

ReFocus ^{Dec}



A REPORT OF THE CLEVELAND STROKE CLUB

DECEMBER 2016

Cleveland Stroke Club, c/o Geri Pitts
9284 Towpath Trail
Seville, OH 44273
330-975-4320



December 21, 2016 @ 6:30 P.M.
Holiday Celebration

- featuring for the 29th year -
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.

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 (formally 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.

Officers 5/2016-5/2017

President
Chris Vuyancih

Vice-President
Deena and Brian Barrett
216-410-2306

Secretary
Barry and Barbara Schecter

Treasurer
John Pumper
Assistant Treasurer
Brian Barrett
Roger Gulbranson

Founder
Bill Pitts

EXECUTIVE DIRECTOR
Geri Pitts

Executive Director & Editor
Emeritus
Dorothy Norton

Board Committees

Public Relations
Chairperson Sue Sheridan

Membership Chairperson
Kay Exl

Marketing Chairperson
Kathy Wendorff

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

Callers
Linda Davis
Joyce Levy
Shirley Patterson
Linda Pfeffer
Sherry Shelton

*It's a matter
of the Minutes*
**November
Meeting Notes**

November 16, 2016

Submitted by: Bonnie Morris



We have so much to be thankful for! Our meeting of the Cleveland Stroke Club on November 16, 2016 is one of the many things! **We shared an absolute feast, with every Thanksgiving delicious dish imaginable, made with loving kindness and culinary talent by Rita and her helpers!** The board members added tasty desserts to finish a great meal. **Kay Exl and Dan Sekeres** shared November birthday wishes with a song by our own special soloist, **Shirley Patterson. Carl and Kathy Wendorff** celebrated their anniversary with us. **Robert Cole** won the 50-50 November raffle. Following a short business meeting, **Deena** introduced our speakers, **David Reichert and Jackie Stanton** from **MetroHealth Rehabilitation and Vocational Services Program.** They spoke to us about their program, **“Work Matters.”** This awesome program provides specialized vocational rehabilitation services for survivors of traumatic brain injury, stroke, spinal cord injury, and amputation. David explained that they test skills and judgement, examine interests, and through analysis spell out what is required for the job an applicant is most suited for. **Transportation** issues are examined, and much **job coaching is done.** One of David’s statements was very intriguing, as he said that, **“a person starts by treating recovery as a job.”** Internships are a useful way to ease into an occupation because of flexible hours, and less stressful situations. In this way, a person can gradually **increase their endurance.** One is exploring and learning in an internship, even if it is not a paid position, and one can see if the job is the right fit. **The “Work Matters” program networks with a wide variety of employers and other organizations.** Our own member **Katherine Sims** spoke of her involvement with the program, and fully endorsed it as having been beneficial to her sense of worth and to her happiness with life after stroke. **Katherine said, “Life is for the living, so do what you need to do for yourself.”** Great advice for us all, Katherine! You can **contact David Reichert** at 216-778-3518 or **Jackie Stanton** at 216-778-3174. There is an initial interview, followed by an 8

week Work Matters Group which includes life skills, adjustment to disability, work behaviors, making good choices, as well as time, stress, and financial management. The next portion usually lasts 12 weeks and includes internship and job readiness, followed up by job development and placement, with job coaching. **We thank David and Jackie for sharing their evening with us, and sharing this wonderful program with us!!**

Thanksgiving Trivia Question

What 3 fruits are native to the US and commercially grown?
(See the bottom of page 5 for the answer.)

**Join us on December 21st
For Our Holiday Party!**



DEC. HOLIDAYS

- 4 National Cookie Day
- 5 Day of the Ninja
- 7 Cotton Candy Day
- 10 Geeta Jayanti
- 12 Milad un Nabi
- 15 Dhanu Sankranti
- 16 Chocolate Day
- 17 Maple Syrup Day
- 21 Winter Solstice Day
- 23 Festivus
- 24 Christmas Eve
- 24 Chanukah Begins
- 25 Christmas Day
- 25 Chanukah
- 31 New Year's Eve

<http://www.holidayscalendar.com/month/december/>

DECEMBER WISHES**Happy Birthday**

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

Happy Anniversary

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

Well Wishes

Omelia Berverly
 Don Broge,
 Harry Davis,
 Sanjay Godbole

NEXT MEETING

Wednesday, December 21, 2016
 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, and rolls – cost is \$5.00. **Remember to bring your place settings (plates and silverware).** Also, you can help:

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

OPTIONAL GIFT EXCHANGE: Bring your gift for the exchange – valued at \$6.00. 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 the 29th year that they have volunteered to play for us. Also, expect Stroke Club members to share their own holiday traditions with us.

**ANNOUNCEMENTS**

Heights Emergency Food Center- As in years past, the Cleveland Stroke Club has been donating money to the HEFC at Disciples Christian Church. We will be passing the jar at our next meeting in December. We hope you can contribute. This is one way we can show our appreciation to the church for all they do for us.

Holiday Light Displays are at: Public Square, Medina County Fairgrounds, Nela Park, Sawmill Creek Festival of Lights (Rt. 2 in Huron), Akron's Holiday Fest, Stan Hywet Hall, Cleveland Museum of Art, Lake Farmpark, Chagrin Falls, Ashtabula's Lights on the Lake. Play House Square usually has a nice display, also. See: <http://cleveland.about.com/od/clevelandattractions/a/holidaylights.htm>

Roger is brewing Grapefruit Pulpin' on Dec. 10 and Easter Bunny on Dec. 17th. Open House starts at 2:00. Contact him at roger@gulbranson.com or 440-944-6794.

Our new Website link is: www.clevelandstrokeclub.org. The old one still works.

Want to submit a picture, article, recipe, or poem for our newsletter? Call us or send a draft to Deb or Geri by 5:00 PM on the third Friday of the month, if you want it included in the next newsletter. We can help you get your ideas on paper.

Member Articles

Cleveland Stroke Club Presidency

By Chris Vuyancih

Some of you may or may not know that I currently write for the speakeasy newsletter @ CHSC.

The CHSC newsletter is undergoing some changes, and until things are worked out, Geri has invited me to write for our Refocus newsletter.

I truly have only written once before to the CSC members. That was when I did an article on The Preventive Care Center at Tri-C. A resource that is simply one of the best, low cost, ways to get physical or occupational therapy to help each of us improve our lives. I think it is a hidden gem and I encourage you to take advantage of that resource.

When thinking about what I could write about; I ran an idea past Geri. The idea was about my personal growth and how it relates to the CSC presidency. Geri commented on how thinking about personal growth was probably difficult for survivors when struggling to regain function. BAM!!!! That is such a true statement it made me stop and think immediately! I know it was true for me. But that is **exactly why**, we must think ahead and continue to always challenge ourselves.

It is easy to accept things as they are and not 'push' ourselves to try new things and grow! And for those of you who start being defensive and thinking, 'it's easy when you're young...' One only has to look to our very own CSC member (and former Stroke Club President), Charles Deforest for the undeniable truth that, the thoughts in our minds and our attitudes ARE what makes the difference in each of our personal journeys of recovery.

Yes, of course we are each at different stages of recovery! I am unbelievably facing my 22nd year post stroke, and yes! I was where each of you are now...that is how I know it is possible to change!

Be grateful that you know you can improve; I certainly had my doubts long ago. Medicine and science have made tremendous progress, of which I have had the joy of witnessing first hand, over the years. There truly are no words I can think of that express my level of happiness in seeing the hope that has been created for other survivors.

Although, I was very resistant to the idea of taking on the presidency 3 years ago, I am so glad that I did. I have learned SO much about other survivors, caregivers, and therapists, all while working on my personal goals. Thank you for the opportunity to share and know I was never alone in this journey which is the Hallmark of this group.



Member Articles

Two of Our Great Cooks Brought These Desserts to the Cleveland Stroke Club Thanksgiving Dinner

Thanksgiving Grape Pie

By Mary and John Pumper

Grape Filling

Step 1. Rinse five cups of Concord Grapes and separate the inside of the grape from the skin.

You can squeeze the inside of the grape (pulp) from the skin by pinching the stem side of the grape or by cutting the grape and pinching off the skin. Save the skin in a separate bowl, for use later in the recipe.

Step 2. Boil the grape pulp for 5 min.

Place the inside part of the grapes in a pot and boil 5 minutes.

Step 3. Strain the pulp.

Step 4. Combine skins and strained & grape pulp

Combine skins and strained pulp mixture to get 4 cups cooked grapes.

Step 5. Combine in a sauce pan and cook until thick.

4 cups cooked grapes (strained cooked pulp plus skins)
1 cup sugar (I use somewhat less, approximately $\frac{3}{4}$ cup)
 $\frac{1}{2}$ teaspoon lemon juice
 $\frac{1}{2}$ cup flour

Step 6. Fill a pie shell and place a top crust over.

Step 7. Bake

Bake at 375° until crust is brown (about 45 minutes).

Note: Makes enough for 1 pie.

Editor's Note: I made Mary & John's Grape Pie and took this picture! "P" is for "Pumper."



Nana's Apple Cake

By Barbara & Barry Schecter

Step 1. Combine wet ingredients

2 cups sugar (can reduce to 1 cup)
 $\frac{3}{4}$ cup vegetable oil
2 eggs
1 tsp. vanilla

Step 2. Stir in nuts.

$\frac{1}{2}$ cup chopped walnuts

Step 3. Combine dry ingredients in a separate bowl

2 cups sifted all-purpose flour
1 tbs. cinnamon
1 tsp. baking soda
1 tsp. salt

Step 4. Add wet to dry ingredients

Step 5. Add apples

3-4 tart apples, peeled, cored & diced
(not more than 4 cups)

Step 6. Prepare pan

Grease & flour a Bundt pan and pour in batter

Step 7. Bake

Bake at 350° for about 55- 60 minutes or until tester come out clean.



Thanksgiving Trivia Answer from page 2. "Cranberries are as American as apple pie - in fact, even more so, for cranberries are one of only three major native North American fruits (Concord grapes and blueberries being the others)." Source: <http://www.bellybytes.com/food/cranberries.html#.WD4znPkrJ9O>

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



Painting by our member, Brian Barrett

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 MEETING: December 21, 2016

Holiday Celebration

The Seasonal Brass Ensemble

ReFocus Staff:

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

For More Information

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

Email our Executive Director:
pittsgeraldine@yahoo.com



Painting by our member, Raj Sagar

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 due to weather, we will send an email, call, and post it on our Website. Our meetings at Disciples Christian Church are automatically cancelled if Cleveland Heights Schools are closed. 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