

ReFocus



A REPORT OF THE CLEVELAND STROKE CLUB

MAY 2016

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



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

May 18, 2016

Stroke patient rehab, addressing spasticity, prevention,
complications, home care, etc.

Featuring

Dr. Mirza I. Baig, Medical Director, PM&R Dept.,
UH Rehabilitation Hospital

The Cleveland Stroke Club was funded 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 5/2015-5/2016

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

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Executive Director & Editor
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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*
April 20, 2016 Meeting Notes
Submitted by Bonnie Morris



The April 20, 2016, meeting of the Cleveland Stroke Club was a successful, interesting, informative, and fun time. We began with Bingo games, which I was lucky enough to get to call. It is so nice for a retired math teacher to be able to give each wonderful number such special attention and time! April birthday wishes went to Lucy Conte, George Pfeiffer, and Sherry Shelton. Brian Barrett luckily won the 50-50 raffle and, with loving generosity, donated it back to the Club. Thank-you, Brian!! Rita and Al and Mason prepared an awesome chicken and vegetable stir-fry over rice dinner; Lucy helped with other meal preparation and sliced the cake; we all had very happy tummies afterward!! Chris reminded us that May is the time for renewal of memberships, and that our current officers have all volunteered for another year! Our Club is filled with such great people!!

After dinner, Deena introduced our speaker, Dr. Jeff Bolek, Ph.D., BCIA, of Motor Control Restoration, LLC, Cleveland Clinic Staff Emeritus. He is a specialist in the field of SEMG (Static and Dynamic Surface Electromyography). The basic topic of his presentation was that a stroke survivor can often relearn muscle use if the correct approach to rehabilitation is used. This also applies to people with other medical conditions affecting muscle use. He showed us many videos of patients responding to this technological therapy. The electrodes attached to the skin over the muscle record electrical energy, or action potential, of the muscle. He called this approach QSEMG, guided neuromuscular re-education of movement. It shares some of the appearances of biofeedback, but is different in its mission. It is training muscles to be used, not to be relaxed.



Fortunately, Dr. Bolek has a background in electrical engineering, so he could tweak the equipment to suit his purposes. Bravely, Gary Mengay volunteered to be connected to the monitoring device, and it was fun and interesting to watch the bars show muscle use, and the cartoon to play if the muscle gave the proper response. He stressed that each muscle acts within a muscle constellation in order to perform a muscle function, so several muscle activities need to be monitored. There are 5 components of muscle work: 1) Timing of that muscle, 2) Recruitment Level (concentric), 3) Timing/Recruitment of agonists/antagonists, 4) Duration of recruitment, and 5) Eccentric contraction. Treatment is usually one hour, once a week, and Dr. Bolek has had success dealing with insurance companies, partly due to the sheer amount of data on the progress of the clients.

If there are any mistakes in the reporting of this talk, they are due entirely to my lack of scientific ability, so I apologize in advance. The evening was a real window into a different and wonderful world of modern therapy! Thanks go to Dr. Bolek for sharing this with us!

NEXT MEETING:

Wednesday, May 18, 2016 at
Disciples Christian Church,
3663 Mayfield Road,
Cleveland Heights 44121 5:30
p.m. - BINGO
6:30 p.m. - Dinner by Rita - - *cost*
is a variety of pizzas, tossed salad and
fruit salad \$5.00. Remember to
bring your place settings.

Featured speaker: Dr. Mirza Baig,
University Hospital, PM&R. Dr.
Mirza is a Doctor who specializes in
rehab. He will address questions
regarding stroke rehab., spasticity,
medication, complications, etc.

Announcements

HOLIDAYS

1 May Day
4 Star Wars Day
5 Cinco de Mayo
6 National Nurses Day
8 Mother's Day
30 Memorial Day

May is ...

National Stroke
Awareness Month

AND

National Hearing &
Speech Month

HAPPY May Birthday...

Charlotte Starec (1), Ajay
Ladanyi (5), Charles Boone
(7), Dottie Norton (9),
Cynthia McCreary (11),
Mason Camp (15), Denise
Sager (16), Paula Colston
(17), Edward Jennings,
(19), Amy Pfeffer (20), Carl
Wendorff (23), Trudy Hood
(27), Sari Loxterman (29),
Mario Houston (30).

Happy May Anniversaries

to: The Hoffmanns (5-9-
1959), The Skerkoskis (5-
15-1954), The Boffs
(5/15/1965), The Sheltons
(5-20-1972), The
Nisenbourns (5-24), The
Wallaces (5-26-1986).

Get Well: Dorothy Story
and Alice Ladanyi. Both
are back home now. We
wish you a speedy recovery.

Welcome back: Dan and
Vivien Sekeres and George
Kern and Katie Kern-Pilch.
You are a sight for sore
eyes!

ELECTION OF OFFICERS – The slate of officers for the term 2016-2017 follows. We want to extend our gratitude to incumbents Chris Vuyancih, our President, Deena and Brian Barrett, our Vice President Team, Barry and Barbara Schechter, our Secretary Team and John Plumer, our Treasurer, for agreeing to remain at their posts for another year.

SLATE OF OFFICERS FOR 2016-2017



President: Chris Vuyancih
Vice President: Deena and Brian Barrett
Secretary: Barry and Barbara Schechter
Treasurer: John Pumper

Voting takes place at our Annual General Meeting, May 18, 2016. 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, 330-975-4320 and request one.

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. Dues are only \$7.00 per person per year and are payable by **May 31, 2016**. 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/>



Cleveland Stroke Club Picnic 2016 – NEW VENUE, NEW MENU

Save the date: **June 15, 2016. IT'S PICNIC TIME.** This year's picnic will still be at the Richmond Heights Community Park (see flyer enclosed). One slight change: we will hold our "RAIN OR SHINE" picnic at the **Kiwanis Lodge**, just a skip-and-a-hop beyond the Pavilion where we previously held it. So, don't make that left turn into the Pavilion parking lot, but continue along the road only .2 mile to the Kiwanis Lodge. The benefits of holding the picnic at the Lodge include: more room, easier access to the tables, bathrooms in-house and shelter from a storm. Come and join us this year and share your thoughts about this new venue for us. There is one more changes. The Lodge doesn't have a grill, so we're going to have fried chicken in place of the hamburgers and hotdogs. So, you can share your thoughts about the menu, too. In addition, because the Lodge is more expensive to rent, we will have a donation jar for anyone who can help us pay for the extra expenses.



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

**MAY IS NATIONAL
STROKE AWARENESS
MONTH.**

**TOGETHER WE CAN END
STROKE.**

THANK YOU, LU HIGGINBOTTOM, ReFocus Editor, for all your years of service to the Cleveland Stroke Club. Your skills, patience and endurance are traits we value. Enjoy your retirement from the Editorship, but keep in touch as we'd love to see you again.

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 18, 2016,

Topic: Stroke patient rehab, addressing spasticity, prevention, complications, home care, etc.

. Featuring Dr. Mirza I. Baig, Medical Director, PM&R Dept.

ReFocus Staff:

Deb Felt, Editor

Bonnie Morris, Reporter

Geri Pitts, Coordinator

Assembly is done by volunteers at the Kindred Meeting.

For More Information

on the Cleveland Stroke Club visit our Website:

www.clevelandstrokeclub.wordpress.com

Email our Executive Director:

pittsgeraldine@yahoo.com

KEEP SMILING!

Many of our members also attend: Speak Easy at Cleveland Hearing & Speech Center. For more info call: 216-231-8787 or visit:

www.chsc.org/speakeasy



Remember Our Troops

<http://anyservicemember.navy.mil/>
www.operationDearAbby.net

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 meetings 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.

Physical Activity Fact Sheet – from the National Stroke Association

Physical activity helps improve your health and reduce your risk of stroke. Regular physical activity also helps you maintain a healthy weight, feel better, and sleep better.

What is physical activity?

Being physically active is as simple as gardening, walking, or house cleaning. The Department of Health and Human Services recommends:

- At least 150 minutes a week of moderate aerobic activity, 75 minutes a week of vigorous aerobic activity or a combination of both.
- Strength training, which can help increase muscle mass or maintain it.
- Breaking up exercise into small chunks of time. Aim for 150 minutes a week.

What are the benefits of physical activity? Regular physical exercise helps you:

- Lose or control your weight
- Reduce your risk for many diseases and cancers
- Strengthen your bones and muscles
- Improve your mental health and mood
- Improve your everyday functioning and prevent falls
- Live longer

What are the ways to be physically active? Many people start exercise programs at a health club, gym, or recreation center where they can get access to equipment and support. There are many things you can do every day at home to increase your activity. For example, you can:

- Do yard work
- Go for a short walk
- Stand and pace while talking on the phone
- Do stretches, sit-ups, and push-ups while watching TV
- Dance to music as you're cleaning the house

All these activities use energy to get your body moving and improve your health.

What is the best way to get started? First check with your healthcare provider to make sure you are cleared for exercise. Your doctor can help you determine your fitness goals and create a plan for you.

Start slowly – Many people try to do too much too soon, and get injured or disillusioned. Instead do 10-15 minute chunks of activity, several times a day.

Make exercise part of your lifestyle – Schedule workouts on your calendar, have walking shoes on hand, and keep your gym bag in your car. You can also do everyday activities like parking far from an entrance and taking the stairs.

Reward yourself – It's important to reward yourself when you reach a goal, such as losing a pound. The reward should be something not food related.

Pass the time – Listening to music or books on tape or watching television while you exercise can often help keep you focused and motivated.

Remember to strength train – Aim to add two to three strength training sessions a week to your workout. Building muscle can help develop strong bones, burn calories, improve balance and reduce the signs and symptoms of many chronic conditions. You can strength train by lifting weights, using weight machines, or doing push-ups, etc.

Workout with others – Meeting a friend for a walk or joining a fitness class increases your accountability to ensure that you show up to exercise. And it is more fun too.

Count your steps – investing in a fitness tracking device can help you monitor your daily activity. Start off with a goal to walk 5,000 steps a day and gradually increase your distance.

For more information about ways to reduce your risk of stroke, visit National Stroke Association at www.stroke.org

Note: This factsheet is compiled from general, publicly available information and should not be considered recommended treatment for any particular individual. You should consult your provider about any personal medical concerns.



Cleveland Stroke Club Annual Picnic



Wednesday June 15, 2016 at 4:30 to 7:30 p.m.

Richmond Heights Community Park – Kiwanis Lodge

27285 Highland Rd., Richmond Heights, OH 44143

You will enter the park, go past the swimming pool on the left and follow the signs to the Lodge.

IN THE LODGE – Rain or Shine

\$ DONATIONS ACCEPTED \$

Excitement & Fun starts at 4:30 - Games

Food is served from 4:30-5:30

Bingo at 6:15 – **PICNIC ENDS AT 7:30 p.m.**

The Club Provides:

- Fried chicken pieces
- Drinks
- Ice
- Games
- Paper plates/cups/utensils

You bring a dish for 8-10:

Please put your name on your dish.
Don't bring utensils, we have plenty.

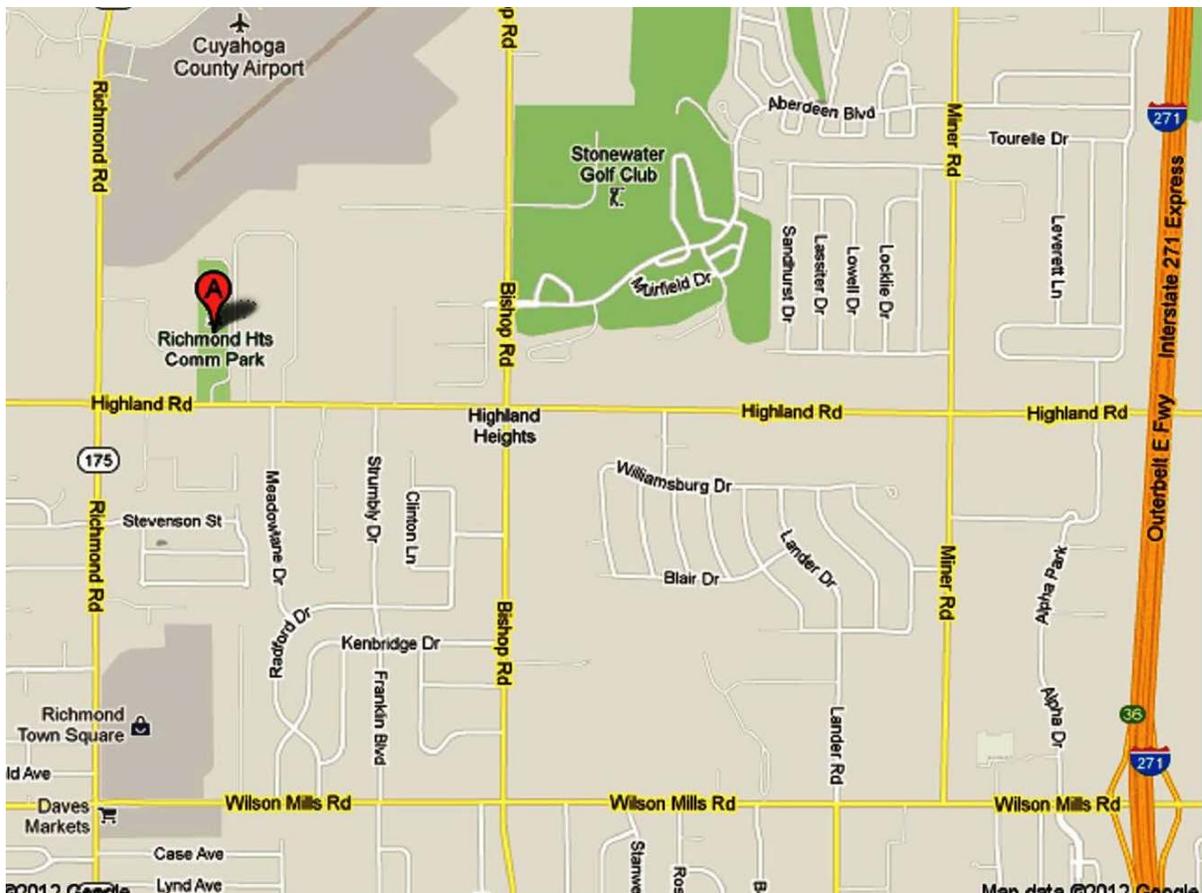
If your last name begins with A-M,
bring a side dish

If your last name begins with N-Z,
bring a dessert.

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!!!!!!**

Geri's cell: 330-439-8073, Roger & Deb's Cell: 440-289-9192, Kay's cell: 440-773-8475



Cleveland Stroke Club Membership Form

May 2016-2017

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)

**Dues are paid by the
: May meeting: the 3rd
Wednesday of May**

Mail to:
Cleveland Stroke Club
c/o John Pumper
7954 Walcott Way
Mentor, OH 44060
216-406-5619

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:

- I prefer to receive the ReFocus in Email or on the Web
- I prefer to receive the ReFocus in my mail box at home

Club Roster

- Include my name, address, phone and e-mail address in the Club Roster (Cross off anything you do NOT want included in our Roster).
- No, I do not want my name to appear in the Club Roster.