

# ReFocus<sup>Nov.</sup>



A REPORT OF THE CLEVELAND STROKE CLUB

NOVEMBER 2016

*Cleveland Stroke Club, c/o Geri Pitts*  
9284 Towpath Trail  
Seville, OH 44273  
330-975-4320



## November 16, 2016 @ 6:30 P.M. Thanksgiving Dinner

**Program: Rehab Counseling Services with  
David Reichert & Jackie Stanston of MetroHealth  
Rehab and Vocational Services Department**

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.

Except for the months of June and August, our **General Meetings** are held on the **third Wednesdays** of each month at Disciples Christian Church at 3663 Mayfield Rd, Cleveland, OH 44121. Usually, we host Bingo at 5:30, dinner at 6:30, and a presentation by community professionals from 7:30 until 8:30. Meetings end at 8:30.

In addition, our **Caregiver & Survivor meetings** are held on the first Wednesday of every month at Select Medical (formally Kindred Hospital) at 11900 Fairhill Road, Cleveland, OH 44120. We dine together at 6:30 and then breakout into separate meetings for caregivers and survivors from 7:30 until 8:30. Meetings end at 8:30.

Please RSVP for both meetings to Kay 440-449-3309 or Deb 440-944-6794. Look for details in this newsletter.

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. Both meetings have plenty of free handicap parking and are fully wheelchair accessible.

**Officers 5/2016-5/2017**

President:  
Chris Vuyancih

Vice-President:  
Deena and Brian Barrett  
216-410-2306

Secretary:  
Barry and Barbara Schecter

Treasurer:  
John Pumper

Assistant Treasurer:  
Brian Barrett  
Roger Gulbranson

Founder  
Bill Pitts

EXECUTIVE DIRECTOR  
Geri Pitts

Executive Director & Editor  
Emeritus  
Dorothy Norton

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Chairperson Sue Sheridan

Membership Chairperson  
Kay Exl

Marketing Chairperson  
Kathy Wendorff

Secretary to the Board  
Sue Sheridan

Volunteer Coordinator  
Shirley Patterson  
216-751-9376

Assistant to the Board  
Bonnie Morris  
440-552-3970

Greeters  
June Emmerson  
Roger Gulbranson

Callers  
Linda Davis  
Joyce Levy  
Shirley Patterson  
Linda Pfeffer  
Sherry Shelton

*It's a matter  
of the Minutes*  
**October Meeting  
Notes**

**October 19, 2016**

Submitted by: Bonnie Morris



Wow!!! Our meeting of the Cleveland Stroke Club on October 19, 2016, was one of our best –ever evenings! We had an earlier-than-usual supper, but as delicious as ever, of beef stew and biscuits. Thanks to **Rita** and her kitchen helpers, **Mason, Charlotte and Kay**, we were well fed as the festivities began. We welcomed two new attendees, **Ellen Richman and Brian Hancock**. October anniversary congratulations went to **John and Mary Pumper and Jon and Paula Colston**. **Tony Staric** won the 50-50 raffle and generously donated his winnings back to the club. Thanks, Tony! **Linda Davis** celebrated her birthday and was in charge of the preparations for the Talent/Interest Show, along with **Deena**. **Great job, Linda!** All that work paid off and we had a great time celebrating the fact that we are not just survivors, but active, talented, loving and beloved individuals capable of a lot of accomplishments! **Roger** opened the show with an outstanding presentation of his craft beer making skills, and furnished us with samples of “Ginger Snap Saison” which were very tasty and welcome refreshments. **Sherry Shelton** honored her late brother with a warm and loving poem written to him, read with love and admiration. **Joyce Levy** shared her experiences traveling to Washington D.C. for the opening of the African-American Museum, “Freedom Sounds.” **Mason Camp** continued to astound us with his multi-instrument musical talents. Unfortunately, we have to wait for another time for **Damon Smith** to share his “Memory” presentation with us. I shared some of my biographical thoughts on survival while thriving. I shared some of my biographical thoughts on survival while thriving. Fortunately, **Malcolm Gordon** once again allowed us to hear his wonderfully rich and melodious singing.

**Shirley Patterson** brought a few samples of the wonderfully creative and beautiful crocheting works she has done. **Sabrina Simmons** began sewing treasures this year, and brought some outstanding examples of her work. The quilt was awesome!

**Derrick Ross** shared his singing gift with us, a true treat to listen to. **Kathy Wendorff** presenting some interesting and useful facts about pain management, something all of us have dealt with. **Gary Mengay** shared his interest in bowling and golfing, both sports sounding like a great way to enjoy moving and exercising while socializing! We thank **Chris Vuyancih** for her inspirational thoughts shared with us, and she shared an article she has written about our awesome **90-year-old Past President Charles DeForest**. She was followed with another inspirational talk by **Charles** himself, an experience all of us treasure greatly. His wisdom and grace and faith is a great example for all of us to learn from. **Carl Wendorff** introduced us to a hauntingly beautiful folk song, “Maybird,” in a sing-a-long he led. We also will have to look forward to hearing about baking from **Delores Jones** at another time. **Geri Pitts and Deb** then introduced our first club fund-raiser, greeting cards with paintings club members made last year. They may be ordered on line, or by a form, and can be customized if desired. They are very striking, so please check them out. There are 15 different cards available for \$1 each. The evening closed with a slideshow by **Linda Davis**, “On the Road Again,” about the trips she and her wheelchair went on to her grandniece’s and to downtown Cleveland. It was such a delight to be reminded of what we can all accomplish and what we offer back to the world!! I can’t wait for next year, to see where we go this year and what we will do! I know it will be wonderful again!! [Talent Night was originally **Bonnie’s idea and is always the best night of the year. Thanks, Bonnie.**]

**NOV. HOLIDAYS**

- 3 Sandwich Day
- 6 Daylight Savings D
- 7 Voting Day
- 11 Veterans Day
- 13 World Kindness D.
- 24 Thanksgiving Day
- 29 Listening Day

<http://www.holidayscalendar.com/month/november/>

**NOVEMBER WISHES****Happy Birthday**

Omelia Beverly (1),  
 Roberta Wallace (9),  
 Fran Kemelhar (16),  
 Dan Sekeres (16),  
 Jean Broge (18),  
 Cathi Ellsworth (21),  
 Kay Exl (24),  
 Martin Hood (26)

**Happy Anniversary**

Linda & George Pfeffer  
 (11/10/79),  
 Trudy & Martin Hood  
 (11/20/65),  
 Carl & Kathy Wendorff  
 (11/30/96).

**Welcome**

Ellen Richmond and  
 Brian Hancock.  
 Hope you come back to see  
 us again.

**Welcome Back**

Vivian & Dan and  
 Sherry & Bob.

**Thinking of You**

Omelia Berverly  
 Don Broge,  
 Harry Davis,  
 Sanjay Godbole,  
 Sherry Shelton

**Deepest Sympathy**

Dorothy Story

**NEXT MEETING**

Wednesday, November 16, 2016 at Disciples Christian Church,  
 3663 Mayfield Road, Cleveland Heights 44121.

**\*6:30 p.m.** - Dinner by Rita – Traditional Thanksgiving Feast  
 with desserts ala your Board – cost is \$5.00.  
 Remember to bring your place settings.

**\*7:30 p.m.** - **Rehab Counseling Services: David Reichert & Jackie Stanston of MetroHealth Rehab and Vocational Services Dept.**

**\*8:30 p.m.** Meeting ends.

**ANNOUNCEMENTS**

**Talent Night Thank You's From Geri:** Big thanks goes to Kay for helping us last minute and to all our members who volunteered to shop, set-up, cook, and clean-up after the meeting. OMG the fabulous stew took 2 days to cook! Thanks **Rita** for the dinner and for letting us take some home to enjoy a second time. Also a big thanks to **Bonnie** for interrupting her enjoyment of the night to take notes, **Linda Davis** for organizing the program and **Jene Wilson** for her wonderful photographs.

**Heights Emergency Food Center-** As in years past, the Cleveland Stroke Club has been donating money to the HEFC at Disciples Christian Church. We will be passing the jar at our next two meetings in November and December. We hope you can contribute. This is one way we can show our appreciation to the church for all they do for us.

**The annual MetroHealth Stroke Conference, held the last of September,** was again a success with **Albert Robinson**, a stroke survivor delivering the keynote address. He was interesting, humorous and kept the audience involved. **Mathew Plow, PhD** then talked about Health and Wellness and his research study. You will remember he spoke to us in 2015. It was a good reminder of what he has proven with his research, which continues. Many of the audience plan to join his research study. After lunch there was a panel which stimulated much interest and encouragement. We had an information table where **Sue Sheridan, Joanne Bergole** and **Geri Pitts** shared information about the CSC and received a lot of interest. Thirteen CSC members attended the conference as well as **Anna Melendez** and her service dog, Mena. It was nice meeting Anna. Hope to see you again soon.

**Congratulations to Katherine Sims** for her volunteering position at MetroHealth.

For **Roger**, fall means a **new brewing season** and he hosts **Open House on Brew Days**. People can come over to watch the brewing process, talk, eat, and sample last year's brews. Send him an email to get his brew schedule. [roger@gulbranson.com](mailto:roger@gulbranson.com) . You can also call him.

**New on our Website\*** ([www.clevelandstrokeclub.wordpress.com/stroke-information/](http://www.clevelandstrokeclub.wordpress.com/stroke-information/)):

25. Randy Travis sings again 3 years after his stroke. **NEW!** [Click here](#)

24. Katie May Autopsy **Results** [Click here](#)

23. **New Hand Study at Cleveland State U.** [Click Here for More Information.](#)

22. Ultrasound Triggers Brain Function in Comatose Man [Click here](#)

21. New Brain Map Identifies 97 Unknown Regions [Click here](#)

\*Thanks to **Geri Pitts, Harry Hatters and Chris Vuyancih** for these resources.

2016 Cleveland Stroke Club Talent/Interest Night – October 19, 2016



Roger: Beer Making



Sherry: Original Poem



Joyce: trip to the African-American Museum



Mason: Guitar, harmonica playing and singing



Bonnie: Survival while thriving



Malcolm: Singing



Shirley: Crocheting



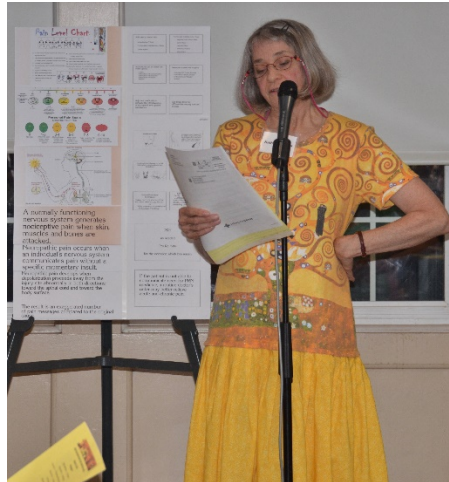
Sabrina: Sewing



Cleveland Stroke Club Talent/Interest Night – October 19, 2016



Derrick: Singing



Kathy: Pain Management



Gary: Golf and Bowling



Chris: Inspirational Writing



Charles: Words of Wisdom



Carl: Sing-a-long



Debbie & Geri: CSC Greeting Card fund raiser



Linda: On the Road Again – wheelchair travel using RTA



## Deepest Sympathy to Dorothy Story's Family and Friends

Dorothy Story was born in Georgia and the eldest child of 15. Her mom and all her brothers and sisters were very close to her. Until her last hospitalization, she called her beloved mother every night. She has two children who live in Cleveland, Jimmy and Diana. She loved her mom, her brothers and sisters, her children and grandchildren with all of her heart. Dorothy was a very religious woman and very active in her church. She loved to garden. She loved to make ceramic art at her church. After her stroke, she worked really hard to regain the use of her hand but she could not continue with ceramics. Thanks to Katie Kern-Pilch, Dorothy was able to express herself through other art forms—especially painting.

Dorothy was our dear, dear friend. If she told us once, she told us a million times: “I love you, but no”, when we wanted to help her too much. After all she had been through, with all the things she had seen in her life, she lived every day with an open heart. She lived a life of love. She always had a smile, a kind word, and a little pat for everyone. She started every conversation with, “You alright?” She always lent a hand. She always took her turn—while making sure that no one was left out. She always stood-up strongly for goodness. ...and she was fun. We will miss her dearly.



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



We are appreciative to Disciples Christian Church and Select Medical for their support of our endeavours to meet the needs of stroke survivors and their caregivers.

**NEXT MEETING: November 16, 2016**  
**Thanksgiving Dinner and our program:**  
**Rehab Counseling Services: David Reichert & Jackie Stanston of MetroHealth**  
**Rehab and Vocational Services Dept.**

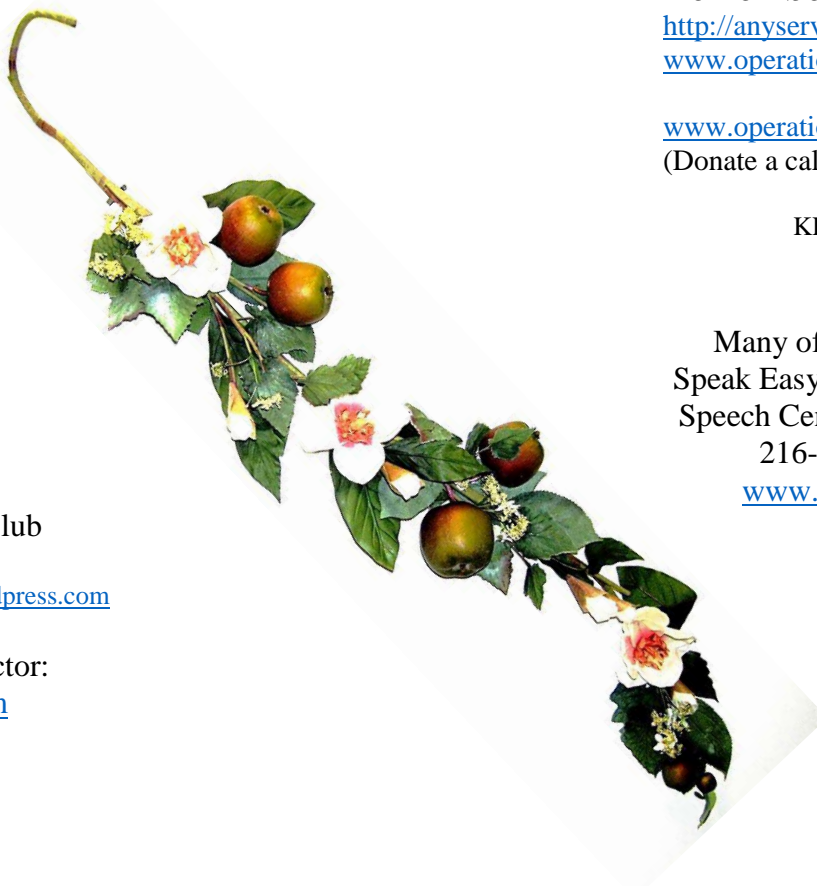
**ReFocus Staff:**

Deb Felt, Editor  
Bonnie Morris, Reporter  
Geri Pitts, Coordinator  
Assembly is done by:  
Linda Davis, Al Lebarre,  
Barry Schecter, Katherine  
Sims, Sabrina Simmons &  
Damon Smith.

**For More Information**

on the Cleveland Stroke Club  
visit our Website:  
[www.clevelandstrokeclub.wordpress.com](http://www.clevelandstrokeclub.wordpress.com)

Email our Executive Director:  
[pittsgeraldine@yahoo.com](mailto:pittsgeraldine@yahoo.com)



**Remember Our Troops**

<http://anyservicemember.navy.mil/>  
[www.operationDearAbby.net](http://www.operationDearAbby.net)

[www.operationuplink.org/](http://www.operationuplink.org/)  
(Donate a calling card.)



KEEP SMILING!

Many of our members attend:  
Speak Easy at Cleveland Hearing &  
Speech Center. For more info call:  
216-231-8787 or visit:  
[www.chsc.org/speakeasy](http://www.chsc.org/speakeasy)