

# ReFocus April



**Original Art**  
By Jim Scanlon

A REPORT OF THE CLEVELAND STROKE CLUB

Apr. 2023

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

*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.*



**Caregiver/Survivor Meeting**  
**In-Person Wednesday April 5<sup>th</sup> from 6:30-8:30**  
**Plus Zoom Link for our Break-Out sessions from 7:30—8:30**

**General Meeting, In-Person**  
**Wednesday, April 19<sup>th</sup> from 6:30-8:30**  
**Jenifer Vanek, RN will speak about “Foot Care”.**

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.

Our **General Meetings** will be held on the **third Wednesday** of the month at **Disciples Christian Church at 3663 Mayfield Rd, Cleveland Heights, 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 the 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, when the meeting ends.

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

New members and community professionals are always welcome. Our zoom schedule, newsletter, resource list, &

## Officers 5/2022-5/2023

President  
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

Founder  
Bill Pitts

EXECUTIVE DIRECTOR  
Geri Pitts  
330-975-4320

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

## Caregiver Meeting Set-Up

Joyce Levy  
Damon Smith  
Marge Robinson

ReFocus Editor  
Deb Felt

## FROM THE DESK OF THE EXEC. DIRECTOR

By Geri Pitts



April 16 - 22 is National Volunteer Week. The Cleveland Stroke Club would like to recognize OUR volunteers – which is just about everyone in the Club. We could not have lasted almost 49 years without our volunteers. Thanks to all of you who help out one way or another.

Our hardest working volunteers are members of the board. They plan, organize, order, purchase, pick up, distribute, carry, deliver, print, post, answer, call, meet, send, reach out, calculate, type, create, report, deliver, share, produce, make, bake, prepare, serve, assist, facilitate, transport, guide... need I go on? Whew! These are some of the activities that this board has planned for you. Hope to see you there!

## SAVE THESE DATES

■ Survivor/Caregiver in-person meeting and in Zoom, April 5<sup>th</sup> at:

Select Medical Hospital, 11900 Fairhill Road, Cleveland, OH 44120.

- ▶ Dinner begins at 6:30 p.m. **RSVP** to Kay (440-449-3309 landline).
- ▶ Break-out sessions begin at 7:30. We will start Zoom by 7:30.
- ▶ Our meeting ends at 8:30.

■ General Meeting in person, April 19th, at Disciples Christian Church at 3663 Mayfield Rd, Cleveland, OH 44121.

- ▶ **Bingo** starts at about 5:45 pm.
- ▶ **Dinner** starts at 6:30 we are having salad, pasta (with two vegan sauce options: red and white) and meatballs, rolls, and dessert. **RSVP** to Kay (440-449-3309 landline).
- ▶ **Topic: How do you treat your feet?** Jenifer Vanek, RN, Foot Care Specialist, and owner of Reliable Nurse Foot Care will be speaking on ways to keep feet healthy! Come with questions about your feet!

■ Annual Picnic – June 21, Independence Kiwanis Pavilion, 4:30 to 7:30.■ 49<sup>th</sup> Anniversary Dinner – August 16, Beachwood Embassy Suites, 5-9 pm.

This is what we did last month for your enjoyment. We played **bingo** on five different nights, thanks to Kay's, Arlene's and Linda's help. Bingo winners were Delores, Paulette, George, Vivien, Joyce, Harsha, Gary, Raj, Rick, Vinita, Damon, Maggie, Louise, Peggy, Charles, Lisa, Marge, and Jarmellia.

YOU CAN HELP US AT OUR ANNIVERSARY DINNER. I'm telling you this now so you can plan. One of the activities we'll have in August is a photo booth. Members will put on hats, scarfs, glasses, necklaces, boas, wigs, etc. and we'll have a photographer take pictures as we did several years ago. If you have anything that would enhance pictures, add a touch of humor or whimsy to the photos, please bring it with you that night.

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 the last page so that we have up-to-date information.

**APRIL HOLIDAYS**

- 1 April Fools Day
- 2 CMT Awards
- 5 Passover (Start)
- 5 Deep Dish Pizza Day
- 9 Easter
- 10 Dyngus Day
- 10 Siblings Day
- 11 Pet Day
- 12 Grilled Cheese Day
- 14 Tamil New Year
- 15 Jackie Robinson Day
- 15 World Art Day
- 16 Orthodox Easter
- 22 Earth Day
- 25 World Penguin Day
- 26 Pretzel Day
- 28 Arbor Day
- 28 Nat'l. Superhero Day
- 29 Duke Ellington Day
- 29 Int'l Dance Day
- 30 Int'l Jazz Day

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

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

Isaac Nelson	4/2
Raj Saggar	4/2
Barbara Cox	4/3
Lisa Rodriguez	4/5
Lucy Conde	4/8
Vinita Saggar	4/9
Ruth Ann Secrist	4/11
Cynthia Frazier	4/12
Neerja Bhushan	4/15
Linwood Hudson	4/15
John Lefler	4/19
Paul Wilson	4/21
George Pfeffer	4/26

**Happy Anniversary**

Laura & Rick Haag  
4/21/1990

**Get Well Soon**

Deena Barrett  
Joanne Bergole  
Pat Hill  
Judi Koffman  
Jackie Patterson's friend  
Shirley Patterson's brother  
Rita Perna

**APRIL MEETING CALENDAR**

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

4/4	Special Zoom Talk	7:00 – 8	Fyzical Therapy & Balance, Westlake and Mentor (Tuesday)
4/5	Caregivers' Meeting	6:30 – 8:30	1 <sup>st</sup> Wednesday in person at Select Medical Hospital, 11900 Fairhill Blvd., Cle., 44120
4/5	Caregivers' Meeting	7:30 – 8:30	1 <sup>st</sup> Wednesday in Zoom
4/6	Bingo	6:30 – 8	1 <sup>st</sup> Thursday in Zoom
4/13	Bingo	6:30 – 7	2 <sup>nd</sup> Thursday in Zoom
4/13	Family Feud	7:00 – 8	2 <sup>nd</sup> Thursday of every mo. in Zoom
4/18	Zoom Lunch	Noon – 2	3 <sup>rd</sup> Tuesday of every mo. in Zoom
4/19	General Meeting	6:30 – 8:30	3 <sup>rd</sup> Wed. every mo. in person at Disciples Christian Church 3663 Mayfield Road Cleveland Heights, OH 44121
4/20	Bingo	6:30 – 8	3 <sup>rd</sup> Thursday in Zoom
4/25	Board Meeting	4:00 – 5	4 <sup>th</sup> Tuesday on Zoom
4/26	Luncheon in person	11:30 – 2	Applebee's, Lyndhurst, 5658 Mayfield Rd, Lyndhurst, 44124
4/27	Bingo	6:30 – 8	4 <sup>th</sup> Thursday in Zoom

**FROM THE DESK OF OUR PRESIDENT**

By Linda Davis



I have missed being around everyone for the last couple of months. I hope everyone stayed safe during our crazy weather.

I'll be so glad to see everyone in person in April.

**We will be starting our regular schedule starting in April.  
To help you plan, here's our schedule.**

**On Wednesdays We Meet In-Person**

- **Caregiver/Survivor Meetings** are on the 1<sup>st</sup> Wednesday of the month at Select Hospital. Remember to RSVP to Kay so we can order food.
- **General Meetings** are on the 3<sup>rd</sup> Wednesday of the month at Disciples Christian Church. Remember to RSVP to Kay, so we can order food. (There are two exceptions, June and August--our picnic and anniversary dinner will be on the 3<sup>rd</sup> Wednesday but at different locations.)
- **Outings** are on the 4<sup>th</sup> Wednesday of the month. Deb makes reservations. **This month we will be going out for lunch at Applebee's in Lyndhurst. 5658 Mayfield Rd, Lyndhurst, 44124 from 11:30 until 2:00.**

**On Thursdays we meet in Zoom for Bingo and/or Family Feud****Some Tuesdays we will meet in Zoom for Extra Meetings**

(Example: Talks on New Services, Zoom Lunch, and the Board Meeting).  
(See the calendar above for details.)

## MARCH: ZOOM CAREGIVER MEETING

Sue and Geri kindly facilitated this meeting. Here are the topics that we talked about:

- Geri received a request from Athersys (a Cleveland biotech company) to get volunteers to participate in videos that they are making for May's Stroke Awareness Month. They are looking for perspectives from as patients, family members, friends, and caregivers. Geri also asked the members who participate in our other Zoom meetings for their participation. If you would like to add your name, contact Geri.
- Deena Barrett is the Vice President of the Stroke Club and as VP, her job is to schedule speakers for our General Meetings. Deena asked if the caregivers had any ideas for a speaker. If you have recommendations, please contact Deena.
- Someone suggested that we contact an estate lawyer to talk to us about wills and finance management. (Financial management is especially important for persons who need long-term care.) Neerja suggested Laurie Steiner of Solomon, Steiner, and Peck.
- Someone suggested that we ask the Office on Aging or Benjamin Rose Institute to talk to us.
- Kay said that she needed new fire detectors. She said she called the fire department in her city and they came out and installed new ones at no cost. Reminder: it's time to test your fire detectors and replace batteries.
- We talked about the life alert gadgets to notify people if you fall. Someone recommended the Kanega watch that will automatically detect a fall. You can learn more at:
  - <https://www.unaliwear.com/product/kanega-watch/>



## MARCH: ZOOM SURVIVOR MEETING

Deb, Linda, and Geri facilitated this meeting. We had a great discussion. Our notes are extensive, so we posted them on our website. You can pick them up at: [www.clevelandstrokeclub.org](http://www.clevelandstrokeclub.org) and select the link to newsletters, flyers, and calendars. In addition, Jean Nisenboum, allowed us to post her slide show on Heart Health.

- We talked about the **joys of being a grandparent**. Marge said she had a new grandbaby and just loved holding the baby. Damon said that he was expecting to be a granddad for the first time in a few days. And then we went around the Zoom room sharing experiences. See our grandbabies at the end of this newsletter.
- Jean gave us her slide show on Heart Health and that is on the Web. **We talked about heart-healthy exercise.** Marge said that she really wanted to start swimming again. Damon and Linda are swimmers and they suggested their **favorite wheelchair accessible indoor pools**. Deb said that Malcolm and Neerja also like to swim and she had more information about accessible pools. The list is on the web by this newsletter and we will put it in the upcoming resource list. Linda P. suggested exercises on the AARP website and Geri suggested Zoom chair yoga. If you have a favorite gym and pool that is not on the list, please let us know.
- Marge said that she really wants to walk again and she asked John about the **walking study** he participated in. For more info contact: [www.Cionic.com](http://www.Cionic.com) Vice President: Brian Kolonick 216-225-5614
- Marge said that she really wanted hand dexterity, so she is learning to play the piano. Malcolm also plays.

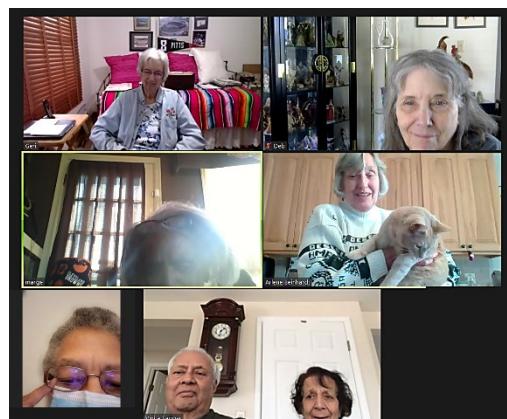
## OTHER MARCH ZOOM MEETINGS

**BINGO AND FAMILY FEUD** Kay kindly contributed her notes: On March 9, 2023, the Cleveland Stroke Club held its version of Family Feud with a St Patrick's Day theme. We learned a few St Patrick's Day facts - The first confirmed St Patrick's Day parade was held in 1762 in New York City, while the first recognized parade in Ireland did not happen until 1903. Eleven people participated in this session, with Gary and Paulette showing off their St Patrick's Day attire. Other participants were Arlene, Charles, Debi, George, Harsha, Maggie, Nelly, Rick, and Shirish.

We all put on our virtual green thinking caps, and gathered our St Patrick's Day thoughts. We knew that shamrocks, leprechauns, rainbows, and pots of gold were all associated with St Patrick's Day, as well as -- GREEN BEER! On March 17, we will eat Corned beef, Cabbage, Potatoes, Green Cookies, Shamrock Shakes, and, of course, GREEN BEER! We had Good Luck, Beginner's Luck, Tough Luck, and were Out of Luck. We did have a great time, and lots of laughs. Join us on Thursday, April 13, and try your luck.

(Editor's Note: Sorry, no pics, I messed up!)

**ZOOM LUNCH** Geri kindly shared her notes. Seven people joined us for Zoom lunch on the 21<sup>st</sup>. We welcomed Louie and then talked about these topics: the weather, grandchildren, sports, Speak Easy, driving following stroke, cataract surgery, lucky to have found a housekeeper, Raj and Vinita's trip to Cincinnati and the Speak Easy choir. Linda popped into the lunch while she was waiting room for cataract surgery...she reported later that her surgery was a success. Arlene treated us to a baking lesson while she made Danish rolls right before our eyes. Who needs the Food Network? They turned out beautiful.

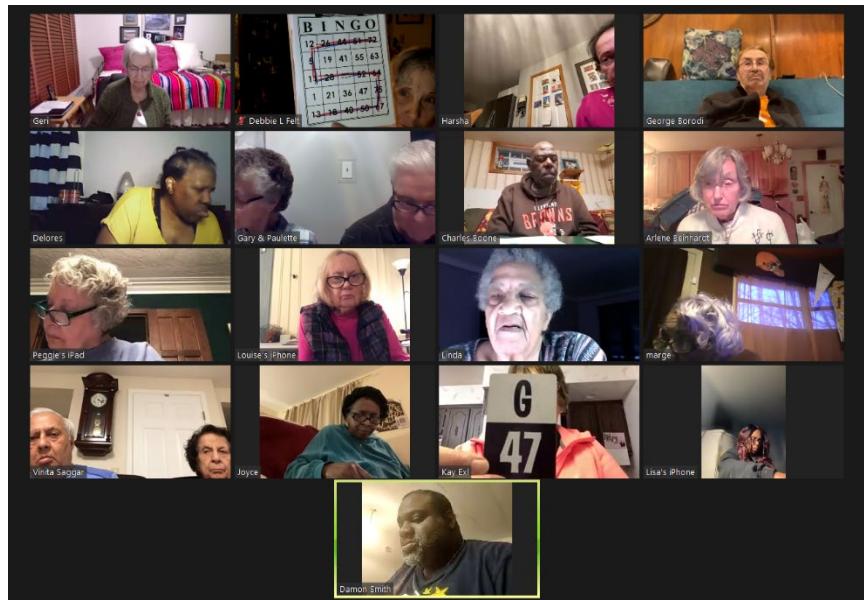


## MARCH BINGO

We always have a great time in Bingo. Here we played the letter "S". Kay held up cards, Linda called, and Geri recorded.

Recently, we have had **problems with Zoom**, in big groups—the pictures of some members flicker and flash. This will correct it:

1. Select the up-arrow on the “Video” icon-- at the lower left of the computer screen.
2. Select the last line, “Video Settings...”
3. Select the last button “Advanced”
4. **Uncheck** the check-box in the first line: “Optimize video quality with de-noise”
5. Restart Zoom.



**BITS- n' -PIECES**

By Dan S.



**The Ohio Theatre** is a theater on Euclid Avenue in downtown Cleveland, Ohio, part of Playhouse Square. The theater was built by Marcus Loew's **Loew's Ohio Theatres Company**. It was designed by Thomas W. Lamb in the Italian Renaissance style and was intended to present legitimate plays. The theater opened on February 14, 1921, with 1,338 seats. The foyer featured three murals depicting the story of Venus, and the balcony contained paintings of Arcadia. Throughout the 1920s, the Ohio had a stock company and hosted traveling Broadway plays.

In 1935, the theater was redecorated in an Art Deco style and transformed into a supper club called the Mayfair Casino. The owners hoped to turn the establishment into an actual casino, but since gambling was not allowed in Ohio, the Mayfair closed in 1936. The Loew's Theatres chain reopened the Ohio in 1943 as first-run movie theater. A 1964 lobby fire also damaged the auditorium interior. The theater was reopened again after the lobby was rebuilt along modern lines. The auditorium was painted red to hide smoke damage. Decreasing patronage caused the theater to close February 1969, along with the rest of the Playhouse Square theaters. Twice the Ohio and State Theatres were threatened with razing in order to build a parking lot; in 1972, when the buildings were saved by public outcry, and again in 1977. The Playhouse Square Foundation responded by obtaining a long-term lease for the theaters, and the Loew's Building was purchased by Cuyahoga County. In 1978, the Ohio was added to the National Register of Historic Places, along with the rest of the Playhouse Square group.

Article Source:

[https://en.wikipedia.org/wiki/Ohio\\_Theatre\\_\(Cleveland,\\_Ohio\)#/media/File:Ohio\\_Theater\\_Marquee.jpg](https://en.wikipedia.org/wiki/Ohio_Theatre_(Cleveland,_Ohio)#/media/File:Ohio_Theater_Marquee.jpg)

Pictures source: <https://accidentallywesanderson.com/places/mimi-ohio-theatre/>



**BOOK REVIEW**

By Carolyn D.

***I Will Find You***  
By Harlan Coben

A father tries to seek redemption for a crime that he did not commit. This book had so many twists and turns. I try to figure out “who done it” and I just couldn’t with this book. I give it 4 out of 5 stars.

**BEER COLUMN, ETC.**

By Dr. Roger Gulbranson



I tasted my first brew of the season, Hoegaarden. I think it's OK and Deb thinks it's sublime! My second brew is almost ready to drink. The third one is carbonating and almost ready to bottle. I ordered the ingredients for my last brew of the season, Saison Dupont. I'm on a roll.

**MOVIE REVIEW**

By Damon Smith

**CREED 3**

“After dominating the boxing world, Adonis Creed (Michael B. Jordan) has been thriving in both his career and family life. When a childhood friend and former boxing prodigy, Damian (Jonathan Majors), resurfaces after serving a long sentence in prison, he is eager to prove that he deserves his shot in the ring. The face-off between former friends is more than just a fight. To settle the score, Adonis must put his future on the line to battle Damian – a fighter who has nothing to lose. Creed III is the third installment in the successful franchise and is Michael B. Jordan’s directorial debut. this was the best movie of all 3 Creed movie franchise.” I give it 2 thumbs up.

**THE REUNION 2004**

By Jocelyn B.



The Reunion is a documentary film about the historic integration of Shaker Heights Grade School and High School. I was a member of the school and class that has played an important role in U.S. history and Cleveland history.

Here is a link to the movie: <https://www.youtube.com/watch?v=Zig4SVP7HmM>

Here is a link to the NPR review: <https://www.npr.org/2004/08/18/3857937/the-reunion-the-integration-of-shaker-heights>

**LORNA FUNG MEMORIAL FUND**

By Linda Davis

Speak Easy members love Lorna Fung and her whole family. Thank you for the gift!



**Philip Fung, Molly Fung-Dumm, Bryan Dumm**, and their friends and family created two funds—the **Lorna Fung Memorial Graduate Fellowship in Speech Language Pathology** and the **Fung Family Memorial Fund for Speech Language Pathology Initiatives**—in support of Speak Easy. (Source: art/sci magazine by Case Western Reserve University.)

Many of us know that Cleveland Hearing & Speech Center (CHSC) hosts, Jean Nisenbaum's Speak Easy Program. CHSC also hosts a Book Club and a Wed. Conversation Group for persons with aphasia. For more info, see the CHSC flyer on our website: [www.clevelandstrokeclub.org](http://www.clevelandstrokeclub.org) and select the link “Newsletters, Calendars, & Flyers.”

**Seniors With Anxiety Frequently Don't Get Help. Here's Why.**

By Pat Hill



By Judith Graham

March 10, 2023

Anxiety is the most common psychological disorder affecting adults in the U.S. In older people, it's associated with considerable distress as well as ill health, diminished quality of life, and elevated rates of disability. Yet, when the U.S. Preventive Services Task Force, an independent, influential panel of experts, suggested last year that adults be screened for anxiety, it left out one group — people 65 and older.

The major reason the task force cited in draft recommendations issued in September: "the current evidence is insufficient to assess the balance of benefits and harms of screening for anxiety" in all older adults. (Final recommendations are expected later this year.) The task force noted that questionnaires used to screen for anxiety may be unreliable for older adults. Screening entails evaluating people who don't have obvious symptoms of worrisome medical or psychological conditions.

"We recognize that many older adults experience mental health conditions like anxiety" and "we are calling urgently for more research," said Lori Pbert, associate chief of the preventive and behavioral medicine division at the University of Massachusetts Chan Medical School and a former task force member who worked on the anxiety recommendations. This "we don't know enough yet" stance doesn't sit well with some experts who study and treat seniors with anxiety. Dr. Carmen Andreeescu, an associate professor of psychiatry at the University of Pittsburgh, called the task force's position "baffling" because "it's well established that anxiety isn't uncommon in older adults and effective treatments exist."

"I cannot think of any danger in identifying anxiety in older adults, especially because doing so has no harm and we can do things to reduce it," said Dr. Helen Lavretsky, a psychology professor at UCLA. In a recent editorial in *JAMA Psychiatry*, Andreeescu and Lavretsky noted that only about one-third of seniors with generalized anxiety disorder — intense, persistent worry about everyday matters — receive treatment. That's concerning, they said, considering evidence of links between anxiety and stroke, heart failure, coronary artery disease, autoimmune illness, and neurodegenerative disorders such as dementia.

Other forms of anxiety commonly undetected and untreated in seniors include phobias (like a fear of dogs), obsessive-compulsive disorder, panic disorder, social anxiety disorder (a fear of being assessed and judged by others), and post-traumatic stress disorder. The smoldering disagreement over screening calls attention to the significance of anxiety in later life — a concern heightened during the covid-19 pandemic, which magnified stress and worry among seniors. Here's what you should know.

**Anxiety is common.** According to a book chapter published in 2020, authored by Andreeescu and a colleague, up to 15% of people 65 and older who live outside nursing homes or other facilities have a diagnosable anxiety condition. As many as half have symptoms of anxiety — irritability, worry, restlessness, decreased concentration, sleep changes, fatigue, avoidant behaviors — that can be distressing but don't justify a diagnosis, the study noted. Most seniors with anxiety have struggled with this condition since earlier in life, but the way it manifests may change over time. Specifically, older adults tend to be more anxious about issues such as illness, the loss of family and friends, retirement, and cognitive declines, experts said. Only a small fraction develop anxiety after turning 65.

**Anxiety can be difficult to identify in older adults.** Older adults often minimize symptoms of anxiety, thinking "this is what getting older is like" rather than "this is a problem that I should do something about," Andreeescu said.

(Continued on next page.)

## Seniors With Anxiety Frequently Don't Get Help. Here's Why, Continued



Also, seniors are more likely than younger adults to report “somatic” complaints — physical symptoms such as dizziness, fatigue, headaches, chest pain, shortness of breath, and gastrointestinal problems — that can be difficult to distinguish from underlying medical conditions, according to Gretchen Brenes, a professor of gerontology and geriatric medicine at Wake Forest University School of Medicine.

Some types of anxiety or anxious behaviors — notably, hoarding and fear of falling — are much more common in older adults, but questionnaires meant to identify anxiety don't typically ask about those issues, said Dr. Jordan Karp, chair of psychiatry at the University of Arizona College of Medicine in Tucson. When older adults voice concerns, medical providers too often dismiss them as normal, given the challenges of aging, said Dr. Eric Lenze, head of psychiatry at Washington University School of Medicine in St. Louis and the third author of the recent JAMA Psychiatry editorial.

Simple questions can help identify whether an older adult needs to be evaluated for anxiety, he and other experts suggested: Do you have recurrent worries that are hard to control? Are you having trouble sleeping? Have you been feeling more irritable, stressed, or nervous? Are you having trouble with concentration or thinking? Are you avoiding things you normally like to do because you're wrapped up in your worries?

Stephen Snyder, 67, who lives in Zelienople, Pennsylvania, and was diagnosed with generalized anxiety disorder in March 2019, would answer “yes” to many of these queries. “I'm a Type A personality and I worry a lot about a lot of things — my family, my finances, the future,” he told me. “Also, I've tended to dwell on things that happened in the past and get all worked up.”

**Treatments are effective.** Psychotherapy — particularly cognitive behavioral therapy, which helps people address persistent negative thoughts — is generally considered the first line of anxiety treatment in older adults. In an evidence review for the task force, researchers noted that this type of therapy helps reduce anxiety in seniors seen in primary care settings. Also recommended, Lenze noted, is relaxation therapy, which can involve deep breathing exercises, massage or music therapy, yoga, and progressive muscle relaxation.

Because mental health practitioners, especially those who specialize in seniors' mental health, are extremely difficult to find, primary care physicians often recommend medications to ease anxiety. Two categories of drugs — antidepressants known as SSRIs (selective serotonin reuptake inhibitors) and SNRIs (serotonin-norepinephrine reuptake inhibitors) — are typically prescribed, and both appear to help to older adults, experts said.

Frequently prescribed to older adults, but to be avoided by them, are benzodiazepines, a class of sedating medications such as Valium, Ativan, Xanax, and Klonopin. The American Geriatrics Society has warned medical providers not to use these in older adults, except when other therapies have failed, because they are addictive and significantly increase the risk of hip fractures, falls and other accidents, and short-term cognitive impairments.

[khn.org/news/article/seniors-anxiety-disorder-screening-mental-health-navigating-aging/](http://khn.org/news/article/seniors-anxiety-disorder-screening-mental-health-navigating-aging/)

Submitted by Pat Hill 216-570-9236, [pthmba@att.net](mailto:pthmba@att.net)

## VIDEO ABOUT COMMUNICATING WITH PEOPLE WITH DEMENTIA

By Sue Sheridan

I know that some of us have loved ones who are suffering from dementia or Alzheimer's. This is a video of a speech therapist training nursing home staff to communicate effectively with persons with memory loss. As a nurse, who worked in nursing homes, I thought this was helpful.

[https://www.youtube.com/watch?v=0BIZF\\_4EKp4](https://www.youtube.com/watch?v=0BIZF_4EKp4)



**PRECIOUS MEMORIES BY A PROFESSIONAL AUNTIE!**

By Jocelyn B.



For this special submission, I am not a mom, but I had that special childhood friend who God blessed with a very beautiful and talented daughter. I gave her baby a name of endearment "The Sugardoll". Her legal name is Shannon Kimberly. She grew up with a host of her mother's friends known as the Village. I was honored to be an included beacon.

I am still astonished to think that my friend trusted her "most irresponsible" friend with her daughter. However, I always received clear instructions from a wee-one with the opening phrase, "Mommy said...!" I can give young Sugardoll credit for my enhanced spelling skills and awareness that talking in code was not always the best approach. Her mom and I were always forced to chuckle in private following her quick comprehension! The Sugardoll would shock us with her words of wisdom. Before my 1995 wedding day, she cautioned her mom to advise me not to wear my oversized tinted glasses under my veil. Priceless!

Looking back my Village responsibilities included, the date night babysitter, Saturday Karamu dance class and years later, college tour uber driver. Looking back, I witnessed her themed birthday parties, first pair of baby glasses, teen years contact lenses fitting, mechanical dog gifting, prom night, college send off, first apartment open house and first car purchase. I was told that I walked around her new vehicle, touched it, and offered the prayer of traveling grace and unlimited safety. Many miles, relocations and years later she just purchased a new car.

Shannon is all grown up and educated. Being proud is not an adequate account to describe my admiration for her consistent growth and professional development. She is a natural leader and difference maker! Way to go, Sugardoll!

**FIRST TIME GRANDPARENT**

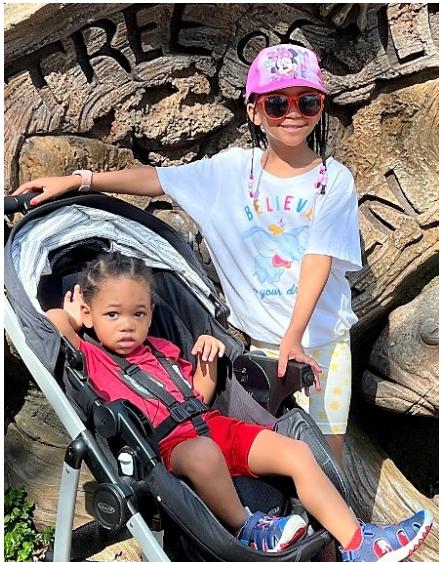
By Damon S.



Bring a grandparent for the first time is still surreal. It didn't quite settle in, yet till she was born. She'll be in the NICU for at least one month. Baby Nalani was born at 1:40 am 3/23/23. My daughter, Nasya, is doing well. ❤️🙏

Baby Nalani is 3.1 pounds and 16 1/2 inches.



**OUR AMAZING GRANDCHILDREN!**

Harsha &amp; Shirish's grandchild.

Jarmellia's grandchildren.

John and Mary's grandchildren.



Marge and Ernie's great grandchildren



Rick and Laura's grand-twins! 3/9/23

3/11/23

**OUR AMAZING GRANDCHILDREN!**

Kathleen and Ralph and their daughter and grandchildren recently at Edisto Island



Arlene and John's grandchildren

Raj & Vinita's granddaughters



Gary and Paulette's granddaughter & grand pets

**PUZZLE: Happy Words for April**

By Brenda Koos

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

*(Use every letter and word only once.)*

Action	Better	Brighten
Cheerful	Clear	Colorful
Conviviality	Fabulous	Nourishment
Openness	Opportunity	Renew
Serenity	Space	Tranquil
Trust	Vitality	

Make your own puzzle here:

<https://puzzlemaker.discoveryeducation.com/word-search>

**“THE TURN”, ACCESSIBLE GOLF PROGRAM, OPEN HOUSE: APRIL 15<sup>th</sup>, 10AM–Noon**

The Turn is a golf program for persons with accessibility limitations. The program is sponsored by the PGA and hosted at the North Olmsted Golf Course. The Turn is sponsoring an open house on April 15<sup>th</sup> at 10:00 AM until Noon at The Wharton Center, North Olmsted, OH 44107. For further information, call: 440-686-1077 or send email to: [info@jointheturn.org](mailto:info@jointheturn.org) or go to: <https://www.facebook.com/events/750057953207048>

For more information see: <https://www.jointheturn.org/> and <https://www.northolmstedgolfclub.com/the-turn/>



Anna bought a new Harley on St. Pat's Day.



Gary celebrates his 29<sup>th</sup> ... with his family.



Bill and Sue's family at a recent wedding. 

## Cleveland Stroke Club Membership Form

May 2023- 2024

Dear Members: Your 2023-24 Cleveland Stroke Club membership is due by May 15, 2023. 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 \_\_\_\_\_

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**Home Phone Number** \_\_\_\_\_ **Cell Phone Number** \_\_\_\_\_

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Cell Phone Number

e-mail address \_\_\_\_\_

Birthdays (month and day):

#### 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.