

ReFocus

November

A REPORT OF THE CLEVELAND STROKE CLUB

NOVEMBER 2014

*Cleveland Stroke Club, c/o Geri Pitts
3266 E. Scarborough Road
Cleveland Heights, OH 44118
(216)932-0552*

A PUBLIC ANNOUNCEMENT

The public is invited to attend the next meeting of the Cleveland Stroke Club, at the Disciples Christian Church, 3663 Mayfield Road, Cleveland Heights, Ohio.

NOVEMBER 19, 2014

Ask the Expert about Eldercare

Featuring Rachael Kabb of the Kabb Law Firm

*This is your chance to get all of your
questions answered about Eldercare.*

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.

Meetings are usually held on the third Wednesday of each month. The focus of the meeting is on some aspect of stroke through discussions, lectures, or films. Meetings last for about two hours. Dinner is provided at a nominal cost of \$5.00 per person. Please bring your own eating utensils.

If you or a member of your family has had a stroke, we invite you to visit our meeting anytime. New members are always welcome. There is plenty of parking in the rear of the meeting hall.



Officers 5/2013-5/2014

President:
Chris Vuyancih

Vice-President:
Deena Barrett
216-410-2306

Secretary:
Barry and Barbara Schecter

Treasurer:
Shirley Kondo
330-840-7071

Assistant Treasurer:
Brian Barrett

Founder
Bill Pitts

EXECUTIVE DIRECTOR
Geri Pitts
216-932-0552

Executive Director & Editor
Emeritus
Dorothy Norton

Editor
Lu Higginbottom

Board Committees:

Public Relations
Chairperson Sue Sheridan

Membership Chairperson
Kay Exl

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

*It's a Matter
of the Minutes*

OCT
Mtg Notes

**October 15, 2014...40th Anniversary
Dinner**

Sixty people helped celebrate the Cleveland Stroke Club's 40th Anniversary with dinner at the DoubleTree by Hilton East in Beachwood. Dinner was delicious and entertainer, Slammin' Sam (Samual Fosh) had us laughing and swaying to his music for an hour. Following Sam's program, he played some slow music for dancing, thanks to the suggestion of George Jenkins. Our honorees this year were long-time members Dottie and June Emmerson and Charles and Helen Rose DeForest. We thank them for their service to the stroke club, for their continued happy spirit and being an inspiration to all of us. Their gifts included beautiful cards made by Sabrina Simmons, a bottle of beer from our brew master, Roger Gulbranson, gift certificates and framed certificates declaring our appreciation to them. Shirley Patterson then introduced Beverly Charles, assistant to Congresswoman Marcia Fudge. Beverly read a Congressional Recognition certificate presented to Dottie and George Norton, who were unable to attend. They HAD to be honored for their 20+ years of service to the Stroke Club.

Before dinner, people had a chance to dress up for photographs taken by Sue Sheridan and Joanne Bergole. We thank those of you who brought props for this, including those loaned to us by the Cleveland Hearing & Speech Center. Photos are included with this newsletter.

We had asked people to fill out a card entitled "Why I love the Cleveland Stroke Club." What awesome responses we received! The list is included with this newsletter. Thank you for participating.

NEXT MEETING

Next Meeting: Wednesday, November 19, 2014 at Disciples Christian Church, 3663 Mayfield Road, Cleveland Heights 44121 5:00

6:30 Dinner by Rita – Traditional Thanksgiving feast. Cost is \$5.00. (Remember to bring your place setting.)

7:30 Speaker – Rachael Kabb, of the Kabb Law Firm, an elder law and care firm

Topic – Eldercare – "Ask the Expert" -- your chance to get answers to all your questions about eldercare, so make a list and bring it with you.

We dedicate this newsletter to those who couldn't join us at our 40th anniversary dinner because they are recovering from illnesses: Nancy Ackerman, Geraldine Barnett, Omelia Beverly, Barbara Cox, Ernest Ezekiel, Harry Hatters and Sari Loxerman.

Also, we know that Bill Pitts and Paul Fisher were looking down on us from heaven, wishing they could join us. In fact, the lights going out for a couple of minutes could have been a sign from them!

HAPPY NOVEMBER Birthdays•.. Omelia Beverly (1), Leo Wilson (7), Roberta Wallace (9), Delores Boff (12), Fran Kemelhar (14), Dan Sekeres (16), Jean Broge (18), Cathi Ellsworth (21), Kay Exl (24), Martin Hood (26).

HAPPY NOVEMBER

Anniversaries
Nell & Ernest Ezekiel (11/7/87), Linda & George Pfeffer (11/10/79), Trudy & Martin Hood (11/20/65).

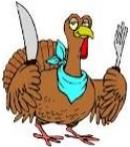
GET WELL WISHES to:

Nancy Ackerman, Geraldine Barnett, Omelia Beverly, Ernest Ezekiel, Harry Hatters and Sari Loxerman. We miss you. Hope you feel better

HOLIDAYS for this month



- 11 Veterans Day
27 Thanksgiving



Announcements

Right after dinner on November 19th, you will be introduced to Brianna Dezsi, who is earning her O.T. Doctorate degree from Chatham University and will be doing a study related to the Lifestyle Redesign Model in January. She is looking for candidates for her study. The benefit from participating in this study is a possible improvement in your quality of life.

At our meetings in November and December we will be collecting cash donations for the Heights Emergency Food Bank. This is an annual event to help others in our community.

In December we will be having our traditional holiday dinner, sing-a-long with David Vaughn and the Holiday Brass and gift exchange. In the next Refocus you will be asked to bring either a dessert or appetizer to share to our December Holiday Dinner. For those of you who like to get their shopping done early, the gift exchange value limit is \$6.00. The gift exchange is optional, but the concept is that if you give a gift then you receive a gift. The gift can be for either a male or female or both and it should be wrapped and labeled male, female, or both.

Shirley Patterson is recommending that you sign up for EXACTCARE PHARMACY. She is getting her prescriptions delivered to her home, eliminating the necessity of her needing to go to the pharmacy and pick them up. If you are interested, contact Beth Merrell, Account Manager at 216-369-2200 or find out more information at www.ExactCarePharmacy.com.

Our 40th Anniversary dinner was successful because so many people volunteered to help. Your whole board participated in making this happen (in alphabetical order): Deena and Brian Barrett, Joanne Bergole, Kay Exl, Debbie Felt and Roger Gulbranson, Shirley Kondo, Bonnie Morris, Shirley Patterson, Barry and Barbara Schecter, Sue Sheridan, and Chris Vuyancih, along with husband, Mike. Our photographers in the ballroom were Paula Colston, Helen Rose DeForest, Barbara Schecter and Damon Smith. People looked out for one another and helped when needed. Another reason this dinner was so well attended was because people offered to drive those that were unable to drive themselves. This happens at every meeting, and we do appreciate the effort.

40 Ways We Love the Stroke Club

1. Because of all the great people. All the great information. All the people who understand and all the new friends. THANK YOU VERY MUCH. –Linda Pfeffer
 2. Everyone is soo warm and welcoming! This club has helped our family in so many ways! Thank you! – Amy Pfeffer
 3. The feeling of unity. The compassion that is shown towards one another. No one is a stranger, even if it's your first time meeting. – LaTarsha Williams
 4. An awesome group of people that I can refer patients and families to, for fun and support. –Elizabeth Bolek
 5. #1. The People! #2. Bill Pitts was a mentor and inspiration and I am honored to help keep his tradition going. #3. Inspiration! The members provide so much of this. I always leave the meetings smiling. –Jean Nisenbom
 6. Great People! Great Parties! –Frank Nisenbom
 7. Meeting new stroke survivors and caregivers and the outings. –Damon Smith
 8. People are very kind and friendly!! –Mary Carney
 9. Friendship. –Michael Hamilton
 10. We are all in the same boat and understand one another. –George Williamston
 11. You can be yourself. Support given survivor and caregiver. Everyone is warm and welcoming. They remind you that you're not alone. –Jacky Williamston
 12. Because of all the wonderful people I have the pleasure of being with at all our meetings and gatherings. –The DeForests'
 13. I love the Stroke Club because they are very helpful and lovely. –June Emmerson
 14. A very helpful Club to survivors and their family. Thank you. –Dorothy Emmerson
 15. Meeting new people and making new friends when I had my stroke. --Delores Jones
 16. The friends I met down through the years. –Shirley Patterson
 17. Friendly people. –Carl Wendorff
 18. It is here that we truly feel we are all in this together. We really are not alone. Thank heavens for the Cleveland Stroke Club. –The Schecters'
 19. A valuable forum for support for both survivors and caregivers, practical suggestions that have come in handy on a number of occasions. –Judi Koffman
 20. It's fun to watch people helping people. –Sue Sheridan
- Continued on the page after the pictures.

The Cleveland Stroke Club
c/o Geri Pitts
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Cleveland Heights, OH 44118

➡ **DATED MATER**

We are appreciative to Disciples Christian Church and Kindred Hospital for their support of our endeavors to meet the needs of stroke survivors and their caregivers.

**NEXT MEETING NOVEMBER 19, 2014....Ask the Expert about Eldercare
...featuring Rachael Kabb of Kabb Law Firm**

ReFocus Staff:

Lu Higginbottom = production,
Bonnie Morris, Reporter
Geri Pitts, Coordinator
Assembly is done by volunteers
at the Kindred meeting.

***For More
Information on the
Cleveland Stroke Club
visit...***

WEBSITE:
www.clevelandstrokeclub.wordpress.com

EMAIL:
pittsgeraldine@yahoo.com

Remember Our Troops

<http://anyservicemember.navy.mil/>
www.operationDearAbby.net
(Send a greeting card)
www.operationuplink.org/
(Donate a calling card)

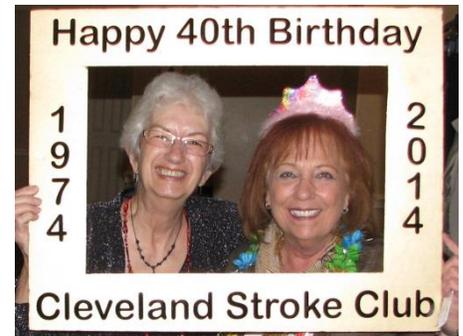


CAREGIVERS MEETING

*The caregiver meetings are at **6:30 pm on the first Wednesday of every month.** Stroke survivors are invited as well. After dinner the stroke survivors and caregivers separate and each have their own meeting until 8:30 pm. The meeting is at Kindred Hospital, 11900 Fairhill Road, Cleveland, OH 44120. **Reservations are required. Call Kay 440-449-3309 or Deb 440-944-6794.***

*Many of our members also attend: **Speak Easy at Cleveland Hearing & Speech Center** For information visit: www.chsc.org/speakeasy or call 216-231-8787*

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2014 Volunteer Honorees
June & Dorthy Emmerson



2014 Volunteer Honorees
Helen Rose & Charles DeForest



AND LAST, BUT NOT LEAST, THE
RECIPIENTS OF CONGREGATIONAL
RECOGNITION, DOTTIE & GEORGE.

Why We Love the Stroke Club, Continued

21. Ever since I have been coming to the Stroke Club, since 2005, I have learned so much about people with stroke and their caregivers. –Lurelean Patterson
22. The Friends I've made!!!! Knowing the CSC is in "good hands!" --Cathi Ellsworth
23. Genuine caring and support for all members. –Joanne Bergole
24. The wonderful people!! Their mission and what the Cleveland Stroke Club does to support their members. My favorite reason is they are good eaters...and they love the food I prepare for them –and that plus their love and appreciation makes me happy!!! –Chef Rita
25. "The people" ...how welcome they make you feel. –Chris Vuyancih
26. For love and support of all the survivors. –Sabrina Simmons
27. The food!!! And my wife, Chris. –Mike Vuyancih
28. Everyone cares about each other. –Cecelia Hamilton
29. Support. –Denise Sager
30. We enjoy being with each other immensely, and everyone is friends with everyone else. Great support for all. –Bonnie Morris
31. So I can see old friends, like George Williamston. Share my home brew and talk about beer making with new and old friends. –Roger Gulbranson
32. I love the people. –Dorothy Story
33. Seeing Friends. Helpful suggestions for doing the simple things and passing them on. For instance: I swept the leaves off my lawn and my sidewalks with a stiff broom. The rake makes my arms hurt. Somebody there will know how to find help to fix something you need done. There is an exchange of practical everyday help to offer. –Alice Ladanyi
34. I like the people. I like talking about sports and our Canadian vacations with our members. –Jon Colston
35. I am comfortable around everyone here because there is no judgment about the way we look or move around. We are here to help each other. --(Mrs.) Joyce Levy
36. Women!! Debbie, Chris, and Jean. –Gus Aberle
37. It is the only place where I don't have to explain myself. –Ajay Ladanyi
38. We love the people, their warmth and spirit that makes this Club special. –Herb & Berenice Kleiman
39. I enjoy it. It's very nice. –Shantrell Colston
40. Stroke Club members have shown us that "one can be happy despite the loss of certain abilities....they have built themselves a new homeostasis (new normal)." (B. Pitts, ReFocus, August 2011).