

ReFocus



February

16

Presidents Day
Washington's Birthday

A REPORT OF THE CLEVELAND STROKE CLUB

FEBRUARY 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 the Disciples Christian Church, 3663 Mayfield Road, Cleveland Heights, OH

FEBRUARY 18, 2015

Video Night

Featuring

Surviving Stroke &

2014 Picnic Video for

Dottie & George Norton

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 6:30 p.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 5/2014-5/2015**President**

Chris Vuyancih

Vice-PresidentDeena Barrett
216-410-2306**Secretary**

Barry and Barbara Schecter

TreasurerShirley Kondo
330-840-7071**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 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***Meeting Notes****January 21, 2015**

Submitted by Bonnie Morris

Our January meeting started the New Year off with a special treat for our taste buds, **Rita's** Chicken Paprika over Egg Noodles. There were several announcements of import from Chris, our President and our Director, Geri. **The Board has raised annual dues from \$6 to \$7 starting in May of 2015.** We have a Suggestion Box and cards on the table. **Our annual picnic is now being in June, we are changing the Anniversary Dinner to 6:00 pm in August for easier night driving and our annual Talent Show is now moving to October.** **Kay Exl** began a lucky year with the winning of the 50-50 drawing. Doctoral O.T. student **Brianna Deysi** told us of her project addressing quality of life in people recovering from a stroke. Call her at 216-571-5161 if you are interested in participating.

Following our dinner and business meeting, we were treated to a program entitled, **"Prepare, Don't Despair," hosted by our own Al LaBarre, a stroke survivor, former EMT, and trained as a firefighter.** He began by furnishing each member with our new Cleveland Stroke Club Safety Policy. Ask for a copy if you have not received one. Al brought his own safety car kit to share with us, and listed items everyone should have available everywhere. This list includes: a blanket, 2 or 3 days of medicines, first aid kit, flashlights, reflective vest, trash bags, rope, snacks, water, radio, a multi tool, phone charger, hat, gloves, etc. He stressed that battery operated, not open flames, are preferred for light and heat. Also, check at least quarterly on the expiration dates of your supplies. An adult can survive up to seven without food and up to three days without water, but it is better to have both available in an emergency. The key is to stay comfortable in an uncomfortable situation. Make sure your cell phone has an "ICE" entry (In Case of Emergency contact number).

JAN Mtg. Notes, Continued.

Also Kay suggested was that if you are leaving your home unoccupied for several days; turn off the main water supply. Try and keep your car's gas tank above the half-filled mark. Remember the wind chill factor, also. Al also suggested having some comfort items in your safety kit, such as cards, books, toys, gum, or puzzles. Have a great New Year in 2015!!!



Thank you, **Damon Smith**, for calling the BINGO game before we ate.

NEXT MEETING

Wednesday, February 19, 2014 at
Disciples Christian Church, 3663
Mayfield Road, Cleveland Heights
44121

5:30 p.m. BINGO and other games free
6:30 p.m. Dinner by Chef Rita: yummy
meatloaf dinner. **Cost is \$5.00.**

Remember to bring your place setting.

7:30 p.m. Video Night at the Cleveland Stroke Club," featuring a 2011 video "Surviving Stroke," a WVIZ presentation featuring Bill Forester, a stroke survivor. Along with that and time permitting, Geri will bring the June 2014 picnic video that she made as a farewell gift for Dottie and George Norton.



HAPPY BIRTHDAYS February
Joyce Levy (5), George Williams (5), Lu Higginbottom (7), Barbara Hoffman (7), Brian Barrett (8), Leslie Hornyak (15), Karen Baker (16), Al Lebarre (16), Katie Lloyd (18), Adele Skerkoski (18), Nell Ezekiel (25), and John Pumper (27).

HAPPY ANNIVERSARIES Feb.
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).

**FAREWELL**

To Geraldine Barnett who has moved to Georgia with her son. We miss you. Come back and visit us. Keep in touch.

HOLIDAYS for this month

- 1 Super Bowl
- 2 Ground Hog Day
- 14 Valentine's Day
- 16 Presidents Day
- 17 Mardi Gras
- 19 Chinese New Years



Groundhog
Day



Announcements

Your Cleveland Stroke Club meeting calendar is included with this newsletter. We hope it is a useful reminder of our meetings. You can use it for yourself or pass it along to someone else. Additional copies will be at both meetings.

MetroHealth Stroke Support Group, March 10, 2015, from 1:30-3:00 p.m. featuring Michelle Kenny, P.T., "Exercising After a Stroke."

Cleveland Stroke Club Safety Policy – for those of you who didn't attend our January 21st meeting, a copy of our Safety Policy was distributed, as follows.

SAFETY POLICY - January 6, 2015

Goals

- 1 Comfort
- 2 Safety
- 3 Notification of emergency providers (and emergency contacts, if not present)

Scope

These policies go into effect when either of the following likely emergency scenarios affects our membership.

- 1 Physical illness/injury
- 2 Need for cancellation or evacuation due to inclement weather or power outage.

Expectations of Membership

- 1 Provide emergency contact numbers and update every 6 months (and listing of conditions that could cause an emergency).
- 2 List PRN meds that usually accompany stroke survivors to meetings, etc.
- 3 All members are encouraged to leave cell phones ON at meetings and are encouraged to use ICE system on phone for listing of persons to call In Case of an Emergency.
- 4 Emergency contact notebook is brought to meetings by Debbie Felt.
- 5 First aid kit is brought to meetings by Al LaBarre.

Guidelines: Injury or Illness of a Member

- 1 Assessment will be done, caregiver, if present, queried re: conditional meds/etc. available for correction of the situation. Emergency contact book will be checked for relevant information.
- 2 Call 911 and provide basic description of problem and location
Kindred Hospital – 11900 Fairhill Road, Cleveland, OH 4120, Phone: 216-983-3030, location: Kresge Room and 1st floor conference room AND call the nurses station #2488 and call 216-983-3030 and ask for Security
Disciples Christian Church – 3663 Mayfield Rd., Cleveland Heights, OH 44118 Phone: 216-382-5344 or your cell
- 3 Provide basic first aid will be provided including comfort measures and reassurance.
- 4 Emergency contacts need to be notified, if not present.

Guidelines: Evacuation due to power outage

Kindred During a power failure, the front door can be opened manually. There is another exit door through the kitchen. Wheelchairs are located in a hall next to the TV room if people need to be evacuated in a hurry or the distance is too great for them to walk. Emergency lights come on during power failures.

Disciples Christian Church In case of a power failure, call Isaac Glover, custodian, at 216-323-7106. Emergency lights and exit lights come on during power failures. There are smoke detectors and a suppression system in the kitchen.

DoubleTree Hotel (where we have our anniversary dinners) – notify servers of any emergency.

Guidelines: Evacuation due to weather

- 1 Weather conditions will be monitored via a weather radio during any meeting or function at any location.
- 2 Decision to stay in place or evacuate will be made by the Board.

The Cleveland Stroke Club
c/o Geri Pitts
3266 E. Scarborough Road
Cleveland Heights, OH 44118

➔ **DATED MATER**

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 18, 2015....Video Night at the Cleveland Stroke Club
....featuring Surviving Stroke and the Cleveland 2014 Picnic Video**

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:

www.clevelandstrokeclub.wordpress.com

EMAIL:

pittsgeraldine@yahoo.com



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.***

Speech Center For information visit:

www.chsc.org/speakeasy

or call 216-231-8787

Many of our members also attend: **Speak Easy at Cleveland Hearing &**

2015

You are not alone!

JANUARY						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
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FEBRUARY						
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MARCH						
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Cleveland Stroke Club

Dinner Meetings

First Wednesday

Kindred Hospital -6:30—8:30 p.m.

11900 Fairhill Rd., Cleveland

Reservations by Sunday night before the meeting.

Kay -- 440-449-3309 or Deb -440-944-6794

Dinner cost - \$8.00

(Meetings are free, dinner is optional)

Third Wednesday

Disciples Christian Church – 6:30-8:30 pm

General Meeting

No reservation needed – just come.

Dinner is \$5, Meetings are free

Third Wednesday in June is the Picnic

June meeting is a picnic at a local park. Call Kay or Deb for more information.

APRIL						
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2015

JULY						
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AUGUST						
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SEPTEMBER						
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27	28	29	30			

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Third Wednesday

Disciples Christian Church – 6:30-8:30 pm

General Meeting

No reservation needed – just come.

Dinner is \$5, Meetings are free

Third Wednesday in Aug.: Anniversary Dinner

August meeting is the Anniversary Celebration

Call Kay or Deb for more information.

OCTOBER						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
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NOVEMBER						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
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DECEMBER						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Geri Pitts, Executive Director - 216-932-0552
Chris Vuyancih, President - 216-287-9727