

ReFocus



A REPORT OF THE CLEVELAND STROKE CLUB

AUGUST 2015

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



A PUBLIC ANNOUNCEMENT

*The Cleveland Stroke Club will be celebrating its 41st anniversary this month.
We hope you have made your reservations for this fun-filled night.*

August 19, 2015

**DoubleTree by Hilton Cleveland East/Beachwood
3663 Park East Dr., Beachwood, OH 44122**

featuring
**Cleveland Stroke Club
Members and Friends**

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 held on the first and (usually) third Wednesdays 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 both meetings at 6:30p.m. at a nominal cost. Look for details in this newsletter.

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 at both meetings.

**Officers 5/2015-5/2016****President:**

Chris Vuyancih

Vice-President:Deena and Brian Barrett
216-410-2306**Secretary:**

Barry and Barbara Schecter

Treasurer:

John Pumper

Assistant Treasurer:

Brian Barrett

Founder

Bill Pitts

EXECUTIVE DIRECTORGeri Pitts
216-932-0552**Executive Director & Editor
Emeritus**

Dorothy Norton

Editor

Lu Higginbottom

Board Committees:**Public Relations Chairperson**

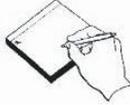
Sue Sheridan

Membership and Picnic**Chairperson**

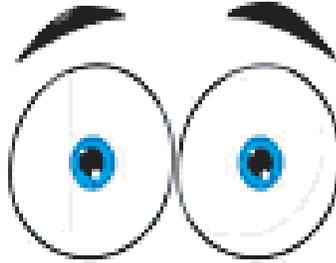
Kay Exl

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 &
Roger Gulbranson***It's a Matter
of the Minutes*****JULY**
Mtg Notes 

By Bonnie Morris

LOOK FOR THESE MINUTES ON
PAGE 3 OF THIS NEWSLETTER.**HOLIDAYS &
CELEBRATIONS
for this month****HAPPY AUGUST Birthdays...**
to to George Kern (3), Linda Pfeffer
(4), Chris Vuyancih (5), Michael
Hamilton (6), Henry Campbell (10),
Betty Ellsworth (22)**HAPPY AUGUST Anniversaries**
to Mason & Jenny Camp (8/12/78),
Sanjay & Medha Godbole
(8/15/84), Joanne & Dennis Losz
(8/15), Brian & Deena Barrett
(8/17/66), Tony & Charlotte Starec
(8/23/03), Bonnie & Lyle Morris
(8/25/73) and George and Dottie
Norton (8/26/72).**PROGRAM FOR OUR 41ST
ANNIVERSARY DINNER:***(Get your reservations in as soon as
possible.)***Where:**DoubleTree by Hilton Cleveland
East/Beachwood
3663 Park East Drive,
Beachwood, OH 44122**Time:**5:30 social time - cash bar
6:30 dinner
7:30 short business meeting and
awards
7:45 entertainment by Slammin' Sam
followed by dancing
9:00 Music ends.

Announcements

THANK YOU! CMV Enterprises for your generous donation to the Cleveland Stroke Club, specifically for our anniversary dinner.

THANK YOU, KATIE! Our own member and Art Therapist, Katie Kern-Pilch, offered a free art class before our July meeting at the Church. She writes, "Going green can be colorful!" Creating windsocks out of recycled plastic bottles was the art experiential for the July session at the Stroke Club. Choosing from a variety of sizes and colored tissues, we used Mod Podge to affix the tissue shapes. When dry, the lower part of the bottle was cut off and saved as a decorative dish. Then spiral cuts were made to the bottle side to achieve playful streamers. Everyone enjoyed the surprising results. Trash can become treasurers! An inspiring way to start the July Stroke Club Meeting!"

Metro Health Annual Stroke Conference - Friday, September 25, 2015. Tentative presentations in the morning include: Sexuality after Stroke, Coping for Caregivers and Medical Power of Attorney. After lunch will be a session on Music and Stroke Recovery. As in the past, lunch and parking are free for this conference. Registration is at 9:30, the keynote speaker starts at 10. Call Shelly Amato (216-957-3625) or tell Geri Pitts, who will include you with her reservations. The Cleveland Stroke Club will have an information table. Come by and say "hello."

Thank your Speech-Language Pathologist! American Speech-Language-Hearing Association helped to make an important change in Medicare rules. One of the first of the Medicare caps on speech services comes down! Today the US House of Representatives passed the Steve Gleason Act of 2015 that allows for the immediate purchase and transfer of ownership for speech-generating devices (SGDs) to the Medicare beneficiary and removes SGDs from Medicare capped-rental requirements." SGDs will be your property and no longer a rented device, so whether you are at home, in the hospital, or rehab facility, you can take the equipment with you and communicate. For those of you who are not familiar with SGDs, they are "highly customized electronic augmentative and alternative communication devices that are used to supplement or replace speech." Further, Medicare will cover equipment to access SGDs, such as eye-tracking technology that allows individuals with extremely limited voluntary muscle control. For more information, see: <http://www.asha.org/News/2015/Steve-Gleason-Act-Passes-the-House-of-Representatives/> and <http://www.medicareadvocacy.org/steve-gleason-act-passes-in-congress-center-for-medicare-advocacy-is-proud-to-partner-with-team-gleason/>

New bill to support Medicare Reimbursement of Hearing Aids. On Tuesday, July 14, 2015, at a news conference on adding Medicare coverage of hearing aids, Rep. Debbie Dingell (D-MI) discussed H.R. 1653, the "Medicare Hearing Aid Coverage Act of 2015," the first bill she introduced as a member of Congress, which would allow Medicare to provide coverage for hearing aids. Currently, Medicare does not provide coverage for hearing assessments or hearing aids. Today the average price of a pair of hearing aids ranges between \$4,400 and \$4,500.

Lack of hearing aids has an impact on quality of life; but, new research indicates hearing loss effects go far beyond. According to the NCPSSM study, hearing loss is connected to depression, isolation, and an increased risk of cognitive impairment. A recent JAMA study, "Hearing Loss and Cognitive Decline," found that hearing loss increases shrinkage of the brain, which speeds severe health effects, such as dementia.

Jean Nisenbom explained this study to the survivors at the last Kindred meeting and encouraged everyone noticing a hearing problem to get a hearing test. Thanks, Jean.

If you are looking for a resource: The audiologists at Cleveland Hearing & Speech Center (CHSC) provide thorough evaluations, rehabilitation and education to help maximize your hearing health. provides tests and hearing aids Hearing tests are provided at their University Circle, South Euclid or Broadview Heights offices. For more information, contact <http://www.chsc.org/Main/Hearing-Services.aspx> or call CHSC at: (216) 325-7570.

For more information, about the bill, visit: <http://www.medicareadvocacy.org/rep-dingell-calls-for-medicare-coverage-of-hearing-aids/>

Returning to Work After a Stroke - the National Stroke Association (nsa@stroke.org) has help for you. The road back to employment after a stroke can be daunting and full of challenges for stroke survivors. You may be asking yourself: Am I capable of working? Can I do what I did before my stroke? Can I tolerate full-time employment? What happens to my disability status if I return to work?

To help stroke survivors who want to rejoin the workforce, National Stroke Association has collaborated with Allsup Employment Services and the Ticket to Work Program to connect stroke survivors and caregivers to personalized employment services.

Some things to check out on our website for the Ticket to Work Program are:

- Live video chat with Allsup staff member
- Information about the Ticket to Work Program
- Client case study

Cleveland Stroke Club Meeting

July 15, 2015

“Leaving a Legacy: Matters of the Heart”

Presented by Kimberly Tutolo and Lynn Hermensky of Hospice of the Western Reserve

Wow!! Another awesome meeting! During the Activity Hour, we were thrilled to have our own Katie Kern-Pilch help everyone turn an ordinary water bottle into a beautiful rainbow wind sock. Rita and her kitchen helpers provided us with salads and sandwiches that were all very tasty and filling. Everyone is reminded to send in your reservations for the August Anniversary Dinner if you have not done so. Birthdays were celebrated by Judi Koffman, Cecilia Hamilton, Mary Pumper, and Katie Kern-Pilch. We had three anniversary couples to celebrate with: the Gilbransons, the Schecters, and the Mengays. Brian Barrett had a lucky evening as his ticket was drawn in the 50-50 raffle. The Metro Stroke Conference, with free parking, admission, and lunch, will be held on September 25, 2015. On July 24 and 25, Geri Pitts will host a garage sale at her house, and has graciously offered the proceeds to the Stroke Club!



Lynn Hermensky and Kimberly Tutolo then gave each of us booklets about “Ethical Wills” and a blue stress heart “ball.” An ethical will is a collection of personal values and memories and family history that can be passed on to loved ones. It bequeaths values, reflections, advice, and ideals, rather than assets and possessions. It can be done at any time of one’s life to insure the continuation of one’s value for future generations. You can include art pieces, fabric work, dolls, books, memory boxes, recordings and videos, letters, and poems. In this way you are leaving behind your personal story and essence. They told us of so many wonderful experiences that it is hard to pick just some. One woman left a video of herself making her famous meatballs because a written recipe was not adequate. Lynn’s mother made a picture quilt for her grandmother, recording her life events on it. One young father bought 14 pairs of jeans in ascending sizes for his little son, put a personal age-appropriate letter in the back pocket, and wrapped them so his son got a gift from his Dad at every birthday until he was 18. One grandmother made teddy bears with backpacks for each grandchild, and put recordings, poems, letters, and other memories in the backpacks. Handmade gifts are always received with delight, as they are a gift of pure love. Recipe books, memory books, shadow boxes, poems, written memories of traditions, holidays, and life experiences are always treasured. One woman had each child pick a sweater from her closet, and had it made into a pillow for that child to have after she was not there for them. So many wonderful ideas to think about! It was a real gift for Lynn and Kimberly to share their evening, their experiences, and their knowledge with us and we thank them very much.

GET WELL WISHES TO

Gus Aberle, Nancy Ackerman, Joanne Bergole, and Harry Davis. Get better real soon. We miss you!

GARAGE SALE

Geri’s garage sale was a huge success. In addition to 46 years of “stuff” that Geri and Bill had accumulated, we had donations from Kay Exl, Stephanie Burke and Dan and Vivien Sekeres. Al LeBarre, Sue Sheridan and Bonnie Morris came by to offer support. A BIG THANK YOU TO KAY, who loaded up all the left-overs and carted them off to the Salvation Army. You can’t imagine how helpful that was! It was a LOT of work for us, but in the end, \$451 has been donated to the Cleveland Stroke Club, making this labor of love well worth it.

Cabbage and Beet Coleslaw by Kathy Wendorff

Dressing:

¼ c. Hellman's mayonnaise

1½ tbsp. lemon juice

1 ½ to 2 tbsp. sugar

¾ tsp. salt

½ tsp. garlic minced

Mix well and make sure that the sugar dissolves. Then mix with:

4 cups cabbage shredded or chopped

1 cup beets preferably raw, shredded

Fresh parsley leaves to taste.

Relish Tray in Emeril Lagasse's book *Every Day's A Party*. Makes about 12 servings.

(This is the dish that Deb brings for an appetizer to the Holiday dinner.)

½ pound green beans, ends trimmed

1 pound baby carrots

1 head cauliflower, cut into florets

½ pound celery, cut into 3-inch pieces

One 1-pound jar Kalamata olives packed in vinegar brine and olive oil

One 11.5 ounce jar pickled pepperoncini

One 16-ounce jar pickled cherry peppers (recipe calls for hot peppers, but I use mild)

One 10-ounce jar pickled imported Spanish Queen Olives stuffed with pimientos

One 8-ounce jar pickled Holland cocktail onions

20 fresh basil leaves

6 sprigs fresh thyme

6 sprigs fresh oregano

2 tbsp. chopped fresh parsley leaves

1 teaspoon red pepper flakes

1 cup olive oil

Blanch the green beans and carrots separately in a large pot of boiling salted water for 4 or 5 minutes. Drain, and shock in ice water to cool.

Put all of the ingredients in a large glass bowl. Toss to coat the vegetables evenly with the olive oil.

Refrigerate for 8 hours before serving in shallow glass dishes.

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Cleveland Heights, OH 44118



➔ **DATED MATERIAL**

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

NEXT MEETING AUGUST 19, 2015 Anniversary Dinner featuring Cleveland Stroke Club

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



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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 at 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