

# ReFocus<sup>Apr.</sup>



**Original Art**  
By Jim Scanlon

A REPORT OF THE CLEVELAND STROKE CLUB

Apr. 2019

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

*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.*



Next General Meeting  
**Apr. 17, 2019 at 6:30**

**Rachelle Neher, LMT**

Her company is called, Back in Motion Massage Therapy.

**“Aroma Therapy Use and Safety of Essential Oils  
for Natural Healing.”**

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 (formerly 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. **Our newsletter and resource list are online at: <https://clevelandstrokeclub.org>**

**Officers 5/2018-5/2019**

President  
Linda Davis

Asst. to the President  
Linda Pfeffer

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

Secretary  
Barry and Barbara Schecter

Treasurer  
John Pumper

Assistant Treasurer  
Roger Gulbranson

Founder  
Bill Pitts

EXECUTIVE DIRECTOR  
Geri Pitts

Executive Director & Editor  
Emeritus  
Dorothy Norton

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Membership Chairperson  
Kay Exl

Secretary to the Board  
Sue Sheridan

Volunteer Coordinator  
Shirley Patterson

Assistant to the Board  
Bonnie Morris  
440-552-3970

Phone Caller  
Linda Pfeffer

ReFocus Editor  
Deb Felt

ReFocus Assembly  
Malcolm Gordon,  
Deondre' Kidd,  
Barry Schecter,

***It's a matter of the Minutes*****Notes from Last Month's Meeting**

By Bonnie Morris



Our Cleveland Stroke Club had another opportunity to show that its members are interesting and talented people at the March 20, 2019 meeting! We had an earlier than usual feast of Chicken Marsala, red skin potatoes, green beans from Zagaras. Our awesome salads were brought by **Neerja Bushan and Kathy Wendorff**, and **Barbara Schecter** brought delicious dessert! Special thanks to **Rita Perna and Zagara's!** Thanks to **Linda Davis for managing the kitchen for the last two meetings!** Linda has done a spectacular job of getting the meal out on time and getting lots of members involved, including: **Geri, Linda, Roger and Deb, Malcolm, Cassandra, Kay, Barbara, Beth, Joyce, and Lurelean.** Thanks to **Cassandra and Kay** for packing to-go boxes. Special thanks to everyone who helped serve others and to those who helped clean-up after the meeting.

March is a wonderful birthday month, as we celebrated the birthdays of **Damon Smith (his real one!), Kathleen Seymour, Joanne Bergole, Deena Barrett, Deb Felt, Gary Mengay, Barbara Schecter, and our wonderful executive director, Geri Pitts.** Anniversary wishes were sent to **Sheila and Joe Bambic and to Patti and Harry Hatters.** We welcomed first-timer **Kip Bickel** to our club. **Cassandra Nelson** won the 50-50 **Leprechaun special!** **President Linda Davis** reminded members that the Annual Picnic will held in Independence on June 19, 2019, and that the 45<sup>th</sup> Annual Anniversary Dinner will held be on August 21, 2019. **Geri** announced the fantastic news that all volunteers currently in office serving our club have offered to continue doing so for another year! **Many thanks to Geri, the board, and all our volunteers.**

It is with **personal sadness that I announced that Nancy Ackerman**, a member of our CSC, a survivor of cancer, eight open heart surgeries, and a massive stroke, and a very dear friend, succumbed to another stroke and **passed away March 17, 2019** at the age of 58. Unfortunately, she had been unable to come to meetings due to health reasons for the last three years, but she treasured being a member. You may remember that Nancy presented her collection of dragons, several years ago at Talent Night. She was also a great story teller, because she was a cross-country truck driver before her stroke. Although she was small in stature, she had a huge laugh and she could definitely hold her own in any conversation. We will always remember her.

We want to say a big thank you to **Jene' Wilson** for volunteering to take pictures of our Talent Night March 2019. You can see some of the pics at the end of this newsletter and all of the pics on the Web at <https://clevelandstrokeclub.org/talent-night/2019-march-talent-night/>

Our Talent/Interest Night began after dinner and the business meeting, with a wonderful jazzy rendition of "You Got To Keep On," sung by **Malcolm Gordon.** Malcolm's friend, **Ted Smith**, accompanied him on his keyboard. An inspirational song, it was a treat to hear it sung so well with so much feeling. We were definitely blessed.

Speaking of blessings, our next presenter, **Delores Jones**, brought us each a sample of her magically tasty treat, "Gobs." The soft, chewy, chocolatey concoction was delightful to eat. You might also know these as "**Whoopie Pies.**" Don't bother asking Delores for the recipe because it's a guarded family secret. Believe you me! Delores Jones is a GREAT pastry chef!

(Continued on the next page.)

**APRIL HOLIDAYS**

- 1 April Fool's Day
- 3 Nat'l. Walking Day
- 4 Martin Luther King died
- 7 Nat'l. Beer Day
- 7 World Health Day
- 10 Nat'l Siblings Day
- 11 Nat'l. Pet Day
- 14 Palm Sunday
- 15 Tax Day (Taxes Due)
- 19 Good Friday
- 20 Passover (Start)
- 21 Easter
- 22 Earth Day
- 22 Dyngus Day
- 26 Arbor Day
- 29 Duke Ellington Day
- 29 Int'l. Dance Day
- 30 Int'l. Jazz Day

<https://www.wincalendar.com/Holiday-Calendar/April-2019>

**APRIL WISHES****Happy Birthday**

Ike Nelson	4/2
Raj Sagar	4/2
Barbara Cox	4/3
Mary Sue Eilrich	4/3
Romero Guerry	4/5
Sanjay Godbole	4/6
Lucy Conde	4/8
Gus Aberle	4/9
Vinita Sagar	4/9
Ruth Ann Secrist	4/11
Cynthia Frazier	4/12
Neerja Bhushan	4/15
Mary Carney	4/15
Linwood Hudson	4/15
John Lefler	4/19
Paul Wilson	4/21
George Pfeffer	4/26

**Well Wishes**

Brian Barrett,  
Omelia Beverly,  
Don Broge,  
Joe Chos,  
Bobby Jones,  
Lurethia Jones  
Alice Ladanyi

**MINUTES CONTINUED**

**Arlene Beinhardt** shared her green thumb experiences with us as she showed off her exotic leopard palm flowers, grown from bulbs. She brought some bulbs for us to try to grow. Now I want the real Spring to show up so I can plant mine and hope it grows! Arlene is very knowledgeable about nature, so it was a fascinating talk! The address to the website describing the flower is:

<http://wimastergardener.org/article/voodoo-lily-amorphophallus-konjac/>.

**Joyce Levy** shared her experience with the new procedures needed to renew our Ohio driver's licenses. Since they can be used in place of passports for Canada and Mexico, the rules have changed. It is so odd that the fact you are standing there alive is not legally a proof that you exist! She very strongly suggests that everyone check the new rules before they go to renew. She had quite an adventure accomplishing her driver's license renewal. Gary Mengay quipped, "It's now easier to get marijuana than to get a drivers' license in this state!"

When I was looking at some DVD's, I saw the copy of the very first talent show in 2008! I (**Bonnie Morris**) decided my talk on family history then was still what I think now, so I shared the home movie, which also had a clip of our Founder, Bill Pitts, showing a painting he had done using his business card as a painting utensil. Always creative and thinking outside the box!! My interest in family history is more about sharing the stories of ancestors' lives, rather than just names and dates. It is so cool to know we share genes with our family members, and we can find similarities and differences in our lives.

Then **Joe Brady** entertained us with his singing and guitar playing. We all joined in the choruses of the songs. The Beatles and John Denver are always a hit. We appreciate Joe's talent.

The evening ended with **Damon Smith** doing exactly that, sharing a box of his memories that show special moments in his life. He called this his "Legacy." It is obvious that his respect for and love of Cleveland Sport Teams is deep and true! Good or not so good, they are our teams and help to shape our enjoyment of life!

**This evening of sharing was a wonderful experience, and I am feeling so comforted and happy and proud of this family of survivors that we have become. The Cleveland Stroke Club remains vital and strong after 45 years!**

*Editor's Note:* The Cleveland Stroke Club began hosting Talent Night in 2008 because **Bonnie Morris** suggest it! **She thought the night should be a celebration of the talents and abilities that Stroke Survivors HAVE.** Ever since, Talent Night has always been our best night of the year. It is soooo popular, that we have dedicated two nights a year to our members presentations. **Talent Nights** are now routinely scheduled at our **March AND October** meetings. Our best suggestions come from Stroke Survivors. **THANK YOU, BONNIE !**

**WE DEDICATE THIS NEWSLETTER TO  
THE LOVING MEMORY OF**

**Nancy Ackerman, a long-time and beloved member of the  
Cleveland Stroke Club.**



## NEXT MEETING

By Charlotte S.

**Wednesday April 17, 2019**

Disciples Christian Church,  
3663 Mayfield Road, Cleveland Heights 44121



**5:30 p.m.** – Bingo

**6:30 p.m.** -- Entree by Zagara's Catering: Mandarin Chicken and Asian sauce, served over rice, with chopped red bell peppers, scallions and mandarin oranges, and green beans. Our members bring salad, garlic bread and dessert Cost for the meal is \$8.00. Try to remember to bring your plates and silverware.

**7:30 p.m.** – **"Aroma Therapy Use and Safety of Essential Oils for Natural Healing."**

Speaker: Rachelle Neher, LMT. Her company is called, Back in Motion Massage Therapy.

**8:30 p.m.** – Meeting ends

## FROM THE DESK OF OUR PRESIDENT

By Linda Davis



I'm so glad that mother nature and spring are meeting each other. Well almost-- on Saturday night Roger called and we laughed about all the three inches of cold white stuff on our driveways.

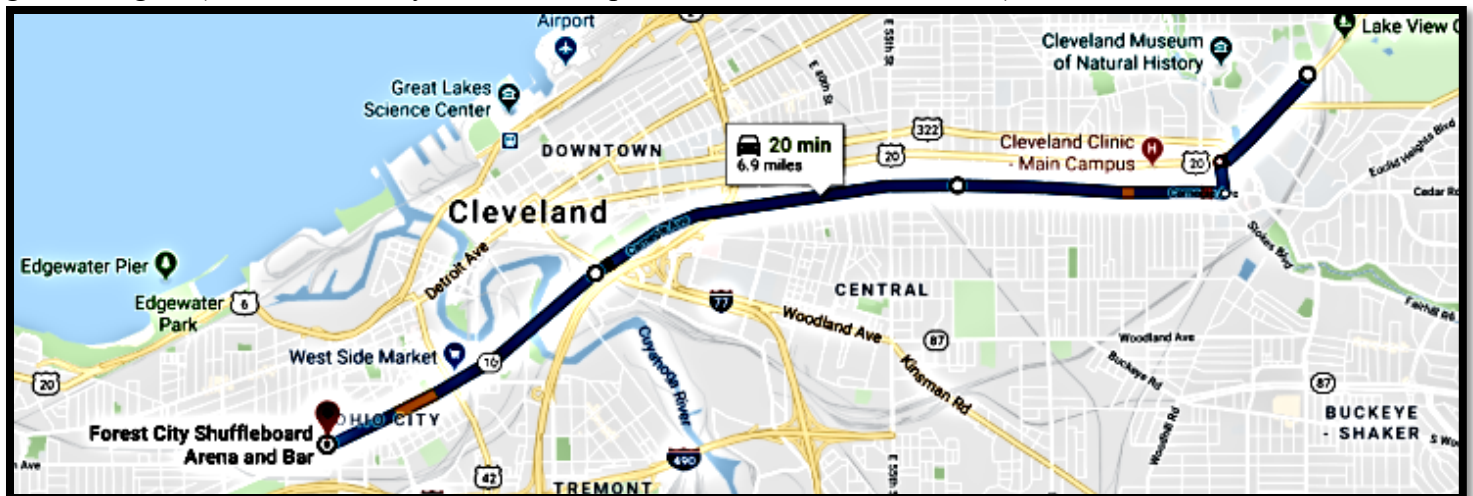
### Fundraiser 2019 Calendars

If you still want to buy a 2019 calendar contact Geri, Deb, or me. We will have them at our meetings or we can send you one in the mail.

### Outings

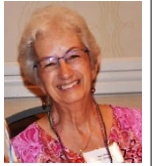
Now that the warm weather is here we're going to start scheduling outings. **If you have any ideas please bring them to me. Anyone who is interested in a museum let me know.** We'll start up in May—spring is being difficult this year..

We are thinking about going to **Forest City the Shuffle Board Arena and Bar in May**. If you want to check it out, here's the address and a map. It is located at **4506 Lorain Ave, Cleveland, OH 44102**. It's just 12 blocks west of the Westside Market. It's a 20 minute drive on city streets from the Cleveland Clinic/UH/Cleveland Hearing & Speech Center neighborhood. From CHSC: get on to Euclid Ave., take a left onto Stokes, go straight for two blocks, turn right onto Carnegie (heading towards downtown). Carnegie changes names and becomes Loraine, after you cross the river. Stay on Loraine for one mile and you are there. It's on the right hand side of the road. (The Westside Market is on 25<sup>th</sup> and you will go straight for 12 blocks to 45<sup>th</sup>.) For Interstate directions go to Google. (Let me know if you want to carpool or caravan over and back.)



## FROM THE DESK OF THE EXECUTIVE DIRECTOR

By Geri Pitts



What a wonderful evening we spent watching and listening to the talents of our members. I'm blaming **Joe Brady** for his putting John Denver's "Country Road" in my head, still as I write this. Maybe you've already read about the night in Bonnie's excellent minutes.

Some of you have heard this already. Even so, it bears repeating. About this time as in past years, I have asked our board members if they plan to continue to serve the Club another year. I'm happy to announce that each and every one of them agreed to serve the Club.

So, to: **Linda Davis, Deena & Brian Barrett, Barry & Barbara Schecter, John Pumper, Shirley Patterson, Sue Sheridan, Kay Exl** (also telephone committee), **Bonnie Morris** (our roving reporter, too), **Linda Pfeffer** (also of our telephone committee), **Roger Gulbranson, Debbie Felt, and Joanne Bergole** (facilitator at Select Medical meeting, along with **Sue**) - I want everyone to know how much I appreciate what you do. Yes, you have specific responsibilities that keep this Club going. We are a great team, and I thank all of you for serving so long. I added up the years that you have served as a group and came up with more than 70 years! Nothing could make an Executive Director more proud! There are many more of you that regularly help out at meetings. We all appreciate what you do because you make our jobs so much easier. **Thank you all!**

In keeping with our ByLaws, we offer this Slate of Officers that we will vote in again on May 15, 2019.

### SLATE OF OFFICERS FOR THE CLEVELAND STROKE CLUB 2019-2020

President: Linda Davis

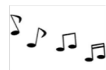
Vice-President: Deena and Brian Barrett

Secretary: Barry and Barbara Schecter

Treasurer: John Pumper

We will vote on May 15th for Your Board of 2019-2020, our 45th year! If you can't make the May meeting and would like to have your vote count, call me, Geri Pitts (330-975-4320) or email ([pittsgeraldine@yahoo.com](mailto:pittsgeraldine@yahoo.com)) and I will mail/email you a proxy ballot.

### THANK YOU TO THE CLEVELAND STROKE CLUB FOR MY BEAUTIFUL BIRTHDAY FLOWERS:



...Country road, take me home to the place I belong..."



## ANNOUNCEMENTS

**June Picnic** – save the date: June 19. Details will be in the next ReFocus

**Anniversary Dinner** – save the date – August 21<sup>st</sup>. Details to follow.

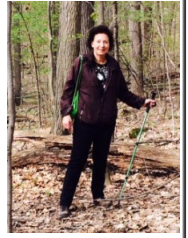
**Power of Laughter - Health Workshop & Comedy Luncheon** sponsored by the American Stroke Assn. Saturday, May 18, 2019 from 11 a.m. to 2 p.m. Special Guest is Kym Whitley, comedian, actress and author. Costs are \$35 per person. Location: Landerhaven, 6111 Landerhaven Drive, Mayfield Heights. Reserve seats at: [www.heart.org/powercleveland.com](http://www.heart.org/powercleveland.com)

### Membership Renewals – from your Membership Committee Chairperson, Kay Exl

Please support your Club by renewing your membership before the end of May. "What does my membership pay for?" you may ask. Well, besides friendships, which you can't put a price on, and support, there are these, to name a few: rent at the church, food for the picnic, the entertainer and other expenses at our anniversary dinner, ReFocus Newsletter expenses, holiday gifts for the band members, church pastor and secretary, and probably other expenses I can't remember just now. So, do your part and pay your dues. A membership form is included in this ReFocus. You can turn it in at our meetings or send it to: Cleveland Stroke Club: c/o John Pumper, 7954 Walcott Way, Mentor, OH 44060.

## THE IMPORTANCE OF STROKE ADVOCACY

By Chris Vuyancih



**Do you realize how important it is that each of us takes the time to be an advocate for our friends who may have suddenly had their world turned upside down by suffering a stroke?**

Speaking from a place of understanding is SO very important to others! Think about it.... Wasn't that the case for each of you?

Little did I know, last month when I went to the Select Meeting and the 2 visitors who joined us, Linda & Ed Slaby, would end up being a Godsend to me? They impressed me so much, because I thought in my mind, 'Wow that's so nice of them! Their good friend suffered a stroke and they wanted to be here with us; to learn.

The thing that greatly impressed me was the fact that the stroke patient HAD a family. Linda & Ed came to talk about what they could find out to keep the recovery ball rolling. They knew the family felt overwhelmed and had a barrage of information coming at them.

*Well, that following week....it was my turn! SNAP! In an instant, my good friend, Greg, had suffered a stroke! And, I see him at the gym I go to ALL the time! My heart sank! I experienced that twinge of sorrow that I am certain each of us can relate to.*

*Not knowing what to do? I reacted how I normally do at first....by doing nothing. Then when I started thinking about everything that he was feeling, his wife was feeling, his 2 children...and I couldn't just sit there. I say it all the time; I have delayed reaction time to things following my stroke. Maybe, you do to? I don't know, but I know me, and I decided not to worry about whose toes I may be stepping on; and at least show my concern and make myself available if need be, to Greg and his family. I am glad that I did and I realized how much I learned from our support group, with Jean, last month.*

One of the most important 'take a ways' from the meeting last month, was how vitally important it is for each of us to make ourselves available, if need be, to others and their families if they're going through a stroke crisis. Just because it may be a crisis, it doesn't have to be a catastrophe! Each of us, by our knowledge of ourselves and hearing other stories can be a light to others as they navigate through dark times.

On a final note: back to my story about my friend Greg.....he is doing well, is home, and begins outpatient rehab this week. His stroke was minor. But really isn't just having a stroke, any stroke, personally massive? This is because, our lives from that moment on is forever changed. I am certain he will recover quickly because he was always at the gym. And, muscles have muscle memory as each of us all know. Once again, may I take this opportunity to remind each of you, how important movement of any kind is!

**"Consciousness is only possible through change; change is only possible through movement."**

**--Aldous Huxley**

## QUICK LAST MINUTE ANNOUNCEMENTS

- 🌈 If you had your **stroke was due to high cholesterol**, contact Geri Pitts. She had a request for participation.
- 🌈 Cleveland Hearing & Speech Center is starting their **Spring Book Club on April 9 & 10 and they are reading "Where the Crawdads Sing."** It is facilitated by a **speech therapist** and **designed to help survivors practice reading and speaking skills.** See: [www.clevelandstrokeclub.org](http://www.clevelandstrokeclub.org) and click the first red link.
- 🌈 Berenice Kleiman play reading is on Sunday, April 7, at 2 p.m. at Ensemble Theatre, Cleveland Heights. For more info see the March ReFocus at [www.clevelandstrokeclub.org](http://www.clevelandstrokeclub.org) and click the first red link



**“BITS-‘n-PIECES”**

By Dan S.

**CLEVELAND NATIONAL AIR RACES**

The National Air Races finally came to Cleveland Municipal Airport in 1929. Local businessmen Louis W. Greve and Fredrick C. Crawford played a big role in bringing the event to Cleveland. Both men were involved in the aviation industry – then thriving in Cleveland – with Greve’s Cleveland Pneumatic Tool Company making landing gears and Crawford’s Thompson Products (later TRW) involved in the production of aircraft of engine valves.

The Cleveland National Air Races of 1929 kicked off with a grand parade down Euclid Avenue watched by over one hundred thousand spectators. A \$3 million dollar aviation exhibit opened at the Cleveland Public Auditorium at the same time. Meanwhile, the event’s organizers built a permanent grandstand at the airport which could seat 50,000 spectators. Overflow crowds were accommodated with temporary stands. The 10-day event, held in late Aug. and Early Sept., proved to be wildly successful, and the Air Races returned to Cleveland in 1931, ’32, ’34, ’35, ’37, ’38, ’39, ’46, ’47, ’48, and ’49.

The dangerous nature of aviation at this time was surely part of the appeal, crashes were common and fatalities sometimes occurred. In 1949, Bill Odom crashed his P-51 WWII fighter plane into a house in Berea during the Thompson Trophy Race, Killing himself and a mother and child inside. Afterwards, Berea and other cities near Cleveland Airport passed laws barring races from being held in their airspace. For this and other reasons, 1949 would be the last National Air Race held in Cleveland. In fact, the event as a whole went on hiatus before being revived in Reno, Nevada in 1964.

<https://clevelandhistorical.org/items/show/151>

For these and more great pictures go to the Crawford Museum and these Websites:

Photo 1: <https://acesflyinghigh.wordpress.com/2013/10/21/the-golden-age-of-the-national-air-races/>

Photo 2: <http://www.clevelandairshow.com/about-us/national-air-racing-history/>

To learn more go to:

<http://www.airrace.com/1929NAR-rs.htm>

<http://www.clevelandairshow.com/about-us/national-air-racing-history/>

To see extraordinary videos, go to:

[https://www.youtube.com/watch?v=k\\_NIDKohGfU](https://www.youtube.com/watch?v=k_NIDKohGfU)

<https://clevelandhistorical.org/items/show/151>

[https://www.youtube.com/watch?v=4Z-om\\_x6ccU](https://www.youtube.com/watch?v=4Z-om_x6ccU)



**BOOK REVIEW**

By Carolyn D.

**Bring Me Back: A Novel**

By B. A Paris

It's about a husband who gets accused of killing his wife. He tells part of his story, but not the entire story, to the police. But over time things start to unravel and the truth comes out. It was really good. There are lots of twists and turns. I recommend it.

**MOVIE REVIEW**

By Damon S.

**Noah**

The Biblical Noah suffers visions of an apocalyptic deluge and takes measures to protect his family from the coming flood. This movie was an eye opener, for those who don't know the story. But even if you know the story, it is very well done. **I give it 1 ½ thumbs up.**

**MARCH MADNESS**

By Willie F.



Deb asked me, "Who will win March Madness?" I said, "I hope Michigan!" (I graduated from the U and played football for their team.) We looked at March Madness Projections on the Web. Michigan has a ways to go in the projections, but I hope they'll make it. To see the projections for all the men's and women's games go to: [https://projects.fivethirtyeight.com/2019-march-madness-predictions/?ex\\_cid=rrpromo](https://projects.fivethirtyeight.com/2019-march-madness-predictions/?ex_cid=rrpromo)

**HOME BREWING, ETC.**

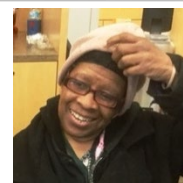
By Roger G..



I am finished brewing until next winter. I will be brewing Tangerine Ravine, Koa Coconut Porter, Fruit Bazooka NE IPA, and Fresh Squished in winter months.

**INTERESTING PEOPLE**

By Zenia M.

**Dada Masilo**

Can't fuse African Dance to Classical Music? **"I just don't think it's good to conform when people say you cannot do something."** **"A life without art is very boring."** This is the heart of Dada and her work. Dada Masilo was trained in Classical Ballet, she learned classical Flamingo, and reinvented it with West African dance. She went on to choreograph Swan Lake, Romeo and Juliet, Carmen, and Giselle with traditional African Dance movements. "Masilo has a deep love for the classics – from Shakespeare to Tchaikovsky, from Ballet to Flamingo. She mixes original scores with twentieth century composers and performers." To learn more about her concepts go to her Website: <https://www.dansedanse.ca/en/dada-masilo> To see an interview and a video of her work go to: <https://www.youtube.com/watch?v=K5YCcIUyOMw>





**COSTLY CONFUSTION**

By Pat Hill, MBA

**Medicare's Wellness Visit Isn't the Same as an Annual Physical**

When Beverly Dunn called her new primary care doctor's office last November to schedule an annual checkup, she assumed her Medicare coverage would pick up most of the tab. The appointment seemed like a routine physical, and she was pleased that the doctor spent a lot of time with her. Until she got the bill: \$400. Dunn, 69, called the doctor's office assuming there was a billing error. But it was no mistake, she was told. Medicare does not cover an annual physical exam.

Dunn, of Austin, Texas, was tripped up by Medicare's confusing coverage rules. Federal law prohibits the health care program from paying for annual physicals, and patients who get them may be on the hook for the entire amount. But beneficiaries pay nothing for an "annual wellness visit," which the program covers in full as a preventive service.

"It's very important that someone, when they call to make an appointment, uses these magic words, 'annual wellness visit,'" said Leslie Fried, senior director of the Center for Benefits Access at the National Council on Aging. Otherwise, "people think they are making an appointment for an annual wellness visit and it ends up they are having a complete physical."

An annual physical typically involves an exam by a doctor along with bloodwork or other tests. The annual wellness visit generally doesn't include a physical exam, except to check routine measurements such as height, weight, and blood pressure.

The focus of the Medicare wellness visit is on preventing disease and disability by coming up with a "personalized prevention plan" for future medical issues based on the beneficiary's health and risk factors. At their first wellness visit, patients will often fill out a risk-assessment questionnaire and review their family and personal medical history with their doctor, a nurse practitioner or physician assistant.

The clinician will typically create a schedule for the next decade of mammograms, colonoscopies and other health screenings and evaluate people for cognitive problems and depression as well as their risk of falls and other safety issues. They may also talk about advance care planning with beneficiaries to make decisions about what type of medical treatment they want in the future if they can't make decisions for themselves.

At subsequent annual wellness visits, the doctor and patient will review these issues and check basic measurements. Beneficiaries can also receive other covered preventive services such as flu shots at those visits without charge.

When the Medicare program was established more than 50 years ago, its purpose was to cover the diagnosis and treatment of illness and injury in older people. Preventive services were generally not covered, and routine physical checkups were explicitly excluded, along with routine foot and dental care, eyeglasses and hearing aids. Over the years, preventive services have gradually been added to the program, and the Affordable Care Act established coverage of the annual wellness visit. Medicare beneficiaries pay nothing if their doctor accepts Medicare.

However, if a wellness visit veers beyond the bounds of the specific covered preventive services into diagnosis or treatment --- whether at the urging of the doctor or the patient --- Medicare beneficiaries will typically owe a copay or other charges. (This can be an issue when people in private plans get preventive care, too. And it can affect patients of all ages. The ACA requires insurers to provide immunizations. But if a visit goes beyond prevention, the patient may encounter charges)

(Continued on next page)

**COSTLY CONFUSION, Continued**

By Pat Hill, MBA



And to add more confusion, Medicare beneficiaries can opt for a “Welcome to Medicare” preventive visit within the first year of joining Medicare Part B, which covers physician services. Meanwhile, some Medicare Advantage plans cover annual physicals for their members free of charge.

“Many patients want their doctor to evaluate or treat chronic conditions like diabetes or arthritis at the wellness visit,” said Dr. Michael Munger, who chairs the board of the American Academy of Family Physicians. But Medicare generally won’t cover lab work, such as cholesterol screening, unless it’s tied to a specific medical condition.

At Munger’s practice in Overland, KS, staffers routinely ask patients who come in for a wellness visit to sign an “advance beneficiary notice of noncoverage” acknowledging that they understand Medicare may not pay for some of the services they receive. “If beneficiaries understand the coverage rules, it’s not generally a problem,” Munger said. “They don’t want to come back for a separate visit, so they just understand that there may be extra charges,” he said.

“Beneficiaries may not be the only ones who are unclear about when an annual wellness visit involves,” said Munger. “Providers may be put off if they think that it’s just another task that adds to their paperwork.”

A recent study published in the journal *Health Affairs* found that in 2015 just over half of practices with eligible Medicare patients didn’t offer the annual wellness visit. That year, 18.8 percent of eligible beneficiaries received an annual wellness visit, the analysis found.

“Primary care physicians generally want to see their patients at least once a year,” Munger said, “But it needn’t be for a complete physical exam.” A wellness visit or even a visit for a sprained ankle could give doctors an opportunity to check in with patients and make sure they’re on track with preventive and other care, Munger said. When Dunn called the doctor’s office about the \$400 bill, she said, the staff told her she had signed papers agreeing to pay whatever Medicare didn’t cover. Dunn doesn’t dispute that. “There were lots of papers that I signed,” she said. “But nobody told me I would get a bill for \$400. I would remember that.”

In the end the clinic waived all but \$100 of the charge but warned her that next year she’ll have to pay \$300 if she wants an annual physical with that doctor. If she comes in just for an annual wellness visit, she’ll be seen by a physician assistant. Dunn is considering her options. She would like to stay with her new doctor, who came highly recommended, and she’s worried she might have trouble finding another one just as good who accepts Medicare. But \$300 seems steep to her for a checkup. “This whole thing was so stressful for me,” she said. “I lost sleep for nights. It’s not that I couldn’t afford it, but it didn’t seem right.”

*Michelle Andrews, March 20, 2019, Kaiser Health News*

Patricia T Hill, [pthmba@att.net](mailto:pthmba@att.net), 216-570-9236

**FUNNY COMMERCIAL**

Vivien S.

I am Italian and this commercial with a little girl playing the God Father tickled me. Grazi!

<https://www.youtube.com/watch?v=h7R-bR0cW8c>



**INTERVIEW WITH DEONDRE' K.**

**Where were you born?** I was born in **Cleveland around Union.**

**What schools did you go to?** **Paul Revere Grade S., Nathan Hale Middle S., and John Adams HS.**

**Then you joined the military?** Yes, four months later I joined the **Marines**. I loved it. The toughest thing I ever did. I got out of boot camp and went into the **School of Industry**. I shipped out to Fort Sill, Oklahoma for artillery training. Then I went to **Desert Storm** for 5 months. When I came back, I went to Camp Pendleton in California. Then I flew to **Okinawa**, Japan for a year. I went back to Palm Springs, California. I went to **Somalia** for nine months. Then, I actually got out. I went to a lot of different countries. I went to **Australia**, on liberty, when I was in Somalia. I went to **Singapore, Hawaii, Hong Kong...**I've been to a lot more countries. I also went to **Anchorage**. Believe it or not, the countries that I liked the most were **Australia and Somalia**.

**And then where did you work?** I worked for **Ameritech** for 6 years and then I worked at **Varbros** for 17 years. Varbros specializes in custom cnc machining, tool and die design, and custom metal stamping services. I worked in loading and unloading. **I worked all the heavy equipment.** Then I had my stroke.

**When was your stroke?** My **stroke was 4 years ago and 3 months.**

**Is your family here?** Yes, **my family has been very supportive.** Because of them my life has been less stressful. My sister and my Dad live very close to me. My mom lives very close to where I work. So I see them a lot, almost every day. I have one son and one daughter (10 and 16 years of age, respectively). My son plays baseball and my daughter plays soccer. I go to their games all season.

**What are your hobbies?** **I love cooking, cleaning (really!), and I'm a gym rat—I love working at the gym.**

**What do you like to cook?** I like all kinds of food but Mexican and Asian are my favorites.

**Where do you work out?** There's a **Planet Fitness** right across the street from my house. I'm there a lot.

**Do you play games?** I play **Criminal Case**.

**What programs do you like on TV?** Really I just watch 2 things: **Investigation Discovery and Sports** programs.

**What movies do you like?** I love scary movies—**Horror Movies**. **Texas Chain Saw Mysteries—I love them all,** even the one that came out when I was born in 1973. Yes, I even like the very first one!

**Do you like books?** I read a lot when I was in the military but not much now.

**Do you have pets?** I have **2 dogs** a pit bull and something else—their names are Moxie and Cashew. I also have a **black and white cat**. They all came from a rescue place. They're always around me, playing. I love them.

**Anything else that you like to do?** **I like being outside. I like firing up the grill and I have a smoke pit.** I told my girlfriend, don't even think about cooking this summer. We're grilling.

**Any advice?** **Stay active.** That's what I was told by my neurologist. I can't run anymore, but I walk a lot. I started by walking up and down my driveway. Then I walked to the corner, then a mile, and now I walk 6 miles a day. I get in about 3000 steps a day. I walk 4 miles (2 miles each way to work) and then I walk all day at work. I keep my arms moving. **I started using both arms and hands all the time:** I wash the dishes with both hands. I fold clothes with both hands. I cook and clean with both hands. Sometimes I forget that I have the other hand but I try to use it all the time. I have gotten a lot of hand movement back. It's working.

**You are a hero to all of us. You are doing so well. We loved your presentation at Talent Night. Katherine Sims introduced me to the Stroke Club. She said, "You really should try the Stroke Club." You guys, at the Stroke Club, are a hero to me, also. I get a lot of support there.**



**“LOOK UP IN THE SKY- IT’S A...” WORDS FOR APRIL**

By Brenda K.



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

*(Use every letter only once.)*

BLACKBIRD

BLUEBIRD

CHICKADEE

DOWNY

HOUSE-FINCH

JAY

NUTHATCH

RED

SPARROW

WOODPECKER

BLUE

CATBIRD

DOVE

GOLD-FINCH

HUMMINGBIRD

MOURNING

PILEATED

ROBBIN

WING

WREN

<http://puzzlemaker.discoveryeducation.com/WordSearchSetupForm.asp>
**MEDICAL SUPPLIES AVAILABLE**

By Medha G.

I want to thank everyone in the Cleveland Stroke Club and Speak Easy for their friendship throughout the years. We love these groups. You do so much good.

I have a lot of medical supplies including a hospital bed, air mattress (DPS Medline mattresses), Hoyer lift, wheel chairs, all different kinds of adult diapers (unopened boxes that would last for 4-5 months), booster pads, protective pads, gloves and more.. So, if anyone is interested please spread the word. I would like to give away all of these if someone could pick them up. Email me at: [medhagodbole@yahoo.com](mailto:medhagodbole@yahoo.com) or contact Deb.

**VOODOO LILY**

By Arlene and John B.

At Talent Night we brought our Voodoo Lily that was blooming and some seeds to share.

Here is a Website that describes the lily and how to care for it.

<https://wimastergardener.org/article/voodoo-lily-amorphophallus-konjac/>



**TALENT NIGHT MARCH 20, 2019**

Thanks to Jene' Wilson we have these photographs of Talent Night. You can see many more Talent Night photos on our Website at: <https://clevelandstrokeclub.org/talent-night/2019-march-talent-night/>



Malcolm G. sings and Ted S. on keyboard.



Delores J. baked Gobs for all of us.



Deondre' K.  
"My Story"



Arlene B.  
"Voodoo Lily"



Joyce L.  
"Getting a Driver's License"



Bonnie M. "Genealogy"



Joe B. "Sings & Plays"



Damon S. "My Legacy"

## Cleveland Stroke Club Membership Form

May 2019-2020

Dear Members: Your 2019-2020 Cleveland Stroke Club membership is due by May 15, 2019. 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.