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 6:30 p.m. at the Disciples Christian Church, 3663 Mayfield Road, Cleveland Heights, OH 44121

SEPTEMBER 2015

September 16, 2015

Health, Wellness & Prevention Care Center - Cleveland's Hidden Gem.
Learn of the allied health services available at low cost for individuals in the Greater Cleveland community.

Featuring
Cindy Rakow, coordinator of the Community Health Wellness and Preventative Care Center at Tri-C and Debbie Lisy, faculty at CCC OT Dept.

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 6:30p.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.
Sixty-four people attended our 41st Anniversary Dinner! The evening started with beautiful corsages for every man and woman made by Shirley Patterson. What wonderful skills she has. We had an opportunity to visit the "photo booth" and wear one of a variety of unusual hats and have our picture taken. Debbie Felt borrowed hats from the Cleveland Hearing & Speech Center and Geri Pitts brought some, too.

The dining room was lit up with energy with everyone's vitality and anticipation of a fun night. Everyone welcomed others and made sure they were comfortable. You couldn't find a warmer or friendlier atmosphere anywhere.

The meals were delicious and beautifully presented, starting with a chopped salad and our choice of Rigatoni Siciliano, Braised Beef, Bay of Fundy Salmon and Chicken Picatta. DoubleTree's new chef deserves a pat on the back! Then came the delicious dessert of caramel apple pie. The DoubleTree staff went out of their way to make the meal enjoyable and we thank them for that. The bartender and servers (some we've known for years) were attentive and helpful, going out of their way to make us comfortable.

With our tummies full and satisfied, Chris Vuyancih started a short meeting where she welcomed new guests, congratulated people on their birthdays and anniversaries and conducted a drawing for a wheeled tote. Guess who won the prize? Debbie Felt! She needs this tote, with all the things she brings to meetings to make them successful, like the bags of candy to keep our sweet tooth satisfied.

Shirley Paterson introduced our special guest, Beverly Charles, assistant to Congresswoman Marcia Fudge. Beverly read a congressional recognition certificate expounding the qualities of.....Shirley Kondo, for carrying out her duties as treasurer and being a faithful volunteer. Then Geri, our executive director, gave a certificate to Amelia Ponyik, for her volunteer time assisting Shirley. We DO thank you, Shirley and Amelia, for all you've done. You are a great team. And we DO thank you, Beverly Charles, for joining us and arranging for this proclamation.

But we weren't finished! There were two others that needed to be honored: Mr. and Mrs. Positive Energy - Roger Gulbranson and Debbie Felt. The theme of the "roast" was the Energizer Bunny because of their unwavering energy and dependability. Couple that with their thoughtfulness, spirit and every other adjective that describes two hard-working, detail-oriented people. All honorees received gifts and beautiful hand-made cards from our resident artist, Dr. Sabrina Simmons. Roger Gulbranson gave Shirley a bottle of his excellent home-brewed beer.

Following this celebration of volunteers, Slammin’ Sam entertained us with singing and dancing. He encourages participation. What about those line dancers? Talk about energy. Was anyone sore the next day? A big hand goes to George Jenkins for joining Sam for a few songs. What talent! Thank you both for putting big smiles on our faces and chuckles in our voices.
Cleveland Stroke Club Anniversary Dinner – August 19, 2015

You Are Not Alone
Cleveland Stroke Club
216 - 932 - 0552

See more photographs on our website: http://clevelandstrokeclub.wordpress.com
Cleveland Stroke Club Anniversary Dinner – August 19, 2015

See more photographs on our website: http://clevelandstrokeclub.wordpress.com
See more photographs on our website: http://clevelandstrokeclub.wordpress.com
Thank you to Marissa Barrett for being our photographer. Photos are included in this newsletter. Thank you to Bonnie Morris for her table toys/trinkets that she purchases and places every year, especially the lanyard to hold your water bottle. Thank you to Berenice Kleiman for your beautiful poem that was on the back of our program. Thank you to our Board for their help in making this dinner so successful. Thanks to CMV Enterprises and others who donated to help with the expenses of this night. You could be donating your hard-earned money to any number of charities and you chose the Cleveland Stroke Club. We are grateful. And to the drivers who went out of their way to bring others so they could come to this annual, joyous event. You deserve a hand. Stand up and take a bow.

This Anniversary dinner was successful because everyone pitched in to help. Even Sam remarked about what a special group we are. If you missed this dinner, please plan to come next year, August 17, 2016. The timing was perfect. People who don’t like to drive in the dark were able to leave when it was still daylight. The weather controllers helped us dodge a rainstorm - at least where we were. All in all, it was a perfect event.

**HOLIDAYS & CELEBRATIONS for this month**

- **7** Labor Day
- **13** Grandparent's Day
- **14** Rosh Hashanah
- **22** Emancipation Day OH
- **23** Yom Kippur
- **25** Native American Day

**NEXT MEETING:**

Wednesday, September 16, 2015 at Disciples Christian Church, 3663 Mayfield Road, Cleveland Heights 44121
5:30 p.m. - Bingo (free)
6:30 p.m. - Dinner by Rita - turkey tetrazzini casserole, green beans and applesauce - cost is $5.00. Remember to bring your place settings.
7:30 p.m. - Featured speakers: Cindy Rakow, coordinator of the Community Health Wellness and Preventative Care Center at Tri-C and Debbie Lisy, faculty at CCC OT Dept. Their topic will be: Community Health, Wellness & Prevention Care Center - Cleveland's Hidden Gem. Learn of the allied health services available at low cost for individuals in the Greater Cleveland community.

**Announcements**

**Metro Health Annual Stroke Conference** - Friday, September 25, 2015. Tentative presentations in the morning include: Coping for Caregivers and Medical Power of Attorney. After lunch will be a session on Sexuality after Stroke, and another on Music and Stroke Recovery. As in the past, lunch and parking are free for this conference. Registration is at 9:30, the keynote speaker starts of 10. Call Shelly Amato (216-957-3625) or tell Geri Pitts, who will include you with her reservations. The Cleveland Stroke Club will have an information table. Come by and say "hello."

**HAPPY SEPTEMBER Birthdays...**

to Jenny Camp (5), Betty Fredman (5), Nancy Darling (6), Jack Racer (8), Stephanie Burke (11), Charles DeForest (13), Roger Gulbranson (15), Shirley Patterson (15), Kathy Wendorff (20), Anna Melendez (22), Omeka Hood (23), Vicki Curtis (29), Nancy Ackerman (30)

**HAPPY SEPTEMBER Anniversaries**
to Char & Larry Grossman (9/1/74), Bill & Sue Franko (9/4/80), Chris & Mike Vuyancih (9/7/91).

**WELCOME….. to our newest member,**
to Gay Shope. Gay attended our Anniversary Dinner and enjoyed herself so much that she wanted to be a part of our group.

**Get Well...**

Denise Sager, Nancy Ackerman, Harry Davis, and Joanne Bergole. We hope you improve every day.
The Cleveland Stroke Club
c/o Geri Pitts
3266 E. Scarborough Road
Cleveland Heights, OH 44118

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.

**REMEMBERING SEPTEMBER 11**

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

**NEXT MEETING SEPT 16, 2015 Community Health & Wellness featuring Cindy Rakow & Debbie Lisy**

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.

***************
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!**