

# ReFocus

June



**Original Art**  
By Jim Scanlon

A REPORT OF THE CLEVELAND STROKE CLUB

June 2021

*Cleveland Stroke Club*  
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*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 now being held in Zoom**

**We hope to see you 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)**

**Officers 5/2021-5/2022**

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Linda Davis

Asst. to the President  
Linda Pfeffer

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440-552-3970

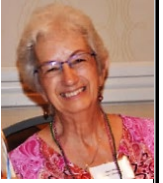
Phone Caller  
Linda Pfeffer

Caregiver Meeting Set-Up  
Joyce Levy  
Katherine Sims  
Damon Smith

ReFocus Editor  
Deb Felt

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

By Geri Pitts



Hello again. I hope you all have been able to stay well and safe. Over the last 14 months we have managed to keep in touch with over fifty of you through attendance at Zoom meetings. Since April 2020 we have run 115 Zoom gatherings because of the help of: **Jean Nisenbom, Linda Davis, Kay Exl, John Pumper, Joanne Bergole and Sue Sheridan.** Sincere thanks to all of you. As I said in last month's ReFocus, we're working on plans to meet again in-person and I can now say that it will be on Wednesday, September 22, outdoors. We are hoping that everyone will have had their Covid vaccination(s) so that we can go "mask-less." I expect that we will still have to follow whatever pandemic restrictions are still in place, however. At this point, we're looking forward to September.

During the last month we have had 4 Bingo Nights and one each of these meetings: Caregivers, Survivors, Game Night, Lunch and a Board Meeting. Attendance was 130!

April's Bingo games were run by **Kay Exl, Linda Davis, John Pumper** and me. Winners were: **Damon Smith, Vivien Sekeres, Bethany Chos, Gary Mengay, Arlene Beinhardt, Raj Saggar, George Borodi, Vinita Saggar, Linda Davis, Delores Jones, Lurelean Patterson, Joyce Levy, Jackie Patterson, Louise Duncan, Kamaya Patterson (Kamaya joined us on the evening after her graduation from high school. Congratulations, Kamaya!),**

Game Night was again a blast with some very, very creative answers to our Family Feud questions. Everyone who participated got at least one of the game answers and **Delores Jones** and **Arlene Beinhardt** matched 9 responses and **Damon Smith** and **Gary Mengay** with 8 and 7 correct answers. This night continues to be a favorite.

We want to congratulate our President, Linda Davis, for being asked to serve on the Board of Cleveland Hearing and Speech Center. We are so proud of you & CHSC.

We also want to wish our Board Member, Deena Barrett, a good recovery after her hip replacement surgery. Best Wishes, Deena!

**ANNOUNCEMENTS**

Sign up for Vaxamillion here: <http://www.ohiovaxamillion.com> . Good Luck!

Membership Renewals - We are still watching for your membership renewals. They are only \$8 per person each year. A membership form is attached. Please send in your form, we use the money to support our newsletter and meetings.

2021-2022 Cleveland Stroke Club Board of Directors – I didn't receive any requests for suggestions for other board members, so I am pleased to announce that your board of directors and committee chairpersons will remain the same and are in this column, in every ReFocus. Thank you again to all those who volunteer for these positions. Thank you for all your hard work in keeping the Cleveland Stroke Club viable, relevant and robust.

We also want to **thank all of our members** for contributing to this newsletter and always helping wherever it is needed.

**JUNE HOLIDAYS**

- ☀ 1 Global day of Parents
- ☀ 3 Nat'l. Egg Day
- ☀ 4 Nat'l. Cheese Day
- ☀ 4 Nat'l. Donut Day
- ☀ 6 D-Day Anniv.
- ☀ 8 Nat'l Best Friend Day
- ☀ 14 Flag Day
- ☀ 18 Nat'l Picnic Day
- ☀ 19 Juneteenth
- ☀ 20 Summer Solstice
- ☀ **20 Father's Day**
- ☀ 21 Int'l. Yoga Day
- ☀ 27 BET Awards
- ☀ 29 Nat'l Camera Day

JUNE is:

- ☀ **National Safety Month**
- ☀ **Men's Health Month**
- ☀ **LGBT Pride Month**

<https://www.wincalendar.com/Holiday-Calendar-with-Today>

**JUNE WISHES****Happy Birthday**

Geraldine Barnett	6/7
Joyce Wilson	6/8
Jean Nisenbom	6/11
Janis Pace	6/12
Bob Boff	6/17
Sue Franko	6/17
Sandi LaRue	6/18
Bob Shelton	6/20
Jim Scanlon	6/24
Nancy Dietrich	6/25
Frank Nisenbom	6/25
Lurelean Patterson	6/29
Patti Hatters	6/30
Jacky Patterson	6/30

**Happy Anniversary**

Delores & Bobby Jones	6/7/1970
Bettye & James Hayes	6/10/1967
Saandy & Rod Russell	6/18/1964
Janie & Jack Racer	6/25/1971
Annette & Doug Weese	6/26/1982
Nancy & Dick Dietrich	6/28/1969

**Deepest Sympathy**

Gus Aberle

**ZOOM MEETING CALENDAR FOR JUNE 2021**  
(Contact Geri Pitts for Zoom link: [pittsgeraldine@yahoo.com](mailto:pittsgeraldine@yahoo.com))

<u>Date</u>	<u>Meeting</u>	<u>Time</u>	<u>Regular Meeting Days</u>
6/2	Bingo	6:30 – 8	Every Wednesday
6/7	Caregivers	6:30 – 8	1 <sup>st</sup> Monday of every month
6/8	Board Meeting	4:00—5	2 <sup>nd</sup> Tuesday
6/9	Bingo	6:30 – 8	Every Wednesday
6/10	Game Night	6:30 – 8	2 <sup>nd</sup> Thursday of every month
6/16	Bingo	6:30 – 8	Every Wednesday
6/21	Survivors Meeting	6:30 – 8	3 <sup>rd</sup> Monday of every month
6/23	Bingo	6:30 – 8	Every Wednesday
6/30	Bingo	6:30 – 8	Every Wednesday

**FROM THE DESK OF THE PRESIDENT**

By Linda Davis



I hope everybody had a chance to get out and enjoy the warm weather we had for a while and stay dry after all this rain.

We have a tentative date for the Cleveland Stroke Club picnic. If all goes well, we will have our picnic on **September 22<sup>nd</sup> at Kiwanis Pavilion** in Independence.

Cross your fingers, stay healthy, and hope to see you IN-PERSON!

**CONGRATULATIONS: LINDA DAVIS**

We want to express our sincere congratulations to Linda Davis who was selected by Cleveland Hearing & Speech Center as a Board Member. They could not have selected a better person!

As you may know, Cleveland Hearing & Speech Center is celebrating their 100<sup>th</sup> Birthday this year. They are a Cleveland gem who has served the deaf community, children with hearing and speech issues, adults who need hearing aides, and adults with aphasia. Congratulations to both CHSC and Linda Davis.

**THINKING OF YOU**

Thoughts and prayers are extended to our members who are ill or recovering from illness. We love you: **Deena and Brian Barrett, Don Broge, Diondre Kidd, Dion Howells, Lurethia Jones, and Katherine Sims.**

# Happy Father's Day!

### DEEPEST SYMPATHY: GUS ABERLE

We want to send our sincere condolences to the family of Gus Aberle. Gus was a long-time member of Speak Easy and the Cleveland Stroke Club. Gus passed away in May. He regularly attended our picnic, anniversary dinner, survivor meetings and Roger's brew day. Gus did not have a stroke, but he had aphasia (PPA).

Gus loved Dartmouth, his alma mater. After graduating with a BA and MA (in marketing and management), he served in the Navy. He then started his career in sales and management for U.S. Steel and continuing at Florida Gas, Lang Engineering Corp, and then Roulston & Co. His work took him all over the world and he even lived in England for 19 years. He loved: traveling (especially to Prague), eating really good food, drinking fine wine, and dancing. He loved to talk and to rib people the people he liked and sometimes ruffle feathers—which could give facilitators and some survivors heartburn! He had many good friends. Here is a picture of Gus at our 2015 Anniversary Dinner with his good friends. And another pic of Gus chumming with Jim Scanlon at our monthly luncheon. In 2015 he moved to Folsom, California to live near his daughter, Beth He will be missed and always remembered. <https://www.blueoakscbs.com/obituary/gustave-aberle-jr>



### WESTERN RESERVE CHORALE PRESENTS: In Her Voice Friday, June 4, 2021 at 8:00 pm - on YouTube

Western Reserve Chorale is proud to present  
In Her Voice:  
Celebrating the Poetry of Women, an online multi-media event.

We raise our voices in harmony to the words of women from the mid-nineteenth century to the present.

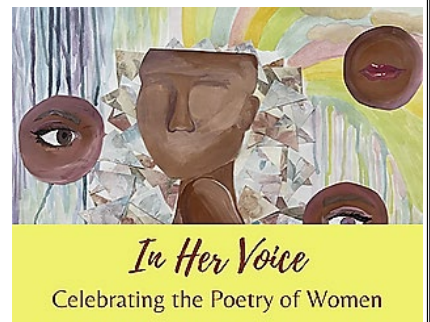
These are songs of hope, gratitude, and comfort that speak to our shared fears and dreams.

- ☀ Teasdale acknowledges that “Each one of us has walked through storm and fled the wolves along the road.”
- ☀ Taylor says to the Star, “Then the traveler in the dark, Thanks you for your tiny spark”
- ☀ Angelou expresses gratitude ‘for your presence during the bright and sunny days, for then we can share that which we have with those who have less” in “Maya’s Prayer for Peace.”



We invite you to join us online for this free event of poetry, music, and art. May the words of these women inspire you to hold onto and act upon the “Hope... that perches in the soul.” Watch it here:

<https://www.westernreservechorale.org/performances>



**OUR MAY ZOOM SURVIVOR AND CAREGIVER MEETINGS**

**Our May Zoom Survivor Meeting.** Our May group had two surprises! A new member joined us: **Welcome Marcella!** And one of oldest members joined us by phone: Nice to hear your voice **Charles DeForest!** We went around the “room” introducing ourselves. Marcella is a talented woman, you can learn more about her in our interview with her on page 12. Unfortunately, it is difficult for her to get around in her house, since her stroke, because she does not have stair railings. She was ready to get them installed before Covid, but then everything stopped. We hope this gets resolved quickly for her, so she can leave the upstairs of her house! Thanks, Jean for facilitating this group.



**May Zoom Caregivers’ Meeting** was facilitated by Sue Sheridan, Joanne Bergole, and Geri Pitts. Mary introduced her daughter’s bird to us. We talked about a recent school shooting in CLE (two classmates let a fight get out-of-hand). We also talked about the difficulties of traveling again: high cost and availability of hotel rooms, gas, airline tickets, and car rentals. Deena advised all of us to get the Shingles shots (please, contact your pharmacy.) Deena also told us that her hip replacement surgery was postponed because of shingles.



### OUR OTHER MAY ZOOM MEETINGS

**May Game Night: Family Feud!** Family Feud is the most fun night of the month. Geri is a great Steve Harvey, even though, she threatens to call him for advice! Kay is a lovely Vanna White. It was a small group because it was a lovely summer evening. But we had a lovely time, and everyone won!



**May luncheon.** We had a nice luncheon, but darn, we can't find the pics. Thanks to all who attended!

**May Bingo.** We have Bingo every Wed. night, rain or shine. Here are the pics for May 19<sup>th</sup>.



**BOOK REVIEW**

By Carolyn D.

***Elsewhere***

By Dean Koontz

This book involves time travel, quantum leaps, portals, .... It's a science fiction book but it's nothing like Back to the Future. It's a good read, if you like science fiction or if you like Dean Koontz. I don't like science fiction but I did like this book. It ends well. I really enjoyed it.

**MOVIE REVIEW**

By Damon Smith

**The Unholy**

The Unholy, based on James Herbert's best-selling book Shrine, follows a young hearing-impaired girl who is visited by the Virgin Mary and can suddenly hear, speak, and heal the sick. As people from near and far flock to witness her miracles, a disgraced journalist (Jeffrey Dean Morgan) hoping to revive his career visits a small New England town to investigate. As terrifying events begin to happen all around him, he starts questioning if these miracles are the works of the Virgin Mary or something much more sinister.

It's been a while since a movie had me jumping like I was then. I give 2 thumbs up.

**ROCK AND ROLL VAULT**

By Joe Brady

**The Contours – “Do You Love Me”**

By Berry Gordy

The Contours had a one hit wonder song in 1962 “Do You Love Me? (Now That I Can Dance).”

The song is still very popular at weddings and parties who like to dance. In the song, the lead vocalist, Billy Gordon, shouts out his lyrics with a deep, raw voice including “I can mash potatoes, do the twist”. Unfortunately, Gordon battled with drugs and alcoholism early on and he was released from the Contour group in 1963. Gordon started the Contours band along with Joe Billingslea. Billingslea got a little mileage with the Contours biggest song, as he continues play at local concerts to this day.

The song “Do You Love Me” was written by Berry Gordy, himself who is a well-known entrepreneur in the music business. He founded Motown in Detroit for decades with many accolades. He initially planned to have the Temptations play his song but were not available at the time. This gave the Contours the chance to record the song on radios throughout the country. Check this out: <https://www.youtube.com/watch?v=fn3KWM1kuAw>

**BEER COLUMN**

By Roger Gulbranson, Ph.D

I started brewing in November of 2005 after my first trip to Belgium. I met a brewer, who lost his wife when the steam engine stoked kettle exploded. He got a new wife. I came home ready to start brewing but Deb said no because she thought I was going to try to off her. My friends in Cleveland were brewing, beer at the time, and they all sent her emails saying, “Relax, Roger will not off you!” That did not work, but eventually, I pushed her out of the house on Saturday morning, so I could brew. (I told her that she had to go, because she contaminated my environment, and she should go shopping!) Fast forward, I still have a wife and I have brewed 109 batches and 61 different kinds of beer. In the fall, I'm thinking about making Fresh Squished, Pauwel Kwak, Chimay Red, and Saison Dupont (the last three are Belgians). Maybe we can start open brew days, again.



## **Aiding Her Dying Husband, a Geriatrician Learns the Emotional And Physical Toll of Caregiving**

By Pat Hill



By Judith Graham May 18, 2021

The loss of a husband. The death of a sister. Taking in an elderly mother with dementia. This has been a year like none other for Dr. Rebecca Elon, who has dedicated her professional life to helping older adults. It has taught her what families go through when caring for someone with serious illness as nothing has before. “Reading about caregiving of this kind was one thing. Experiencing it was entirely different,” she told me.

Were it not for the challenges she’s faced during the coronavirus pandemic, Elon might not have learned firsthand how exhausting end-of-life care can be, physically and emotionally — something she understood only abstractly previously as a geriatrician. And she might not have been struck by what she called the deepest lesson of this pandemic: that caregiving is a manifestation of love and that love means being present with someone even when suffering seems overwhelming.

All these experiences have been “a gift, in a way: They’ve truly changed me,” said Elon, 66, a part-time associate professor at Johns Hopkins University School of Medicine and an adjunct associate professor at the University of Maryland School of Medicine. Elon’s uniquely rich perspective on the pandemic is informed by her multiple roles: family caregiver, geriatrician and policy expert specializing in long-term care. “I don’t think we, as a nation, are going to make needed improvements [in long-term care] until we take responsibility for our aging mothers and fathers — and do so with love and respect,” she told me.

Elon has been acutely aware of prejudice against older adults — and determined to overcome it — since she first expressed interest in geriatrics in the late 1970s. “Why in the world would you want to do that?” she recalled being asked by a department chair at Baylor College of Medicine, where she was a medical student. “What can you possibly do for those [old] people?”

Elon ignored the scorn and became the first geriatrics fellow at Baylor, in Houston, in 1984. She cherished the elderly aunts and uncles she had visited every year during her childhood and was eager to focus on this new specialty, which was just being established in the U.S. “She’s an extraordinary advocate for elders and families,” said Dr. Kris Kuhn, a retired geriatrician and longtime friend. In 2007, Elon was named geriatrician of the year by the American Geriatrics Society.

Her life took an unexpected turn in 2013 when she started noticing personality changes and judgment lapses in her husband, Dr. William Henry Adler III, former chief of clinical immunology research at the National Institute on Aging, part of the federal National Institutes of Health. Proud and stubborn, he refused to seek medical attention for several years.

Eventually, however, Adler’s decline accelerated and in 2017 a neurologist diagnosed frontotemporal dementia with motor neuron disease, an immobilizing condition. Two years later, Adler could barely swallow or speak and had lost the ability to climb down the stairs in their Severna Park, Maryland, house. “He became a prisoner in our upstairs bedroom,” Elon said.

By then, Elon had cut back on work significantly and hired a home health aide to come in several days a week. In January 2020, Elon enrolled Adler in hospice and began arranging to move him to a nearby assisted living center. Then, the pandemic hit. Hospice staffers stopped coming. The home health aide quit. The assisted living center went on lockdown. Not visiting Adler was not imaginable, so Elon kept him at home, remaining responsible for his care. “I lost 20 pounds in four months,” she told me. “It was incredibly demanding work, caring for him.”

Meanwhile, another crisis was brewing. In Kankakee, Illinois, Elon’s sister, Melissa Davis, was dying of esophageal cancer and no longer able to care for their mother, Betty Davis, 96. The two had lived together for more than a decade and Davis, who has dementia, required significant assistance. Elon sprang into action. She and two other sisters moved their mother to an assisted living facility in Kankakee while Elon decided to relocate a few hours away, at a continuing care retirement community in Milwaukee, where she had spent her childhood. “It was time to leave the East Coast behind and be closer to family,” she said.

Continued on next page.



**'Aiding Her Dying Husband...' CONTINUED**

By the end of May, Elon and her husband were settled in a two-bedroom apartment in Milwaukee with a balcony looking out over Lake Michigan. The facility has a restaurant downstairs that delivered meals, a concierge service, a helpful hospice agency in the area and other amenities that relieved Elon's isolation. "I finally had help," she told me. "It was like night and day."

Previously bedbound, Adler would transfer to a chair with the help of a lift (one could not be installed in their Maryland home) and look contentedly out the window at paragliders and boats sailing by. "In medicine, we often look at people who are profoundly impaired and ask, 'What kind of quality of life is that?'" Elon said. "But even though Bill was so profoundly impaired, he still had a strong will to live and retained the capacity for joy and interaction." If she had not been by his side day and night, Elon said, she might not have appreciated this.

Meanwhile, her mother moved to an assisted living center outside Milwaukee to be nearer to Elon and other family members. But things did not go well. The facility was on lockdown most of the time and staff members were not especially attentive. Concerned about her mother's well-being, Elon took her out of the facility and brought her to her apartment in late December.

For two months, she tended to her husband's and mother's needs. In mid-February, Adler, then 81, took a sharp turn for the worse. Unable to speak, his face set in a grimace, he pounded the bed with his hands, breathing heavily. With hospice workers' help, Elon began administering morphine to ease his pain and agitation.

"I thought, 'Oh, my God, is this what we ask families to deal with?'" she said. Though she had been a hospice medical director, "that didn't prepare me for the emotional exhaustion and the ambivalence of giving morphine to my husband."

Elon's mother was distraught when Adler died 10 days later, asking repeatedly what had happened to him and weeping when she was told. At some point, Elon realized her mother was also grieving all the losses she had endured over the past year: the loss of her home and friends in Kankakee; the loss of Melissa, who had died in May; and the loss of her independence.

That, too, was a revelation made possible by being with her every day. "The dogma with people with dementia is you just stop talking about death because they can't process it," Elon said. "But I think that if you repeat what's happened over and over and you put it in context and you give them time, they can grieve and start to recover."

"Mom is doing so much better with Rebecca," said Deborah Bliss, 69, Elon's older sister, who lives in Plano, Texas, and who believes there are benefits for her sister as well. "I think having [Mom] there after Bill died, having someone else to care for, has been a good distraction."

And so, for Elon, as for so many families across the country, a new chapter has begun, born out of harsh necessities. The days pass relatively calmly, as Elon works, and she and her mother spend time together. "Mom will look out at the lake and say, 'Oh, my goodness, these colors are so beautiful,'" Elon said. "When I cook, she'll tell me, 'It's so nice to have a meal with you.' When she goes to bed at night, she will say, 'Oh, this bed feels so wonderful.' She is happy on a moment-to-moment basis. And I'm very thankful she's with me."

[Khn.org/news/article/aiding-dying-husband-geriatrician-learns-emotional-physical-toll-of-caregiving/](https://khn.org/news/article/aiding-dying-husband-geriatrician-learns-emotional-physical-toll-of-caregiving/)

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

**AMAZON SMILE DONATES TO NON-PROFITS**

Did you know that Amazon.com will make a contribution to your selected non-profit, every time you purchase something. To sign up go to: <https://smile.amazon.com> . Every little bit helps your favorite nonprofit

### Yoga In Zoom and In Person

By Deb and Roger Gulbranson

Our friend has a yoga studio, and she is hosting chair yoga and many other types of yoga in person and in Zoom. **Roger particularly likes the chair yoga in Zoom.** The classes are recorded and can be played back at any time. There are many payment options. For more information, go to: <https://firehouseyogalakewood.com/>

### HOME REPAIR RESOURCES

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 do not live in CLE you can find help here: <http://www.ohiosilc.org/centers-for-independent-living/>

### WHEELCHAIR VANS GRANTS AND SALES

Pat Hill shared this grant resource, to help survivors pay for wheelchair vans AND they list used wheelchair vans. See: <https://www.themobilityresource.com/financing-handicap-accessible-vehicles/state-grants/ohio-disability-grants/>

Kay Exl found this resource to help survivors find wheelchair vans. Visit: [www.blvd.com](http://www.blvd.com)

### How Do I Know If I Have a Hearing Problem?

By Jean Nisenboun



May was Better Hearing and Speech Month which means it is time to think about your hearing!

**Did you know untreated hearing loss is linked to depression and dementia?** So, use this screening tool to check your hearing health.

#### *How can I tell if I have a hearing problem?*

Ask yourself the following questions. **If you answer "yes" to three or more** of these questions, you may have a hearing problem and you need to discuss your hearing with your health care provider or have your hearing checked.

- |  |          |
|--|----------|
| 1. Do you sometimes feel embarrassed when you meet new people because you struggle to hear?                | Yes / No |
| 2. Do you feel frustrated when talking to members of your family because you have difficulty hearing them? | Y/N      |
| 3. Do you have difficulty hearing or understanding co-workers, clients, or customers?                      | Yes / No |
| 4. Do you feel restricted or limited by a hearing problem?   | Yes / No |
| 5. Do you have difficulty hearing when visiting friends, relatives, or neighbors?                          | Yes / No |
| 6. Do you have trouble hearing in the movies or in the theater?  | Yes / No |
| 7. Does a hearing problem cause you to argue with family members?  | Yes / No |
| 8. Do you have trouble hearing the TV or radio at levels that are loud enough for others?                  | Yes / No |
| 9. Do you feel that any difficulty with your hearing limits your personal or social life?                  | Yes / No |
| 10. Do you have trouble hearing family or friends when you are together in a restaurant?                   | Yes / No |

*Adapted from: Newman, C.W., Weinstein, B.E., Jacobson, G.P., & Hug, G.A. (1990). The Hearing Handicap Inventory for Adults [HHIA]: Psychometric adequacy and audiometric correlates. Ear Hear, 11, 430-433.*

### Phuel Café Choc Chip Cookies

By Vivien Sekeres



Everyone who tastes these cookies say, “Hum, they’re pretty good.”

Preheat oven 350 degrees.

#### Ingredients

- 1 cup walnuts
- 2 cup sugar (divided use)
- 1 cup pecans
- 1 cup oats (Note: it didn’t say quick or old fashion, I used ½ cup of each. Don’t use steel-cut.)
- 4 cup whole wheat flour
- 1½ cup chocolate chips
- 1 ½ tsp molasses
- ½ cup peanut butter (Note: it didn’t say chunky or smooth, I used chunky)
- 1 tsp Baking Soda
- 4 eggs
- 2 sticks unsalted butter (softened)
- 1½ tsp salt
- 1½ tsp vanilla

#### Steps:

In a very large bowl, add:

1. Add 1 cup sugar in food processor with walnuts. Blend till fine. (Put in large bowl.)
2. Add 1 cup sugar in food processor with pecans. Blend till fine. (Add to the same large bowl.)
3. Add oats to the food processor and add to bowl. (I used ½ quick and ½ old fashion oats.)
4. Add wheat flour and chocolate chips to the large bowl.

In a small bowl:

5. stir molasses, peanut butter, baking soda, eggs, butter, salt, and vanilla.

Add everything in the small bowl to the large bowl, mixing with gloved hands. Make into a big ball. Don’t over mix.

Use an ice cream scoop (about 3 TBSP) to put on a parchment lined pan or non-stick pan.

Cook about 15 min, until light brown.

Makes about 3 dozen.

### SUMMER SPEAK EASY CALENDAR IS ON THE WEB

By Jean Nisenbourn



Speak easy meets in Zoom this summer. You can see the Speak Easy Calendar on the Cleveland Stroke Club Website: [www.clevelandstrokeclub.org](http://www.clevelandstrokeclub.org) Select the first link: to the newsletters and calendars.

Stroke Club members are welcome to attend. If you are new to Speak Easy, contact me at: [jmn13@case.edu](mailto:jmn13@case.edu) or call me at: 216-368-3351.

## INTERVIEW WITH MARCELLA



**Where were you born?** Cleveland

**Where did you go to school?** Lutheran East and a trade school for data entry.

**How many children do you have?** One son and four daughters. I also have seven grandchildren (4 granddaughters).

**Where did you work?** I started out at BCBS in data entry and worked my way up to an Administrative Assistant. Then I worked at almost every bank in town (National City, Catholic Federal Credit Union, Fighfighers Credit Union) as a personal banker and a teller.

**When did you have your stroke?** October 2019. I went to University Hospital.

### Hobbies?

**I started out making bath soap** and now I have a bath and beauty business with my daughter, called Slaye Beauty. Here is our website: <https://www.slayebeauty.com/>.

**I also like to cook.** Before the stroke I had a channel on **YouTube** to teach people how to cook. I'm thinking about doing it again, teaching stroke survivors and persons with disabilities how to modify their techniques.

### I like to write:

I wrote and published a cookbook called *Dinner for Six*. [https://www.amazon.com/Dinner-Six-Marcella-Sanders/dp/1456871951/ref=tmm\\_pap\\_swatch\\_0?encoding=UTF8&qid=1621526234&sr=1-1](https://www.amazon.com/Dinner-Six-Marcella-Sanders/dp/1456871951/ref=tmm_pap_swatch_0?encoding=UTF8&qid=1621526234&sr=1-1)

I publish a fiction book called, *Marriage Interrupted*, which was just released.

[https://www.amazon.com/Marriage-Interrupted-Broken-Marcella-Sanders-ebook/dp/B091GL6TFN/ref=tmm\\_kin\\_swatch\\_0?encoding=UTF8&qid=1621526431&sr=8-1](https://www.amazon.com/Marriage-Interrupted-Broken-Marcella-Sanders-ebook/dp/B091GL6TFN/ref=tmm_kin_swatch_0?encoding=UTF8&qid=1621526431&sr=8-1)

I finished another book—my best book—and I'm looking for a marketer.

**Do you like to read?** I like **science fiction** (Star Trek and Harry Potter). I also like **mysteries** (Agatha Cristy, VC Andrews –everything she had written before her passing). I also like the book, *Relentless: How a Massive Stroke Changed My Life for the Better*.

**Do you like music?** I like Neo-soul and jazz. I'm a really big Prince fan.

**Do you like sports?** I ran track in school. I like to watch the Pittsburgh Steelers. I like to watch wrestling.

**Sounds like you like to teach!?!** I like helping people. **I joined some stroke club on the Web. I did a tutorial on how to put on a hats and tie your shoe with one hand.**

I also just found a Website with good women's summer shoes that stroke survivors might like. What do you think about these? <https://bomten.com/products/g10>

**Do you like the stroke club?** Yes. It's a good group. I can't wait to get stair rails put into our home, so I can get out safely and start seeing people. Maybe I can go to the picnic in September and meet everyone in person.

**JUNE PUZZLE – The June Look Around**

By Brenda Koos



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

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

- |            |           |             |
|------------|-----------|-------------|
| Action     | Affirm    | Blooms      |
| Breath     | Enjoy     | Expanse     |
| Growth     | Labor     | Process     |
| Purpose    | Reach     | Roots       |
| Strengthen | Transform | Transitions |

Make your own puzzle here:

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

**US**



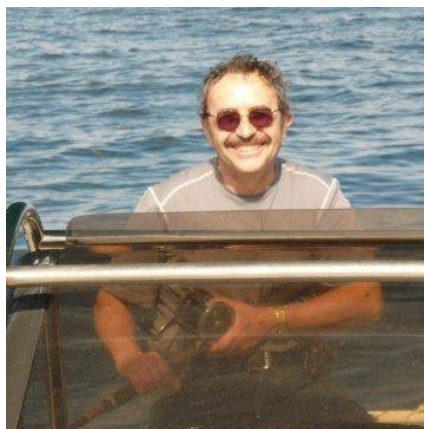
**Barb C. doing aqua therapy at home in FL**



**Deena recovering from hip replacement therapy at home.**



**Bonnie celebrating Mother's Day**



**George B., boating in his younger days.**



**Geri's son found duck eggs while mowing Geri's lawn.**

## Cleveland Stroke Club Membership Form

May 2021 - 2022

Dear Members: Your 2020-21 Cleveland Stroke Club membership is due by May 15, 2020. In order to support your Club, please complete the form below and mail it along with a check (payable to: Cleveland Stroke Club)

**Dues are paid by the  
May meeting: the 3<sup>rd</sup>  
Wednesday of May**

Mail to:  
Cleveland Stroke Club  
c/o John Pumper  
7954 Walcott Way  
Mentor, OH 44060  
216-406-5619

***It is necessary to complete this form each year so that we can keep our records updated. Thank you for your continued participation and support.***

(Please Print)

Date \_\_\_\_\_

Name (stroke survivor) \_\_\_\_\_

Name (caregiver) \_\_\_\_\_

Spouse (circle) Yes No

Supporter (neither caregiver or stroke survivor) \_\_\_\_\_

Address \_\_\_\_\_

Number

Street

Apt.#

City

State

Zip Code

Home Phone Number

Cell Phone Number

e-mail address \_\_\_\_\_

Birthdays (month and day):

Survivor: \_\_\_\_\_ Caregiver: \_\_\_\_\_ Supporter: \_\_\_\_\_

Wedding date (month/day/year): \_\_\_\_\_

### EMERGENCY CONTACT INFORMATION:

Name \_\_\_\_\_ Phone Number \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

Annual Dues - \$8.00 per person – or - \$16.00 for a stroke survivor and caregiver (tax deductible)

Amount enclosed - \$ \_\_\_\_\_ (tax deductible contributions are gladly accepted at any time)

### ReFocus:

- I prefer to receive the ReFocus in Email or on the Web
- I prefer to receive the ReFocus in my mail box at home

### Club Roster

- Include my name, address, phone and e-mail address in the Club Roster (Cross off anything you do NOT want included in our Roster).
- No, I do not want my name to appear in the Club Roster.