

Notes from the Stroke Club Survivor Meeting 3/16/2023

We reviewed Jean's slides on Heart Health:

<https://clevelandstrokeclub.files.wordpress.com/2020/07/live-to-the-beat-2-23.pdf>

The joys of being a grandparent

Many of our members are new grandparents. For the next issue of our newsletter, send grandchildren pictures to me for a "Proud Grandparent Page."

Cionic Neural Sleeve for Walking

Marge asked John Pumper about the program he attended to test a walking sleeve. Here is a link:

Website: <https://cionic.com/>

Our Cleveland Contact is Cionic Vice President: Brian Kolonick

Brian Kolonick <briank@cionic.com>

216-225-5614

(If you are interested in trying on a sleeve, Cionic can let you try it on at Cleveland Clinic Avon Lake or Sharon Covey Solon Hand Clinic by appointment. Brian also said he could come to a meeting and talk about it and bring sleeves for people to try on. Call him at the number above.)

Here is a link to John's TV Interview using the walking sleeve:

<https://www.news5cleveland.com/news/local-news/new-medical-device-designed-to-help-people-with-neurological-issues-improve-walking>

Exercise facilities with swimming pools with wheelchair access

Marge said she wanted to start water aerobics. Here are the facilities that our members recommended and some additional facilities. Please call ahead and maybe ask for an appointment, to get a tour. Everyone has different needs. (Please note that it is safest to get exercise routines through a physical therapist or to go to a facility that have exercise coaches. It is easy to get injured without the guidance of a coach or therapist. It is very easy to sprain a ligament.)

Our members discussed exercising at the YMCA's pools. Some YMCA's have subleased space in the Y to University Hospitals. The UH side of the facility also has a pool with a lift chair that will sit people in the water and bring them back up. Therapists assist survivors in the water and guide them through the exercises. If you receive therapy, you will need a prescription from your doctor.

- To see if there is a Y in your neighborhood go to: <https://www.clevelandymca.org/>
- To see if there is UH therapy in your neighborhood go to:
<https://www.uhhospitals.org/services/rehabilitation-services/Conditions-and-Treatments/physical-therapy/locations>

Below are the facilities that our members use and recommend. It's best to call ahead to ask for more specific information and then schedule a walk-through.

If you have any additional exercise resources, let Deb know. We'll keep a running list and post it.

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North Royalton YMCA and UH Therapy Department (recommended by Damon)

The YMCA has a wheelchair lift for helping people in the pool. They also offer aquatic aerobic classes, and the schedule is online.

Website: <https://www.clevelandymca.org/locations/north-royalton-family-ymca>

Phone number: 440-230-9339 ask for aquatics.

Address: 11409 State Road, North Royalton, 44133

Notes: If you need the help of staff to use the pool, please call the day before to ensure staff availability.

UH Physical Therapy at the North Royalton YMCA is a separate section of the Y. UH provides water therapy in a pool with a lift chair for persons who cannot walk.

Website: <https://www.uhhospitals.org/locations/non-uh/north-royalton-family-ymca>

Phone number: 440-877-9120

Address: 11409 State Road, North Royalton, 44133

Notes: You will need a prescription from your physician to receive therapy.

Warrensville Heights YMCA (recommended by Linda D.)

<https://www.clevelandymca.org/locations/warrensville-heights-family-ymca/about>

Phone number: 216-518-9622

Address: 4433 Northfield Road Warrensville Heights, OH 44128

John F Kennedy Center (Recommended by several members)

Phone number: (216) 664-2572

Address: 17300 Harvard Ave. Cleveland, OH 44128

Geauga YMCA and UH Therapy Department (Recommended by Roger)

<https://www.clevelandymca.org/locations/geauga-family-ymca>

Phone number: 440-285-7543

Address: 12460 Bass Lake Road Chardon, OH 44024

UH Physical Therapy Center at the Geauga YMCA. It has a pool with a chair that lowers into the water. Physical Therapists provides water therapy and assistance as needed.

Phone number: 440-214-3101

Address: 12460 Bass Lake Road Chardon, OH 44024

Note: You will need a prescription to receive aquatic therapy. Therapy may be covered by Medicare, Medicaid, and Insurance.

Cleveland Clinic Peter B Lewis Center (Recommended by Malcolm G.)

Located in: Menorah Park

Website: <https://www.menorahpark.org/services/peter-b-lewis-aquatic-therapy-center/overview>

Phone: (216) 595-7345

Address: 27300 Cedar Rd, Beachwood, OH 44122

Notes: Accepts Medicare, Medicaid, and Insurance. Provides some intensive programs that are covered by Medicare. Physical therapists are available for assistance.

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LIFETIME Fitness (Recommended by Neerja)

Phone: [216-292-6844](tel:216-292-6844)

Address: 3850 Richmond Rd, Beachwood, OH 44122

Website: <https://www.lifetime.life/life-time-locations/oh-beachwood.html?>

Note: They have a wheelchair lift to the pool. Assistance is available. Some insurance pay membership.

Hillcrest YMCA (searched on "water aerobics Cleveland Ohio")

Website: <https://www.clevelandymca.org/locations/hillcrest-family-ymca>

Phone number: 216-382-4300

Address: 5000 Mayfield Road Lyndhurst, OH 44124

Parker Hannifin Downtown YMCA ("water aerobics Cleveland Ohio")

Website: <https://www.clevelandymca.org/locations/parker-hannifin-downtown-ymca>

Phone number: 216-344-7700

Address: 1301 E. 9th Street Cleveland, OH 44114

Cleveland Clinic Walker Center has a pool with a ramp access.

Website: <https://my.clevelandclinic.org/locations/directions/103-c-building-wo-walker-center>

Phone number: 216-444-8765.

Address: C Building - W.O. Walker Center

10524 Euclid Ave., Cleveland, OH 44195

Notes: Patients can use the pool but you need a prescription from your doctor.

There is no one available to assist you in and out of the pool.

Other Exercise Alternatives (no pool)

Firehouse Yoga in person and on Zoom (Recommended by Geri and Roger)

Firehouse Yoga in Cleveland has in person and Zoom classes and lots of payment options.

Website: <http://www.firehouseyogalakewood.com>

AARP Online Exercise Programs through Facebook (Recommended by Linda P)

https://onlinefitness.aarp.org/?utm_source=AARP&utm_medium=PaidSocial&utm_campaign=Facebook&CMP=SNP-HEALTH-HL-ONLINEFITNESS-FACEBOOK-MAR2023_6307099135908&fbclid=IwAR3th13Qkf1aPvUW7q3txTTPwFw8OzaMR8RAXC_FM-CzBG6YYGFm2377eqk

Exercise Gym (no pool) for Stroke Survivors (Roger, John P., and Gary Recommend)

Center for Stroke and Hand Recovery, Inc. (Owned by Dr. Sharon Covey, hand therapist.)

Website: <https://strokeandhandrecovery.com/>

Phone: 844-987-8765

Address: 5910 Harper Road, Ste 102, Solon, Ohio 44139

Notes: The Center has exercise machines and Hand Therapy and Physical Therapy. Matthew Burnett, PT, works at the Center and in survivor's home: limitlessrehabOH@gmail.com 216-702-6806.