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 44121

MAY 20, 2015

Motor Control Rehabilitation and Gait

featuring

Brian Adams, MOT, OTR/L, Manager and the clinicians of Outpatient and Neuro Rehab Services,

University Hospitals, Warrensville

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.
The Cleveland Stroke Club was treated to Rita’s baked chicken meal. We are very thankful for Rita and her kitchen guys for their care and comfort to us. Prior to the meal and meeting, Damon Smith led a Bingo game in the dining room. President Chris Vuyancih led a brief business meeting, reiterating that our annual picnic has been moved to June18 this year, still at Richmond Heights Comm. Park, and our Anniversary Dinner has moved to August, with a return by "Slammin' Sam". After birthday recognitions for attendees Lucy Conde and George Pfeffer, Malcolm Gordon wowed us with an a Capella jazzy original birthday song! The 50-50 raffle drawing was won by Mason Camp (which he donated).

Deena introduced our speakers, Trevor Hazen, Gina Babinec, and Shelley McQuaid. WOW!!! Their program, "Return to Golf," is almost too good to be true. Having previously played golf is not a requirement to join. It is free to participants. The purpose of the program is to help physically disabled adults and children restore independence and improve their overall enjoyment of life through the innovative combination of recreational therapy and rehabilitation-based fitness. In other words, you get to have fun while you improve your level of fitness, all for free! It can’t get better than that! Participants have full access as members to the nine-hole course, their own golf pro for advise, a one-person golf cart to drive and play from, adaptive clubs designed for them, and the use of a fitness center. The program is close to being year-round, as there is an indoor hitting range as well as the fitness center. The way the golf and fitness components mesh is really great. Endurance, balance, strengthening, weight-shifting skills are part of both. There is about a two week process in applying. To apply or obtain more information, call Shellie McQuaid at 440-686-1070 or e-mail Shellie@returntogolf.org. This is a great opportunity!!! Thank you.
Announcements

Your idea could be worth $100. The Benjamin Rose Institute on Aging is once again holding their Innovation in Caregiving contest. Caregivers and stroke survivors often come up with their own creative solutions for problems which need to be publicized so that others can benefit from their efforts. In the past, our members have participated in the competition for this award and have been recognized. You could be, too! The deadline for submissions is June 30, 2015. Call or email Geri Pitts for a copy of the brochure, instructions and application. 216-932-0552 or pittsgeraldine@yahoo.com.

A message from Berenice and Herb Kleiman - Dear Family and Friends, Herb and I are pleased to announce the launching of our new website: www.onestroketwosurvivors.com , which introduces free download for both our books, ONE STROKE, TWO SURVIVORS and LESSONS LEARNED: STROKE RECOVERY FROM A CAREGIVER'S PERSPECTIVE. This is the first time, to my knowledge, that such a free e-book offering about stroke survival is available under these circumstances.

Stroke can unfortunately sneak up, on us and others whom we know-too often catching us unaware and foundering to find information under the most challenging circumstances. From the beginning we knew our purpose in writing was to leave a trail for others. Feel free to pass information/Visit: https://clevelandstrokeclub.wordpress.com/stroke

ELECTION OF OFFICERS - The slate of officers for the term 2015-2016 follows. We want to extend our gratitude to incumbents Chris Vuyancih, our President, Deena and Brian Barrett, our Vice President Team, and Barry and Barbara Schecter, our Secretary Team for agreeing to remain at their posts for another year. Thank you, Shirley Kondo, for your time and dedication to the Club. Thank you, Amelia Ponyik, for serving by Shirley's side. You both deserve a round of applause.

SLATE OF OFFICERS FOR 2015-2016:
President: Chris Vuyancih
Vice President: Deena and Brian Barrett
Secretary: Barry and Barbara Schecter
Treasurer: John Pumper

Voting takes place at our Annual General Meeting, May 20, 2015. If you cannot attend that meeting, you can request and use a proxy ballot for your right to participate in this election. If you would like to request that we consider other candidates, you may do so by writing in the person's name (with their approval) on a proxy ballot. Proxy ballots are available on request. Call Geri Pitts, 216-932-0552 and request one. She will mail it immediately because they need to get back to her by May 1, 2015. Voting takes place at our Annual General Meeting, May 20, 2015. If you cannot attend that meeting, you can request and use a proxy ballot for your right to participate in this election.

Copies of Recommended Articles are on our Website
Berenice Kleiman, "Fun in the Sun, Travel Tips for Persons with Disabilities"
Huffington Post Article on Yoga, “An Interview with Char Grossman”
Visit: https://clevelandstrokeclub.wordpress.com/stroke-information/

Information about Upcoming Events is on our Website
Visit: https://clevelandstrokeclub.wordpress.com/upcoming-events/

JUNE PICNIC IN THE PARK Flyer enclosed and on our Website
Plan to join us for our annual picnic, June 17, 2015. Grilling begins at 4:30.
Visit: https://clevelandstrokeclub.wordpress.com/ (flyer is next to June meeting date.)

Membership Renewal - from our Kay Exl, Membership Chairperson
A membership renewal form is included with this ReFocus. If you’re receiving this newsletter electronically, you may print a copy from the website, or pick up a renewal form at either Kindred or Disciples Christian Church, or call Kay Exl at 440-449-3309 and ask her to mail one to you. Dues are only $7.00 per person per year and are payable by May 31, 2015. Dues can be paid at meetings where help with filling out the form will be available. Ask for the person who is designated the "Collector of Dues." Membership forms are also on our Website's home page next to the April and May Meeting Dates. Visit: https://clevelandstrokeclub.wordpress.com/
**ADDITIONAL ANNOUNCEMENTS**

THANK YOU TO SUE SHERIDAN for attending our information table at the Tri-C annual “Souls of Therapists and the Clients They Heal” on April 23rd.

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**We’re having a (DANCE) PARTY --- 5:30 – 6:30 Wednesday, May 20, 2015**

Some not so serious questions to be considered:
- If He’s a Rebel, will The Duke of Early line dance?
- Mama Said the Mountain’s High, but what did your Mother-in-law say about Blueberry Hill?
- Who has danced the Electric Slide in a Honky Tonk?

Kathy Wendorff is prepared to teach you to dance, including “Swing this Baby” that includes rock/back steps and a line dance, “Shall We Dance?” with waltz music. If there is interest we could play some slow dance music. These ideas are based on the early responses to the dance preference survey that ranked line and free style dancing as most popular.

Come and help the group decide which dance you want to learn first.
Come and dance and prepare for the Anniversary Dinner.

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**Additional notes about our speaker for May 20, 2015**

Who: Brian Adams, MOT, OTR/L, Manager of Outpatient and Neuro Rehab Services, University Hospitals, Warrensville, along with clinicians from this department.

Title: Motor Control Rehabilitation and Gait

They will be highlighting our post-stroke rehabilitation techniques as well as our vestibular rehabilitation program.

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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**  MAY 20, 2015  Motor Control Rehab. & Gait featuring Brian Adams, OTR/L

**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

**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.

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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

**KEEP SMILING!**
Dear Members: Your 2015-2016 Cleveland Stroke Club membership is due by May 31, 2015. In order to receive the ReFocus, please complete the form below and mail it along with a check (payable to: Cleveland Stroke Club)

Mail to:
Cleveland Stroke Club
c/o Debbie Felt
29232 Armadale Avenue
Wickliffe, OH  44092
440-944-6794

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.
Cleveland Stroke Club Annual Picnic

Wednesday June 17, 2015 at 4:30
Richmond Heights Community Park
27285 Highland Rd., Richmond Heights, OH 44143
You will enter the park, go past the swimming pool on the left and take then next left to the pavilion.

Under the Pavilion – Rain or Shine
If you have a question about the weather, call one of the numbers below.
Excitement & Fun starts at 4:30 - Games
Grilling hours are from 4:30-5:30
Bingo at 6:15

The Club Provides:
Hamburgers & Buns
Hotdogs & Buns
Drinks
Condiments
Paper plates/cups/utensils

You Bring a dish for 6:
Please put your name on your dish.
If your name begins with A-M, bring a dessert
If your name begins with N-Z, bring a side dish.

This event is free. Come and have some fun. There is always a lot of good old fashion conversation.
Bring the kids! Bring a friend! Most importantly, bring yourself!!!!!!