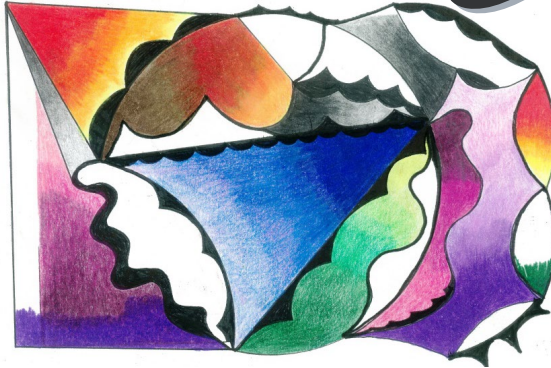


ReFocus

April



Original Art
By Jim Scanlon

A REPORT OF THE CLEVELAND STROKE CLUB

Apr. 2022

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

*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
being held 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

Officers 5/2021-5/2022

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Linda Davis

Asst. to the President
Linda Pfeffer

Vice-President
Deena Barrett
216-410-2306

Secretary
Kay Exl

Treasurer
John Pumper

Assistant Treasurer
Roger Gulbranson

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Geri Pitts
330-975-4320

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Phone Caller
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Joyce Levy
Damon Smith
ReFocus Editor
Deb Felt

FROM THE DESK OF THE EXEC. DIRECTOR

By Geri Pitts



Happy Spring hello to you. As I write this, today's high temperature is in the 20s but I know we are in store for a beautiful Spring, as usual. Thanks to all of you who have continued to keep the Cleveland Stroke Club together by attending our Zoom meetings. You'll be happy to know that we are working on picnic plans, as well as plans for in-person meetings. We plan to continue some of the Zoom gatherings also as we always look forward to seeing those people who cannot attend in-person. It's good for all of us.

Our Zoom meetings were well-attended in March with 180 visits from members. Thanks to Kay, Linda, and Arlene for helping to "run the show." Winners for the month were: **Vivien, Harsha, Gary, Paulette, Marge, Louise, Jocelyn, Arlene, Damon, George, Cerell, Rick, Shailaja, Pam, Delores, Jackie, Shirley, Raj, Lurelean, Joyce, Vinita, Peggi and Charles.**

It's always good to catch up and see how our members are doing. We've had **103 BINGO nights** and I've heard no complaints about them being boring or worn-out. **Kay** assisted me with Family Feud and this is what she reported: "Lots of conversation; lots of laughter. We only used 6 questions. 18 players participated. **Arlene, Charles, Damon, Debi, Deena, Donna, Gary, George, Jocelyn, Linda, Louise, Nelly, Paulette, Peggie, Raj, Rick, Shailaja and Vinita.** We had a total of 37 matching answers and found out that people really DO buy cars on impulse. With 3 or more matching responses were **Arlene, Linda, Paulette and Peggie** and a whole bunch more with 2 matching answers." See you next month in Zoom Family Feud on April 14.

Perpetual Memory Plaques In our February ReFocus, we asked you for help on information on deceased members. We plan to purchase a plaque with names engraved on brass plates. At the time we had a list of 86 members who had passed. We've added a few more. With the thought that we'd be adding more names, we are looking at two plaques with room for 75 names each. These plaques will be displayed at our in-person meetings. We are using memorial donations to purchase these plaques. If you have any questions about these Perpetual Memory Plaques, please call or email me: 330-975-4320, pittsgeraldine@yahoo.com.

Membership dues will be collected by mail in April and May. Attached is our membership renewal form. Please mail your dues (\$8 per person or \$16 per couple) to: John Pumper, 7954 Walcott Way, Mentor, OH 44060. Please complete the form on page 15, so that we have up-to-date information.

We are starting our in-person luncheons, in April. See Linda Davis' article on page 4 for details.

Our plans to start **in-person meeting**, have not yet been finalized. Hopefully we can start back in May or June. We will let you know when decisions have been finalized.

Picnic planning. Kay's son has reserved the Kiwanis Pavilion in Independence. Save the date: June 21st.

Board Members: In May, we ask for volunteers to serve on our board. If you would like to serve or need more information, please let me know.

APR. HOLIDAYS

- ☀ 1 April Fool's Day
- ☀ 2 Ramadan
- ☀ 2 GLAAD Awards
- ☀ 3 Grammy Awards
- ☀ 5 Deep Dish Pizza Day
- ☀ 6 Nat'l Walking Day
- ☀ 7 Nat'l Beer Day
- ☀ 7 World Health Day
- ☀ 10 Palm Sunday
- ☀ 10 Nat'l Siblings Day
- ☀ 11 CMT Awards
- ☀ 11 Nat'l Pet Day
- ☀ 12 Nat'l Grilled Cheese D.
- ☀ 15 Good Friday
- ☀ 15 Passover
- ☀ 17 Easter
- ☀ 18 Tax Day
- ☀ 18 Dyngus Day
- ☀ 22 Earth Day
- ☀ 25 World Penguin Day
- ☀ 26 Nat'l. Pretzel Day
- ☀ 29 Arbor Day
- ☀ 29 Duke Ellington Day

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

APR. WISHES**Happy Birthday**

Isaac Nelson	4/2
Raj Sagar	4/2
Barbara Cox	4/3
Lucy Conde	4/8
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

Get Well Soon

Cathi Ellsworth,
Gary Mengay,
Pat Hill,
Pat Sheridan, &
Beverly Walker

DEEPEST SYMPATHY: Victor Monge

We want to express our deepest sympathy to the family of **Victor Monge**. Victor and his wife, Sofia, joined our Club during the pandemic and Victor was able to attend Zoom Bingo and our other meetings from his bed, with Sofia and family. Sofia kindly sent us her favorite picture of Victor and the following article.



On July 30, 2020, Vic went in for an Ablation procedure since he had been suffering from Afib for many years. Right after the operation while in recovery he had a massive bleed to his brain stem, it completely shut him down. If he had not been in the hospital, he would have died. This occurred in NYC where we are from.

He slowly began to "wake up" by opening his eyes and by the blinking of his eyes were able to communicate with him. They had to put a trach as well as a PEG.

Since I had no family left in NYC and frankly because I couldn't find a rehab facility that would be able to take care of his needs I decided to come to Cleveland where my sister and her family have been living for several years. We arrived here on October 14, 2020, and Vic spent the next three weeks at the Metrohealth Rehab facility for three weeks where he was doing so well. But unfortunately, due to Medicare's rules they could only cover the costs for his care for three weeks. If we had been well off, I could have kept him there and he could have continued to improve but that was not the case and, he hated being in a facility. Every day he begged me to bring him home. So that's exactly what I did. And thus, I began taking care of him on November 22, 2020. It was to say the least the most difficult and challenging thing I have ever done. But over time when a person is bed ridden, they slowly begin to decline and that is exactly what happened to my dear beloved husband when he finally passed away on March 9.

He suffered so much that so many times you ask "why" but there is simply no why in life. Bad things happen to good people all the time. He was 68 years old.

His funeral service will be held this Saturday at Church of St. Dominic in Shaker Heights. Vic was such a character, had a wonderful sense of humor, and was a very hard worker. We had a small retail business in NYC, it was a photo/video/computer store that we loved. Vic was a real people person, always went out of his way to help anyone. We were married for 27 years.

In the next few months, I'll be returning to NYC where I'll be having a memorial service for his family, friends, and many customers we had that over time have become like family to us.

DEEPEST SYMPATHY: Don Broge

We want to express our deepest sympathy to the family of **Don Broge**. Don and his wife, Jean, joined our Club and Speak Easy in 2012, after his stroke. Since 2013, Don has needed to breathe with a respirator. He lived at home until his wife, Jean, died in 2018; then moved to a nursing home near his family.



ZOOM MEETING CALENDAR

(Contact Geri Pitts for a Zoom link: pittsgeraldine@yahoo.com)

<u>Date</u>	<u>Meeting</u>	<u>Time</u>	<u>Regular Meeting Days</u>
4/4	Caregivers	6:30 – 8	1 st Monday of every month in Zoom
4/6	Bingo	6:30 – 8	Every Wednesday in Zoom
4/13	Bingo	6:30 – 8	Every Wednesday in Zoom
4/14	Family Feud	6:30 – 8	2 nd Thursday of every month in Zoom
4/15	Zoom Lunch	6:30 – 8	2 nd Friday of every month in Zoom
4/18	Survivors Meeting	6:30 – 8	3 rd Monday of every month in Zoom
4/20	Bingo	6:30 – 8	Every Wednesday in Zoom
4/22	In-Person Lunch	Noon	Vincinatos Pizza, 5080 Mayfield Rd., Lyndhurst, Ohio, 44214
4/26	Board Meeting	4:00 – 5	4 th Tuesday in Zoom
4/27	Bingo	6:30 – 8	Every Wednesday in Zoom

This schedule is on our website: www.clevelandstrokeclub.org (scroll down). It can also be downloaded: select the link to newsletters and calendars and flyers.

FROM THE DESK OF THE PRESIDENT

By Linda Davis



Hi everyone! hopefully spring is really here! I know it'll continue to snow until May, but let's keep our fingers crossed it doesn't. We are going to have an in-person luncheon. I hope everybody can come.

APRIL LUNCHEON: Friday, April 22nd at Noon, Vincinatos Pizza

Who: Stroke Club and Speak Easy Members

What: Lunch with friends

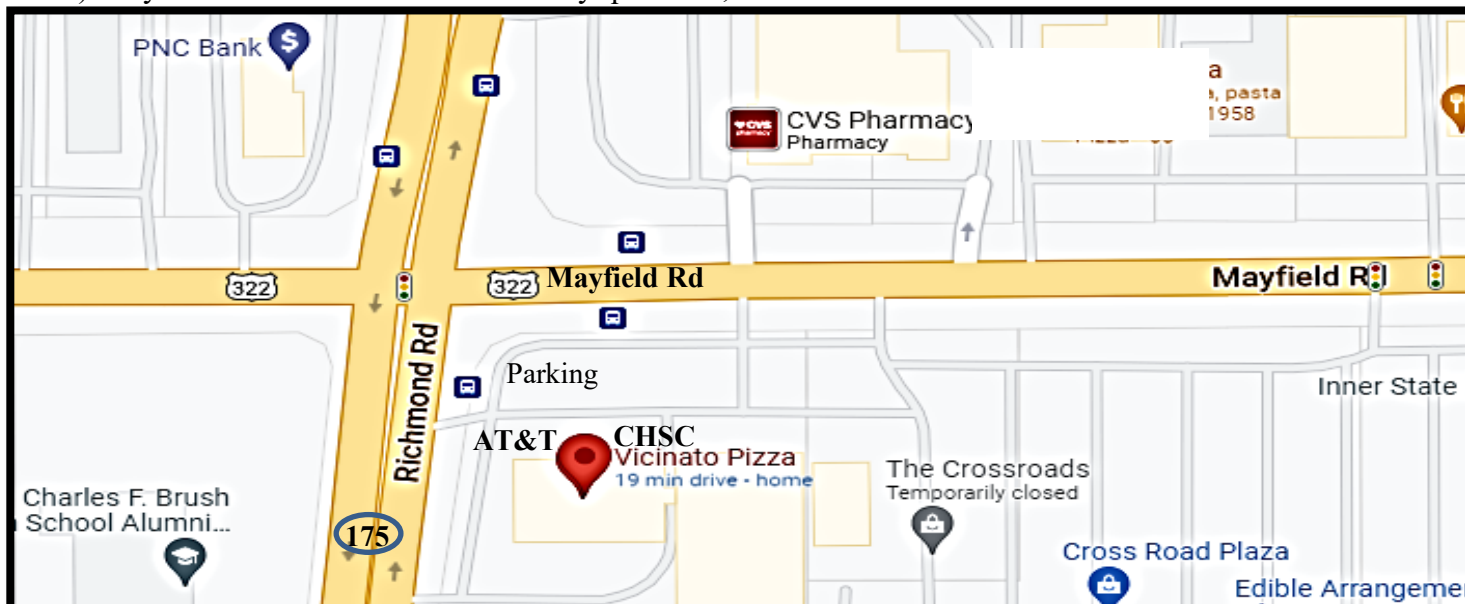
When: Friday, April 22nd at Noon

Where: Vincinato Pizza, 5080 MAYFIELD RD. LYNDHURST, OHIO 44214

Links to more info: <http://www.vicinatos.com/> Menu: <https://www.toasttab.com/vicinato-pizza/v3>

How: We have already made reservations so plan to come around noon.

Directions: Vincinato's is in a strip mall in the southeast corner of Mayfield and Richmond Rd. Easiest to enter on Mayfield. There is plenty of parking and a wheel-chair cut-out in front of Cleveland Hearing & Speech Center (CHSC). If you want to coordinate or have any questions, call Deb: 440-289-9192.



NOTES FROM LAST MONTH'S ZOOM SURVIVOR MEETING

March Zoom Survivor Meeting Notes. Jean Nisenbourn kindly facilitated the meeting. She started the meeting asking if anyone had any announcements.

- ✿ Damon is going to start working for the Guardians in addition to working for the Browns! **Congrats!** Damon also said that the Guardians are looking for workers...pass it on.
- ✿ Linda D. is going to work at the Board of Elections on May 3rd.

Jean continued: March was women's history month. Nora Ephron said, "Be the heroine of your life, not the victim." Everyone in this group are my heroes. Think about what you have done to no longer be a victim.

- ✿ Harry: I've been exercising. I'm in an exercise class at Active Health at the corner of Sprague and Rte 21 in Independence OH. My excellent trainers are Nikki and Laura.
- ✿ Linda P.: I was volunteering at a nursing home before Covid. I hope to go back soon.
- ✿ Marge: I took a walk today AND I made a cup of coffee and took it to the living room. I'm taking charge. I'm going to take a cruise.
- ✿ Raj: I'm moving forward. I couldn't walk and I couldn't talk. Now I can do both.
- ✿ Vinita: Don't give up, even though progress is slow. I push and push us.
- ✿ Shailaja: We've had a tough time, recently. I hired a caregiver, and she mistreated my husband. I hired her because I was afraid that I could not do it. I found out that I can help him. I have confidence that I can do it. My husband has a communication disorder, and he can't stand up for himself.
- ✿ Rick: I was really down with myself. The support of Speak Easy, the Stroke Club, and especially, my wife, have really helped turn me around. My wife is always here for me.
- ✿ Harsha: My husband is very good. Sometimes I want to stand and walk. I had the stroke two and a half years ago.
- ✿ Nancy: My daughter is my caregiver. Jean replied, "It sounds like you are her heroine, also."
- ✿ Jocelyn: I had 3 strokes. Before my stroke, I had been a church support person. After my last two strokes in 2021, Dr. Juda Lindenburg (neurologist at Marymount) really helped me. Now my church is so helpful to me. Every week there is a card from someone in my church. I can tell them what I need, and it appears at my front door. All my family is gone.
- ✿ Debi: I have a friend, Andrea, who helps me. She guides me; she keeps me settled. I also know that I need to get out and socialize with people. I walk every day. I am going to start volunteering this year.
- ✿ Louise: I appreciate everyone here, so much.
- ✿ George: I cook. Go to work. I shop on eBay. I walk. My wife, Nelly, is my hero.
- ✿ Bill D.: There is no crying in baseball but there is crying after a stroke. I had my stroke in 2004. I talk to thousands of people about stroke. Everyone has the same good feelings. In honor of women's history month, I like the poem that is printed on page 12.
- ✿ Dan: I keep smiling and helping when I can.
- ✿ Vivien: We've had good caregivers. We just take things a day at a time.
- ✿ Roger: I discovered a pulsar and brew beer and work on computers.
- ✿ Joyce: I struggled long and hard enough to show my family that when my grandchildren were born, I could take care of them. I also learned to travel by myself.
- ✿ Geri: Every time that we get together on Zoom, I feel like a hero. But really, our Zoom meetings work because of you, so everyone here is my hero. (Editor's note: After the pandemic started, Geri saw a news report of Matthew McConaughey leading a Zoom Bingo session. Two weeks later she hosted our first Zoom Bingo meeting. Soon after, she hosted Talent Night, a golf presentation, needleworker's night, and all of our regularly scheduled meetings.)
- ✿ Linda D.: I don't have the family support that some people have. But I'm looking at my family tonight in this Zoom meeting. If it wasn't for the Stroke Club, I'm not sure where I'd be.
- ✿ Damon: A motorized wheelchair gave me my independence. The world is my oyster.



NOTES FROM LAST MONTH'S ZOOM MEETINGS

March Zoom Caregiver Meeting. Present: Judi, Vinita, Arlene, Kay, Deena and Geri. We talked about the war in Ukraine, John B.'s experience as a child during WWII escaping Germany, Jewish customs, Alexa, the movie WALL-E, and long-haulers Covid. Sorry, no pictures—Deb fell asleep and missed the meeting.

Kathy Wendorff and Neerja Bhushan kindly sent us information about a caregiver study. **Please consider joining this study from CWRU. Maybe something from your experiences can help another caregiver. A research team at CWRU is currently recruiting participants who are taking care of a family member with dementia, cancer, stroke, and/or TBI for this study.**

Family Caregiver Research Study



Have you been a primary caregiver for a family member in last year? If so, you may be eligible to participate in our study!

The purpose of this study is to understand the differences in thoughts, feelings, daily experiences, and health among family caregivers of adults. You can help us by answering a 15-30 minutes survey. Compensation is available.

Please contact caregiverstudy@case.edu if you're interested!

March Zoom talk on Caregiving by Berenice Kleiman. Long-time Stroke Club member, playwright, and author (*One Stroke, Two Survivors*, *Lesson's Learned*, and *Widowhood 101*) gave a brief talk and then opened the Zoom floor to caregivers and survivors who live alone (survivors who are their own caregiver). We recorded Berenice's excellent presentation and posted it on our website. Go to www.clevelandstrokeclub.org. Scroll down and you will see the Zoom recording.

March: John Pumper was interviewed by ABC news at 6 PM and 11 PM. John participated in a research study for the new Cionic leg sleeve. (The sleeve is worn on your leg to pick up your toes when you walk—foot drop assistance.) We have a link to John's interview on our website: www.clevelandstrokeclub.org. Scroll down a little. For more info about the sleeve go to: <https://cionic.com/>. If you have questions, you can contact: Brian Kolonick via email: briank@cionic.com. We have further contact info if you need it.

March Zoom Family Feud. Thanks to Geri and Kay we had fun game night. Here are some of the questions:

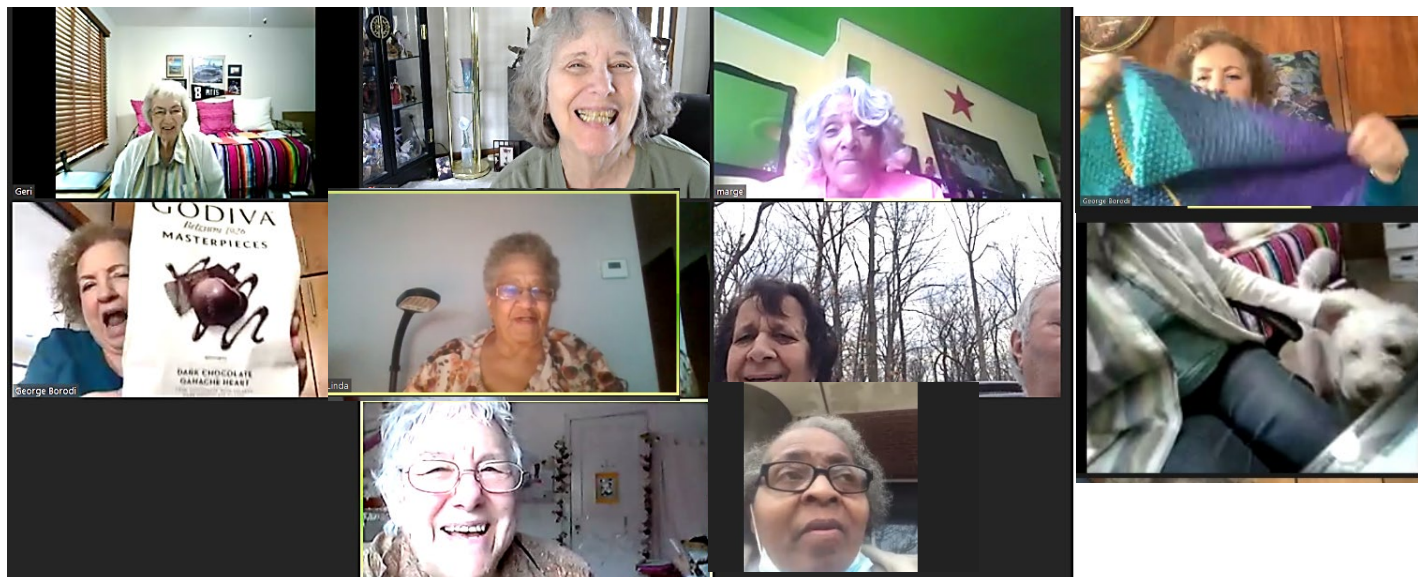
- ☀ Name an item that many people buy on impulse.
- ☀ Name a bad habit that children picked up from their older brothers or sisters.
- ☀ Name a household pet that you can leave alone for a couple of days.
- ☀ Name a mistake that children make getting dressed.
- ☀ Name a place where people are constantly checking the time.
- ☀ If you were going to have a simpler life, what's the first thing that you would get rid of?



NOTES FROM LAST MONTH'S ZOOM MEETINGS

March Zoom Luncheon. There are many great things about our Zoom Luncheons:

- ✿ We can kick back talk and laugh, like Neerja, Linda, and Marge.
- ✿ We can play with our pets under our tables, while visiting with friends, like Geri.
- ✿ We can drop in from the road, like Joyce.
- ✿ We can get some fresh air and picnic with friends, like Raj and Vinita.
- ✿ We can eat dessert first, sew, and chit-chat with the greatest of ease, like Nelly!
- ✿ And then go to Speak Easy Choir and sing show tunes (Contact Jean jmn13@case.edu or 216-368-3351.)
- ✿ The perfect TGIF, and we don't even have to wear shoes!



March Bingo. Bingo meets every Wed. at 7:00, come early to chit-chat. **In March we celebrated our 100th Bingo Game in Zoom.** For one hundred weeks in a row, we have tried our best to beat the shuffler! Thanks, Geri, it is all your fault that we are having so much fun, from home, from the hospital, from out-of-town, from outside. Before Bingo on March 30th, we talked about how much we loved the movie, CODA. And then we burst into song: wishing Geri a Happy Birthday and each thanking her personally!



BOOK REVIEW

By Carolyn D.

Cajun Justice

By James Patterson & Tucker Axum

It's about an Ex-Military guy who goes over seas after he finds out that his sister was kidnapped. It has lots of twists and turns, but I didn't like it that much. Sometimes when Patterson writes with co-authors it doesn't turn out that well. I don't recommend this book.

**MOVIE REVIEW**

By Damon Smith

Unhinged

Rachel (Caren Pistorius) is running late to work when she has an altercation at a traffic light with a stranger (Crowe) whose life has left him feeling powerless and invisible. Soon, Rachel finds herself and everyone she loves the target of a man who decides to make one last mark upon the world by teaching her a series of deadly lessons. What follows is a dangerous game of cat and mouse that proves you never know just how close you are to someone who is about to become unhinged. (www.yahoo.com)

Now this is a great movie, and many of us can relate. I give it 1½ thumbs up.

**ROCK AND ROLL VAULT**

By Joe Brady

"Life in the Fast Lane"

By Joe Walsh, Don Henley and Glen Frey

What a great day in Downtown Cleveland on March 17, 2022! It started with a St. Patrick's Day parade in the early afternoon. It ended at a concert at the Rocket Mortgage Fieldhouse with the Eagles, including Joe Walsh and Don Henley. Joe Walsh is always very cool, but when he walked onto the stage wearing a Kent State University shirt, the fans went berserk! Plus, he actually did attend at KSU. "Life in the Fast Lane" has a very exquisite riff in the song that Walsh wrote. Even if you do not live in the fast lane, you can always hear the song!

<https://www.youtube.com/watch?v=po6QU0z1rSs> [www.youtube.com]

**BEER COLUMN, ETC.**

By Dr. Roger Gulbranson

I have a new brewing wardrobe from Northern Brewer.

www.northernbrewer.com

It is a t-shirt with picture of a brewer, a brew pot, grains, hops, and a glass in his hands.

The brewer is labeled, "Magician."

The symbol above his head is infinity...beer forever!

I have finished brewing and bottling for the season. It's time to enjoy!



As Covid Slogs On, Seniors Find Fortitude Waning and Malaise Growing

By Pat Hill



By Judith Graham

Late one night in January, Jonathan Coffino, 78, turned to his wife as they sat in bed. “I don’t know how much longer I can do this,” he said, glumly. Coffino was referring to the caution that’s come to define his life during the covid-19 pandemic. After two years of mostly staying at home and avoiding people, his patience is frayed, and his distress is growing. “There’s a terrible fear that I’ll never get back my normal life,” Coffino told me, describing feelings he tries to keep at bay. “And there’s an awful sense of purposelessness.”

Despite recent signals that covid’s grip on the country may be easing, many older adults are struggling with persistent malaise, heightened by the spread of the highly contagious omicron variant. Even those who adapted well initially are saying their fortitude is waning or wearing thin.

Like younger people, they’re beset by uncertainty about what the future may bring. But added to that is an especially painful feeling that opportunities that will never come again are being squandered, time is running out, and death is drawing ever nearer.

“Folks are becoming more anxious and angrier and stressed and agitated because this has gone on for so long,” said Katherine Cook, chief operating officer of Monadnock Family Services in Keene, New Hampshire, which runs a community mental health center that serves older adults.

“I’ve never seen so many people who say they’re hopeless and have nothing to look forward to,” said Henry Kimmel, a clinical psychologist in Sherman Oaks, California, who focuses on older adults.

To be sure, older adults have cause for concern. Throughout the pandemic, they’ve been at much higher risk of becoming seriously ill and dying than other age groups. Even seniors who are fully vaccinated and boosted remain vulnerable: More than two-thirds of vaccinated people hospitalized from June through September with breakthrough infections were 65 or older.

The constant stress of wondering “Am I going to be, OK?” and “What’s the future going to look like?” has been hard for Kathleen Tate, 74, a retired nurse in Mount Vernon, Washington. She has late-onset post-polio syndrome and severe osteoarthritis.

“I guess I had the expectation that once we were vaccinated the world would open up again,” said Tate, who lives alone. Although that happened for a while last summer, she largely stopped going out as first the delta and then the omicron variants swept through her area. Now, she said she feels “a quiet desperation.”

This isn’t something that Tate talks about with friends, though she’s hungry for human connection. “I see everybody dealing with extraordinary stresses in their lives, and I don’t want to add to that by complaining or asking to be comforted,” she said.

Tate described a feeling of “flatness” and “being worn out” that saps her motivation. “It’s almost too much effort to reach out to people and try to pull myself out of that place,” she said, admitting she’s watching too much TV and drinking too much alcohol. “It’s just like I want to mellow out and go numb, instead of bucking up and trying to pull myself together.”

Beth Spencer, 73, a recently retired social worker who lives in Ann Arbor, Michigan, with her 90-year-old husband, is grappling with similar feelings during this typically challenging Midwestern winter. “The weather here is gray, the sky is gray, and my psyche is gray,” she told me. “I typically am an upbeat person, but I’m struggling to stay motivated.”

“I can’t sort out whether what I’m going through is due to retirement or caregiver stress or covid,” Spencer said, explaining that her husband was recently diagnosed with congestive heart failure. “I find myself asking ‘What’s the meaning of my life right now?’ and I don’t have an answer.”

Continued on next page

As Covid Slogs On, Continued



Bonnie Olsen, a clinical psychologist at the University of Southern California's Keck School of Medicine, works extensively with older adults. "At the beginning of the pandemic, many older adults hunkered down and used a lifetime of coping skills to get through this," she said. "Now, as people face this current surge, it's as if their well of emotional reserves is being depleted."

Most at risk are older adults who are isolated and frail, who were vulnerable to depression and anxiety even before the pandemic, or who have suffered serious losses and acute grief. Watch for signs that they are withdrawing from social contact or shutting down emotionally, Olsen said. "When people start to avoid being in touch, then I become more worried," she said.

Fred Axelrod, 66, of Los Angeles, who's disabled by ankylosing spondylitis, a serious form of arthritis, lost three close friends during the pandemic: Two died of cancer and one of complications related to diabetes. "You can't go out and replace friends like that at my age," he told me.

Now, the only person Axelrod talks to on a regular basis is Kimmel, his therapist. "I don't do anything. There's nothing to do, nowhere to go," he complained. "There's a lot of times I feel I'm just letting the clock run out. You start thinking, 'How much more time do I have left?'"

"Older adults are thinking about mortality more than ever and asking, 'How will we ever get out of this nightmare,'" Kimmel said. "I tell them we all have to stay in the present moment and do our best to keep ourselves occupied and connect with other people."

Loss has also been a defining feature of the pandemic for Bud Carraway, 79, of Midvale, Utah, whose wife, Virginia, died a year ago. She was a stroke survivor who had chronic obstructive pulmonary disease and atrial fibrillation, an abnormal heartbeat. The couple, who met in the Marines, had been married 55 years.

"I became depressed. Anxiety kept me awake at night. I couldn't turn my mind off," Carraway told me. Those feelings and a sense of being trapped throughout the pandemic "brought me pretty far down," he said.

Help came from an eight-week grief support program offered online through the University of Utah. One of the assignments was to come up with a list of strategies for cultivating well-being, which Carraway keeps on his front door. Among the items listed: "Walk the mall. Eat with friends. Do some volunteer work. Join a bowling league. Go to a movie. Check out senior centers."

"I'd circle them as I accomplished each one of them. I knew I had to get up and get out and live again," Carraway said. "This program, it just made a world of difference."

Kathie Supiano, an associate professor at the University of Utah College of Nursing who oversees the covid grief groups, said older adults' ability to bounce back from setbacks shouldn't be discounted. "This isn't their first rodeo. Many people remember polio and the AIDs epidemic. They've been through a lot and know how to put things in perspective."

Alissa Ballot, 66, realized recently she can trust herself to find a way forward. After becoming extremely isolated early in the pandemic, Ballot moved last November from Chicago to New York City. There, she found a community of new friends online at Central Synagogue in Manhattan and her loneliness evaporated as she began attending events in person.

With omicron's rise in December, Ballot briefly became fearful that she'd end up alone again. But, this time, something clicked as she pondered some of her rabbi's spiritual teachings.

"I felt paused on a precipice looking into the unknown and suddenly I thought, 'So, we don't know what's going to happen next, stop worrying.' And I relaxed. Now I'm like, this is a blip, and I'll get through it."

[Kkhn.org/news/article/as-covid-slogs-on-seniors-find-fortitude-waning-and-malaise-growing/](https://www.kkhn.org/news/article/as-covid-slogs-on-seniors-find-fortitude-waning-and-malaise-growing/)

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

THE DISCOVERIES OF MY LIFE...

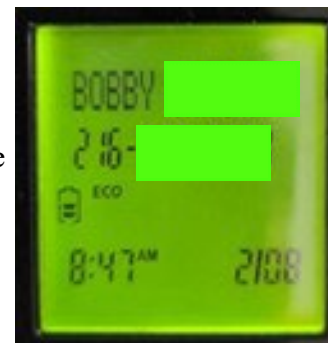
By Jocelyn B.



Even when the timing is a little off, I am finding my discoveries to be laced with some unexpected humor and sadness. I lost a dear church member and sorority sister Bobby Kelley on Martin Luther Kings' birthday. She had been sick for a year and some months. We shared a special series of conversations being singles and church volunteers. Due to the pandemic restrictions and my recovery, I was not able to visit her many skilled nursing placements. Thank goodness. The phone was the communication tool of choice.

Today, I was using my landline and Bobby's name appeared in the caller ID window. I thought I was dreaming initially. I was stunned more like spooked for a few more minutes. A call from her I was not expecting. Then I remembered she shared a cell phone package with another friend. Phew!!! Wow I missed her all over again and was thankful for being able to revisit our days of friendship especially under these circumstances. Cherishing our loved ones and friends is super important.

Looking for that trusty phone book ... the one with the loosening pages!



Quick EASY Biscuits Recipe

By Sheryl & Cerell B.

If you like eating buttery homemade quick easy biscuits.



PLEASE try these biscuits. THEY ARE DELICIOUS!!!!

Ingredients:

1 cup of heavy whipping cream
1 cup of self-rising flour!!! IT MUST BE SELF RISING

Instructions:

Heat oven to 350 degrees
Oil a cookie sheet

1. Place flour inside of large mixing bowl
2. Pour in heavy whipping cream
3. Mix until mixture forms into a dough
4. Use cut-out utensils for cutting dough into circles
5. Place cut-up dough onto cookie sheet
6. Cook for 25 minutes/until golden brown

Serve biscuits with butter, jelly or jam.

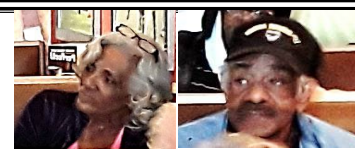
EAT AND ENJOY!!!!

Here's a video that shows the technique:

<https://www.youtube.com/watch?v=b9exwrDVeEY>

Favorite Salmon Recipe

By Marge & Ernie R.



Ingredients:

1/3 cup honey
1/4 cup low sodium soy sauce
2 Tbsp lemon juice
1 tsp. red pepper flakes
3 Tbsp. extra virgin olive oil, divided
4 6 oz. salmon fillets patted dry with paper towels
kosher salt, freshly ground black pepper,
3 cloves garlic minced,
1 lemon sliced in rounds.

Instructions:

1. In a medium bowl whisk together honey, soy sauce, lemon juice, and red pepper flakes.
2. Heat a large skillet over medium high heat, heat 2 Tbsp. oil, until oil is hot but not smoking.
3. Add salmon skin side up and season with salt and pepper. Cook salmon until deeply golden., about 6 minutes. then flip over and add remaining tablespoon of oil.
4. Add garlic to skillet and cook until fragrant, 1 minute. add honey mixture and sliced lemons and cook until sauce is reduced by 1/3rd. Baste salmon with sauce.
Garnish with sliced lemon and serve. Enjoy!

IRISH HUMOR

Submitted By Dan & Vivien S.

"I went into the confessional box after many years of being away from the Catholic Church."

"Inside I found a fully equipped bar with Guinness on tap."

On one wall, there was a row of decanters with fine Irish whiskey and Waterford crystal glasses."

"On the other wall was a dazzling array of the finest cigars and chocolates."

"When the priest came in, I said to him, 'Father, forgive me, for it's been a very long time since I've been to confession, but I must first admit that the confessional box is much more inviting than it used to be.'"

He replied, "Patrick, you moron, you're on my side."

WOMEN'S HISTORY MONTH HUMOR

Submitted by William D.

He didn't like my casserole.

He didn't like my cake.

He said my biscuits were not like
the ones his mother makes.

I didn't perk his coffee right.
He didn't like my stew.

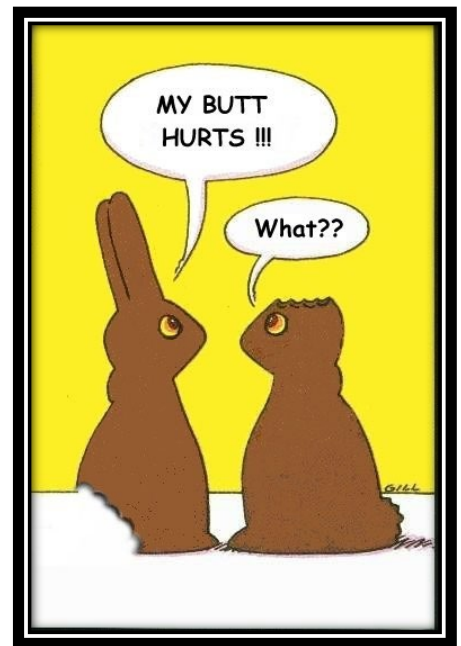
I didn't fold his pants the way,
his mother used to do.

I pondered for an answer.
I searched hard for a clue.

Then turned around and smacked him
like his mother used to do.

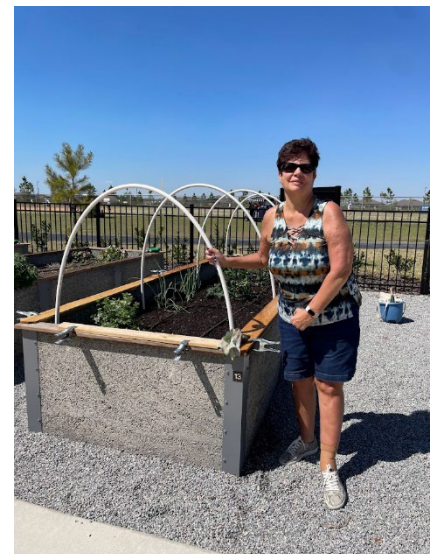
EASTER BUNNY HUMOR

Submitted by Deb F.

**NEW RESOURCES**

1. You can get **2 free sets of Covid tests** delivered to you. Order them at: www.covidtest.gov
2. **MedWish is looking for volunteers** to help prepare medical supplies to Ukraine. They also have a list of supplies that Ukraine is requesting. You can drop off medical supplies or send money. To learn more, go to: www.medwish.org .
3. A member of the Stroke Club has **a hospital bed** to donate. If you are interested, contact Deb F. at 440-944-6794 or send her an email at debbie@gulbranson.com .
4. Our **Cleveland Stroke Club resource list** has been updated and it is available online—along with the papers and books that our members have written. Go to: www.clevelandstrokeclub.org . Scroll down and follow the links. (We have also put links on the right-hand column of our website.) Call Deb F. for more info.

US



WORD PUZZLE: The Official Color of April: Clear, like...!

By Brenda Koos



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

(Use every letter and word only once.)

Air	Cellophane	Clingwrap
Cornea	Crystal	Diamond
Eyeglasses	Plexiglass	Politics
Prism	Skylight	Tequila
Vodka	Water	Windows
Windshield		

Make your own puzzle here:

<https://puzzlemaker.discovereducation.com/word-search>
Tri-C Gallery East Explores Art of Pandemic Survival

By Katie Kern-Pilch

Katie gave Roger and Deb a tour of Pandemic Survival Art. The art was much better than the pandemic! See some photos of the art on page 16. We also posted pictures on the Cleveland Stroke Club Website, under our newsletter. Go to: www.clevelandstrokeclub.org. Select the link to the newsletter page. The link to the art is right underneath our newsletter. The art is beautiful. Let us know what you think!

Wharton Center at North Olmsted Golf Club: The Turn Open House

Visit us at the Wharton Center at North Olmsted Golf Club to learn more about The Turn's adaptive programs. Tour our facilities, meet program members and talk with staff and volunteers about joining The Turn.

Open House: Saturday, April 9, 9:00 a.m. - 12:00 p.m.

Wharton Center at North Olmsted Golf Club
 One Golfview Lane, North Olmsted, Ohio

EXPLORE: Tour the campus. Meet our professionally trained staff and volunteers. View fully accessible facilities and adaptive carts. Speak to a member of the program.

LEARN: Our core programming improves balance, coordination, muscle strength and most importantly, self-esteem. Other programs include weekly adaptive yoga, art therapy, horticulture therapy and more.

WHO WE SERVE: We serve persons with a variety of disabilities: stroke, TBI, spinal cord injury, Parkinson's, amputations, and visual impairment. The facilities are wheelchair accessible and physical therapy is available.

For more information or to **RSVP:** please contact Karen Tigue at 440-686-1074 ext. 203 or email ktigue@jointheturn.org.

FYI: The Turn's Zoom presentation to the Stroke Club was recorded and is on our website. They answered our questions and demonstrated their equipment. Go to our Website (www.clevelandstrokeclub.org) scroll down a little. We learned that the facilities are wheelchair accessible, para-transit will drop off at the door, used clubs, adaptive equipment, and assistance are available, dress code is flexible, friends can golf with you, etc.

Cleveland Stroke Club Membership Form

May 2022- 2023

Dear Members: Your 2022-23 Cleveland Stroke Club membership is due by May 15 , 2022. 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 3rd
Wednesday of May**

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

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.

PANDEMIC ART

Katie Kern-Pilch gave Roger and Deb a tour of Tri-C's Pandemic Art exhibit. Katie had 3 entries and they were in last month's newsletter. Here are a few photos and there are more pictures on our website:

www.clevelandstrokeclub.org Select the link to the "newsletter, calendar, flyer." Thanks, Katie!

