for our “celebrate spring” page of the May newsletter!

Lakeview Cemetery is well known for displaying hundreds of daffodils on a hill. The cemetery is about a mile east of the CASE campus with entrances on both Euclid and Mayfield Rd. Follow the signs inside the cemetery. Open 7:30-7:30. Above is a pic.

Cleveland City Greenhouse has the largest display of tulips in the area—plus most of the spring flowers in Brenda’s puzzle. The City Green House is located at the first intersection just south of the I-90 and Martin Luther King Blvd. exit—follow the signs. It’s open every day 10-4 PM. There are places inside and out that you can sit and admire. Cacti may be blooming inside the wheel-chair accessible greenhouse. Also, the county extension office, a courtyard lined w trees, and a garden for the blind are there. Here’s the tulip display.
*Answer: The baby on page 7 is Geri Pitts, Executive Director of the Cleveland Stroke Club.
OUR MARCH OUTING

On Mar. 22nd, we met at Winking Lizard on Miles Road to celebrate spring. They were really nice and gave us the Board Room—which we overflowed. We especially want to thank, our waitress, Renee, for exceptional service. Moreover, Renee told us that someone dear to her had a stroke. We welcome Renee and her family to our Club with open arms.

Big shouts out to:
Winking Lizard,
Renee, and the bunch who joined us for lunch.

APRIL OUTING: Red Lobster Luncheon
By Deb F.

Who: Stroke Club & Speak Easy Members & guests
What: Lunch with friends
When: Tuesday, April 25th at 1:15.
Where: Red Lobster, 3655 Orange Place, Beachwood, OH 44122. Phone: (216) 464-4057

How:
• I have made reservations for 25.
• No need to RSVP to me.
• Pay for your own meal.
• Call Deb for questions/problems:
• Deb’s phone: H: 440-944-6794/ C: 440-289-9192

Menu & Map: https://www.redlobster.com/
Cleveland Stroke Club Membership Form
May 2017-2018

Dear Members:  Your 2017-2018 Cleveland Stroke Club membership is due by May 17, 2017. In order to support your Club, please complete the form below and mail it along with a check (payable to: Cleveland Stroke Club)

Mail to:
Cleveland Stroke Club
c/o John Pumper
7954 Walcott Way
Mentor, OH  44060
216-406-5619

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):___________________

EMERGENCY CONTACT INFORMATION:
Name _____________________________________      Phone Number _________________________________
Address ___________________________________       City __________________________________

Annual Dues - $7.00 per person (tax deductible)

Amount enclosed - $________________  (tax deductible contributions are gladly accepted at any time)

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

Club Roster
  o  Include my name, address, phone and e-mail address in the Club Roster (Cross off anything you do NOT want included in our Roster).
  o  No, I do not want my name to appear in the Club Roster.
We are appreciative to Disciples Christian Church and Select Medical for their support of our endeavours to meet the needs of stroke survivors and their caregivers.

Next General Meeting: April 19, 2017
Angela Majerle RD LD
Department of Clinical Nutrition, Senior Health and Wellness Center
Rehabilitation Institute at MetroHealth Medical Center

Healthy Eating for Graceful Aging

Remember Our Troops
http://anyservicemember.navy.mil/
www.operationDearAbby.net
www.operationuplink.org/
(Donate a calling card.)

KEEP SMILING!

If we have to cancel a meeting, we will send an email, call, and post it on our Website. You can contact Geri, Chris, Kay, Deb, or any Board Member, if you have questions.

Many of our members attend:
Speak Easy at Cleveland Hearing & Speech Center. For more info call: 216-231-8787 or visit: www.chsc.org/speakeasy

The Cleveland Stroke Club
c/o Geri Pitts
9284 Towpath Trail
Seville, OH 44273

ReFocus Staff:
Deb Felt, Editor
Bonnie Morris, Reporter
Geri Pitts, Coordinator
Assembly is done by:
Linda Davis, Malcolm Gordon, Diondre Kidd, Barry Schecter, Sabrina Simmons, Katherine Sims, & Damon Smith.

For More Information
on the Cleveland Stroke Club
visit our Website:
www.clevelandstrokeclub.org

Our newsletters are online:
https://clevelandstrokeclub.org/refocus-newsletter/

Executive Director’s email:
pittsgeraldine@yahoo.com

Painting by our late member
Dorothy Story
Commemorating Easter

Painting by our late member
George Kern
Commemorating the message of fellowship of this religious season.

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