

Why ReFocus?

All of us realize that we can't make it alone.

With other's help, we are now focusing our attention on increasing the skills and assets that we have now, and our health and overall wellbeing.....together.

YOU are invited to tell us **YOUR** story.

YOU ARE NOT ALONE

Are you a stroke or brain injury survivor?
Are you a caregiver of someone who has had these set-backs?

Do you need someone to listen to you without judgment and understand what you are experiencing?

Come to our meetings and meet others who have had a similar experience.
You will be glad you did.

(Look inside for meeting details.)

Members have said:

"I'm so happy to have found this group. It can be a life-changing experience."

"What a relief to know others are out there who have experienced what I am going through."

Cleveland Stroke Club

is a nonprofit organization that is tax exempt under section 501©(3) of the Internal Revenue Code and classified



**YOU ARE INVITED
TO ATTEND A MEETING OF**

The Cleveland Stroke Club

a place where people who have had a stroke or brain injury and their caregivers can be understood, socialize and learn about resources and coping strategies.

REFOCUS

You are NOT alone.

Founded by the late
William M. Pitts, MA, SLP
in 1974.

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Visit us at:
www.clevelandstrokeclub.org



CLEVELAND STROKE CLUB

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The Cleveland Stroke Club was founded in 1974 by William M. Pitts at Highland View Hospital. The mission of the Cleveland Stroke Club is to enhance the lives of stroke survivors and their families through support, fellowship and socialization, education and advocacy.

OBJECTIVES AND BENEFITS

- ✚ Promote recovery
- ✚ Enhance communication
- ✚ Provide socialization and education
- ✚ Participate in community outreach to promote community awareness
- ✚ Provide information on community resources
- ✚ Share self-help techniques and coping strategies with caregivers and stroke survivors
- ✚ To give and receive support and encouragement from other members

MEETINGS

Usually we have two meetings each month. The **first Tuesday** of the month meeting is for Caregivers and Survivors of Stroke and brain injury. We enjoy dinner at a small cost together. Dinner is optional. After dinner each group separates for their respective meeting. The meeting is held at **Select Medical** (formerly Kindred Hospital), located at 11900 Fairhill Road, Cleveland, OH 44120. Reservations are required; call Kay 440-449-3309 or Deb 440-944-6794.

The **third Tuesday** of the month meeting is held at **Disciples Christian Church**, 3663 Mayfield Rd., Cleveland Heights. This is a dinner meeting, again at a small cost. After dinner, a guest speaker will present information relevant to caregivers and survivors of stroke. Reservations are also required (see above). Dinners begin at 6:30 p.m.

Exceptions: There is no meeting at the Church in June.

SOCIAL EVENTS

A free annual picnic takes the place of the third Tuesday meeting in **June**.

MEMBERSHIP

Any person who has had a stroke or brain injury, as well as family members, friends and professionals are invited to become a member. The annual dues are \$8.00 per person. Membership application forms are available at each meeting.

ReFocus Newsletter

The ReFocus, our monthly newsletter, is sent to all Club members and to professionals; social workers, doctors, nurses, medical personnel, and therapists, who are interested in supporting people who have suffered a stroke/brain injury.

The newsletter is educational, entertaining and informative. The ReFocus summarizes the events of the previous meeting, gives notice of the upcoming meeting, and provides articles of interest.

You are NOT alone - Please visit us.

Many of our members also attend Speak Easy at Cleveland Hearing & Speech Center. Visit www.chsc.org/speakeasy or call: 216-231-8787