

ReFocus May



ORIGINAL ART

By Jim Scanlon

A REPORT OF THE CLEVELAND STROKE CLUB

May 2023

Cleveland Stroke Club
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*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 May 3rd from 6:30-8:30
Plus Zoom Link for our Break-Out sessions from 7:30—8:30

General Meeting, In-Person
Wednesday, May 17th from 6:30-8:30
Topic: Medicare Changes by Pat Hill

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, & papers are online: www.clevelandstrokeclub.org. See more info. about this month's meetings in the ReFocus.

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

Founder
Bill Pitts

EXECUTIVE DIRECTOR
Geri Pitts
330-975-4320

Executive Director & Editor
Emeritus
Dorothy Norton

Board Committees

Public Relations
Chairperson Sue Sheridan

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
Marge Robinson
Damon Smith

ReFocus Editor
Deb Felt

FROM THE DESK OF THE EXEC. DIRECTOR

By Geri Pitts



We've had two successful in-person meetings thanks to our volunteers and we're going full speed ahead with plans for others. Some get-togethers require more workers than others and we know we can always count on you for help. For example, our picnic which is approaching on June 21. See our picnic flyer that's included in this ReFocus Newsletter.

Our Zoom meetings continue to be popular, bringing bingo and Family Feud to our members. We had an extra Zoom meeting when we invited **Fyzical Therapy and Balance** to speak to us. **Jennifer D'Aurelio** and **Morgan Kilper, PT** provided this information: Following stroke, what affects recovery; signs of stroke; every 11 seconds older adults are treated for falls; how a PT can help to rehab your brain; the correct way to stoop and pick up something, the correct way to go up and down stairs with or without a cane; the correct way to stand from a seated position because this ability helps maintain your independence.

We recorded their presentation. You can watch it by going to our website: www.clevelandstrokeclub.org and clicking on the arrow in the blue box on our home page to view the recorded session. They are located at 25955 Detroit Road, Suite 16 in Westlake. For more information call 440-385-7278.

As always, we had four bingo nights with the help of **Kay, Arlene and Linda**. Winners for April were: **Arlene, Paulette, Vinita, George, Linda D., Harsha, Gary, Delores, Joyce, Maggie, Charles, Jarmelia, George, Raj, Ila, Rick, Marge, and Louise**.

It's time to pay dues for the coming year 2023-2024. A membership form is attached. It's really important to keep current with your dues and we are trying hard to keep the amount low so that you can be a paid member with a stake in the club. Dues are still \$8 per person per year.

You will be pleased to hear that all of your officers have agreed to another year of service. We will have our annual election of the Board on our May 17th meeting.

President – Linda Davis
Vice President – Deena Barrett
Treasurer – John Pumper
Secretary – Kay Exl

The above volunteers comprise your slate of officers for the 2023-2024 year. If anyone is interested in serving as an officer or on a committee, please let me know. Also, these volunteer committee chairpersons, assistants and facilitators have also agreed to continue working for your Cleveland Stroke Club.

Assistant to the President and Phone Caller – Linda Pfeffer
Facilitators of Caregiver Meeting – Sue Sheridan & Joanne Bergole
Facilitator of Survivor Meeting – Jean Nisenboum
Membership and Phone Chairperson – Kay Exl
Secretary to the Board – Sue Sheridan
Volunteer Coordinator – Shirley Patterson
Assistant Treasurer is open, do we have a volunteer?

MAY HOLIDAYS

- 1 May Day
- 4 Star Wars Day
- 5 Cinco De Mayo
- 6 Kentucky Derby
- 7 World Laughter Day
- 14 Mother's Day
- 15 Chocolate Chip Day
- 20 Armed Forces Day
- 23 World Turtle Day
- 24 Nat'l Brother Day
- 25 Nat'l Wine Day
- 28 Nat'l Burger Day
- 29 Memorial Day

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

May is National Stroke Awareness Month

MAY WISHES
Happy Birthday

Sandy Russell	5/1
Jarmellia Armwood	5/3
David Smith	5/4
Ajay Ladanyi	5/5
Shirish Engineer	5/8
Dottie Norton	5/9
Jene Wilson	5/9
Cynthia McCreary	5/11
Mark Donohoe	5/14
Charles Boone	5/15
Mason Camp	5/15
Denise Sager	5/16
Paula Colston	5/17
Ernest Robinson	5/17
Edward Jennings	5/19
Carl Wendorff	5/23
Roberta Wallace	5/27
Regina Bolden	5/28
John Beinhardt	5/30
Mario Houston	5/30
Berk Cindy	5/30

Happy Anniversary

Marge & Ernest Robinson
5/16/1982

Jean & Frank Nisenboum
5/24/1981

Roberta Wallace
5/27/1986

Deepest Sympathy
Jackie Patterson's friend
passed away after a stroke.

MAY MEETING CALENDAR

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

5/3	Caregivers/Survivors	6:30 – 8:30	1st Wednesday of Mo. in person at Select Medical Hospital, 11900 Fairhill Blvd., Cle., 44120
5/3	Caregiver/Survivor	7:30 – 8:30	1st Wednesday in Zoom
5/4	Bingo	6:30 – 8:00	1st Thursday in Zoom
5/11	Bingo	6:30 – 7:00	2nd Thursday in Zoom
5/11	Family Feud	7:00 – 8:00	2nd Thursday in Zoom
5/16	Zoom Lunch	Noon – 2:00	3rd Tuesday in Zoom
5/17	General Meeting	6:30 – 8:30	3rd Wed. every mo. in person at Disciples Christian Church 3663 Mayfield Rd., CLE Hts., 44121 (Bingo at 5:30, Dinner at 6:30)
5/18	Bingo	6:30 – 8:00	3rd Thursday in Zoom
5/23	Board Meeting	4:00 – 5:00	4th Tuesday on Zoom
5/24	Outing/Luncheon	11:30 – 2:00	4th Wednesday in person Winking Lizard, Bedford Heights 25200 Miles Rd Unit #1, Bedford Heights, OH 44146
5/25	Bingo	6:30 – 8:00	4th Thursday in Zoom

FROM THE DESK OF OUR PRESIDENT

By Linda Davis



I hope everyone is taking advantage of the few spring days we had. As the weather get warmer, we can look forward to more outdoor events.

We hope to see you at the next luncheon. So you can plan ahead, we will try to schedule the luncheon's on the 4th Wednesdays of the month. We try to get seated at about 11:30, so we beat the lunch rush.

**This month we will be going out for lunch at:
Winking Lizard, Bedford Heights, 25200 Miles Rd Unit #1,
Bedford Heights, OH 44146**

The restaurant is wheelchair accessible. There are chairs inside the door for drop off. If you are taking paratransit, the restaurant opens at 11:30. If it is a nice day, we can sit outside on their beautiful patio, so bring sunglasses, hats, and/or jackets. Any questions, call Deb at: 440-289-9192.

CHARLES DEFOREST MEMORIAL

Charles DeForest Memorial will be held on:

- Saturday May 27th at 1:00 PM
- At Peace Lutheran Church 3740 Mayfield Rd. Cleve. Heights Ohio 44121
The church is located on the east side of Severance Town Center (about 4 blocks east of Disciples Christian Church on Mayfield Road.)
- Phone: 216-382-4545. Office Hours (9:00am -1:00pm Monday through Friday)
- For more info: Pastor Jessica Shields. Email: peacepastorshields@gmail.com
- The Church is wheelchair accessible and has an elevator to the entrance of Fellowship Hall.

IT'S A MATTER OF THE MINUTES!**Notes from Last Month's Meeting**

By Bonnie Morris



Those people fortunate enough to be able to attend the **April 19, 2023**, meeting of the Cleveland Stroke Club were treated with an evening of pleasant company, wonderful food, and an interesting presentation on the care of our feet by an expert in the field, **Jenifer Vanek, RN**, is the owner of **Reliable Nurse Foot Care**, www.RNFootcare.com, (216)-956-0293. The evening began with an entertaining round of Bingo. **Arlene** and **Nelly** presided over the game, with adeptness and grace. Games were followed by a delicious meal of fresh vegan pasta (a white sauce pasta was available for those with tomato allergies), and sides of meatballs, salad, garlic bread and dessert. Thanks go to all who made this part of the evening so successful! Special thanks to **Joyce, Peggie, Vinita, Raj, Sue, Joanne, and Roger**, who came early to help us set up. Our business meeting was brief; **Geri** announced that our talented officers have volunteered to continue their duties for another year and **Shirley** led us in a **HAPPY** "Happy Birthday" song to our members with April birthdays. **Linda** introduced our new members: **Sharrie Solomon, Dave and Sue Zabo, and Alma Streeter and her friend**. The room was packed; we counted 47 members who were mingling and genuinely happy to break out of winter hibernation!

We were blessed to have **Jenifer Vanek** as our guest speaker. She is only one of ten nurses in Ohio specializing in foot care. I loved her quote of the day: "If you don't take time for your wellness, you will be forced to make time for your illness." Very apt!!! She stresses routine health screenings and preventative health. Check your feet regularly, paying attention to your skin, nails, and spaces between the toes and take your shoes off at your primary care visits, so the doctor will examine your feet. When moisturizing your feet, do not do so between the toes. Moisture in warm moist spaces between toes can lead to open skin and infections! Never use hot water or chemicals on your feet. There are twenty-six bones in each of your feet, so protect them and the muscles and ligaments that hold them together. The best time to try on shoes is in the evening. Use a mirror to examine your feet if you cannot reach them or cannot see them well. **Jenifer was very gracious** in answering all of our questions, and we thank her a lot for sharing her time and her expertise with us. It was a very relaxing, enjoyable, and informative evening!!

LAST MONTH'S: CAREGIVER AND SURVIVOR MEETING

Although the weather forecast was terrible, we had a full house at our first in-person caregiver/survivor meeting of 2023. **Food for Thought** catered an excellent cobb chicken hot dish. We brought a vegetable and a fruit salad. **Kay** brought the desserts and our newest members brought macaroons!

Many thanks to **Linda and Joyce** who helped set-up the party. And **Kay, Shirley, and Jackie** who helped break-down the party.

In the Caregiver meeting we introduced the new members and empathized with their transition. In the words of **Ralph**, "the first two years post-stroke are hell and then it gets better every single day." Everyone agreed. Because of the weather, **Geri** and **Sue** attended via Zoom and **Shirley** kindly facilitated the meeting. **Kay** said, "It was one of our best meetings, we laughed, we cried, and we felt really good by the end."

In the Survivor meeting, our new grandfathers (**Damon** and **Rick**) bonded and discussed the joys of twins while the rest of the room just nodded and smiled at the newfound brothers from a different mother. We went around the room showing each other pics of our grandchildren – from the last newsletter -- while telling stories about them. Then we talked about our favorite food, driving after the stroke, and our favorite travel spots. **Linda** said of the meeting, it was great to get to know each other better. One member confided that she was very active her whole life with kids, friends, and traveling-- all the while she had recovered from cancer and hip & knee replacements. But now, after the stroke, she can't even get out of bed by herself -- and that, for her, is most heartbreak aspect of stroke. Editor's note: she is my hero--she recently mastered her scooter and is achieving independence again.

ZOOM MEETINGS FROM LAST MONTH

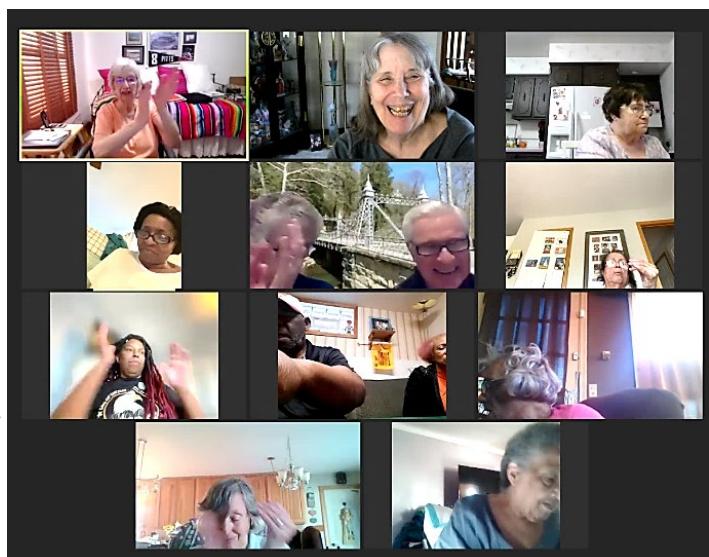
BINGO AND FAMILY FEUD Kay kindly contributed her notes: The April 13, 2023 Cleveland Stroke Club version of Family Feud had 10 participants - Arlene, Debbie, Debi, Delores, Gary, Harsha, Joyce, Linda, Lisa, and Paulette. This group was able to complete all 10 questions because they were thinking along the lines as the original players. We all thought that the world would have been a better place if Noah had left tarantulas, rats, crocodiles, and skunks off the ark. We know that squirrels have nightmares about cats and dogs, about getting run over by a car, and about finding NO nuts. It was a fun evening. Join us on Thursday, May 11, for our next session of Family Feud.

ZOOM LUNCH Geri kindly shared her notes. Six of us showed up for our Zoom lunch. Kay even joined us from Oregon and introduced us to her Oregon grand dog. Isn't Zoom great? Despite the small number, there was lots of conversation. This is what we talked about while we ate our lunches: Hats, sturdy women's dress shoes, newspapers delivered late, lack of papers delivered at home every day, small dogs, rescue dogs, sensitivity to elastic, sports bras, how to access the ReFocus on-line, hospital basement testing rooms, blood tests in small, narrow veins, outfitting a grandson for prom clothes and the beep in Linda's house (no more). Join us on May 16 for our next Zoom lunch and you, too, can be a part of the conversation.

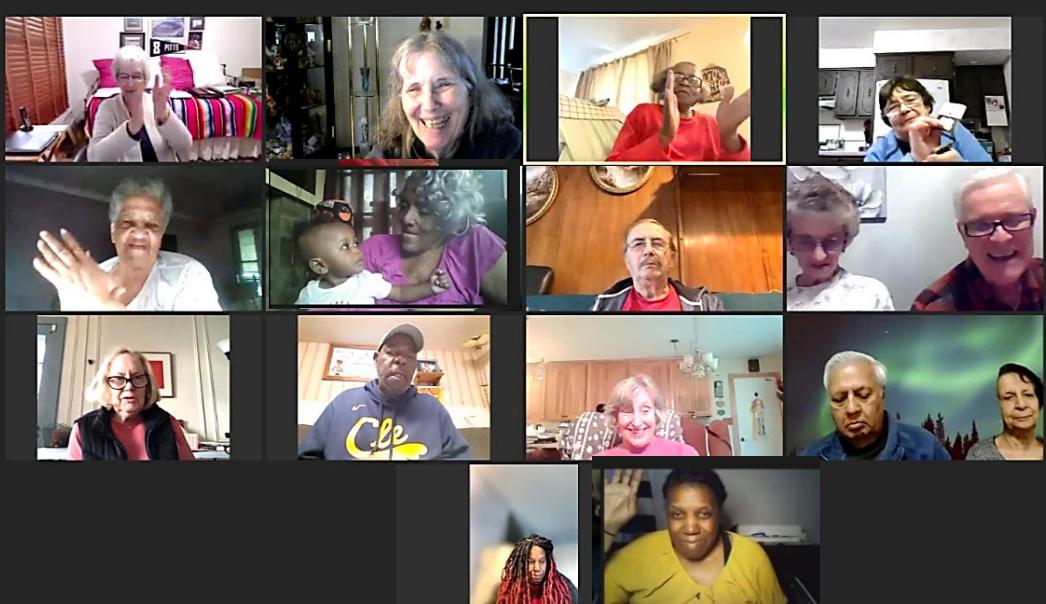


April Zoom Lunch

Family Feud

**BINGO**

Marge introduced us to her youngest great grand baby and Delores won another game!



MAY IS STROKE AWARENESS MONTH: NEW STROKE RESOURCES**New Stroke Videos that are excellent.**

- Norton Health Care: Stronger After Stroke Podcast: The Emotional Roller Coaster – Life After Stroke
<https://nortonhealthcare.com/services-and-conditions/neurosciences/services/stroke-faqs/patient-resources/stronger-after-stroke-podcast/>
- Minnesota Department of Health Monthly Education Series: Stroke Awareness Month
<https://www.youtube.com/watch?v=57J6r8VRII>
- American Heart Association: <https://www.heart.org/en/professional/quality-improvement/get-with-the-guidelines/get-with-the-guidelines-stroke/national-stroke-month-2023>

Acupuncture. Several of our members have gained relief from acupuncture. Their favorite acupuncturist, Henry, retired and Ralph and Kathleen are recommending Dr. Eric Snyder. He charges \$75 per visit. His address is 8900 Darrow Rd Unit H102 Twinsburg OH 44087 (behind the Taco Bell almost at the 480 ramp to 91). His phone number is: (330) 620-0865. His email address is: ericsnyderlac@gmail.com.

New Book on Aphasia. *The Suspect Speaker: The frustrations and the blessings of life with aphasia* (The Suspect Speaker series) Paperback – March 8, 2021. Sold on Amazon in paperback and for the Kindle.

Speech Therapy Meets Aphasia-Friendly Games A group of people came together to create three video games aimed at helping people with aphasia restore language. Aphasia Games for Health pairs gorgeous visuals with helpful exercises, bringing together the expertise of game designers, speech-language pathologists, and members of the aphasia community. There are currently three games that can be downloaded for free on the site.

<https://www.aphasia.org/stories/speech-therapy-meets-aphasia-friendly-games/?fbclid=IwAR0BxBwc4vne8yMpunxvJ2cBY5uTo9g4CW3eEl38yMngJEvX7XzxCMSVQ>

New Article: *This Revolutionary Stroke Treatment Will Save Millions of Lives. Eventually.* March 1, 2023 (New York Times) – <https://bioethics.com/archives/68671>

Exercise Bicycle Our member, Barbara Cox, got a new exercise bike that she really likes. She said it has helped her with her gait. You can learn more about it, here: <https://myolyn.com/>

UH Stroke Support Group Meets on the 2nd Tuesday of each month from 5 to 6pm at 2333 Harvard Rd., Beachwood, OH 44122. For more info call: 216-593-2200. Flyer is on our website, see info below.*

New Stroke Rehabilitation Studies. Researchers at the Cleveland Electrical Stimulation (FES) Center located in the Louis Stokes VA Medical Center are recruiting participants for Stroke Rehabilitation Studies. For more information, contact the Stroke Rehabilitation Research team at: 216-791-3800 ext. 63830.

<https://fescenter.org/research/clinical-trials/> Flyer is on our website. See info below.*

New Stroke Arm & Hand Study at MetroHealth. For more info call: (216) 778-5347 or send an email to: strokeresearch@metrohealth.org. Flyer is on our website, see info below.*

New Shoulder Pain Study at Metro Health. Contact Krinten Hansen khansen1@metrohealth.org 216-957-3584. Flyer is on our website. See info below.*

***All Stroke Study and Stroke Club flyers are on our website: www.clevelandstrokeclub.org**

Select the red link to Newsletters, Calendars, and Flyers.

This month's flyers are under the May 2023 ReFocus and Calendar.

BEER COLUMN, ETC.

By Dr. Roger Gulbranson



I am going to brew my Saison Dupont this week. It's my last brew of the season. It will be nice to enjoy my beers this summer.

COVID BOOSTER SHOTS

By Dr. Roger Gulbranson

We just went to the doctor and he said that Covid is still a problem. The CDC is recommending that people with vulnerable health status get another booster. Here's the info: [https://www.cdc.gov/media/releases/2023/s0419-covid-vaccines.html#:~:text=CDC%20recommends%20that%20everyone%20ages,their%20\(monovalent\)%20primary%20series.](https://www.cdc.gov/media/releases/2023/s0419-covid-vaccines.html#:~:text=CDC%20recommends%20that%20everyone%20ages,their%20(monovalent)%20primary%20series.)

GATHERINGS FROM PRECIOUS MEMORIES

By Jocelyn B.

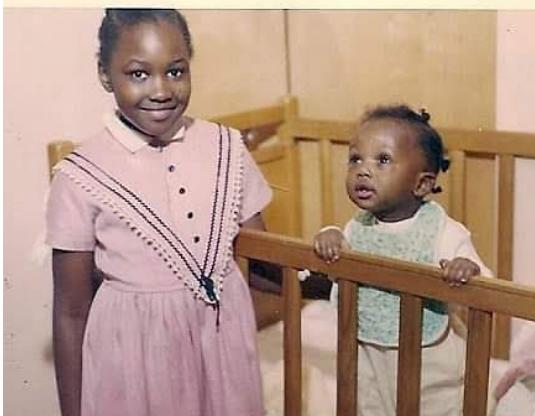


In the past year, I have experienced a lot of deaths in my personal, church and professional circles. I have been depressed because I was unable to join my family, friends, and colleagues at the various memorial services. Because of the advancements in digital technology, I was able to either see live stream services on Facebook or receive a digital copy of the obituary.

Refocus Family, I have never given much thought to an obituary aiding in my memory replacement, but such printwork has been impactful. The trending published collages and select poems really assist in determining for me my time travel, milestones and relationships. I am able to recognize family rituals, memories of past date nights, clothing trends, hair styles, color combinations, locations, cars, interior design and art, events and tributes that I may have been involved in or just appreciated the significance. Having a printed obituary or an email copy is a huge source of lifestyle clarity. Pictures featured as Polaroids, in black and white, sepia, faded or cracked, this collective sharing would speak volumes to me.

I have a favorite picture (shown) with my Number One Nephew. Every time I look at us back then, I remember another fact about our growing up together. He patiently helps me recall those missing pieces of my life that because of the strokes, I had totally forgotten.

He recently reminded me that I used to sew. Hitting that hibernating recall button, he had great details for me. I was tall and made almost all of my clothes after taking 7th grade home economics. Mom brought me a sewing machine that traveled with me to college. I was able to secure that tall girl fit (e.g. legs and arms), recreate 70s styles, make gifts, simple room decorations, and window treatments just by using a Butterick, Simplicity or Vogue pattern. Thanks Nephew!



Fatigue is Common Among Older Adults, and It Has Many Possible Causes

By Pat Hill

By Judith Graham

April 4, 2023



Nothing prepared Linda C. Johnson of Indianapolis for the fatigue that descended on her after a diagnosis of stage 4 lung cancer in early 2020. Initially, Johnson, now 77, thought she was depressed. She could barely summon the energy to get dressed in the morning. Some days, she couldn't get out of bed.

But as she began to get her affairs in order, Johnson realized something else was going on. However long she slept the night before, she woke up exhausted. She felt depleted, even if she didn't do much during the day. "People would tell me, 'You know, you're getting old.' And that wasn't helpful at all. Because then you feel there's nothing you can do mentally or physically to deal with this," she told me.

Fatigue is a common companion of many illnesses that beset older adults: heart disease, cancer, rheumatoid arthritis, lung disease, kidney disease, and neurological conditions like multiple sclerosis, among others. It's one of the most common symptoms associated with chronic illness, affecting 40% to 74% of older people living with these conditions, according to a 2021 review by researchers at the University of Massachusetts.

This is more than exhaustion after an extremely busy day or a night of poor sleep. It's a persistent whole-body feeling of having no energy, even with minimal or no exertion. "I feel like I have a drained battery pretty much all of the time," wrote a user named Renee in a Facebook group for people with polycythemia vera, a rare blood cancer. "It's sort of like being a wrung-out dish rag."

Fatigue doesn't represent "a day when you're tired; it's a couple of weeks or a couple of months when you're tired," said Dr. Kurt Kroenke, a research scientist at the Regenstrief Institute in Indianapolis, which specializes in medical research, and a professor at Indiana University's School of Medicine. When he and colleagues queried nearly 3,500 older patients at a large primary care clinic in Indianapolis about bothersome symptoms, 55% listed fatigue — second only to musculoskeletal pain (65%) and more than back pain (45%) and shortness of breath (41%).

Separately, a 2010 study in the Journal of the American Geriatrics Society estimated that 31% of people 51 and older reported being fatigued in the past week. The impact can be profound. Fatigue is the leading reason for restricted activity in people 70 and older, according to a 2001 study by researchers at Yale. Other studies have linked fatigue with impaired mobility, limitations in people's abilities to perform daily activities, the onset or worsening of disability, and earlier death.

What often happens is older adults with fatigue stop being active and become deconditioned, which leads to muscle loss and weakness, which heightens fatigue. "It becomes a vicious cycle that contributes to things like depression, which can make you more fatigued," said Dr. Jean Kutner, a professor of medicine and chief medical officer at the University of Colorado Hospital.

To stop that from happening, Johnson came up with a plan after learning her lung cancer had returned. Every morning, she set small goals for herself. One day, she'd get up and wash her face. The next, she'd take a shower. Another day, she'd go to the grocery store. After each activity, she'd rest.

In the three years since her cancer came back, Johnson's fatigue has been constant. But "I'm functioning better," she told me, because she's learned how to pace herself and find things that motivate her, like teaching a virtual class to students training to be teachers and getting exercise under the supervision of a personal trainer.

When should older adults be concerned about fatigue? "If someone has been doing OK but is now feeling fatigued all the time, it's important to get an evaluation," said Dr. Holly Yang, a physician at Scripps Mercy Hospital in San Diego and incoming board president of the American Academy of Hospice and Palliative Medicine. (Continued on next page.)

Fatigue Is Common Among Older Adults..., Continued



“Fatigue is an alarm signal that something is wrong with the body but it’s rarely one thing. Usually, several things need to be addressed,” said Dr. Ardeshir Hashmi, section chief of the Center for Geriatric Medicine at the Cleveland Clinic.

Among the items physicians should check: Are your thyroid levels normal? Are you having trouble with sleep? If you have underlying medical conditions, are they well controlled? Do you have an underlying infection? Are you chronically dehydrated? Do you have anemia (a deficiency of red blood cells or hemoglobin), an electrolyte imbalance, or low levels of testosterone? Are you eating enough protein? Have you been feeling more anxious or depressed recently? And might medications you’re taking be contributing to fatigue?

“The medications and doses may be the same, but your body’s ability to metabolize those medications and clear them from your system may have changed,” Hashmi said, noting that such changes in the body’s metabolic activity are common as people become older. Many potential contributors to fatigue can be addressed. But much of the time, reasons for fatigue can’t be explained by an underlying medical condition.

That happened to Teresa Goodell, 64, a retired nurse who lives just outside Portland, Oregon. During a December visit to Arizona, she suddenly found herself exhausted and short of breath while on a hike, even though she was in good physical condition. At an urgent care facility, she was diagnosed with an asthma exacerbation and given steroids, but they didn’t help.

Soon, Goodell was spending hours each day in bed, overcome by profound tiredness and weakness. Even small activities wore her out. But none of the medical tests she received in Arizona and subsequently in Portland — a chest X-ray and CT scan, blood work, a cardiac stress test — showed abnormalities.

“There was no objective evidence of illness, and that makes it hard for anybody to believe you’re sick,” she told me. Goodell started visiting long covid web sites and chat rooms for people with chronic fatigue syndrome. Today, she’s convinced she has post-viral syndrome from an infection. One of the most common symptoms of long covid is fatigue that interferes with daily life, according to the Centers for Disease Control and Prevention.

There are several strategies for dealing with persistent fatigue. In cancer patients, “the best evidence favors physical activity such as tai chi, yoga, walking, or low-impact exercises,” said Dr. Christian Sinclair, an associate professor of palliative medicine at the University of Kansas Health System. The goal is to “gradually stretch patients’ stamina,” he said.

With long covid, however, doing too much too soon can backfire by causing “post-exertional malaise.” Pacing one’s activities is often recommended: doing only what’s most important, when one’s energy level is highest, and resting afterward. “You learn how to set realistic goals,” said Dr. Andrew Esch, senior education advisor at the Center to Advance Palliative Care.

Cognitive behavioral therapy can help older adults with fatigue learn how to adjust expectations and address intrusive thoughts such as, “I should be able to do more.” At the University of Texas MD Anderson Cancer Center, management plans for older patients with fatigue typically include strategies to address physical activity, sleep health, nutrition, emotional health, and support from family and friends.

“So much of fatigue management is about forming new habits,” said Dr. Ishwaria Subbiah, a palliative care and integrative medicine physician at MD Anderson. “It’s important to recognize that this doesn’t happen right away: It takes time.” kffhealthnews.org/news/article/fatigue-management-elderly-health-navigating-aging/
Submitted by Pat Hill, Independent Insurance Agent, 216-570-9236, pthmba@att.net

Poem: Ode to a Stroke, or A Life Altered**By Dick Taylor***December 26, 2013*

Note: This poem was written by a stroke survivor and submitted by Jean Nisenboum. We hope you like it.

I was moving forward at a pace,
In this life called the human race,
With strength and purpose and resolved,
And little thought to how we evolve.

How simple it has been to ambulate,
My legs stride out with a steady gait,
Effortlessly in motion with no command,
To walk, to run, to sit or stand.

My arms reach and carry,
And hug and tote,
And accomplish tasks,
As if by rote.

And oh! My hands!
They grasp and cling and digitize,
Fingers point, Aha!
As I discover and realize.

How astonishing our bodies,
Intricate machines to behold,
Easily functioning,
Without being told!

Until....that nightmarish instant,
Unforeseen, unexpected, unwarranted, unfair,
When an explosion of cranial havoc,
Renders me motionless and unaware.

I look at my lifeless arm,
I tell my hand to grip, to clasp,
And wonder why it won't respond
Nothing works, "my God!" I gasp!

Minutes ago I was hearty and hale,
Now I lie here, wane and pale,
Feeling alone in my solitude,
Facing uncertainty and rectitude.

Continued on the next column.

But....life goes on, I will survive,
I am told to work, I am alive,
Does anyone know how angry I feel,
Depressed, in pain, a long time to heal?

My life has been altered,
Run down from behind,
I could not see it coming,
So disabling and unkind.

So...where do I go from here?
How do I rebuild my whole?
When imbalance and weakness,
And heartache assault my very soul?

God answers these fears directly,
He dispatches people who care,
Angels to push and train and
Encourage me in my physical repair.

Time and patience and persistence,
Offer recovery I am sure,
And Faith that I will mend,
Determined to find my cure!

www.jhrehab.org/2015/02/01/ode-to-a-stroke-or-a-life-altered/

These thoughts are dedicated to the amazingly resilient people who attend the Stroke Survivor Meeting monthly at the **Emory Rehab Center in Atlanta**; as well as the dedicated Angels that provide the therapies and hope for our future wellbeing. May God bless us all!

OUR AMAZING GRANDCHILDREN, PART II!

Peggie's grandnephew



Sheila and Joe's Grandsons



Gary & Paulette's grandchildren



Linda and George's grandchildren



Kay's Oregon Grandchildren: Prom



Dan and Vivien's grandchildren

PUZZLE: May's Days

By Brenda Koos

(Use every letter and word only once.)

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

Asparagus	Bird	Biscuit
Cheesecake	Chocolatechip	Cinco
Cosmopolitan	Eats	Hamburger
Hummus	Iris	Limerick
Macaroon	Memo	Mothers
Press	Pudding	Quiche
Tree	Truffle	Turtle
Walnut	Wine	



Make your own puzzle here:

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

HOME ENERGY ASSISTANCE PROGRAM (HEAP)

One more month to apply for the HEAP 2022-2023 benefit. **Application deadline is May 31, 2023.** Don't delay. Apply today! It can provide a valuable credit once a year toward your primary heating bill. The Home Energy Assistance Program (HEAP) is a federally-funded program managed by the Ohio Department of Development (ODOD). It is designed to help income-eligible consumers with winter heating costs. Household income must be at or below 175 percent of the federal income level. Consumers may apply for HEAP by completing an online application at www.energyhelp.ohio.gov or applying in person at CHN or Step Forward. Call us at 216-664-2833 for more information and to receive a HEAP application in the mail. For more info about all the energy programs: [https://development.ohio.gov/individual/energy-assistance](http://development.ohio.gov/individual/energy-assistance)

OHIO DAY TRIPS

<https://www.millcreekmetroparks.org/visit/places/mill-creek-park/lantermans-mill/>

Cleveland Stroke Club Annual Picnic

Wednesday, June 21, 2023 from 4:30 to 7:30 p.m.

Independence – Kiwanis Pavilion

6363 Selig Drive, Independence, OH 44131

Rain or Shine

(The pavilion is covered & the walls are garage doors that can be opened or closed.)

\$ DONATIONS ACCEPTED \$

Food serving begins at 5:00 P.M.

Bingo starts after dinner

Picnic ends at 7:30



The Club Provides

Grilled Hamburgers, Dogs & Buns,
Condiments,
Drinks and Ice,
Place Settings and Serving Utensils,
Games

You bring a dish for 12:

Please put your name on your dish!

If your last name begins with A-N

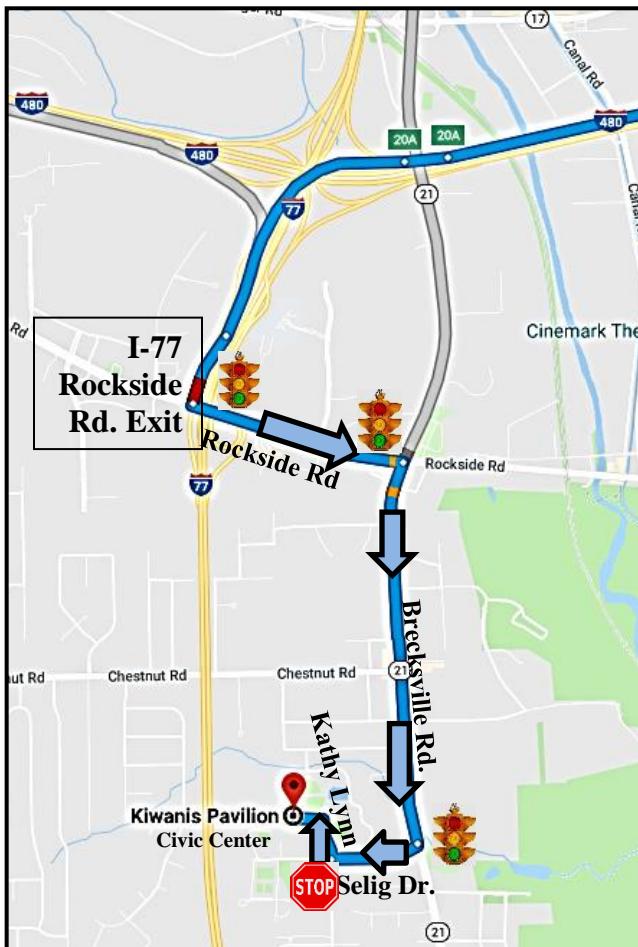
Please bring a dessert.

If your last name begins with O-Z

Please bring a side dish.

Come and have some fun. There is always a lot of good old fashion conversation.

Bring the kids! Bring a friend! Most importantly, bring **yourself!!!!!!**



Suggested Directions (don't use GPS)

- From I-77:
 - Take the Rockside Rd. Exit
 - Turn east onto Rockside Rd.
 - Turn (south) right onto Brecksville Rd. (Hwy 21)
 - Turn (west) right onto Selig Dr.
 - Turn (north) right onto Kathy Lynn Dr.
(Kathy Lynn Dr. dead-ends in the parking lot.)
 - Drive straight on Kathy Lynn Dr. to the dead-end.
 - Turn left and drive a couple hundred feet.
 - The Pavilion is the building in the grass (see picture above). Park or drop-off in front of it.
- If you get lost, look for signs or ask directions to the Independence Civic Center. (The Kiwanis Pavilion is directly across the parking lot from the Civic Center.) We will have signs on Selig Drive and Kathy Lynn Drive.

Bring this map--it's more accurate than GPS.

For more info call:

**Geri's cell: 330-439-8073,
Roger & Deb's Cell: 440-289-9192,
Kay's cell: 440-773-8475**