

# NE Ohio Resource List for Stroke Survivors & Persons with Aphasia or Head Injury

Updated: 3/18/2022

This list is available online at: [www.clevelandstrokeclub.org](http://www.clevelandstrokeclub.org) and select the link to Stroke Resources. Caregivers and Stroke Survivors who participate in the Cleveland Stroke Club and other area stroke groups recommend the services included in this list. Send corrections to [debbie@gulbranson.com](mailto:debbie@gulbranson.com)

## Important Information and Educational Resources

### ***Web Educational Programs for Survivors and Caregivers***

Life After Stroke (May 25, 2021) <https://www.youtube.com/watch?v=fXMnKSuRTgw>  
Surviving Stroke – Cleveland <http://www.ideastream.org/programs/be-well/surviving-stroke>  
Brain Attack: A Stroke Survival Guide <https://www.youtube.com/watch?v=fe00AZRzHQU>  
Body in Pain --Cleveland <http://www.ideastream.org/programs/be-well/body-pain>  
Managing Life at Home, Returning to Work, Vision, Living After Stroke, Managing Change, Caregiving:  
<https://www.stroke.org/en/help-and-support/resource-library/lets-talk-about-stroke>  
Caregiver Guide to Stroke: [https://www.stroke.org/-/media/stroke-files/caregiver-support/caregivers-guide-to-stroke/caregiverguidetostroke\\_2020.pdf?la=en](https://www.stroke.org/-/media/stroke-files/caregiver-support/caregivers-guide-to-stroke/caregiverguidetostroke_2020.pdf?la=en)

### ***Young Survivor's Resources***

Cleveland Stroke Club: <https://clevelandstrokeclub.org/young-survivors/>  
Young Stroke Survivors, Inc. An independent group <http://youngstroke.org/>  
Facebook Young Survivor's Group: <https://www.facebook.com/groups/5326941831/>  
Young Women Had More Strokes Than Young Men in a Large, United States Claims Sample  
<https://www.ahajournals.org/doi/epub/10.1161/STROKEAHA.120.030803>

### ***Racial Inequities***

HEADS-UP: Understanding and Problem-Solving Seeking Hands-Down Solutions to Major Inequities in Stroke <https://www.ahajournals.org/doi/10.1161/STROKEAHA.120.032442>  
Inaugural Health Equity and Actionable Disparities in Stroke: Understanding and Problem-Solving Symposium <https://www.ahajournals.org/doi/10.1161/STROKEAHA.120.030423>  
Stroke Disparities: From Observations to Actions Inaugural Edward J. Kenton Lecture 2020  
<https://www.ahajournals.org/doi/10.1161/STROKEAHA.120.030428>  
Interventions Targeting Racial/Ethnic Disparities in Stroke Prevention and Treatment  
<https://www.ahajournals.org/doi/10.1161/STROKEAHA.120.030427>

### ***Post-Stroke Depression: Therapy, Research Reviews, and Recommendations***

Identifying and Treating Post-Stroke Depression Audiocast  
<https://www.stroke.org/en/professionals/stroke-resource-library/adult-stroke-rehabilitation-and-recovery-audiocast-series/identifying-and-treating-post-stroke-depression>  
Depression and Stroke: <https://www.stroke.org/en/about-stroke/effects-of-stroke/emotional-effects-of-stroke/depression-and-stroke>  
Depression after stroke common among black, Hispanic survivors  
<https://www.heart.org/en/news/2019/02/05/depression-after-stroke-common-among-black-and-hispanic-survivors>  
Post-Stroke Depression Research: <http://www.ebsr.com/evidence-review/18-post-stroke-depression>

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## Northeast Ohio Highly Recommended Services

Please call ahead to confirm meeting days and times...especially during the Covid pandemic.

- ❖ **Cleveland Stroke Club** Contact Geri Pitts 330-975-4320. <http://clevelandstrokeclub.org>.
- ❖ **Speak Easy** is a community speech practice group. Contact Jean Nisenbom at 216-368-3351. <http://www.chsc.org/speakeasy>. CHSC NEO-ACT program also offers other programs for persons with aphasia. <https://www.chsc.org/northeast-ohio-adults-communicating-together-neo-act> or contact Rebecca Mental at 216-231-8787.
- ❖ **Senior Health & Wellness Center** Metro Health Old Brooklyn. Call: 216- 957-2000. <https://www.metrohealth.org/locations/old-brooklyn>
- ❖ **Medworks** provides 100% free medical, dental, vision, and women's health clinics to anyone in need. To learn more go to: <https://medworksusa.org/> Email: info@medworksusa.org or call: 216-231-5350. Address: 1950 Richmond Road TR205, Lyndhurst, OH 44124.
- ❖ **TRI-C** provides physical therapy, nutrition, & dental hygiene to help students & patients. Call 216-987-3555. Open 2-5 p.m. Tues. & Thurs., Rm 105, Health Careers, 2900 Community College Ave. Cle. <http://www.tri-c.edu/community/community-services/community-health/preventative-care-center/index.html>
- ❖ **FES Center** Clinical trials for movement restoration. <http://fescenter.org/> or call: (216) 231-3257.
- ❖ **Metro Rehabilitation Institute Clinical Trials** 800-554-5251 <https://www.metrohealth.org/rehabilitation/about-the-institute>
- ❖ **DBC3 Music Therapy, LLC. Neurological Rehabilitation Solutions through Music** Contact Dwyer at 970-297-8506 or email him at dbc3MT@gmail.com or visit [www.rehabsolutionsthroughmusic.com](http://www.rehabsolutionsthroughmusic.com). Ask him about group exercise programs.
- ❖ **Stroke & Hand Therapy** provides arm and hand therapy. Contact Dr. Sharon Covey at 440-498-9723 or email her at sharonotr11@yahoo.com or visit her website: <http://strokeandhandrecovery.com/>. Ask her about hand exercise group programs.
- ❖ **Center for Neurological Wellness** Contact: email: cfneurowell@gmail.com Call 844-987-8765. Has great gym with accessible equipment (including nu-step) and assistance from a physical therapist on request. No pool. <https://strokeandhandrecovery.com/> Address: 5910 Harper Road, Ste 102, Solon, Ohio 44139.
- ❖ **Art Therapy Studio** provides art classes for seniors and stroke survivors. Classes are offered throughout the area. Contact 216.791.9303. <http://www.arttherapystudio.org>
- ❖ **Return to Golf** is now called Join the Turn. For more info, call 440-686-1074 (ext. 210) or visit <http://www.jointheturn.org> or send an email: [smcquaid@jointheturn.org](mailto:smcquaid@jointheturn.org)
- ❖ **Bureau of Vocational Rehabilitation**, Cleveland provides disability determination services, job retraining and placement—good head injury program. Call 216-227-3250 <http://www.ood.ohio.gov/>
- ❖ **Work Matters**, a MetroHealth Rehabilitation and Vocational Services Program and Clinical Trials. Contact David Reichert at 216-778-3518 or Jackie Stanton at 216-778-3174. Provides an intensive program that includes work re-entry skills, volunteer placement, driver's ed. and transportation assistance and problem solving, etc. Visit: <https://www.metrohealth.org/rehabilitation/about-the-institute/community-and-vocational-rehabilitation>
- ❖ Volunteer opportunities: Contact Dianna Kall <[DKall@greaterclevelandvolunteers.org](mailto:DKall@greaterclevelandvolunteers.org)> and see: [https://www.greaterclevelandvolunteers.org/programs/encore\\_cleveland.php](https://www.greaterclevelandvolunteers.org/programs/encore_cleveland.php)
- ❖ **LEAP** (Linking Employment, Abilities, and Potential) Nursing Home to Home transition, independent living skills training, home modification, and personal assistance. Visit: [www.leapinfo.org/](http://www.leapinfo.org/) or call 216-696-2716.
- ❖ **Hands On** Specializes in volunteer placement. Visit <http://www.handsonneo.org/>

- ❖ **NE Ohio Community On-Line Resource Guide** <http://www.psa10a.org/resources/publications.aspx>
- ❖ **Aphasia Resources for survivors and caregivers:** <https://www.aphasia.org/category/i-have-aphasia/>
- ❖ **Disability Rights Ohio:** Legal Advice & Advocacy for the Disabled. Includes employment, Medicare, Medicaid, service dogs, transportation. 800-282-9181 <http://www.disabilityrightsohio.org/>
- ❖ **Pro Seniors, Inc.:** Legal Advice & Advocacy for Seniors 800-488-6070 <http://www.proseniors.org>
- ❖ **OH State Ombudsman Service:** <https://aging.ohio.gov/wps/portal/gov/aging/care-and-living/get-help/get-an-advocate/long-term-care-ombudsman-1> or call: 1-800-266-4346
- ❖ **Legal Advice for Estate Planning or Medicaid Issues.** Janet L. Lowder, Hickman & Lowder Co., L.P.A., Call 440-323-1111 or visit [www.hickman-lowder.com](http://www.hickman-lowder.com). (Cleveland & Sheffield Village)
- ❖ **Services for Independent Living** Visit <http://sil-oh.org/> or call 216-731-1529. Helps survivors to transition to independent living: classes, counseling, used equipment, referral, & young adult group. Located in Euclid.
- ❖ **Summit County:** services: Call Christine, a rec. therapist at Edwin Shaw Hosp. (234) 815-5100.
- ❖ **Cleveland Sight Center:** Call 216-791-8118 or visit <https://www.clevelandsightcenter.org/>
- ❖ **Dancing Wheels:** Professional Dance group for persons of all abilities and gives dance lessons. Visit <https://dancingwheels.org/> or call: 216.432.0306

### ***Support Groups for Stroke, PPA, Brain Tumor and TBI, and Epilepsy***

#### **Stroke Clubs (Persons with TBI, BI, PPA, FTD & Epilepsy are most welcome.)**

**Cleveland Stroke Club** see our schedule at <http://clevelandstrokeclub.org> or contact Geri Pitts at 330-975-4320 or send her an email at: [pittsgeraldine@yahoo.com](mailto:pittsgeraldine@yahoo.com) . New members welcome.

**Euclid Hospital Stroke and Brain Injury Education and Support Group and Caregiver Group Euclid Rehabilitation Hospital Outpatient Department** Contact Nancy O'Malley at 216-692-7476.

**Lakewood Hospital Stroke Club** The group meets at Lakewood Hospital and the facilitator is Cindy Clark. Contact her at [CLARKC2@ccf.org](mailto:CLARKC2@ccf.org) or call her at 216-529-7580.

**Metrohealth Stroke Club** For the schedule call Robynn Cox at 216-778-5420 or [rcox1@metrohealth.org](mailto:rcox1@metrohealth.org) or Shelly Amato, Brain Injury and Stroke Rehabilitation 216-957-3625.

**Parma Hospital Stroke Group** Contact Nancy Costello or Allison Evans at 440-743-4041.

**West Geauga Stroke Support Group** Contact Bridget MacMichael 440-285-6724.

**Gauga Aphasia Support Group** Contact Katherine Mayer at 440-214-3101  
[Katherine.Mayer@uhhospitals.org](mailto:Katherine.Mayer@uhhospitals.org)

#### **National Support Group Directories:**

**American Stroke Association Support Groups Directory** Call 1-800-Stroke or go to their website: <https://www.stroke.org/en/stroke-support-group-finder>

**Brain Injury Groups Directory:** <https://www.biaoh.org/support-groups>

**National Aphasia Association Support Groups Directory** <http://www.aphasia.org/>

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## **Primary Progressive Aphasia and Frontotemporal Dementia Support Groups**

Dr. Alan J. Lerner located at **UH University Foley Elderhealth Center, Neurology**, 3619 Park East Dr., Beachwood, OH 44122. Call 216-464-6445. He specializes in PPA and can refer you to local services. Visit: <https://www.uhhospitals.org/locations/uh-foley-elder-health-center>

Dr. James Leverenz, MD. He is at the Cleveland Clinic Main Campus. **Lou Ruvo Center for Brain Health**. Visit: <https://my.clevelandclinic.org/departments/neurological/depts/brain-health> for more info and listen to his podcast. Call: 866-588-2264.

## **CLE Frontotemporal Dementia (FTD) and Primary Progressive Aphasia (PPA) Support Group**

Contact Lauren Brasse, LISW, MSSA, Clinical Care Coordinator, **Alzheimer's Association** Cleveland Area Chapter, 23215 Commerce Park Drive, Suite 300, Beachwood, OH 44122. Phone : 216-342-5584, E-Mail: [lbrasse@alz.org](mailto:lbrasse@alz.org) , [www.alz.org/cleveland](http://www.alz.org/cleveland) .

**National Institute of Neurological Disorders and Stroke (NINDS)** Call: 800- 352-9424 or visit: <https://www.ninds.nih.gov/>

### **Primary Progressive Aphasia & Pick's—now called Frontotemporal Dementia:**

<https://www.ninds.nih.gov/Disorders/All-Disorders/Frontotemporal-Dementia-Information-Page>

**PPA, FTD Clinical Trials:** <https://clinicaltrials.gov/search/?term=Frontotemporal%20Dementia>

<https://www.ninds.nih.gov/disorders/clinical-trials/find-ninds-clinical-trials>

**The Bluefield Project** <https://www.bluefieldproject.org/>

**The Association of Frontotemporal Degeneration** National Directory <https://www.theaftd.org/1-866-507-7222>

**International PPA Connection** <https://www.ppaconnection.org/>

**The National Aphasia Association** <https://www.aphasia.org/> email: [naa@aphasia.org](mailto:naa@aphasia.org)

## **Brain Injury Support Group (also supports those with Stroke, PPA, FTD)**

**Hanson House Traumatic Brain Injury Clubhouse** Support groups located throughout the metro area. Call 440-234-9900 or go to <https://www.facebook.com/HansonHouse-Traumatic-Brain-Injury-Clubhouse-111069982282684/>

## **Brain Tumor Support Group**

**Brain Tumor Support Group** meets at Cleveland Clinic Cancer Center. Call 800-223-2273 ext. 51787

[http://my.clevelandclinic.org/services/neurological\\_institute/brain-tumor-neuro-oncology](http://my.clevelandclinic.org/services/neurological_institute/brain-tumor-neuro-oncology)

<https://my.clevelandclinic.org/departments/neurological/depts/brain-tumor-neuro-oncology#resources-tab>

**Ohio Brain Injury, Brain Tumor Support Clubs:** <https://www.biaoh.org/support-groups>

## **Epilepsy Support Group**

**Epilepsy Foundation** call: 1-800-332-1000 or visit: <https://www.epilepsy.com/connect> The Epilepsy Foundation sponsors a support group at Lake West hospital on the second Wednesday of each month from 6:30 - 8:00 PM. For more information about the Epilepsy Association visit

<http://www.epilepsyinfo.org/> or call: 216-579-1330 to confirm the meeting at 2831 Prospect E, Cleveland, OH 44115-2606.

**Empowering Epilepsy** is a social/self-help club for adults, children, and families with epilepsy. For more information visit their website at: <http://empoweringepilepsy.org/> or call 440-248-6158.

## **Parkinson's Support Group**

**In Motion** A community based program with specialized staff at no cost to participants. For more information visit: <https://beinmotion.org/> . Located at: 23905 Mercantile Road, Beachwood, 44122  
Phone: [216-342-4417](tel:216-342-4417) Email: [support@beinmotion.org](mailto:support@beinmotion.org)

**Right at Home:** In Home Care & Assistance. Visit: <https://www.rightathome.net/cleveland> or call: (216) 202-0037

## ***Exercise, Aquatic, Speech, Occupational, & Physical Therapy Centers***

**Heather Hills YMCA** (440) 214-3100. The therapy center is in the YMCA.  
<https://www.uhhospitals.org/locations/non-uh/geauga-ymca>

**Peter B. Lewis Aquatic and Therapy Center** (Cleveland Clinic) is located at 27300 Cedar Road, Beachwood, Ohio 44122. Call 216-831-6500. [www.lewisaquaticcenter.org/](http://www.lewisaquaticcenter.org/) Also offers 6 week therapy programs for speech, PT, and OT for continued improvement that is eligible for coverage from Medicare and Medicaid.

**South Franklin Circle** Call 440-247-6767 and ask for Kevin at the Wellness Center. Kevin is an exercise therapist; also physical therapists are available. <https://www.judsonsmartliving.org/blog/jump-in-seniors-who-swim-enjoy-many-benefits/> Residents have priority but there are sometimes openings for community members.

**Life Time Fitness** located at 3850 Richmond Rd, Beachwood, OH 44122. Phone: 216-292-6844. For more information go to:  
<https://www.lifetime.life/life-time-locations/oh-beachwood.html>

**Center for Neurological Wellness.** Call 216-215-4564 EMAIL: [cfneurowell@gmail.com](mailto:cfneurowell@gmail.com) Has great gym with accessible equipment (including nu-step) and assistance from a physical therapist on request. No pool. <https://strokeandhandrecovery.com/> 5910 Harper Road, Ste 102, Solon, Ohio 44139. Owned by Dr. Sharon Covey, Doctor of Occupational Therapy.

**Lake Health Mentor** (gym) Call: (440) 255-6400. Open Membership: \$55 dollars/mo.  
<https://lakehealth.org/Locations/Brunner-Sanden-Deitrick-Wellness-Campus/LiveHealthy>

**YMCA** (fitness experts can help you set-up a routine and get in and out of the pool). We also enjoy the Silver Sneakers walking programs (and some insurance programs pay for Silver Sneakers dues).  
<http://www.clevelandymca.org/locations.html> , <https://www.clevelandymca.org/strong-week4.html> ,  
<http://www.lakecountyyymca.org/>

**Curves** Several women caregivers and survivors exercise at Curves together. [www.curves.com/](http://www.curves.com/)

### **E Fitness Online:**

- **American Stroke Assn.** <https://www.stroke.org/en/help-and-support/resource-library/post-stroke-exercise-videos>
- **Silver Sneakers** Online Classes at Home: <https://tools.silversneakers.com/>

## ***Clinical Trials***

For a complete list of National Clinical Trials go to: [www.clinicaltrials.gov](http://www.clinicaltrials.gov)

**FES Center at Cleveland Veterans Administration & MetroHealth** <http://fescenter.org>

There are programs for persons with Spinal Cord Injuries, Cerebral Palsy, Pain, Sleep Apnea, Parkinson's, Stroke, and Traumatic Brain Injury. Email [info@FEScenter.org](mailto:info@FEScenter.org) or call (216) 231-3257.

**MetroHealth Hospital:** For a listing of current studies, visit:

<https://www.metrohealth.org/neurology/stroke-and-cerebrovascular-center/stroke-survivor-research-studies> . For more information, call 216-778-5347 or email: [strokeresearch@metrohealth.org](mailto:strokeresearch@metrohealth.org)

**Cleveland State University Physical Therapy Department** Cleveland State is currently conducting a balance study at the Cleveland Clinic Walker Center. For more information, call Dr. Ann Karas Reinhalt 216-687-3576, or email her at [A.Karas@csuohio.edu](mailto:A.Karas@csuohio.edu).

**Cleveland Clinic** Foot Drop Study for Medicare funding of the Walk Aid, the Walk Aid is given free to participants. Call Darlene Stough RN (Mellen Center, Cleveland Clinic), 216-445-5877, or email her [stoughd@ccf.org](mailto:stoughd@ccf.org).

**CC:** Brain Stimulation Studies contact Ela Plow, Ph.D. at 216-445-4589 or [plowe2@ccf.org](mailto:plowe2@ccf.org).

## **Cincinnati Clinical Trials**

Rehab Lab is a research facility in Cincinnati with articles and information regarding stroke rehab. Patients who participate in stroke studies can live in the assisted living community while at the Drake Center. [www.rehablab.org](http://www.rehablab.org).

Clinical therapists notify the Stroke Club. The flyers are posted on our website next to our newsletters. Go to [www.clevelandstrokeclub.org](http://www.clevelandstrokeclub.org) and select the link to newsletters, calendars, and flyers.

## ***Inpatient Rehabilitation Hospitals and Units***

**Cleveland Clinic** has three acute intensive inpatient hospitals and ranks 19<sup>th</sup> in the country for inpatient rehabilitation. They are the following. <https://my.clevelandclinic.org/locations/rehabilitation-hospital>

To learn more contact 216-455-6444

- [Cleveland Clinic Rehabilitation Hospital, Avon](#) or call 440-937-9099
- [Cleveland Clinic Rehabilitation Hospital, Beachwood](#) or call 216-455-6400
- [Cleveland Clinic Rehabilitation Hospital, Edwin Shaw](#) in Akron or call 234-815-5100

Stroke Units in the following Cleveland Clinic Hospitals:

- [Akron General Health and Wellness Center, Bath](#) or call 330-665-8000
- [Cleveland Clinic Rehabilitation Hospital, Main Campus](#) or call 216-444-2200
- [Cleveland Clinic Children's Hospital for Rehabilitation](#) or call 216-636-5437.
- [Cleveland Clinic Rehabilitation Units, Euclid Hospital](#) or call 216-531-9000

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### **University Hospital Rehabilitation Center**

- UH Beachwood, Rehabilitation Hospital Visit <https://www.uhhospitals.org/services/rehabilitation-services/uh-rehabilitation-hospital> 23333 Harvard Rd., Beachwood, OH 44122 or 216-593-2200
- UH Avon Acute Rehabilitation Hospital. <https://www.uhhospitals.org/locations/uh-avon-rehabilitation-hospital>
- UH Hanna House Inpatient Rehab Center <https://www.uhhospitals.org/locations/hanna-house> 855-485-7825
- UH Parma Medical Center's Rehabilitation Unit <https://www.uhhospitals.org/locations/uh-parma-medical-center/services/inpatient-rehabilitation-services-at-uh-parma-medical-center>

**MetroHealth System** opened a three floor, 60 bed rehabilitation hospital at its Old Brooklyn campus. Visit <https://www.metrohealth.org/rehabilitation> For directions, go to: <https://www.metrohealth.org/old-brooklyn> . For more info call 216-778-3776.

**Lake Health Center for Comprehensive Rehabilitation (CCR)** is in Concord. Call 440-953-6251 <https://lakehealth.org/Services/Comprehensive-Rehabilitation>

**Summa Rehab Hospital** in Akron. Call (330) 572-7300 Visit: <http://www.summarehabhospital.com/>.

Although the **Veterans Administration Hospital** does not have a Stroke Unit, it is a world-class hospital and provides excellent stroke recovery rehabilitation.

### ***Intensive Outpatient Therapy Day Programs***

Many of our survivors have participated in an intensive outpatient therapy program after being discharged from an acute rehabilitation center. Outcomes are especially good.

**Neuro-Day Program** is an intensive therapy program provided by **Euclid Hospital** Outpatient Therapy Department. There are two programs a three day (M, W, F) and two days (T & TH). The staff includes a nurse, nursing assistant, and a psychologist specializing in neurological disorders. Contact Euclid Hospital: 18901 Lake Shore Blvd., Euclid, Ohio 44119. Phone: 216-531-9000 and ask for the Neuro Day Program or Nancy O'Malley. [https://my.clevelandclinic.org/locations\\_directions/Regional-Locations/euclid-hospital/specialties/stroke](https://my.clevelandclinic.org/locations_directions/Regional-Locations/euclid-hospital/specialties/stroke)

### ***Day Programs***

**Anna Maria of Aurora** offers adult day care. Call 330-562-6171 or see their website: <https://www.annamariaofaurora.com/>.

**Menorah Park** Adult Day Care for older adults and Club Fusion for Young Adults with Brain Injuries 27100 Cedar Road, Cleveland, OH 44122 (216) 360-8218 View [Map](#) and Visit: <https://www.menorahpark.org/services/mandel-adult-day-care-center>

**Benjamin Rose Institute** offers many programs for seniors. Phone: 216-791-8000. <https://www.benrose.org/web/guest/health-wellness-services>

### ***Specialized Centers: Cognition and Memory Center and Swallowing Center***

**Brain Health & Memory Center** call 216-844-2724. <http://www.uhhospitals.org/services/neurology-and-neurosurgery/institute/our-centers/brain-health-and-memory-center>



## ***In-Home Care and Services***

**Arcadia** provides in-home care. Offices in Cleveland, Beachwood (866-224-7541) and Akron Medicare Certified Personal Care (866-224-7541) <http://www.arcadiahomecare.com/>

**Brightstar Care.** This is our *most highly recommended in-home care service*. Offices in Solon (330-963-7777) and Middleburg Heights (440-613-1500). <https://www.brightstarcare.com/about-us/find-a-location/location-search-results/44092> . Their favorite caregiver was Tre' Brown.

**Comfort Keepers** provides in-home care and services. Call 866-464-0599 or visit: <http://www.comfortkeepers.com/home/find-a-location?address=OH> . Offices are in Akron, Canton, Cleveland (Valley View), Painesville, Westlake and other locations in Ohio.

**Heavenly Touch** provides in-home care, some housekeeping, meal preparation, respite care. Call: 330-854-9223 or email: [Info@heavenlytouchcare.com](mailto:Info@heavenlytouchcare.com) or visit: [www.heavenlytouchcare.com](http://www.heavenlytouchcare.com).

**Hanson Services, Inc.** provides in-home care and services to Cleveland, NE Ohio, and Akron (offices also in Florida). Call 216-226-5425. [www.hanson-services.com/](http://www.hanson-services.com/). Located at: 17017 Madison Avenue, Lakewood, Ohio 44107. E-Mail address is [hanson@hanson-services.com](mailto:hanson@hanson-services.com) .

**Home Helpers** provides personal, some nursing, respite, housekeeping, and transportation services. <http://homehelpershomecare.com/>. Offices: Chagrin Falls (440-429-0908), Parma (440-345-5522), & Canton (330-455-5400).

**Jewish Family Services (Cleveland and Akron)** provides senior support, housekeeping, and transportation support to members. Call 216-292-3999 or visit: <https://www.jfsa-cleveland.org/>

**Menorah Park** provides in-home care. <http://www.menorahpark.org/homehealthservices.html>  
**Cleveland's Eastern Suburbs** call 216-595-7333, For Akron call 330-867-2143. For Canton and Tuscarawas call 330-437-2910.

**Private Practice Nurses** provide in-home care and services in Eastern Cuyahoga, Lake, and Western Geauga County Call 216-481-1305. Located at 403 Cary Jay Blvd, Cleveland, OH 44143. Recommended

**Visiting Angels** provides assistance for stroke survivors (help with speech exercises, some errands, and home assistance). Call 877-618-4748. Visit: <https://www.visitingangels.com/>

**Veterans Administration VA** provides in-home assistance (including nursing services) to veterans.

## ***Prosthetics and Orthotics***

**The Gait Lab at Medical Device Consulting** 35104 Euclid Ave, Suite #105 Willoughby, Ohio 44094. Call: 440-269-8075 or Web: <https://thegaitlab.wixsite.com/thegaitbalancer>

**Leimkuehler, Inc.** Detroit Ave (216-651-7788), Lyndhurst (440-442-0454), or North Royalton (440-582-8000). They will also change any pair of tie shoes into Velcro shoes. <http://www.leimkuehlerinc.com>

**Hanger Clinic (Prosthetics and Orthotics)** is in many Northeast Ohio locations. Mayfield Heights (440-605-0232), Parma (440-842-4251), Westlake (440-892-6665). Hanger has the local contract for the Walk Aid (foot drop stimulator cuff.) <http://www.hangerclinic.com/locations/Pages/default.aspx>

### ***Stair Lifts, Ramps, Scooters, Power Chairs, Sell or Rent Modified Cars and Vans***

**\*\*\*Grants to pay for stair lifts etc.** email: [emaccanon@areaagingsolutions.org](mailto:emaccanon@areaagingsolutions.org) (800-626-7277)  
For more info: <https://www.areaagingsolutions.org/programs-services/family-caregiver-support/>

**Access to Independence** located at 4960 S. Prospect St., Ravenna, OH 44266, Phone 330-296-8111 or Toll Free 877-284-6446 or visit: <http://www.accesstoIndependence.com/> Nice showroom.

**101 Mobility** located at 38273 Airport Parkway Unit # 1, Willoughby, OH 44094. Call 440-299-8485 or Visit: <https://cleveland.101mobility.com/> . Has a nice showroom.

**Miller's Rental and Sales, Inc.** Maintains stairlifts and sells/rents wheelchairs and medical equipment. Offices in Cleveland (216-642-1447), Akron (330-753-8600), Canton (330-478-3940), and Youngstown (330-743-7400). <https://www.millers.com/cantonlocation>

**Mobility Works (formerly MC Mobility)** is located at 7588 Tyler Blvd, Mentor, OH 44060. Call (440) 305-8995 or visit: <https://www.mobilityworks.com/mobilityworks-locations/mentor-cleveland-ohio.php> . Showroom plus sells/rents vans and cars, lift platforms for wheelchairs, modifies cars, etc.

**Mobility Lifter** A stair climbing wheelchair. Visit <https://mobilitylifter.com/> or call 615-530-1374. The wheelchair is called LIFTKAR.

**Petal Wheelchair** <https://pedalwheelchair.com/> . Email: [Aaron.Huberahuber@pedalwheelchair.com](mailto:Aaron.Huberahuber@pedalwheelchair.com)

**The Mobility Resource:** Grants to buy wheelchair vans:  
<https://www.themobilityresource.com/financing-handicap-accessible-vehicles/state-grants/ohio-disability-grants/> They also list used wheelchair vans.

**BLVD** Used wheelchair vans listing: <http://www.blvd.com/>

**Cleveland Home Repair Guide.** Some home repairs for stroke survivors, seniors, and persons with disabilities can be paid for by city, state, and federal grants. See:  
<https://www.clevelandohio.gov/node/14740>

**Services for Independent Living** offers help for persons with disabilities, especially those returning to the community from a nursing home or those who wish to stay in their home. <http://sil-oh.org/> . This is part of a statewide program—if you can find help here: <http://www.ohiosilc.org/centers-forindependent-living/>

### **Cleveland Home Maintenance Assistance**

<https://www.clevelandohio.gov/CityofCleveland/Home/Government/CityAgencies/Aging/HomeMaintenance>

## ***Physicians, Dentists, and Therapists***

### **Physicians**

Dr. Fredrick Frost (Cleveland Clinic, Physical Medicine) 216-445-2006  
Dr. John Chae (Metro Health, Physical Medicine) 216-957-3623  
Dr. Lawrence Hughes, MD (Cleveland Clinic, Internal Medicine) 440-943-2500  
Dr. Cathy Sila, MD (UH, Neurology, Vascular Neurology) 216-415-7406  
Dr. Alan J. Lerner, (UH, Gerontology, Memory & Cognitive Loss, medication reaction) 216-464-6445  
Dr. Douglas E. Joseph, D.O, RVT (Cleveland Clinic, Cardiovascular Med.) 216-444-4533  
Dr. Jonathan Boyd, M.D. (Cleveland Clinic, Urologist), Euclid 216-692-8900 & Hillcrest 440-461-6430  
Dr. Sri Sivalingam, MD (Cleveland Clinic Hillcrest, Urologist) 440-461-6430  
Dr. Ronald P. Lemmo, DDS, (Dentist) 2775 Bishop Road, Wickliffe, OH 44092) 440-944-0008  
Dr. James Leverenz, MD. Cleveland Clinic, Alzheimer's, Dementia (CBS, FTD, Parkinson) 216-636-5860

### **Psychiatrists/Psychologists**

Dr. John J Sanitato Jr., (Psychiatrist) 6900 Pearl Rd #100, Middleburg Heights 44130, 216-844-2400  
Dr. Jane Manno, (Neuropsychology) 24700 Lorain Rd, North Olmsted, 44070, 216-227-2600  
Lynn Skunta, (Psychologist) 4859 Dover Center Road, North Olmsted 44070, 440-779-8880  
Suzanne J. Smith Ph.D. (Psychologist), 1991 Crocker Rd, Ste 600, Westlake 44145, 216-930-2463

### **Speech Therapists**

**Cleveland Hearing & Speech Center** Contact Jean Nisenbom or Rebecca Mental at 11635 Euclid Ave, 216-231-8787. <http://www.chsc.org> Also, offices in Broadview Heights, Lyndhurst, and Westlake. CHSC also hosts discussion groups and book clubs for persons with acquired speech impairments due to stroke or brain injury. See: <https://www.chsc.org/northeast-ohio-adults-communicating-together-neo-act>

**Geauga YMCA and the UH Geauga Outpatient Clinic** Contact Katherine Mayer (440) 214-3100. Katherine Mayer MA CCC-SLP [Katherine.Mayer@uhhospitals.org](mailto:Katherine.Mayer@uhhospitals.org)  
<https://www.uhhospitals.org/locations/non-uh/geauga-ymca>

**Warrensville Outpatient and Neuro Rehab UH.** 4480 Richmond Rd., Warrensville Heights, 44128. 216-765-2830 <https://www.uhhospitals.org/locations/warrensville-outpatient-and-neuro-rehab>  
UH also provides rehabilitation services throughout NE Ohio. See this link for other offices: <https://www.uhhospitals.org/services/rehabilitation-services/Conditions-and-Treatments/neurologic-therapy>

**Aphasia Toolbox.com** Contact Bill Connors at [www.aphasiatoolbox.com](http://www.aphasiatoolbox.com). On-line speech therapy using Zoom and chat rooms and exercises for people with aphasia. Call 724-494-2534.

### **Physical Therapists**

**Warrensville Outpatient and Neuro Rehab UH.** 4480 Richmond Rd., Warrensville Heights, 44128. Ask for appointments with Rick Burdsall, PT or Donna Socrant, PT. Call for an appointment: 216-765-2830. <https://www.uhhospitals.org/services/rehabilitation-services/Conditions-and-Treatments/neurologic-therapy>

Northeast Ohio Services

**Balance Solutions Physical Therapy Inc.** 23175 Commerce Park, Beachwood, OH 44122  
Call 440-449-3400. [www.balancesolutions.com](http://www.balancesolutions.com).

**University Hospitals Home Care Services**, Sean Blake. UH Homecare phone is 216-844-4663.

**Geauga YMCA and the UH Geauga Outpatient Clinic** For more information, call: (440) 214-3100  
<https://www.uhhospitals.org/locations/non-uh/geauga-ymca>

**TRI-C** provides (free or very low cost) physical therapy and dental programs to help students & patients. Call 216-987-3555. Open during spring and fall semesters from 2-5 p.m. Tues. and Thur., Rm 104, Health Careers, 2900 Community College Ave. in Cleveland. <http://www.tri-c.edu/community/community-services/community-health/preventative-care-center/index.html>

**Peter B. Lewis Aquatic and Therapy Center** (Cleveland Clinic) is located at 27300 Cedar Road, Beachwood, Ohio 44122. Call 216-831-6500. [www.lewisaquaticcenter.org/](http://www.lewisaquaticcenter.org/) Also offers 6 week therapy programs for speech, PT, and OT. Eligible for Medicare Medicaid.

**Center for Neurological Wellness.** phone: 216-215-4564 Email: [cfneurowell@gmail.com](mailto:cfneurowell@gmail.com) Call 844-987-8765 . Has great gym with accessible equipment (including nu-step) and assistance from a physical therapist on request. No pool. <https://strokeandhandrecovery.com/> 5910 Harper Road, Ste 102, Solon, Ohio 44139. Owned by Dr. Sharon Covey.

## Occupational Therapists

**The Center for Stroke and Hand Recovery**, 5910 Harper Rd #102, Solon, OH 44139. Call Dr. Sharon Covey at 330-907-1969. <http://strokeandhandrecovery.com/>

**Geauga YMCA and the UH Geauga Outpatient Clinic** For more information, call: (440) 214-3100  
<https://www.uhhospitals.org/locations/non-uh/geauga-ymca>

**Peter B. Lewis Aquatic and Therapy Center** (Cleveland Clinic) is located at 27300 Cedar Road, Beachwood, Ohio 44122. Call 216-595-7345. [www.lewisaquaticcenter.org/](http://www.lewisaquaticcenter.org/) Medicare, Medicaid.

## Music Therapists

**DBC3 Music Therapy, LLC. Neurological Rehabilitation Solutions Through Music** Contact Dwyer at 970-297-8506 or email at [dbc3MT@gmail.com](mailto:dbc3MT@gmail.com) or visit [www.rehabsolutionsthroughmusic.com](http://www.rehabsolutionsthroughmusic.com) .

## Bio-Feedback Physical Therapy

**Jeff Bolek, Ph.D.** 21403 Chagrin Blvd. Suite 212, Beachwood, Ohio 44122. Call (216) 346-5673 or email: [drjbolek@motorcontrolrestoration.com](mailto:drjbolek@motorcontrolrestoration.com) .

## Massotherapy

**Henry Reed, Inc.**, Massotherapy, 38033 Euclid Ave., Suite T2, Willoughby, OH 44094. Call 440-975-0462 or visit: <https://www.facebook.com/Henry-Reed-Inc-Massotherapy-802860343090710/>

Northeast Ohio Services

**Marcia Manwaring**, CranioSacral Therapy (CST), call 216-399-3401 or visit:

<https://www.facebook.com/HeavenlyHealingHandsMassageTherapy/>

**Brahms, Cohn & Leb Orthopaedics** Acupuncture. Located at: 23250 Mercantile Rd, Ste. 100 A, Beachwood, OH 44122. Phone: (216) 831-7855. <http://www.brahmscohnleborthopedics.com/>

## **Yoga & Reiki**

**Firehouse Yoga.** In-person & Zoom classes, including chair yoga and slow yoga.

<https://firehouseyogalakewood.com/> . Call 216-243-1291 or email [info@firehouseyogalakewood.com](mailto:info@firehouseyogalakewood.com).

**YogaReach:** Contact Char at 216-577-1507 or email [yogareach@gmail.com](mailto:yogareach@gmail.com), or [www.yoga-reach.org](http://www.yoga-reach.org).

**Shadybrook Mayfield** on Thurs. Mornings at 10:30. They also have Zoom classes. Check it out:

<https://www.meetup.com/Shadybrook-Mayfield-OH-Spiritual-Personal-Development/>

**Reiki** is provided free for all current and former MetroHealth patients and family members. Anyone who has a MetroHealth patient # can utilize this offering. Call 216-778-5471 to schedule an appointment. Ask for Katie Kern-Pilch. Visit: <https://www.metrohealth.org/reiki>

**Reiki** is also provided by the Cleveland Clinic Lyndhurst Campus. Call 216-448-4325 or to learn more visit: <https://my.clevelandclinic.org/departments/wellness/integrative/treatments-services/reiki>

## ***Job Re-Entry Training and Volunteer Placement***

❖ **Greater Cleveland Volunteers** Email contact: Dianna Kall <[DKall@greaterclevelandvolunteers.org](mailto:DKall@greaterclevelandvolunteers.org)> and see: [https://www.greaterclevelandvolunteers.org/programs/encore\\_cleveland.php](https://www.greaterclevelandvolunteers.org/programs/encore_cleveland.php)

**LEAP** (Linking Employment, Abilities, and Potential). Located at: 2545 Lorain Ave., Cleveland, Ohio 44113. Phone: 216-696-2716 or visit: <http://www.leapinfo.org/>

**Looking aHead** is a community job re-entry program for individuals with acquired brain injuries. Contact the Director: Debbie Zukowski, OTR/L (Menorah Park Center for Senior Living, 27100 Cedar Road, Beachwood, OH 44122). Call: 216-831-6500. <http://www.menorahpark.org/lookingahead.html>

**Bureau of Vocational Rehabilitation, Cleveland** provides disability determination services, job retraining and placement. The Bureau has a good head injury program. Call 216-227-3250 or visit <http://www.ood.ohio.gov/> or for a list of offices visit <https://vrhorizons.com/communications/resources/vr-in-your-area/ohio/>

**Work Matters, a MetroHealth Rehabilitation and Vocational Services Program.** Contact David Reichert at 216-778-3518 or Jackie Stanton at 216-778-4414. Provides survivors an intensive program on work re-entry skills, volunteer placement, driver's ed., and transportation assessment, and problem solving, etc. See: <https://www.metrohealth.org/rehabilitation/about-the-institute/community-and-vocational-rehabilitation>

**Hands on** <http://www.handsonneo.org/> Specializes in volunteer placement.

### ***Other Places that Our Survivors Like to Volunteer***

Suburban Pavilion Nursing Home on Emery Rd in Warrensville Hts., The Oaks of Brecksville, Metro Health, Willoughby Food Bank, and Able in Painesville.

**MEDWISH** <https://www.medwish.org/give/volunteer-info/> . Contact [volunteer@medwish.org](mailto:volunteer@medwish.org). MedWish International World Headquarters, 1625 E. 31<sup>st</sup> Street, Cleveland, Ohio 44114. Phone: 216.692.1685

### ***Drivers Education***

**Metro Health** <http://www.metrohealth.org/rehab/vocational-therapy>

**Cleveland Clinic:** Walker Building Main Campus, Euclid Hospital, and Fairview Hospital. Call 216-444-6262 or visit: <https://my.clevelandclinic.org/departments/rehabilitation/services/drivers-evaluation>

### ***Transportation Services***

#### **Public Transportation Services**

**Cleveland:** Transportation services are available from Senior Transportation Connect (STC) Monday through Friday, 8:30am – 4:30pm for Cleveland seniors. Riders must be at least 60 years old, with limited transportation options. STC will provide two one-way trips per week to those eligible. First time riders must call 216.664.2833.

<https://www.clevelandohio.gov/CityofCleveland/Home/Government/CityAgencies/Aging/Transportation>

**Cuyahoga County: RTA ParaTransit** For general questions about RTA service, call the RTA Answerline: 216-621-9500 or go to <http://www.riderta.com/paratransit> .

For an ADA application, visit <http://www.riderta.com/paratransit/certification> or call: **216-566-5124** or 216-781-4757 (TDD).

To schedule Paratransit service, after you have received your ADA ID card, go to <http://paratransit.gccta.org> or call **216-621-9500** or call 216-781-6148 (TDD). If your vehicle has not arrived at the end of your scheduled window of time, call the dispatcher: call **216-566-5244**.

**RTA: Fixed Route Application:**

<http://www.riderta.com/sites/default/files/pdf/forms/paratransit/FixedRouteDisabilityFareApp.pdf>

**RTA: Door to Door (Origin to Destination) Paratransit Application**

[http://www.riderta.com/sites/default/files/pdf/forms/paratransit/paratransit\\_app\\_72-987.pdf](http://www.riderta.com/sites/default/files/pdf/forms/paratransit/paratransit_app_72-987.pdf)

**Lake County: Laketrans Dial-a-Ride** is for Lake County Residents. Service is limited to destinations within Lake County and to limited medical facilities in Cleveland. Dial-a-Ride hours of operation: Monday-Friday: 5:00 AM until 8:00PM, Saturday: 8:00 AM-7:00 PM. To schedule a ride, call customer service at 440-354-6100, 1-888-LAKETRAN TDD 800-560-DEAF. To cancel a Dial-a-Ride reservation, call 440-350-1099. Visit: <http://laketrans.com/dial-a-ride/> , you can also schedule and cancel online at this site.

## Northeast Ohio Services

**Geauga County Transit** is a demand responsive transit system within the County, Monday thru Friday 6:00AM to 9:00PM. Call Toll free: 1-888-287-7190, 1-440-279-2150, or 1-800-750-0750 (TTY - Ohio Relay Service). E-Mail: [webmaster@geaugatransit.org](mailto:webmaster@geaugatransit.org). Visit: <http://geaugatransit.org/>

**Lorain County Transit** customer service: call 440-329-5525 or 440-244-6261 Ext. 5525 between 8:00 AM - 4:30 PM (Mon. - Fri.) For Ohio Relay Service call 1-800-750-0750 TTY. To schedule a ride, call: 440-365-0224. Visit: <http://www.loraincounty.us/commissioners-departments/transit>

## Private Transportation Companies

**CTS (Contract Transport Services, Inc.)** is at 3223 Perkins Ave., Cleveland 44114. Ph.216-357-3377.

**Greathouse Medical Transportation LLC** provides non-emergency Medical Transport, 3937 Elmwood Rd, Cleveland Heights, OH 44121. Call: 216-383-8826.

**Home Helpers** Provides home care and some transportation services. Call 440-493-1572 or visit <http://homehelpershomecare.com/>

**Freedom 2 Go Wheelchair Transport** 216-386-2890, Shaker Heights. <https://www.fdm2go.com/>

**Freedom 2 Go Wheelchair Transport**, 216-342-6155, Garfield Heights. <https://www.fdm2go.com/non-emergency-wheelchair-service-garfield-heights/>

## ***Ohio Information & Referral Services (including Ombudsman/Advocates)***

The yellow pages <http://www.yellowpagecity.com/US/OH/Cleveland/Yellow-Pages/> .

Below is the listing for **Departments of Aging & Disability Services**.

| <b>County Information and Referral Services:</b> | <b>Outside County</b>  | <b>In County</b> |
|--|--|------------------|
|  | <b>Call:</b>   | <b>Call:</b>     |
| Cuyahoga:  | 211 First Call for Help<br>Benjamin Rose Inst. on Aging 216-791-8000 | 211              |
| Geauga:  | 211 First Call for Help<br>Dept. of Aging 440-279-2130               | 211              |
| Lake:  | 211 First Call for Help<br>Council on Aging 440-205-8111             | 211              |
| Lorain:  | 211 First Call for Help<br>Office on Aging 440-326-4800              | 211              |

**Western Reserve Agency on Aging** (serving Cuyahoga, Geauga, Lake, Lorain, and Medina Counties) call: 800-626-7277 or 216-539-9240 or visit <https://www.areaagingsolutions.org/programs-services/aging-and-disability-resource-center/> . WRAA also publishes several excellent directories of services in Northeast Ohio, including *Older Adults the Resource Guide* -- available at the link above.

### **Passport (216-539-9240) and Care Choice Ohio (1-800-626-7277)**

<http://www.psa10a.org/servicesprograms/passport.aspx>

**Cleveland Office on Aging** Call: 216-664-2833 or visit:

<http://www.clevelandohio.gov/CityofCleveland/Home/Government/CityAgencies/Aging>

**Ohio Ombudsman Services** <https://aging.ohio.gov/wps/portal/gov/aging/care-and-living/get-help/get-an-advocate> Email the State Ombudsman: [OhioOmbudsman@age.ohio.gov](mailto:OhioOmbudsman@age.ohio.gov) Call Ohio Ombudsman: 1-800-282-1206

**PRO SENIORS, INC.** Helps seniors resolve legal and long-term care problems. **Provides a legal hotline, ombudsman, Medicare and Medicaid intervention, & resources.** Call 1-800-488-6070 or visit <http://www.proseniors.org/legal-services/legal-hotline/>

**The State of Ohio Long-Term Care Consumer Guide** for a complete list of nursing homes, home care, and assisted living organizations. This Website includes an evaluation of services. <http://ltc.ohio.gov/>

**Senior Health & Wellness Center, Metro Health** Metro Health Old Brooklyn. Call: (216) 957-2100 <https://www.metrohealth.org/geriatrics>

**Alzheimer's Assoc. Cleveland** 24/7 Helpline 800-272-3900 <https://www.alz.org/cleveland>



## National Stroke, Aphasia, PPA, BT, TBI, & Epilepsy Resources

### *Clinical Trials*

**National Institutes of Health Registry** [www.clinicaltrials.gov](http://www.clinicaltrials.gov)

**National Institute of Neurological Disorders** is a service of the National Institutes of Health. Call 1-800-352-9424. For new initiatives and overall directory, see: <http://www.ninds.nih.gov/index.htm>. For clinical trials and information about specific diseases/disorders (stroke, PPA, epilepsy, aphasia, Parkinson's, head injury etc.) see: [http://www.ninds.nih.gov/disorders/disorder\\_index.htm](http://www.ninds.nih.gov/disorders/disorder_index.htm)

**National Institute on Deafness and Other Communication Disorders** a service of the National Institutes of Health for aphasia and PPA clinical trials and information: <https://www.nidcd.nih.gov/>

### *Professional Associations*

**American Speech-Language-Hearing Association** <http://www.asha.org/> Also see the *Journal of Speech, Language, and Hearing Research (JSLHR)* and *American Journal of Speech-Language Pathology (AJSLP)*.

**American Stroke Association** 1-888-4-STROKE <https://www.stroke.org/> The ASA is a division of the American Heart Association with helpful information and connections to local support groups and active advocacy. Also see, *STROKE* Journal of the American Heart Association at <https://www.ahajournals.org/journal/str>

**Association of Frontotemporal Degeneration** Call 866-507-7222 or visit [www.theaftd.org](http://www.theaftd.org)

**Brain Injury Association of America** Call 800-444-6443 or visit <http://www.biausa.org/>

**Epilepsy Foundation** Call 1-800-332-1000 or <http://www.epilepsyfoundation.org/>

**International PPA Connection** Visit <http://www.ppaconnection.org/>

**National Aphasia Association** Visit <https://www.aphasia.org/category/i-have-aphasia/>

**Alzheimer's Association** Call 800-272-3900 or visit <https://www.alz.org/>

### *Online Stroke and Aphasia Network Groups*

**Aphasia Recovery Connection** [www.aphasiarc.org](http://www.aphasiarc.org)

**Stroke message board** for survivors & caregivers <http://www.strokeboard.net/>

**On-line stroke support group** [www.Strokenetwork.org](http://www.Strokenetwork.org)

### *Young Stroke Survivors Network Groups*

**Young Stroke, Inc.** <http://www.youngstroke.org>

**Young Stroke Survivors** is an American Heart Assoc. group based in Seattle. <http://seattleyass.com/>

**Stroke Survivor Website** <http://strokesurvivor.com>

### *Stroke Education for Survivors, Friends and Families*

**Stroke Booklets for Stroke Survivors and Caregivers** <http://www.strokeboard.net>

**Good Resource for Health Information: Mayo Clinic** <http://www.mayoclinic.com/>

## ***Research Sites (Search Engines, Journals and Literature Reviews)***

**Medline Plus** a service of the U.S. National Library of Medicine and the National Institutes of Health. The Website provides published articles and clinical trial info. <http://www.nlm.nih.gov/medlineplus/>

**AAPMR** <http://www.aapmr.org/advocacy> Best advocacy medical group.

### **American Heart Association Scientific Journals (including Stroke)**

<http://pt.wkhealth.com/pt/re/strokesub;jsessionid=RXqGQ43hGyPrvs3SQZTTgqWCy1VXYFHTK5vmZLrTnZL04J1Bk1HK!-1853126202!181195628!8091!-1>

**American Medical Association Neurology** <https://archneur.jamanetwork.com/>

**American Speech-Language-Hearing Association Journals:** <http://jslhr.pubs.asha.org/> and <http://ajslp.pubs.asha.org/>

**American Speech and Hearing Association ASHA Evidence Based Practice Portal**  
<https://www.asha.org/practice-portal/>

**Evidence Based Review of Stroke Research (EBRSR)** is the most comprehensive and up-to-date review available examining both therapy-based and pharmacological interventions associated with stroke rehabilitation. <http://www.ebrsr.com/evidence-review> or <http://www.ebrsr.com> .

**Evidence Based Review of Acquired Brain Injury (ABIEBR)** reviews the literature on acquired brain injuries from accidents, tumors, meningitis, or encephalitis. It does not include stroke, congenital and developmental diseases or progressive diseases) <http://www.abiebr.com> .

The **Goddess Fund** The Hazel K.Goddess Fund for Stroke Research in Women.  
<http://www.thegoddessfund.org/>

**Health Affairs** <http://www.healthaffairs.org/> Best journal for healthcare policy reviews.

International Association for Music & Medicine (IAMM) <http://www.iammonline.com/page-1298867>  
Also see: Dwyer Conklyn & Taylor Meehan's article: *Modified Melodic Intonation Therapy for Acquired Non-Fluent Aphasia* in the issue: 2018 | Volume 10 | Issue 2 | Pages 98 – 103

**The National Rehabilitation Information Center (NARIC)** is the library of the National Institute on Disability and Rehabilitation Research (NIDRR.). Collects, catalogs, and disseminates the articles, reports, curricula, guides, and other publications and products of the research projects funded by NIDRR. NIDRR funds more than 250 projects each year that conduct research on a wide range of issues including technology, health and function, independent living, and capacity building.  
<http://www.naric.com/?q=en/home>

## National Resources

**National Institute of Neurological Disorders** (National Institutes of Health Stroke Research Results and Ongoing Clinical Trials) 1-800- 352-9424 <https://www.ninds.nih.gov/Disorders/All-Disorders/Stroke-Information-Page>

**Stroke Engine** is a website for stroke rehabilitation and interventions. It includes current research articles and quick, easy to read reference tables available. Tells what works and what doesn't. <https://www.strokingengine.ca/assess/>

## *Caregiver Websites*

**AARP** has a caregiver resource center <http://www.aarp.org/>

**American Stroke Association** Caregiver Support <https://www.heart.org/en/health-topics/caregiver-support/resources-for-caregivers> , Caregiver Resources <https://www.heart.org/en/health-topics/caregiver-support>

**Administration on Aging & Disability** <https://www.acl.gov/about-acl/administration-aging>  
**FES Center** (Cleveland)

[http://fescenter.org/index.php?option=com\\_content&view=section&id=5&Itemid=5#stroke](http://fescenter.org/index.php?option=com_content&view=section&id=5&Itemid=5#stroke)

**Caregiver Action Network (List of Caregiver Agencies):** <http://caregiveraction.org/>

**Empowering Caregivers** <http://www.care-givers.com/index.html#anchor>

**Family Caregiver Alliance, National Center on Caregiving** <https://www.caregiver.org/>

**National Alliance for Caregiving** <http://www.caregiving.org/>

**Caregiver Action Network (National Family Caregivers Association)** <http://caregiveraction.org/>

**National Respite Care Locator** <http://archrespite.org/respitelocator>

**Rosalynn Carter Institute for Caregivers** <https://www.rosalynncarter.org/>

**Stroke Board** message board for stroke survivors and caregivers <http://www.strokeboard.net>

**Stroke Survivor Website** <http://strokesurvivor.com>

**The stroke network:** <http://www.strokenetwork.org>

**Today's Caregiver** is a website for, by, and about caregivers. <http://www.caregiver.com/>

## ***Recent Articles***

### **Caregiving (including Parental Caregiving)**

**Helping someone with communication problems.**

[https://www.stroke.org.uk/sites/default/files/helping someone with communication problems.pdf](https://www.stroke.org.uk/sites/default/files/helping_someone_with_communication_problems.pdf)

### **Preparing for a Back-up Caregiver**

<http://strokeconnection.strokeassociation.org/Summer-2015/Preparing-for-a-Backup-Caregiver/>

### **Caregiver Guide to Stroke**

[https://www.stroke.org/-/media/stroke-files/caregiver-support/caregivers-guide-to-stroke/caregiverguidetostroke\\_2020.pdf?la=en](https://www.stroke.org/-/media/stroke-files/caregiver-support/caregivers-guide-to-stroke/caregiverguidetostroke_2020.pdf?la=en)

### **Listing of caregiver articles by the American Stroke Association**

<https://www.stroke.org/en/help-and-support/for-family-caregivers>

### **The Emotional Survival Guide for Caregivers: Looking After Yourself and Your Family While Helping an Aging Parent.**

<http://www.amazon.com/The-Emotional-Survival-Guide-Caregivers-ebook/dp/B005CWSBZM>

## **Articles and Websites on Returning to Work**

### **Returning to Work After Stroke**

<https://www.stroke.org/en/life-after-stroke/recovery/return-to-work>

## **Articles and Websites on Post Stroke Depression**

<http://www.nimh.nih.gov/health/publications/depression-and-stroke/index.shtml>

<http://www.ebrsr.com/evidence-review/18-post-stroke-depression>

## **Articles on the Importance of Stroke Clubs**

[https://www.stroke.org/-/media/stroke-files/stroke-resource-center/recovery/provider-focused/advancing-stroke-recovery-through-emotional-and-social-support-ucm\\_492297.pdf?la=en](https://www.stroke.org/-/media/stroke-files/stroke-resource-center/recovery/provider-focused/advancing-stroke-recovery-through-emotional-and-social-support-ucm_492297.pdf?la=en)

## ***Intensive Occupational and Physical Therapy Program***

**The Taub Clinic** is a world-renowned stroke physical therapy center, specializing in forced use techniques. Email: <https://www.uab.edu/citherapy/> or call Angela Metcalf, Taub Therapy Clinic, University of Alabama at Birmingham, 205-934-9768

## ***Community Centers for Persons with Stroke and Aphasia***

**Complete listing:** <http://www.aphasia.org/site/>

**Adler Aphasia Center (NJ):** [www.adleraphasiacenter.org/](http://www.adleraphasiacenter.org/)

**The Houston Aphasia Recovery Center (TX):** <http://www.harctx.org/>

**The Stroke Comeback Center (VA):** <https://www.youtube.com/watch?v=JiW3rm88t5o>  
<http://www.strokecomebackcenter.org/>

## ***Intensive Speech Therapy Programs***

**UMAP** (Univ. of Michigan Aphasia Program, Ann Arbor)

[www.aphasiahelp.com/](http://www.aphasiahelp.com/)

**The Aphasia Center at Steps Forward** (St. Petersburg, Florida)

[www.theaphasiacenter.com](http://www.theaphasiacenter.com)

**Aphasia Toolbox** (Pittsburgh) online therapy and chat rooms.

[www.aphasiatoolbox.com](http://www.aphasiatoolbox.com)

**Aphasia Resource Connection** online practice and networking

[www.aphasiarc.org](http://www.aphasiarc.org)

## **Communication Resources (Stroke, PPA, BT, TBI, & Epilepsy)**

Aphasia Education <https://www.stroke.org/en/about-stroke/effects-of-stroke/cognitive-and-communication-effects-of-stroke/stroke-and-aphasia>

American Speech Language Hearing Association:

<http://www.asha.org/PRPSpecificTopic.aspx?folderid=8589934663&section=Treatment>

Aphasia Hope Foundation: <http://www.aphasiahope.org>

Aphasia NYC: <http://www.aphasianyc.org>

Brain Attack Coalition <https://www.meds.wiki/about-the-coalition/>

National Aphasia Association and Caregiver Guide: <http://www.aphasia.org/>

Talkback Association for Aphasia Inc.: <http://www.aphasia.asn.au/>

## ***Recommended Books and Websites***

*Coping with Aphasia*, by Sue Sheridan and Bill Pitts, 2009. Put It In Ink Publishing. This book is highly recommended for inpatient care professionals and families.

*How to Conquer the World with One Hand...And an Attitude*, by Stephanie Mensh and Paul E. Berger, Mar. 20, 1999. This book is also available on tape and Kindle.

*My Stroke of Luck*, by Kirk Douglas, Publisher: Cahners Business Information, Inc., 2001.

*My Stroke of Insight: A Brain Scientist's Personal Journey*, by Jill Bolte Taylor, July 2009. See her video: [http://www.ted.com/talks/jill\\_bolte\\_taylor\\_s\\_powerful\\_stroke\\_of\\_insight.html](http://www.ted.com/talks/jill_bolte_taylor_s_powerful_stroke_of_insight.html)

*One Stroke, Two Survivors: The Incredible Journey of Herb and Berenice Kleiman*, by Berenice Kleiman (of the Cleveland Stroke Club), Cleveland Clinic Press, 2006. Download the book at: <http://www.onestroketwosurvivors.com/>

*The Brain that Changes Itself*, by Norman Doidge, M.D., Penguin Books, 2007. See Ch. 5.

Online resources for survivors and therapists by Lingraphica. <https://www.aphasia.com/>

## ***Communication Devices***

**Lingraphica** <https://www.aphasia.com>

## ***Software for Communication Practice***

- *We recommend that you download free demo's or try out the programs in our lab before purchasing. A couple of minutes practice can save money and frustration.*
- *There are a lot of techies in our groups. If you want to try out a program, just ask. Someone will have a copy of the program that you can try out. Deb has most of them on her laptop.*

## **Software for Windows PC or on the Web**

**Bungalow Software:** Multiple Choice and Fill-in the blank. (Download free one month trial or order a trial CD for \$9.50. Modules can be purchased.) <http://www.bungalowsoftware.com/> Use for practice. Versions in Windows. Currently available in the Speak Easy lab and can be used at no cost to you.

**Parrot Software** (\$25/mo. Web Subscription) <http://www.parrotsoftware.com/> Use for practice. Web-based software: features available for Windows/Mac or any computer or phone that has Web access.

**Rewordify** <https://rewordify.com/> (Free) Copy/paste passages into the Website and it will simplify written words.

**www.ManyThings.org** (Free) Interesting word lists, games, etc. -- ESL (English as a Second Language).

**Natural Reader** (Free) <http://www.naturalreaders.com/>. Reads whatever is highlighted on the computer screen. Windows, Mac, Internet Explorer, MP3. Use for reading or proof-reading.

**Sentence Shaper** <http://sentenceshaper.com/the-company/> (Free trial) Helps survivors build speech sentences, clever but complicated.

**WordQ and SpeakQ** by Qullsoft <http://www.gogsoftware.com> . (\$159 for WordQ and \$69 for SpeakQ. Free one month trial downloads available). Works with any Microsoft program (Word, Excel, Powerpoint, Internet Explorer, etc.). Word Q is for PC or Mac; Speak Q is for PC only. Use for writing (word predictor), reading, and proof-reading.

Directories of Aphasia Software: <http://www.aphasiasoftwarefinder.org/evaluation/free-trial> ,  
<http://www.propeller.net/>

Directories of Games: <https://sites.google.com/site/aphasianyc/games> , <http://www.allmixedup.com/>  
<http://games.aarp.org/>

Grammarly.com <https://www.grammarly.com/>

## **Software for Communication Practice for iPad or possibly Androids**

Constant Therapy <http://constanttherapy.com/>

TalkPath Therapy <https://www.aphasia.com/live-online-therapy/talkpath-therapy/>

Lingraphica Apps <https://www.aphasia.com/smalltalk-apps/>

Tactus Therapy Apps <http://tactustherapy.com/adultapplist.pdf>

Small Talk Assist <https://apps.apple.com/us/app/small-talk-stroke-assist/id1466309757>

Mental Note <https://apps.apple.com/us/app/mental-note-lite-digital-notepad/id348204405>

Grocery Apps help with grocery buying <http://ipod.about.com/od/bestiphoneapps/tp/6-Time-Saving-Iphone-Grocery-List-Apps.htm>

## ***Text to Speech E-Books & Audio Books for E-Readers, iPads, and PCs***

Libraries have audio books that can be checked out and downloaded. Contact your library for instructions.

**Kindle Fire and Kindle Fire HD** has excellent text to speech capability. Books can be downloaded by [www.Amazon.com](http://www.Amazon.com) . Many books also can be linked to professionally read audio books so the text is highlighted as the actor is reading.

**Nook** has e-book and audio book capability. A good source for downloading books for the Nook is: [www.Audiobooksnow.com](http://www.Audiobooksnow.com)

**PC & iPads, Phones, iPods, etc.** See [www.amazon.com](http://www.amazon.com) and [www.audible.com](http://www.audible.com) .

### **Good Apps for Reading Text Aloud on the iPad:**

- Voice Dream \$10 <https://www.voicedream.com/>
- Speak it \$ 2 also available in the google store
- VBOOKZ \$ 5 <https://www.vbookz.com/>
- Search on the Web: "Text to Voice Read E Pub"

Also note: audio books can be checked-out from libraries. The libraries even have tech experts to do it for you. Several Speak Easy members download library books and can help you.

For a step-by-step guide for downloading books to e-readers contact Deb.

***Online Speech Practice and Networking Group*** [www.aphasiarc.org](http://www.aphasiarc.org)

## ***Books and Cards and Picture Dictionaries for Communication Practice***

Speech Exercises collected/donated by Speech Pathologists (free on-line, available for download).  
<http://www.speakingofspeech.com>.

Speech Practice Pack I. Shows mouth and speaking of the word. It is published by Interactive Therapeutics, Inc., P.O. Box 1805, Stow, Ohio 44224. 1-800-253-5111. It is also available on-line:  
<http://www.alimed.com/speech-images.html>.

Webber Photo Cards (Verbs) <http://www.superduperinc.com/>.

Targeting Spelling Strategies...the second time around. Written by Susan Howell Brubaker, M.S., CCC-SLP. Published by Brubaker Books, 248-649-6425 [www.BrubakerBooks.com](http://www.BrubakerBooks.com).

Building Word Recall from Everyday Situations. A Manual for Therapists, Clients, and Families. Written by: Susan Breiding. 800-897-3202 [www.proedinc.com](http://www.proedinc.com).

HELP for Vocabulary. Handbook of Exercises for Language Processing. Written by Andrea M. Lazzari. Published by LinguSystems, Inc. 800-776-4332 [www.linguisystems.com](http://www.linguisystems.com).

Speech After Stroke: A Manual for the Speech Pathologist and Family Member  
(<http://www.amazon.com/Speech-After-Stroke-Manual-Pathologist/dp/0398041229> )

*Also, look for any book in the "English as a second language" section of bookstores.*

### **Adult Picture Dictionary**

Dictionaries are organized in categories: transportation, food, health, home, neighborhood, emotion, reference words (days, months, colors, etc.), science, etc. Use it like a foreign language dictionary: point to what you want or look-up the spelling below the picture. Available on Amazon.com

#### **For people who can read**

Oxford Picture Dictionary Third Edition: Monolingual Dictionary 3rd ed. Edition, by Jame Adelson-Goldstein and Norma Shapiro. Oxford University Press. (Available on Amazon.com)

*Oxford Picture Dictionary Third Edition: High-Beginning Workbook* by Majorie Fuchs Paperback

*Oxford Picture Dictionary Third Edition: Low-Beginning Workbook* by Jane Spigarelli Paperback

The workbooks help stroke survivors learn how to use the dictionary and improve communication skill. An answer key is included.

#### **For people with reading challenges**

*Oxford Basic Picture Dictionary, Monolingual English, Second Edition* by Margot Gramer. Oxford University Press. [www.oup.com](http://www.oup.com). (Also available on Amazon)

*The Basic Oxford Picture Dictionary, Workbook, 2nd ed.* by Jayme Adelson-Goldstein, Fiona Armstrong and Norma Shapiro. [www.oup.com](http://www.oup.com). The workbook helps stroke survivors learn how to use the dictionary and improve communication skill. An answer key is included. (Also available on Amazon.)



## ***Board Games and Computer Games for Communication Practice***

### **Board Games**

- These games are available for inspection. Ask Deb.

|   |                   |   |           |               |
|---|-------------------|---|-----------|---------------|
| Scattergories                             | Crossword Puzzles | Sudoku  | Taboo     | Checkers      |
| Outburst                                  | Word Puzzles      | Bingo   | Solitaire | Word Searches |
| Scrabble                                  | Mahjongg          | Blurt   | Monopoly  |               |
| Pictionary                                | Upwords           | Dominoes                                      | Quiddler  |               |
| Card Games (War, Slap Jack, Go Fish, Uno) |                   | Game Shows (Price is Right, Wheel of Fortune) |           |               |

### **Computer Games**

- We can demonstrate these games for you. They are available in our Computer Lab.

<http://www.happy-neuron.com/>

<http://www.lumosity.com/>

Wii Games: including Big Brain Academy

We also like the puzzles in the Plain Dealer (hints are available)

## Accessible Dining, Hotel Rooms, Car and Travel Recommendations

### Accessible Dining

Most restaurants will accommodate you, if you call ahead. If you make a reservation, come a little early and if you can't come, make sure you that you call and cancel. **Here is a list of services that many restaurants will provide, if you call ahead.**

- Even when a restaurant has steps at the main entrance, they may have **wheelchair accessible door** in the back or side. Some restaurants will provide a **ramp** for you.
- Restaurants can **reserve a table** that meets your needs— a table near the bathroom, etc.
- If you call ahead, restaurants can **reserve parking for you or offer valet parking** or escort you into the restaurant. If you need to double-park to drop-off, let the restaurant know.
- Many restaurants give better service during **off-hours**: at 11:00 or 1:00 for lunch; or early bird at 5:00 for dinner. We avoid trendy bars and restaurants on Fri. and Sat. nights and visit them during the week. For weekend nights we dine early or chose a quiet neighborhood restaurant.
- If you need help reading a menu, waiters will help, but we recommend that you **get a copy of the menu ahead of time** (online, stop by, or call and ask about specials).
- Some of the older restaurants have restrooms in the basement. Do not assume this is the only restroom. Many restaurants also have **one-person restrooms** for the staff on the main level.
- If you have a favorite restaurant that is not accessible, stop-by and **talk to the owner**. Many owners, especially of locally owned establishments, will find a way to keep good customers.

After you arrive at the restaurant:

- You can request that the **cook cut your food** (salad, meat, or sandwiches). You can ask the wait staff to help you with **packaging**—creamers, sugar, wrapped napkins, to-go boxes, etc.
- Managers and receptionists can help you **open doors** (outside doors and bathroom doors). If the handicap access doors or cutouts are blocked (or not shoveled) tell the hostess or manager.

### Reserving Accessible Hotel Rooms

**It is not enough to call a hotel and ask for a handicap room or reserve a handicap room online.**

People with disabilities have very different needs. The earlier that you make a reservation, the more likely that your needs will be met. Assume you will tire easily, your routines will be disrupted, and you will spend significant time in your room. Safety, comfort, and food availability are not optional. Here are some questions to ask.

- **Bathroom Grab Bars.** You can ask for rooms with bars on the right or the left side of the toilet. Many of the new hotels have rooms with both options and can meet your needs for safety.
- **Shower seat.** Many of the newer hotels have walk-in/wheel-in showers. If the bathroom does not have a built-in shower seat, you can request a shower seat. If you need a heavy-duty shower seat, request one when you make the reservation or bring your own. (Don't assume heavy duty equipment.)
- **Bedside Commode.** If you need a bedside commode request one when you make the reservation. Many of the commodes are all-in-ones that can also be used as a shower seat and high-rise toilet seat with arm rest. Again, if you need heavy duty equipment: request it when you make the reservation, bring it, or send one ahead to a friend who lives nearby.
-

## Travel Resources

- **Lounge chair.** Request a lounge chair when you make the reservation. Many of the rooms have only a love seat, which does not provide adequate back support and leg elevation.
- **Food.** There is really nothing nicer than crashing and dining in. When looking for a hotel choose one with a good restaurant and room service; breakfast and happy hour buffets; or kitchen and shopping service.
- **Handicap parking and accessibility of the room.** Handicap rooms are usually in the corners on upper levels. It's a lot of walking. If you want ground level and closer parking, ask for it.
- **Appliances.** If you are staying for several nights, you can request a toaster oven, kettle, microwave, or whatever you need to heat up a few meals. It doesn't hurt to ask.
- **Accessible Vans.** Buses and hotel vans often **do not** have continuous grab bars from the curb to the seat (there's a large space where the driver sits and often a step from the aisle to the seat). If the hotel has a wheelchair accessible van, stroke survivors can safely walk onto **the wheelchair lift**. Ask the hotel to reserve handicap transportation when you reserve the room.
- **Laundry service** is important for extended stays.
- **Extras.** If there is a walk-in shower you will need **extra towels** to wipe water off the floor, for safety. You will also need **extra wash cloths** for refreshing yourself (the air in hotels is very dry), and **extra drinking glasses** for medication. You can ask for these items at the front desk the first night and then request it from room service after that.
- You may want to **invite friends to visit you at your hotel** to enjoy the pool and/or buffets, instead of visiting at their homes. If they visit you then you do not have to worry about accessibility and comfort—when you get tired, just ask visitors to visit in the lobby for a while.

### Additional hotel services

- **Pharmacy.** The desk clerk can help you get the medication you need. If you run out of prescription medication, a pharmacy can dispense small quantities until they can check with your physician or pharmacy back home. Many hotels have a van service that can pick-up your medication or medical supplies, or they can arrange for delivery. Hospitals can dispense meds.
- If you want your **room temperature** warmer or cooler, talk to the room service attendant or leave a note. They will accommodate your request.
- **Emergency. Dial "0" and ask the desk clerk to dial 911.** The clerk will assist you. Make sure you take identifying information and a list of medications with you to the hospital.

### Accessible Car Reservations

In the past, car rental businesses were not very accommodating to persons with accessibility requests because the companies could not guarantee the availability of a specific make and model car. If you need a car with specific dimensions (height or head room or trunk space) or specific modifications (turning knob, hand controls, etc.) or a wheelchair van contact the **disability hotline** of the rental organization. They will make every effort to get you the exact car or modification that you need. Here are a few links:

- Enterprise <https://www.enterprise.com/en/help/customers-with-disabilities.html> or call: 1 (844) 556-4935.
- Hertz: <https://www.hertz.com/rentacar/productservice/index.jsp?targetPage=PhysicallyChallengedUS.jsp> or call: 1-800-654-3131
- Alamo [https://www.alamo.com/en\\_US/car-rental/customers-with-disabilities.html](https://www.alamo.com/en_US/car-rental/customers-with-disabilities.html) or call: 800-651-1223.

## Travel Resources

- Local van rental organizations. In many cities there are handicap van rental businesses that will rent or lease or sell or modify your vans and cars. In NE Ohio you can contact: <https://www.mobilityworks.com/wheelchair-vans-for-rent/> or call: [1-877-275-4915](tel:1-877-275-4915)

## Travel Planning Recommendations by Dr. Elizabeth Dreben

- Have realistic expectations.
- Include fun and relaxation for all: don't overtire the survivor.
- Advanced planning is essential...ask the stroke survivor their preferences, don't assume.
- Information will help reduce the anxiety.
- Prepare a list of usual routines and medicines: what is needed, helpful, and not required.
- Prioritize and be willing to cross things off.
- Build in rest periods.
- Be flexible and of good humor and be willing to make midcourse adjustments.

## CSC Members' Recommendations about airline travel and cruises with wheelchairs:

- Debra Kerper, Travel Agent at <https://easyaccesstravel.com/about-easy-access-travel/>
- Berenice Kleiman: <https://clevelandstrokeclub.files.wordpress.com/2007/08/sun-fun-3-9-15.pdf>
- Ellen Richman: <https://clevelandstrokeclub.files.wordpress.com/2018/07/ellen-newsletter.pdf>