

ReFocus



A REPORT OF THE CLEVELAND STROKE CLUB

DECEMBER 2015

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 Disciples Christian Church, 3663 Mayfield Road, Cleveland Heights, OH 44121



December 16, 2015 – 6:30 p.m.

HOLIDAY CELEBRATION

Featuring

The Seasonal Brass Ensemble



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.

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216-410-2306

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216-751-9376

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Greeters

June Emmerson &
Roger Gulbranson

*It's a Matter
of the Minutes*

**NOVEMBER
Mtg Notes**

*"What To Do When You Fall: Fall
Precautions and Prevention"*

By Jasmine High & Emily Zimmerman,

CWRU, and John Nych, EMT

We have so many things to be thankful for, so many blessings to count, and our meeting tonight ranks right near the top of the list! Thanks to Rita and her helpers, we feasted on a traditional Thanksgiving dinner, followed by dessert pies brought by the Board members. After all of that delicious food, it was good that Jasmine High and Emily Zimmerman had an awesome presentation so we could wait to nap! Two-and-a-half millions American elders fall annually, of which 700,000 are hospitalized. Twenty percent of falls cause serious injuries, including traumatic brain injuries, broken bones, spinal injury, or even a debilitating fear of falling. Over thirty billion dollars is spent annually for injurious falls in the US. Forty percent of stroke survivors have a serious fall within a year of their stroke. Seventy percent of these serious falls occur within or around home. This is a major problem, but it is also preventable with care and effort.

Jasmine and Emily put together a precise and comprehensive list of preventative measures we all need to know. There are personal and environmental risks and hazards, such as poor footwear, medications, vitamin deficiencies, vision problems, foot pain, stairs, winter conditions, poor lighting, poor color contrast, slippery bathroom and kitchen floors, and balance issues. When you practice preventions, start small in the most frequented areas, such as putting reflective tape on the edges of stairs, improved lighting/nightlights, non-slipping mats, handrails firmly attached to walls, and keeping items off of the floors. In the bathroom, waterproof lights and shielded bulbs are a good idea. It is important to control the glare from lighting, and to use color contrasts to differentiate surfaces such as walls, comers, and floors.

On a personal level, make sure you have an annual eye exam. A doctor can administer a fall risk assessment. Keeping your cell phone with you is a good safety precaution. Getting supportive, good shoes, and practicing balance and strength exercises are also things we can do.

If a fall does occur, staying calm is important. Do not move right away. Assess for possible injuries. If there might be an injury, call 911 and get professional help. If there does not

appear to be an injury, slowly and calmly guide the person up. Notify the

doctor that there has been a fall, and continue to monitor after the fall as some injuries can remain unseen. If you contact your local fire department, they can advise you about a Knox Box, which is installed near the door with a spare key that only the fire department can open. In some areas they are free and will be installed for you, but this varies from community to community. The Knox Box allows the EMT's access to you in your house without delay or damage to the door.

We thank Emily and Jasmine for sharing their evening and their knowledge with us, and bless Rita for caring for and feeding us. The Club gave Rita a Holiday Rosemary Tree as a token in appreciation of her efforts on our behalf. Thank you, Rita, Emily, and Jasmine!

Submitted by Bonnie Morris

HAPPY DECEMBER

Birthdays...

to Herb Kleiman (1), Rob Schulman (2), Derrick Ross (2), Teresa Penland (3), Rita Perna (4), Jacky Williamston (10), Denise Houston (16), Kanisha Womack (18), Barry Schecter (21), Dennis Losz (23), Delores Jones (29).

HAPPY DECEMBER

Anniversaries

to George & Jackie Williamston (12-15-1975) and George & Catherine Williams (12-25-1989), John & Sue Lefler (12/28/2008).



Announcements

NEXT MEETING: Wednesday, December 16, 2015 at Disciples Christian Church, 3663 Mayfield Road, Cleveland Heights 44121 6:30 p.m. - Dinner by Rita - a Holiday Feast of Roast Beef, Baked Ham, scalloped potatoes, green beans, rolls and butter - cost is \$5.00. Remember to bring your place settings. **ALSO**, you can help. . .

BRING A DISH TO SHARE (for 6). We suggest that if your last name begins with the letter A-M, bring an appetizer (examples: cheese & crackers, veggies & dip, deviled eggs, crab dip, shrimp & cocktail sauce, etc.). If your last name begins with N-Z, bring a dessert (examples: cookies, pie, pudding, brownies, snack bars, box of candy, cupcakes, etc.). Please label if it contains nuts.

OPTIONAL GIFT

EXCHANGE: Bring your gift for the exchange - the gift exchange value limit is \$6.00 per gift. The gift exchange is optional. Mark your wrapped gift: "male," "female" or "both."

7:30 p.m. - Enjoy our Sing-a-long with the Seasonal Brass Ensemble. This is their 28th year volunteering with us. Also, expect Stroke Club members to share their own holiday traditions with us.

HOLIDAYS & CELEBRATIONS for this month



- 1 World Aids Day
- 6 Hanukkah begins
- 10 Human Rights Day
- 22 Winter Solstice (north)
- 25 Christmas Day
- 26 Kwanza begins

Our unpredictable weather: Despite the fact that we have been blessed with beautiful weather this Fall, we all know too well that the bad weather is coming. We always have had unpredictable weather, but over the last few years, it has become unpredictable AND more severe. Please use your good judgment when deciding whether or not to attend the meetings. We will try to give as much advance notice as possible if we decide to cancel a meeting. You can always call any of the numbers listed on page 1 of this newsletter to check if a meeting is cancelled.

A MESSAGE FROM KATHY WENDORFF, your Marketing Chairperson Menorah Park's Mandel Adult Day Center: There could be something for you!

Geri Pitts and Kathy Wendorff toured the facility with Tina Witt, Adult Day Care Director, and are excited to spread the word about this fine resource.

Attendees may find things to do on five Club Activities Calendars. Club Fusion appeals to survivors fifty years and younger. Club Mandel attracts senior citizens. Club Embassy offers to the in-betweens more opportunities for physical fitness and mental stimulation. Club Belaire encourages engagement via activities such as sensory hour, name that tune, finish the sentence and walking. Russian speakers attend Club Delight. Trained staff supervise every club and help with toileting when needed.

Attendees are invited to whole house performances, movies, and bingo. Restaurant quality meals to satisfy special diets, textures, and tastes are prepared on site. A four-station computer lab, computer savvy staff, and computer classes at Menorah Park await. The shower room is equipped with a sit-to-stand lift for transfers to the shower chair; daily showers can be provided. The full time registered nurse and clinic are nearby for medication, tube feeding, and wound care management. Hair salon services are available.

The center is open Monday through Friday 7:30 am. - 5:30 pm. except Friday when doors close at 3:00 pm. Located Just off Interstate 271 one block from Beachwood Mall, ADC welcomes folks from anywhere. Fee transportation is offered to people living in Beachwood, Cleveland Heights, Euclid, Lyndhurst, Mayfield Heights, Mayfield Village, Pepper Pike, Richmond Heights, Shaker Heights, South Euclid, University Heights and Warrensville Heights.

Private pay daily rate \$ 101.75 covers all of the above services. Participation can be free to people who qualify for MyCare Ohio and receive both Medicare and Medicaid benefits. Cuyahoga Board of Developmental Disabilities and VA also enable low cost participation.

Adult Day Care director, Tina Witt, will be happy to show you all ADC has to offer and help with your scheduling options. Her phone number is 216-839-6673. Email to: tmwitt@menorahpark.org.

Get Well: to Roger Gulbranson, who is recovering from knee replacement surgery; Lucy Conde, who is recovering from a broken femur and shoulder; and George Kern, who is recovering from broken ribs and cuts on his hand.

Welcome Ted and Rita Misick and Donna (daughter of Bonnie)

50/50 Winner: Gary Mengay

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Additional information from p. 1 inside – Some of the information that Jasmine and Emily shared with us can be found on the internet at the following website. The research that supported this article was done for people with low vision, but it contains good information for all of us. If you don't use the internet and would like a copy of this article, call Geri Pitts, 216-932-0552. The article is also on our Website.

http://www.environmentalgeriatrics.com/pdf/handouts/household_tips_low_vision.pdf
<https://clevelandstrokeclub.wordpress.com/stroke-information/>

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 DECEMBER 16, 2015 - 6:30 p.m. HOLIDAY CELEBRATION

Featuring the Seasonal Brass Ensemble

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



KEEP SMILING!



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 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