



A REPORT OF THE CLEVELAND STROKE CLUB

OCTOBER 2016

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



OCTOBER 19, 2016 @ 6:00 P.M.
We've Got Talent Night

(NOTE: THIS IS AN EARLIER TIME FOR THIS MONTH ONLY)
We've Got Talent and Interests Night
Featuring presentations by
Stroke Club Members

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 **First Wed. 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 usually 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

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216-410-2306

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Barry and Barbara Schecter

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440-552-3970

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*It's a matter
of the Minutes*



**September Meeting Notes
September 21, 2016**

Submitted by: Bonnie Morris

The September 21, 2016 meeting of the Cleveland Stroke Club began with a fun change from the usual, with tables and chairs set up in the church's front yard for socializing and enjoying appetizers. We were running a test to see how next year's picnic would be at the church next year. Everything seemed to run smoothly, and we returned to our dining hall at 6:30 for a spaghetti and meatballs feast prepared by **Rita** with the help of **Mason Camp, Al Lebarre, and Vivian Sekeres**. The tossed salad, toast, and chocolate cake rounded out the dinner nicely. **Malcolm** gifted our members with September birthdays with a wonderful song in their honor. Honorees included **Roger Gulbranson, Shirley Patterson, Kathy Wendorff**, and our long-time member and Past President, **90-year-young Charles DeForest**. What a blessing these members are to us. **Chris and Mike Vuyancih** celebrated their anniversary this month. Congratulations go to them! The 50-50 raffle was won by **Mason Camp. Kathy Wendorff** asked if there was any interest in a line-dancing session, so please tell her if you are interested in this fine activity.

Our speaker for the evening was **Ruby Chen, MT-BC**, of the UH Seidman Cancer Center. The topic was "Music Therapy." She brought a wonderful handout, with an awesome map of the brain, and a brief description of the functions of each brain section, and a set of ten self-affirming statements we should each treat our brains to several times daily, such as, "I am strong. I believe in myself," and "I embrace the new." She also included several pages of information about the aspects of music therapy, starting with the great sentence,

"Music lights up the whole brain." Indeed, this was the essence of her presentation. She introduces us to a game called "Taboo," in which a player describes a song title without using a list of taboo words, such as any word in the title. **Deena Barrett** began by demonstrating "Fly Me To the Moon," and held the microphone while Ruby treated us to a lovely rendition of the song. **Gary Mengay** helped with "Eight Days a Week," **George Pfeffer** and **Damon Smith** helped with "Ain't No Sunshine," and **Charlotte Starec** helped with "Crazy For You." I could have listened to Ruby Chen sing all evening! It was interesting to see how many parts of the brain are used by this game! If anyone wants a copy of the brain map page, I will try to carry a few copies with me at the October meetings. We really thank Ruby for sharing her evening and her talents and wisdom with us.

Remember that our next church meeting October 19, 2016 will be our talent/interest night. **Deena Barrett** is chairing the program, with the assistance of **Linda Davis**. If you have not signed up yet, call them. If you have signed up and have a media question, call them. I always look forward to watching the many interests and talents of our awesome members!!



OCT. HOLIDAYS

- 3 Rosh Hashana
- 12 Yom Kippur
- 10 Columbus Day
- 15 Teacher's Day
- 22 Make a Difference
- 31 Halloween

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

OCTOBER WISHES**Happy Birthday**

Dorothy Emmerson (4),
 Janie Racer (5),
 George Jenkins (5),
 Gay Shope (5),
 George Williamston (9),
 Sue Lefler (12),
 George Norton (15),
 Donald Broge (18),
 Laura Ferjutz (20),
 Dorothy Story (21),
 Berenice Kleiman (22),
 Myrna Moats (22),
 Bettye Hayes (24),
 Antoinette Penko (27),
 Linda Davis (30),
 Amelia Ponyik (31)

Happy Anniversary

David & Niki Muller
 (10/5/2012),
 Mary & John Pumper
 (10/6/84),
 Myrna & Lou Moats
 (10/7/58),
 Jon & Paula Colston
 (10/12)

Thinking of You

Omelia Berverly
 Don Broge,
 Harry Davis,
 Sanjay Godbole,
 Sherry Shelton
 Dorothy Story

**Deepest Sympathy**

George Kern
 Richard Donald Pryatel

NEXT MEETING

Wednesday, October 19, 2016 at Disciples Christian Church, 3663 Mayfield Road, Cleveland Heights 44121.

***** **NEW TIME! 6:00—8:30 (For the next meeting only)** *****

***6:00 p.m.** - Dinner by Rita – beef stew and biscuits (vegetable stew also) – cost is \$5.00. Remember to bring your place settings.

***7:00 p.m.** – **We've Got Talent and Interests Night with Presentations by Stroke Club Members.** The evening will be kicked off with our brew master, Roger, followed by a vast array of talents: singing, birding, crocheting and the list goes on. Whether you are a presenter or part of the audience, you really do not want to miss this opportunity to support your fellow members. In the past, this night has been an inspiration to all of us. Come and witness what others have accomplished.



***8:30 p.m.** Meeting ends.

Presenters: Make sure you sign up with Linda Davis (davisli49@yahoo.com). You can **bring items to show us or use the projector** (send pictures or slide shows to debbie@gulbranson.com by October 18th).

ANNOUNCEMENTS

Sat. Oct. 8th AHA Heart Walk. Festival 8:00--10:00 and walk 10:00 until noon. It starts at Mall C, Lakeside Avenue (across from the Convention Center). For more info: <http://heartwalk.kintera.org/faf/home/default.asp?ievent=1147881>

Caregiver & Survivor Meeting The board talked about a new name for the "Caregiver Meeting" that is held on the first Wed. of every month at Select Medical (formerly Kindred Hospital). "Caregiver & Survivor Meeting" acknowledges the contribution of all our attendees at both the caregiver and survivor meetings.

The Stroke Club members would like to express their deepest sympathy to the families of George Kern and Richard Donald Pryatel. Over the past week, Katie Kern-Pilch and Mary & John Pumper have shared amazing stories about their fathers. Both gentlemen served our country bravely, were dedicated and caring husbands and fathers, and kindly gave back to their community. We are struck by the great courage of these men as they battled difficult diseases over the past several months. We also know the courage of their family and friends who spent many hours holding hands and walking hospital halls. We send our love and prayers to Katie, John and Mary and their families. We are so sorry for your loss.



YOU MISSED IT: The Home Resource Center's "Boomerfest 2016" was on September 17th at the Cleveland Heights Rec Center. There were many information tables that focused on seniors, such as adaptive driving aids, advocacy, assistance and answers on aging and disabilities, fair housing, accessible renovation information. This senior expo was free and included coffee, donuts and bagels in the morning and a pizza and salad lunch. We'll tell you about it again next year. You should really plan on going.

Picnic Planning 2017: Geri plus Kay and her grandchildren provided drinks and appetizers—the Bubble Bread was amazing-- for our appetizer picnic. About **20 members** helped us set-up, plan, and break-down. And **all together we have about 40 members signed up on picnic committees. Thanks! You're amazing.**

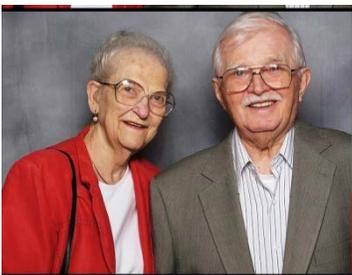
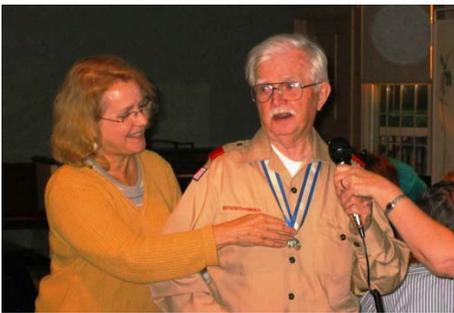
George Kern celebrated his 93rd birthday a few months ago in the hospital and requested that his friends at Kindred eat chocolate for him. George had a great life before we knew him. He was born in Philadelphia and after high school he enlisted in the Army Air Corps achieving the rank of sergeant with five Bronze Stars. After the war, he enrolled at Penn State in the class of 1950. He first earned a degree in Forestry and then went on to engineering and a job at the US Defense Dept.: first at NASA and for the Navy nuclear submarine propulsion. After 28 years, he returned to the outdoors and scouting. In 2003, he received the Silver Beaver Award from the National Council, Boy Scouts of America. He belonged to the Cleveland Hiking Club, was a scout master, and a member of the American Legion. Most recently, Parma Mayor honored him as Sept. "Citizen of the Month." He had his stroke in 2008 and has attended our meetings ever since. He was a kind and loving husband and father. He passed peacefully with his family around him.

Many of us first remember George at talent night in 2012. He proudly came in his Boy Scout uniform and told us his commitment to scouts since he was a teenager and his love of forestry.

Then Katie and George and Jeannine started coming regularly to the Caregiver and Survivor meetings. Jeannine was trying to keep George healthy so she would bring a "healthy" dessert for everyone. After tasting one of Jeannine's desserts everyone considered George a very lucky man for marrying such a wonderful cook. George was so awestruck with Jeannine; he would just grin ear to ear. We all wanted to marry both of them.

George contributed to every dinner table conversation and to the survivor's group. He was always helpful, kind, and encouraging. As if that was not enough, he would poke gentle fun at everyone. He was always twinkly and I think he must have been born with his tongue in his cheek! Some god must have made that man with imp genes with the cutest smile to go along with them. Over the years, George and Gus Aberle bonded in the survivor group. The other members thought the world tilted when the two guys started jawing. We worried until we learned that these two smart and charming guys would put the world back on its orbit when they were finished playing around.

The next time we remember George shining brightly was at the Stroke Club Anniversary dinner in 2013 with Jeannine and Katie. Here are a couple of pics to remind you. And finally, last year George participated in our Club's art project for the Heart Walk. Below is his painting of grace and gratitude. His painting says it all.



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



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: October 19, 2016

We've Got Talent Night

Dinner starts at 6:00, meeting lasts until 8:30 (tonight only).

ReFocus Staff:

Deb Felt, Editor

Bonnie Morris, Reporter

Geri Pitts, Coordinator

Assembly is done by:

Linda Davis, Al Lebarre,

Barry Schecter, Katherine

Sims, & Sabrina Simmons



For More Information

on the Cleveland Stroke Club
visit our Website:

www.clevelandstrokeclub.wordpress.com

Email our Executive Director:

pittsgeraldine@yahoo.com



Remember Our Troops

<http://anyservicemember.navy.mil/>

www.operationDearAbby.net

www.operationuplink.org

(Donate a calling card.)



KEEP SMILING!



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