

# ReFocus<sup>Dec.</sup>



**Original Art**  
By Jim Scanlon

A REPORT OF THE CLEVELAND STROKE CLUB

Dec. 2021

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

*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.*



**All of our in-person meetings  
are cancelled until further  
notice.**

**However, our meetings are  
being held in Zoom**

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.

During the time of Covid: all our meetings are on Zoom. If you want to attend, contact us and we will send you a link and help you log-in. Contact Geri Pitts (her contact information is above).

If you or a member of your family has had a stroke, we invite you to visit our meetings anytime. New members and community professionals are always welcome. **Our zoom schedule, newsletter, resource list, & papers are online: [www.clevelandstrokeclub.org](http://www.clevelandstrokeclub.org)**

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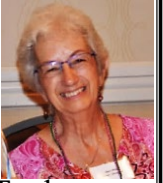
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**FROM THE DESK OF THE EXEC. DIRECTOR**

By Geri Pitts



Hello December! It's hard to imagine we've come to the end of another year. Because of all you loyal members, we're stronger than ever. Many of you have been able to join us face-to-face at small group lunch settings. To those who were unable to make it, we're looking forward to seeing you in-person next year when Covid is less dominant.

Here's the status of one of our meeting sites – Disciples Christian Church. You may know that they have been renovating the church and making physical changes of where people gather. The Fellowship Room, where we used to meet, is now a little smaller to make room for an African dance studio that uses the space where the pianos used to sit. The food pantry is now a separate room, with a separate entrance. The sidewalk and entryway to the Fellowship room will be completely redone and it will be beautiful. They have also renovated the Sanctuary by removing the pews and using movable chairs to configure the space as needed. The altar is now on a stage that can be used for multiple purposes. The plan is to use the Fellowship room for smaller meetings and use the Sanctuary for our larger meetings (like our Holiday parties). Renovations are scheduled to be completed in the Spring 2022. Thankfully this church loves us and will do the best that they can for us...as they have for the last 47 years! I trust them and know we'll be comfortable there.

As you remember, our Caregiver and Survivor Meeting were hosted by Select Hospital. Due to Covid, the hospitals in our area are closed to community groups. Hopefully, that will change in the Spring. If not, we can go to Disciples Christian Church.

Here's some of what we've been doing over the past month. We came together ten times, hosting 156 visitors. Thanks again to **Linda Davis, Kay Exl** and **John Pumper** for continuing to help run Bingo Nights. These are November's Bingo winners: **Vivien Sekeres, Donna Donohoe, Paulette & Gary Mengay, Jocelyn Brown-James, Beth Chos, Raj & Vinita Saggarr, Damon Smith, Peggy Price, Louise Dempsey, Marge Robinson, Delores Jones, George Borodi, Cerell Burns, Lurelean Patterson, Arlene Beinhardt.**

Our Thanksgiving Family Feud was lots of fun. **Kay Exl** helped me run the game with 12 players. This is what Kay reported: **Linda Davis** was the Champion Thanksgiving Guru with 9 matches. These participants each had 5 or more matching responses. **Bethany Chos, Jocelyn Brown-James, Paulette Mengay, Peggy Price, Raj and Vinita Saggarr.** The favorite question was "Name something you would see in the Macy's Thanksgiving Day Parade." We ended the evening with all participants stating things they were thankful for. Family and good friends was the top of the list, along with good health, kids and grandkids, Cleveland Stroke Club, Zoom, Covid vaccine and people with compassion.

To be a part of the fun, join us on Zoom for the next session of CSC Family Feud on December 2, 2021 at 7 p.m.

We also had a special night – Needlework Chat Night. Sixteen people either had needleworking skills or were interested in needlework attended. Many people shared their needlework projects and all were impressive. Others shared projects that held their interest, such as great shopping finds from thrift stores, renovating a lamp, recipes, wine bottle decorations and making a shelf from sticks. We have many, many talented people in our club.

**DEC. HOLIDAYS**

- 1 World AIDS Day
  - 3 Int'l Day of Persons w Disabilities
  - 4 Nat'l Cookie Day
  - 5 Int'l Volunteer Day
  - 6 St. Nicholas Day
  - 7 Pearl Harbor Rememb.
  - 7 Intl Civil Aviation Day
  - 8 Immaculate Conception
  - 10 Human Rights Day
  - 13 Nat'l Cocoa Day
  - 13 Nat'l Day of the Horse
  - 15 Bill of Rights Day
  - 21 Winter Solstice
  - 25 Christmas**
  - 26 Kwanzaa**
  - 31 New Year's Eve
- <https://www.wincalendar.com/Holiday-Calendar-with-Today>

**DEC. WISHES**

**Happy Birthday**

- Derrick Ross 12/2
- Rob Schulman 12/2
- Teresa Penland 12/3
- Rita Perna 12/4
- Annette Weese 12/11
- Virgie Sims 12/14
- Denise Houston 12/16
- Barry Schecter 12/21
- Jocelyn Brown-James 12/22
- Dennis Losz 12/23
- Naomi Singer 12/27
- Delores Jones 12/29

**Happy Anniversary**

- Barb Cox & Tony  
12/15/2017
- Catherine Williams  
12/25/1989
- Sue & John Lefler  
12/28/2008

**Thinking of You**

- Don Broge,
- Pat Hill,
- Lurethia Jones
- Katherine Sims

**Deepest Sympathy**

John & Arlene's family friend

**ZOOM MEETING CALENDAR**

(Contact Geri Pitts for a Zoom link: [pittsgeraldine@yahoo.com](mailto:pittsgeraldine@yahoo.com))

<u>Date</u>	<u>Meeting</u>	<u>Time</u>	<u>Regular Meeting Days</u>
12/1	Bingo	6:30 – 8	Every Wednesday
12/2	Family Feud	6:30 – 8	Rescheduled this month
12/6	Caregivers	6:30 – 8	1 <sup>st</sup> Monday of every month
12/8	Bingo	6:30 – 8	Every Wednesday
12/14	Board Meeting	4:00 – 5	2 <sup>nd</sup> Tuesday
12/15	Bingo	6:30 – 8	Every Wednesday
12/17	Luncheon/Outing	11:30--2	Cleveland Botanical Gardens
12/20	Survivors Meeting	6:30 – 8	3 <sup>rd</sup> Monday of every month
12/22	Bingo	6:30 – 8	Every Wednesday
12/29	Bingo	6:30 – 8	Every Wednesday

This schedule on our website: [www.clevelandstrokeclub.org](http://www.clevelandstrokeclub.org) (scroll down). It can also be downloaded: go to our website and select the link to newsletters and calendars and flyers.

Links to join our Zoom meetings are available on request. Please contact Geri Pitts at [pittsgeraldine@yahoo.com](mailto:pittsgeraldine@yahoo.com) for the link to our Zoom meetings.

**FROM THE DESK OF THE PRESIDENT**

By Linda Davis



Hi. I hope you enjoyed your Thanksgiving dinner with your families and friends.

As some of you may have heard, I have been working with the Cleveland Hearing & Speech Center on a video and a flyer for this year's fundraiser. Here is a picture of the flyer. Also, CHSC celebrated its centennial birthday--one hundred years and going strong! I am honored to serve as a member of the board of directors.



## DECEMBER OUTING: Cleveland Botanical Gardens, Friday Dec. 17<sup>th</sup>, 11:30

We have scheduled an outing in one of the most beautiful and festive places in Cleveland: the Cleveland Botanical Gardens. We know that it's a balancing act: Covid, the weather, finances, and transportation. We understand if you want to skip it and stay cozy-warm. For those who want to get out and spend time with friends, here are the details:

**Who?** Cleveland Stroke Club Members

**What?** Have lunch and see the Cleveland Botanical Gardens & holiday displays

**When?** Friday, December 17<sup>th</sup> starting at 11:30 (we usually stay for about 2 ½ hours)

**Where?** Cleveland Botanical Gardens,  
11030 East Blvd,  
Cleveland, OH 44106 (It's on University Circle by the Art Museum)  
(216) 721-1600

**Why?** To celebrate the beauty and warmth of the holidays with friends.

**How?** To learn more about the holiday displays & indoor garden, see:

<https://holdenfg.org/> and select Cleveland Botanical Gardens

**RSVP:** to Deb cell: 440-289-9192 (text or call) or email: [debbie@gulbranson.com](mailto:debbie@gulbranson.com)

**Parking:** In the driveway, hang right to go to the garage. There are two levels of underground parking with an elevator from each level to the museum lobby. Next to each elevator is 4 handicap spaces. So, you can park, get out of the car on to dry concrete, walk a couple of steps to a heated lobby with an elevator to the main lobby, where you check in. (There is metered parking on the street a block away, but we **highly recommend parking in the garage** in the winter.) If parking costs are too steep (about \$10), talk to Deb.

**Drop off:** In the driveway, hang left and you will see a circle drive and the main entrance that is cut-out for wheelchairs. You will be at the main lobby at the check in desk. There will be chairs inside the lobby.

**Accessibility**—everything is accessible with elevators to all levels inside the building, the greenhouse, & the garage.

- **Wheelchair availability:** The Gardens has 6 manual wheelchairs available on a first come, first serve basis. There are also 2 power scooters available for rent. (**If you have a wheelchair, you should bring it.** If you don't have a wheelchair and want one, tell Deb.
- **Accessible Bathrooms:** There are three (3) restrooms (Men's, Women's, and Family) on the main level near the entrance. All are handicap accessible.

**Admission:** The Cleveland Stroke Club will pick up the cost of admission for active members. We have reserved tickets for 30 members.

**Café:** The museum has a café that is cafeteria style. It has chili, pizza, hot dogs, soups, pre-made sandwiches (some of which can be heated), pre-made salads, hot plate specials, snacks, and cookies. There are soft drinks, water, beer, and wine available. Costs range between \$3 and \$15. (Deb has menu and prices.) Tables are round, spaced out, and have 4 chairs without arms. A few chairs with arms will be available. We will hold tables.

### COVID RULES:

1. Everyone must wear a mask except when eating. (Deb will have extra masks available.)
2. **The Café accepts ONLY credit card payment**—no cash. If you do not have a credit card, bring cash and you can pay Deb and she will pay the Café.

**SAFETY: Please wear boots or shoes with non-slip soles.** The wooden walkways in the greenhouse are damp. If you do not feel safe walking, plan to use a wheelchair. We will have people available to help escort you or push you in a wheelchair. (Again, tell Deb to reserve a wheelchair for you.)

## NOTES FROM LAST MONTH'S ZOOM SURVIVOR MEETING

**November Zoom Survivor Meeting.** Geri and Jean kindly facilitated this month's meeting. We welcomed our newest members, Rick and Ruth, to the Survivor Group and we introduced ourselves. Geri asked us to name a good Thanksgiving memory or tradition. This was our largest meeting, ever, so we rapidly told the punchlines to our stories, leaving our members wanting all the details!

- 🍁 Bonnie: I remember when the turkey fell out of the oven and out the door. My father just served it.
- 🍁 Donna: Thanksgiving is family.
- 🍁 Marge: This will be a good Thanksgiving because Ernie and I will cook. Ernie is a good cook.
- 🍁 Linda: One year everything my mother cooked for Thanksgiving was eaten early by her brother and his friends.
- 🍁 Roger: I don't like turkey, so I cooked a different cuisine every year (Indian, Thai, Polish, Italian, etc.). One year I cooked a French menu, starting with escargot. Our guests' children just looked cockeyed at the snails.
- 🍁 Dan and Viv: Dan does not like turkey. I was not fond of it because one year my Italian Grandmother got a live turkey and I saw her cut the head off. I was a kid and I left right after that.
- 🍁 Raj and Vinita: Raj likes turkey. Vinita's mother-in-law was a vegetarian, so Vinita made a whole head of cauliflower and put spices on it. It was good.
- 🍁 George and Nelly: It was their turn to make Thanksgiving. The oil to fry the turkey would not heat up and the turkey never cooked. We just ate sides.
- 🍁 Damon: We had guests from out-of-town for Thanksgiving and they stayed for 2 months. One of our guests was pregnant and she went into labor. The baby was a preemie and stayed in the hospital for 2 months.
- 🍁 Ruth: We always had an open house for Thanksgiving – all the people who were single and living alone.
- 🍁 Rick: I remember as a kid going over to my family and having a big Thanksgiving. My wife's family would come, and we would just sit around. Now we share that with our three children.
- 🍁 Harry: We went to my grandmother's house and had maybe 20 people and a big, long table.
- 🍁 Shailaja: We always went to our family in Columbus. I usually bring dessert. But we are not going this year because of health. But maybe next year.
- 🍁 Joyce: Last year we were not able to celebrate in person. Each person came into Zoom and each person was introduced. We did not need all that food, but we needed each other. That was my new, best memory.

We ended the meeting with our vacation goals for 2022 – Seattle, Bahamas, Chicago. Deb reminded everyone that they can still check-in on Zoom! Jean reminded everyone to keep their minds active by playing puzzles and watching the game shows. Damon said that the Speak Easy poker table might need a refresher on the rules.





## NOTES FROM LAST MONTH'S ZOOM MEETINGS

**Nov. Zoom Caregiver Meeting.** Geri kindly facilitated the meeting. We welcomed our new member, Laura, and we introduced ourselves. Deena said that her daughter was getting married and she and her sister, Judi, were going to roast them in song. Deena said that she also wanted to say something fatherly for Brian. We talked about Parkinson's. Deena said that she took the Savvy Caregiver Training class and it really helped her to deal with a progressive disease. Deena recommended the Savvy Caregiver Training. Here's a link: <https://agingresources.org/savvy-caregiver-for-families/>. Then we got off topic and jawed about needlework projects, weddings, travel and about everything under the sun.



**Nov. Zoom Lunch.** Even though we had an in-person outing at Applebee's we still had things to talk about in our Zoom Lunch. It was a small and relaxed group. We talked about work clothes, Halloween costumes in Speak Easy, good dentists, and loving the new Speak Easy Choir (they are singing Broadway show tunes). We talked about living in a mobile home, retirement ideas and the lunar eclipse. Recipes and cookbooks. Then we talked about Home Ec in high school where the girls learned cooking and sewing, and the boys went to shop class. Now things are different. We talked about fashions and the difficulty of getting dressed after a stroke – working with buttons and zippers with one hand. We talked about the Rittenhouse case. The problems today in Cleveland with getting the kids to wear masks and the uptick of cases, even in our own families. We talked about planning a cruise and the Covid regulations. Then we circled back to Needlework talk and, of course, ended with pets.



## NOTES FROM LAST MONTH'S ZOOM MEETINGS

**Nov. Family Feud** Geri was MC and Kay was her trusty accomplice in crime. The theme was Thanksgiving. So, we guessed answers to: What are your favorite sides? What do you do on Thanksgiving? What foods would you safely throw at someone? What activities do you do after Thanksgiving meal? Name an image often used in advertisements for Thanksgiving. Name a dessert for Thanksgiving. Name Something in a Thanksgiving Macy's Parade. Jocelyn and Peggie reminisced about attending the Macy's Parade in person. Damon was at the Woolly Bear Parade. Then Geri went around the "Hollywood Squares" and asked us to name something we are thankful for.

- 🍁 Geri was thankful for everyone who attends our Zoom meetings.
- 🍁 Damon was thankful for family, spirituality, and the Stroke Club.

**We all applauded what Damon said and then added to his list:**

- 🍁 Vinita agreed with Damon and added Zoom.
- 🍁 Arlene agreed with everyone and added, vaccines, medical help, and grandchildren.
- 🍁 Delores agreed and added kids and grandkids.
- 🍁 Linda and Louise agreed with and added Speak Easy and Cleveland Hearing & Speech Center.
- 🍁 Peggie said it was a very difficult year. She, as well as many members, lost loved ones this year. She agreed and added compassionate people in the world.
- 🍁 Raj was grateful for his wife.
- 🍁 Vinita added health to our long list.
- 🍁 Beth added her pet dog.
- 🍁 Deb added the first responders and all the essential workers who kept the lights and heat on, the food on the shelves, hospitals open, and computers running.
- 🍁 Vinita finished off the list by acknowledging Geri, Linda, Kay, and all the Stroke Club leadership for hosting all these meetings and keeping us all sane during Covid. Applause, Applause, Applause.





**BOOK REVIEW**

By Carolyn D.

***The Breakdown***

by B.A. Paris

It's about a woman coming home late at night sees a break-down car on the road. She sees a woman in the driver's seat in the car. She doesn't know if the woman needs help or not. But she keeps on going. It's driving her nuts because she doesn't know if she should have stopped or not. Later she finds out that the woman was already deceased and just looked like she was driving. There's more to it than she thinks. She gets caught-up in it. It's a really good book. The author reminds me of Harlan Coben. It's got a lot of twists and turns. I really recommend it.

**MOVIE REVIEW**

By Damon Smith

**Captain America: The Winter Soldier**

"After the cataclysmic events in New York with his fellow Avengers, Steve Rogers, aka Capt. America (Chris Evans), lives in the nation's capital as he tries to adjust to modern times. An attack on a S.H.I.E.L.D. colleague throws Rogers into a web of intrigue that places the whole world at risk. Joining forces with the Black Widow (Scarlett Johansson) and a new ally, the Falcon, Rogers struggles to expose an ever-widening conspiracy, but he and his team soon come up against an unexpected enemy." ([www.yahoo.com](http://www.yahoo.com))

Now this movie was epic, and was shot here in Cleveland, and I can see many places that I know. And was great in 3D. I give it 2 thumbs way up high.

**ROCK AND ROLL VAULT**

By Joe Brady

**Elton John - "Step Into Christmas"**

By Elton John and Bernie Taupin

If you happen to be shopping or at another department store, you are going to hear "Step Into Christmas" by Elton John. The song was released in 1973 and it has never gone out of style. If you need a little pick up, try this one:

<https://www.youtube.com/watch?v=aHPpC1Q15vc> [www.youtube.com]

**BEER COLUMN, ETC.**

By Roger Gulbranson, Ph.D.

**Pauwel Kwak Belgian Ale**

I have made this beer before and I really like it. I'm going to make this in December.

"The original brewer of this ale was Pauwel (Paul) Kwak, an innkeeper. Many of his customers came on horseback and stopped to feed and water their horses. Mr. Kwak would bring his beer out to them in a 12-ounce glass with a rounded bottom so it would fit into their stirrup. These days this special glass is supported in a wooded bracket so that it can be placed securely on a bar counter. The glass comes in three sizes: foot, half yard, and yard. It takes practice to drink out of glasses, as the last few sips are very tricky. Kwak is a true coachman's beer." (Clone Brews, Recipes for 200 Commercial Beers, by Tess and Mark Szamatulski, p 356).

P.S. When you drink the last few sips, the beer gurgles and makes a duck sound!

(Picture of glass attribution: CC BY-SA 3.0, <https://commons.wikimedia.org/w/index.php?curid=4432642>)





## **A Wrenching Farewell: Bidding Adieu to My Primary Care Doctor After Nearly 30 Years**

By Pat Hill



By Judith Graham

I had not expected the tears. My primary care doctor and I were saying goodbye after nearly 30 years together. “You are a kind and a good person,” he told me after the physical exam, as we wished each other good luck and good health. “I trust you completely — and always have,” I told him, my eyes overflowing. “That means so much to me,” he responded, bowing his head.

Will I ever have another relationship like the one with this physician, who took time to ask me how I was doing each time he saw me? Who knew me from my first months as a young mother, when my thyroid went haywire, and who since oversaw all my medical concerns, both large and small? It feels like an essential lifeline is being severed. I will miss him dearly.

This is not my story alone; many people in their 50s, 60s and 70s are similarly undergoing this kind of wrenching transition. A decade from now, at least 40% of the physician workforce will be 65 or older, according to data from the Association of American Medical Colleges. If significant numbers of doctors retire, as expected, physician shortages will swell. Earlier this year, the AAMC projected an unmet need for up to 55,200 primary care physicians and 86,700 specialists by 2033, amid the rapid growth of the elderly population.

Stress from the covid pandemic has made the outlook even worse, at least in the near term. When the Physicians Foundation, a nonprofit research organization, surveyed 2,504 doctors in May and June, 61% reported “often experiencing” burnout associated with financial and emotional strain. Two percent said they had retired because of the pandemic; another 2% had closed their practices.

Twenty-three percent of the doctors surveyed said they would like to retire during the next year. Baby boomers, like me, whose medical needs are intensifying even as their longtime doctors bow out of practice, are most likely to be affected.

“There’s a lot of benefit to having someone who’s known your medical history for a long time,” especially for older adults, said Dr. Janis Orłowski, AAMC’s chief health care officer. When relationships with physicians are disrupted, medical issues that need attention can be overlooked and people can become less engaged in their care, said Dr. Gary Price, president of the Physicians Foundation.

My doctor, who has survived two bouts of cancer, did not mention the pandemic during our recent visit. Instead, he told me he is turning 75 a week before he closes the practice at the end of October. Having practiced medicine for 52 years, forty as a solo practitioner, “it’s time for me to spend more time with family,” he explained.

An intensely private man who is averse to publicity, he did not want his name used for this article. I know I am lucky to have had a doctor I could rely on with complete confidence for so long. Many people do not have this privilege because of where they live, their insurance coverage, differences in professional competence, and other factors.

With a skeletal staff — his wife is the office manager — my doctor has been responsible for 3,000 patients, many of them for decades. One woman sobbed miserably during a recent visit, saying she could not imagine starting over with another physician, he told me.

At one point, when my thyroid levels were out of control, I saw my physician monthly. After my second pregnancy, when this problem recurred, I brought the baby and her toddler brother in a double stroller into the exam room. One or the other would often cry sympathetically when he drew my blood.

I remember once asking when a medical issue I was having — the flu? a sore throat? — would resolve. He pointed upward and said, “Only Hashem knows.” A deeply religious man, he was not afraid to acknowledge the body’s mysteries or the limits of medical knowledge. “Give it a few days and see if you get better,” he frequently advised me. “Call if you get worse.”

Continued on next page

### **A Wrenching Farewell, Continued**



At each visit, my doctor would open a large folder and scribble notes by hand. My file is more than four inches thick. He never signed up for electronic medical records. He is not monetizing his practice by selling it. For him, medicine was never about money.

“Do you know the profit margins this hospital makes?” he asked at our last visit, knowing my interest in health care policy and finance. “And how do you think they do it? They cut costs wherever they can and keep the nursing staff as small as possible.”

Before a physical exam, he would tell a joke — a way to defuse tension and connect with a smile. “Do you know the one about ...” he would begin before placing his fingers on my throat (where the thyroid gland is located) and squeezing hard.

Which is not to say that my doctor was easygoing. He was not. Once, he insisted I go to the emergency room after I returned from a long trip to South Asia with a very sore leg and strange pulsing sensations in my chest. An ultrasound was done; a blood clot discovered.

The young doctors in the ER wanted to give me intravenous blood thinner and send me home with a prescription. My doctor would have nothing of it. I was to stay in the hospital overnight to be monitored every few hours, efficiency and financial considerations be damned. He was formidable and intransigent, and the younger physicians backed down.

At that last meeting, my doctor scribbled the names of two physicians on a small sheet of paper before we said our goodbyes. Both would take good care of me, he said. When I called, neither was accepting new patients. Often, I hear this from older friends: They cannot find physician practices that are taking new patients.

Price, who is 68, went through this when his family physician announced she was retiring and met with him in January to work out who might take over his care. Price was admitted into the practice of a younger physician with a good reputation only because he asked a medical colleague to intervene on his behalf. Even then, the first available appointment was in June.

Orlowski had a similar experience two years ago when searching for a new primary care doctor for her elderly parents. “Most of the practices I contacted weren’t accepting new patients,” she told me. It took six months to find a physician willing to see her parents — again, with the help of medical colleagues.

I am lucky. A friend of mine has a physician daughter, part of an all-women medical practice at a nearby university hospital. One of her colleagues had openings and I got on her schedule in December. My friend’s daughter recommends her highly.

Still, it will mean starting over, with all the dislocation that entails. And these transitions are hard, for patients and doctors alike. Several weeks ago, I received a letter from my doctor, likely his last communication, which I read with a lump in my throat.

“To my beloved patients,” he wrote. “I feel so grateful for the opportunity to treat you and develop relationships with you and your families that I will always treasure. ... I bid you all adieu. I hope and pray for your good health. I will miss every one of you and express to you my appreciation for so many wonderful years of doing what I love, caring for and helping people.”

[Khn.org/news/article/retirement-primary-care-physician-finding-new-doctor-after-30-years/](https://www.khn.org/news/article/retirement-primary-care-physician-finding-new-doctor-after-30-years/)

Submitted by Pat Hill – 216-570-9236, pthmba@att.net

### **A GREAT ARTICLE: About a Neurologist who had a Stroke**

By John and Mary P.



This is an amazing story of a Neurologist in Kansas City who had a stroke. It was published on the American Heart Association website. Our daughter lives in KC and will try to meet her.

<https://www.heart.org/en/news/2021/09/08/neurologist-wakes-up-in-the-hospital-where-she-works-as-a-stroke-survivor>

## GREATER CLEVELAND VOLUNTEERS

By Jocelyn B.



Greater Cleveland Volunteers recruits volunteers age 18+ to serve at more than 100 local nonprofit organizations in Cuyahoga County. We assist people in finding the right opportunity to serve based on their interests, skills, and availability.

Volunteers tutor and mentor children; provide job coaching to adults; provide food to those in need; comfort patients in hospitals, nursing homes and hospice care; assist visitors at arts & culture organizations, and much more!

I used to work with the woman who leads this organization. She is great! I highly recommend GCV. For more information, here is their website: <https://www.greaterclevelandvolunteers.org/>. You may also call them at: 216-391-9500. Greater Cleveland Volunteers is located at: 4415 Euclid Ave, Suite #200, Cleveland, OH 44103

## COVID RECOVERY CLINIC AT AHUJA

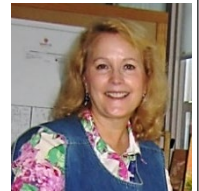
By Pat Hill



If you have had Covid and are feeling long-term effects (problems with breathing, energy, sense of taste or smell, heart, etc.) you might be interested in knowing that UH has a Covid clinic at Ahuja. The phone number is 216-508-8672.

## CLEVELAND CLINIC'S MOBILE STROKE TREATMENT UNIT

By Katie K.



“The clock is ticking when it comes to stroke victims, which is why the Cleveland Clinic’s Mobile Stroke Treatment Unit (MSTU) brings treatment right to the door of patients. Based in Independence, the MSTU will soon be expanding it’s reach into Seven Hills.” ... This is basically an emergency room on wheels. It looks like an ambulance on the outside but on the inside it has highly specialized treatment to treat stroke victims.” (The Sun Post/New Sun, October 28<sup>th</sup>.)

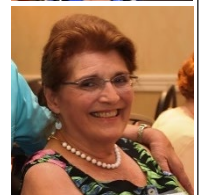
How do I access it? The important thing is to call 911 as soon as possible after a stroke. The dispatcher will summon the fastest care. See: <https://my.clevelandclinic.org/health/treatments/17242-mobile-stroke-unit>

## DEMENTIA CARE – A Caregiver’s 10 Commandments

By Judi K. and Sue S.

We found this on the internet and wanted to pass it along.

1. **Agree**, never argue
2. **Redirect** – Never Reason
3. **Distract** – Never Shame
4. **Reassure** – Never Lecture
5. **Reminisce** – Never Say “Remember”
6. **Repeat** – Never say “I already told you”
7. **Say “Do What you can”** Never say “You can’t”
8. **Ask** – Never Command
9. **Encourage and Praise** – Never Condescend
10. **Reinforce** – Never Force



<https://inhomecareadelaide.com.au/blog/dementia-care-a-caregivers-10-commandments>



**WESTERN RESERVE CHORALE: Season of Light Concert**

The holiday concert is being held in-person on Sunday, December 5<sup>th</sup> at 3:30 pm. at Church of Gesu, 2470 Miramar Blvd., University Heights. Admission is free, with donations accepted. The concert will be recorded and available later online at: [www.WesternReserveChorale.org](http://www.WesternReserveChorale.org)

**US**



Evelyn put together another puzzle.



Jagdish celebrated his 70<sup>th</sup> Birthday with his family.



Kathleen celebrated Thanksgiving with her family.



Arlene built a green house!



**A LITTLE HUMOR: HOW THE INTERNET GOT STARTED**

By Judi K.



I found this on FB on the Jewish Humor website. Our techies should get a chuckle.

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In ancient Israel, it came to pass that a trader by the name of Abraham Com did take unto himself a young wife by the name of Dot. And Dot Com was a comely woman, broad of shoulder and long of leg. Indeed, she was often called Amazon Dot Com.

And she said unto Abraham, her husband, "Why dost thou travel so far from town to town with thy goods when thou canst trade without ever leaving thy tent?"

And Abraham did look at her as though she were several saddle bags short of a camel load, but simply said, "How, dear?"

And Dot replied, "I will place drums in all the towns and drums in between to send messages saying what you have for sale, and they will reply telling you who hath the best price. And the sale can be made on the drums and delivery made by Uriah's Pony Stable (UPS)."

Abraham thought long and decided he would let Dot have her way with the drums. And the drums rang out and were an immediate success. Abraham sold all the goods he had at the top price, without ever having to move from his tent. To prevent neighboring countries from overhearing what the drums were saying, Dot devised a system that only she and the drummers knew. It was known as Must Send Drum Over Sound (MSDOS), and she also developed a language to transmit ideas and pictures - Hebrew To The People (HTTP).

And the young men did take to Dot Com's trading as doth the greedy horsefly take to camel dung. They were called Nomadic Ecclesiastical Rich Dominican Sybarites, or NERDS.

And lo, the land was so feverish with joy at the new riches and the deafening sound of drums that no one noticed that the real riches were going to that enterprising drum dealer, Brother William of Gates, who bought off every drum maker in the land.

And indeed did insist on drums to be made that would work only with Brother Gates' drumheads and drumsticks.

And Dot did say, "Oh, Abraham, what we have started is being taken over by others." And Abraham looked out over the Bay of Ezekiel, or eBay as it came to be known.

He said, "We need a name that reflects what we are."

And Dot replied, "Young Ambitious Hebrew Owner Operators."

"YAHOO," said Abraham. And because it was Dot's idea, they named it YAHOO Dot Com.

Abraham's cousin, Joshua, being the young Gregarious Energetic Educated Kid (GEEK) that he was, soon started using Dot's drums to locate things around the countryside.

It soon became known as God's Own Official Guide to Locating Everything (GOOGLE).

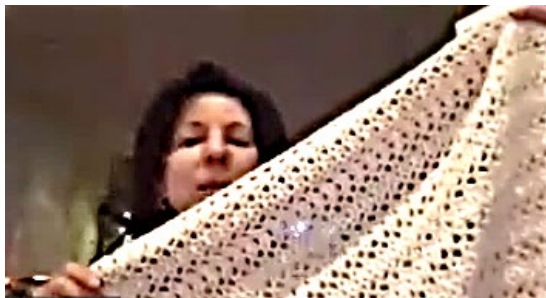
That is how it all began. And that's the truth.

(Written by Shelley Cladman: <https://www.facebook.com/groups/JewishLaughter/permalink/4412394468883378/>)

**OUR FIRST ZOOM NEEDLEWORK CHAT**



Judi makes an Afghan for a full-size bed.



Mary makes a shell pattern baby blanket and shows us how!



Nelly makes baby jackets.



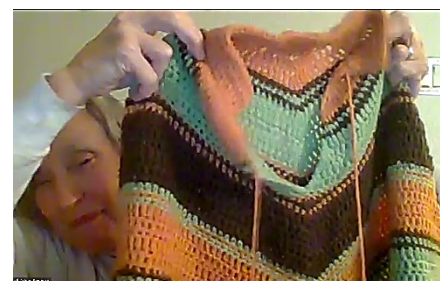
Neerja is making flowers for decorations and blankets.



Vinita makes scarves.



Kathy is making a rack w crochet twine.



Arlene makes a poncho.



Shailaja decorates bottles.



Linda's niece makes dolls.



Deena makes collage.



Jocelyn buys needle art.



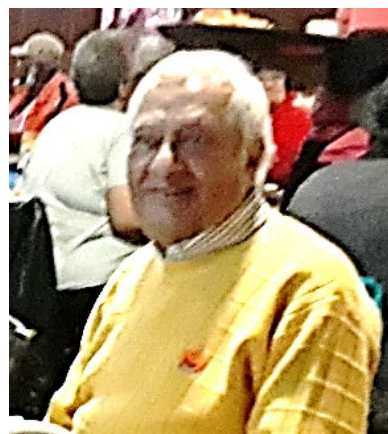
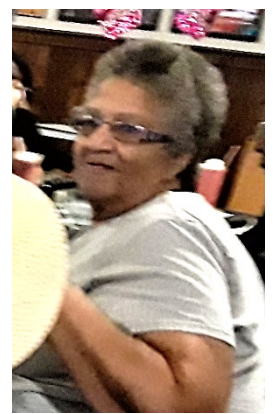
Damon's mom makes hats.



Marge's cuddly elephant toys.



**OUR NOVEMBER LUNCHEON AT APPLEBEE'S IN LYNDHURST**





**NOVEMBER WORD PUZZLE: A Snowflake by Any Other Name Is...**

By Brenda Koos



P S H S S P D F L Y K P V K P  
 M D U J F L T E K I L Y S D J  
 P W H C J P A F N A A S O J X  
 R A L L E T S T T D Q H L I M  
 B L D Y R G B E S E R C R S K  
 R W U W O N S U Z Y G I B I D  
 A Q I K J H G E L R R D T R U  
 N S P A T I A L A L S C C E M  
 M N A G G J C U D E E Q A H S  
 U X Y B U V P I L Q M T P O T  
 L T P U S E A D X D P M P L B  
 O M Y R L M E E C J J O E L H  
 C R Q Q O E C G K X D N D O L  
 G A H N N S T E L L E P F W B  
 A Z D X I R R E G U L A R K D

*(Use every letter and word only once.)*

- |           |           |          |
|-----------|-----------|----------|
| Bullet    | Capped    | Columnar |
| Crystals  | Dendrites | Diamond  |
| Graupel   | Hail      | Hollow   |
| Irregular | Needles   | Pellets  |
| Plates    | Spatial   | Stellar  |

Make your own puzzle here:

<https://puzzlemaker.discovereducation.com/word-search>

**Gary Mengay at Chloe's Diner (and Car Museum) in Massillon, Ohio**



**Happy Holidays!**

Painting by Raj Saggar