

Cleveland Stroke Club: In-Person Caregiver/Survivor Meeting Starts on Tues. May 3rd

For Old-Time Members: Our Caregiver/Survivor Meeting is due to start back up at Select Hospital. **Everything is the same EXCEPT we are meeting on the First TUESDAY of the month** (because Zoom Bingo has a dedicated following on Wednesdays.) Also, we are also planning to have Zoom connections from 7:30—8:30 for anyone who can't attend in person.

Who: Stroke Club members (caregivers and survivors).

What: Caregiver/Survivor meeting. We eat dinner at 6:30, make announcements at 7:15, and start our break-out sessions at 7:30. Survivors move to sit together in the Kresge room with Jean Nisenboum, facilitating. Caregivers meet in the hospital chapel. Meeting ends at 8:30. Our first meeting is scheduled for **May 3rd**. Deb is the coordinator for the meetings: she orders the food, starts set-up, coordinates with Select. Kay usually takes the lead for getting **RSVPs** and Deb is her back-up. **Because this is a hospital, masks are required inside.**

When: We will be meeting on the **first Tuesday of the month from 6:30-8:30**.

Where: **Select Specialty Hospital (formerly known as Kindred) located at 11900 Fairhill Road, Cleveland, OH 44120.** It is located about 2 miles from Cleveland Clinic's main campus. See maps.

Why: So we can learn from people who are on the same journey of the stroke recovery process.

Cost: Our meetings are free, but we need to pass on the cost of the meal. The cost of eating the catered meal is \$8. (If you bring your own meal, then there is no cost.)

Food: Our main dish is catered by Food for Thought. To keep costs low, our members volunteer to bring salad, bread, and dessert—Geri, Deb, and Kay coordinate this. You can make suggestions to them. (The Club provides paper products and drinks.) We always announce our main dish selection ahead of time. Of course, we all have food allergies and preferences. If you can't eat the meal, we offer 2 easy alternatives:

1. Talk to Deb about Meal Alternatives: Food for Thought (<https://www.foodforthought-ohio.com/>) will make some individual meals to accommodate special diets--so we just add to our order. Also, since Roger has food allergies, Deb will coordinate requests and stop for to-go meals on their way to the meeting (Aladdin's, Geraci's, Distefano's, etc.). Cost is \$8.
2. BYO: If you **bring your own** main meal, you do not have to pay for the meal. If you bring your own main dish, you can still help yourself to drinks, salad, bread, and dessert. No cost.

RSVP: Kay or Deb will send out an email (or call or text). We need a good count so we can order enough food. If you RSVP but can't make it, just text or call us. It happens.

ZOOM: We are planning to have Zoom connections from 7:30—8:30 for anyone who can't attend in person. Here is the link to the Zoom meeting:

<https://us02web.zoom.us/j/86493141964> [us02web.zoom.us]

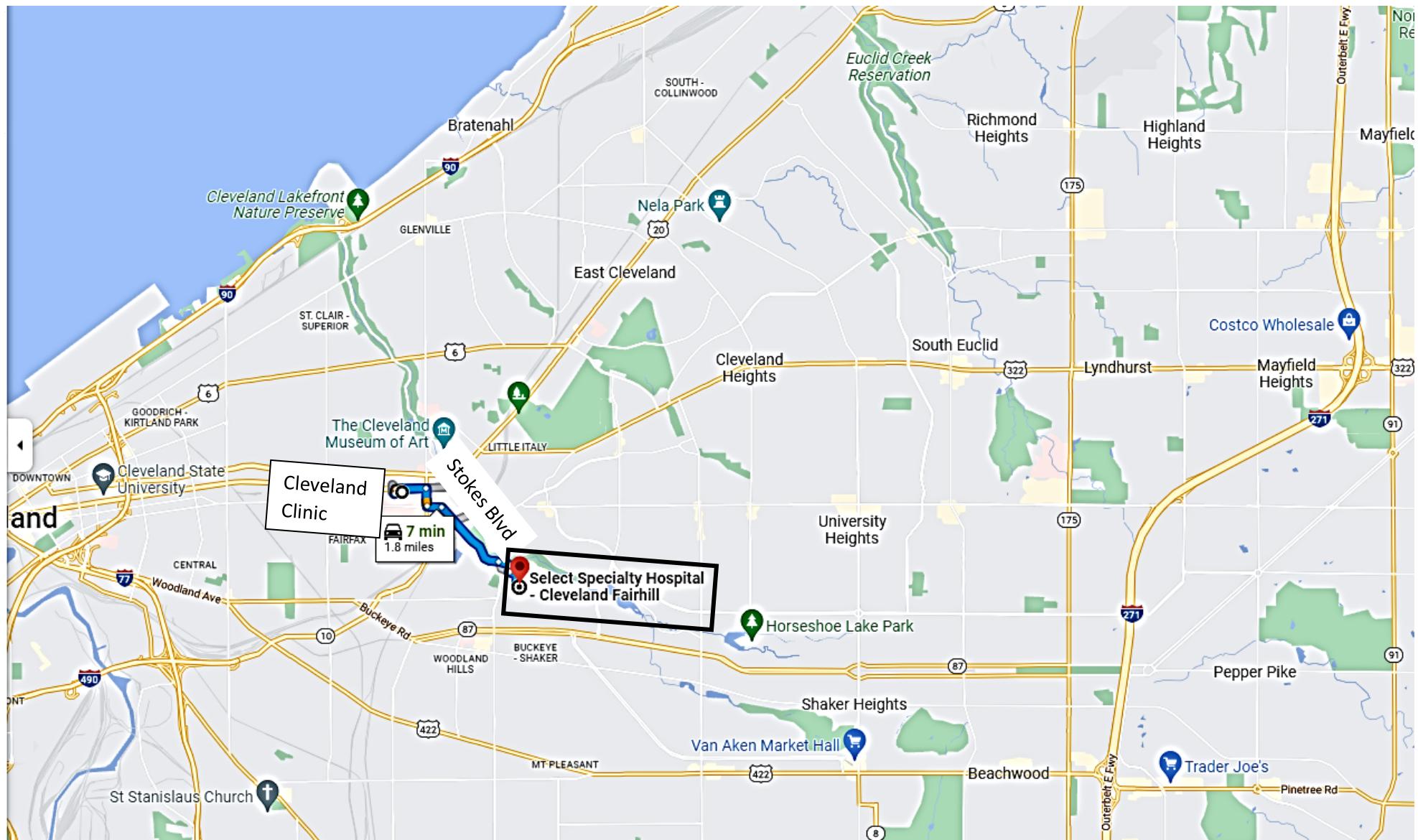
Meeting ID: 864 9314 1964

On May 3rd: we are having Cobb Chicken entrée, salad, rolls, & dessert.

If we have to cancel a meeting, we will contact you by email, text, and/or phone calls and post it on our website: www.clevelandstrokeclub.org . Please reply to messages, so we know you have received the notice. We don't want anyone stranded. **Deb's cell: 440-289-9192.**

Area Map of Select Specialty Hospital (Fairhill) from the Cleveland Clinic

We all know where the Cleveland Clinic is located. Select Specialty hospital is located less than 2 miles from the Cleveland Clinic via Stokes Blvd. As you may remember, Martin Luther King Blvd. becomes Stokes Blvd. (a one-way street) at the Cleveland Clinic.



Directions from Cleveland Clinic to Select Specialty Hospital, [11900 Fairhill Road, Cleveland, OH 44120](#)

The entrance from Fairhill Rd. is preferred because it is well marked but there are also entrances from MLK. There is a covered entry way at the entrance to the hospital with chairs inside the door, for easy drop-off. Handicap parking is to the right of the door. Kresge room is straight ahead. Bathrooms are down the hall to the right (one-person handicap bathroom is to the left).

