

ReFocus

June



ORIGINAL ART
By Jim Scanlon

A REPORT OF THE CLEVELAND STROKE CLUB

June 2023

Cleveland Stroke Club
c/o Geri Pitts
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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 June 7th from 6:30—8:30
Plus Zoom Link for our Break-Out sessions from 7:30—8:30

Annual Picnic
Wednesday, June 21st 2023 from 4:30—7:30
Kiwanis Pavilion, Independence OH

6363 Selig Drive, Independence OH 44131 (same as last year, see enclosed information, RSVP to Kay)

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.

NO MEETING AT THE CHURCH IN JUNE! Instead of the General Meeting we are hosting a picnic! The picnic is free but we ask everyone to bring a side dish or dessert. See a map and more information in this newsletter and online (www.clevelandstrokeclub.org). Please RSVP to Kay and tell her what you are bringing.

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. (Map and more info: <https://clevelandstrokeclub.files.wordpress.com/2023/05/map-select-specialty.pdf>)

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.

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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

Asst. Treasurer
Damon Smith
Dave Zabo

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Bill Pitts

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Geri Pitts
330-975-4320

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Emeritus
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Public Relations
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Membership Chairperson
Kay Exl

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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 another busy and successful month of May with two in-person meetings and five Zoom meetings. During our general meeting we re-elected your board officers who agreed to carry on their duties for the club's 49th year. Our committee chairpersons also agreed to continue to serve. Their names are listed here. How lucky we are to have these dedicated volunteers. Two more people volunteered to fill the open Assistant Treasurer's spot: **Damon Smith** and **Dave Zabo**. Thank you very much. I especially want to thank all those who pitched in to help with set up and clean up at our in-person meetings. **George B.** was especially helpful.

I'll bet you are all anticipating seeing your names in print as one of May's bingo winners! Here they are: **George, Marge, Harsha, Damon, Jarmellia, Charles, Delores, Raj, Louise, Gary, Paulette, Peggine, Arlene, Rick, Vivien and Maggie.**

Thanks to the help of **Linda D., Kay and Arlene**, so far we've hosted 162 bingo nights.

Your Picnic Checklist

There will be no General Meeting at Disciples Christian Church in June. Instead, we are hosting a picnic in Independence, Ohio. Please see the flyer at the end of this newsletter and on our web page near the top. www.clevelandstrokeclub.org

- ✓ **RSVP** Please **RSVP** to Kay Exl as soon as you can. Thank you!
- ✓ **Getting There:** Please **bring the flyer with the map** with you. GPS is not as good as our map. ParaTransit drivers need the map. (The Kiwanis Pavilion faces the Independence Civic Center—there's a large parking lot in between them.) Drop-off in front of the Pavilion (the entrance is paved and there is seating inside). Any problems, call Geri, Kay, or Deb—phone numbers are on the flyer. (FYI: the Civic Center is open until 9 PM & it is air-conditioned, there is seating inside the door and vending machines, phones, and helpful staff.)
- ✓ **This is a rain or shine outdoor event:** Please dress for the weather and bring whatever you need: **sunglasses, hats, jackets, umbrellas, etc.**
- ✓ **The Pavilion is handicap accessible.** It is a covered modern building that is surrounded by electric garage-door-walls that can be adjusted. It has indoor modern handicap bathrooms, electric lighting, outlets, and ceiling fans. The entrance and the flooring are paved--non-slip surface. The Pavilion is very large, and it has about 30 picnic tables with attached benches.
- ✓ **Alternative Seating:** **You can bring lawn chairs, bleacher seats, walkers with seats, or wheelchairs.** We will bring: 7 large director's chairs (with arms), 10 sturdy banquet chairs, and free-standing tables. (We can reserve one for you.) Linda Pfeffer will bring an extra transport wheelchair.
- ✓ **We Bring:** The Club provides grilled hot dogs and hamburgers, buns, cheese, ice, table ware and serve ware (tablecloths, plates, silverware, napkins, cups, straws, utensils, saran wrap, etc.). The board is bringing condiments, drinks, & watermelon. Servers will be at each food station & we can help carry plates.
- ✓ **You Bring a dish to share:** The picnic is free, but **if your last name starts with A-N please bring a dessert for 6 and everyone else bring a medium size salad or side dish.** Please let Kay know what dish you are bringing when you RSVP—we especially want enough potato salad and coleslaw to go around.
- ✓ **Please put your name on your dishes and do not bring serving utensils**—it is very difficult getting utensils back to their owners. (We bring 100+ utensils).
- ✓ **Thanks for coming, mingling, and helping to make this a fun event.**

JUNE HOLIDAYS

- 1 Parent's Day
- 2 Donut Day
- 3 Egg Day
- 4 Cheese Day
- 6 D-Day
- 7 Chocolate Ice Cream
- 8 Best Friend Day
- 11 Tony Awards
- 14 Flag Day
- 17 Mascot Day
- 18 Father's Day
- 19 Juneteenth
- 21 Summer Solstice
- 21 Yoga Day
- 25 BET Awards
- 29 Camera Day

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

JUNE WISHES
Happy Birthday

Geraldine Barnett	6/7
Joyce Wilson	6/8
Jean Nisenbom	6/11
Janis Pace	6/12
Bob Boff	6/17
Sue Franko	6/17
Sandi LaRue	6/18
Bob Shelton	6/20
Frank Nisenbom	6/25
Lurelean Patterson	6/29
Patti Hatters	6/30
Jackie Patterson	6/30

Happy Anniversary

Harsha & Shirish Engineer	6/8/1969
Bettye & James Hayes	6/10/1967
Sandy & Rod Russell	6/18/1964
Janie & Jack Racer	6/25/1971
Annette & Doug Weese	6/26/1982

HAPPY 90th BDay

Ms. Lurelean Patterson

JUNE MEETING CALENDAR

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

6/1	Bingo	6:30 – 8:00	Every Thurs. on Zoom
6/7	Caregiver/Survivor	6:30 – 8:30	1 st Wednesday of Mo. in person at Select Medical Hospital, 11900 Fairhill Blvd., Cle., 44120
6/7	Caregiver/Survivor	7:30 – 8:30	1 st Wednesday in Zoom
6/8	Bingo	6:30 – 8:00	Every Thurs. on Zoom
6/13	Family Feud	7:00 – 8:00	2 nd Tuesday on Zoom*NEW DATE*
6/15	Bingo	6:30 – 8:00	Every Thurs. on Zoom
6/20	Zoom Lunch	Noon – 2:00	3 rd Tuesday on Zoom
6/21	Annual Picnic	4:30 – 7:30	Kiwanis Pavilion, Independence 6363 Selig Dr., Independence, 44131
6/22	Bingo	6:30 – 8:00	Every Thurs. on Zoom
6/27	Board Meeting	4:00 – 5:00	4 th Tuesday on Zoom
6/28	Outing/Luncheon	11:30 – 2:00	4 th Wednesday in person Jack's Deli and Restaurant 14490 Cedar Rd, University Hts., 44121
6/29	Bingo	6:30 – 8:00	Every Thurs. on 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 OUR PRESIDENT

By Linda Davis



Hello Everyone

I want to thank you for allowing me to be your president for another year!

We have a couple of great things that are coming up this year so far:

- Our picnic is on Wed., June 21.
- Our Anniversary Dinner celebrating 49 years of being together is on Wed., August 16th.

We also can look forward to our **monthly lunches on the 4th Wednesday** of the month. Every year we go to eat on the Lake, go to the casino, go bowling, and catch the air show practice. In as much as possible, we will schedule outings on the 4th Wed. of the month. Also, some of us meet on Saturday's during the summer from 5:00-8 at the Legacy Village tent to listen to music outside. We pack a sandwich & soda or buy something to-go. Here's the Legacy music schedule: <https://legacy-village.com/play/legacy-live-jump-the-gun-classic-rock-funk/> Deb and I are working on the summer schedule. Call us for suggestions or info.

This month we will be going out for lunch:

June 28 from 11:30 – 2:00

Jack's Deli and Restaurant

14490 Cedar Rd, University Heights, OH 44121

The restaurant is wheelchair accessible. There are chairs inside the door for drop off. I believe there is only in-door seating. If you want to see the menu and get more information, go to: <https://www.jacksdeliandrestaurant.com/>

We Hope to See You There!

IT'S A MATTER OF THE MINUTES!
Notes from Last Month's General Meeting
By Bonnie Morris



On Wednesday, May 17, 2023, the Cleveland Stroke Club shared an awesome evening of friendship, food, information, relaxation, and just plain FUN! Our own **Pat Hill** talked with us about “**Medicare Changes and Cautions**” with us after bingo led by **Arlene, Paulette and Nelly**, a fantastically delicious meal, and a short business meeting. Dinner was highlighted by a tasty chicken and pierogi entrée with peppers in a white sauce. Club members **Kathy Wendorff and Paulette Mengay** brought great salads and **Geri** brought the delicious dessert of cake slices. It was a treat to meet and welcome new-comer, **Anita Gray**. **Linda Pfeffer** opened our meeting. Geri reminded us that it is time in May to pay annual dues and fill out a membership form. There were a number of birthdays to celebrate, including **Charles Boone, Carl Wendorff, Paula Colston, John Beinhardt, Ernie Robinson and Shirish Engineer**. **Marge and Ernie Robinson's** May Anniversary was also celebrated. Also, May is our time to elect club officers. Geri shared with us that our current awesome officers have all offered to stay in office for another year of selfless and professional service. **We congratulate and bless Board Members: Linda Davis, Deena Barrett, Kay Exl and John Pumper, and the other volunteer helpers that make our club such a wonderful success! Damon Smith and David Zabo** volunteered to share the position of **Assistant Treasurer**. **Gary Mengay** was the lucky winner of the 50-50 drawing, and graciously donated his winnings to the club. We reviewed the plans for our picnic in June. We were missing several helpers due to illness. We especially want to thank everyone who helped with set-up and break-down. OMG, You're the best!

Deena introduced our speaker who shared her vast knowledge of Medicare and senior issues. Pat is an **independent health insurance broker; her phone number is 216-570-9236**. She has been in the business for 41 years and has dealt with Medicare issues since 2011! She agrees that Medicare seems like a complicated maze, but she makes it fun and empowering. Pat went over the impact of the Inflation Reduction Act on prescriptions. Effective 1/1/2023, there is a \$35 cap on insulin with no deductible. But the monitoring of the total drug cost still applies. More vaccines are available at \$0 copay. Effective 4/1/23, beneficiaries may pay a lower amount for some Part B drugs. This placed a cap on insulin and vaccination coverage. As of 7/1/2023, insulin delivered via pump will be capped at \$35 with no deductible. As of 1/1/2024, there will be no coinsurance or copayments in the catastrophic phase and drug plan premium increases will be stabilized at a max of 6% over the previous year. Extra Help will be expanded to 150% of the poverty level. Make sure you reapply for that benefit if you were denied in the past. In 2025, the calendar year maximum out of pocket for drugs will be \$2,000 and the drug plan model will be redesigned. Pat also shared some of her observations: doctors' offices charge more for vaccinations than other sources, CT/MRI scans are less expensive a doctor's office or freestanding location than at a hospital; **always compare your provider billing to your explanation of benefit statement**. If there is a discrepancy, don't hesitate to call your insurance company. **Drug Assistance Programs** are sometimes available through makers and/or foundations based on income, see www.needymeds.org. Do not give out your personal information to a stranger. **Protect your identity**. Pat stressed that there are many scams floating around. Be cautious! Scams will try to get you to give them your personal information by many different methods. Do not even verify the information they have about you, **Medicare will never call you directly unless you have called them first with a request**. There are several **Drug Cost Options** available: i.e., www.costplusdrugs.com, www.goodrx.com, University Hospital, Cleveland Clinic and MetroHealth Pharmacies. **If you need assistance with any of these issues, don't panic, just call Pat Hill**. We were all so glad to hear common sense suggestions! Thank you, Pat, for sharing this with us.

We have posted Pat's handouts on our website. Go to www.clevelandstrokeclub.org: select the first link: “Link to our Newsletters, Calendars, and Flyers” or go to the ReFocus tab.

We also want to thank Pat for submitting her great articles for our newsletters every month.

Editor's note: Thank you to Bonnie and Pat for collaborating on this article.

LAST MONTH'S CAREGIVER and SURVIVOR MEETING

We had another great caregiver and survivor meeting. To celebrate Cinco De Mayo, Food for Thought provided us with Chili Con Carne and Chicken Chili. Geri made cornbread, Roger and Deb brought vegetable salad and a fruit salad, and Joyce Levy and Delores brought desserts. We counted thirty-one attendees and Bill joined us in Zoom.

Caregiver Breakout Group Sue Sheridan, Joanne Bergole and Geri kindly facilitated the group. Geri kindly shared her notes. Fifteen caregivers crowded into the chapel to start their monthly meeting, that included **three first time attendees**. We welcomed them and introduced ourselves and began discussing what it was like for those people in their **changed roles from adult daughters to caregiver-daughters**. The meeting was the **essence of what our caregivers meeting** was meant to be: people **sharing their experiences** with others who have lived through similar experiences and **being validated** for their feelings without worry of being judged. We hope the newcomers felt a **sense of belonging** to this well-experienced group and gained renewed energy to carry on. As usual members offered suggestions. In particular, Ralph told us about the success they had with a **chiropractic doctor** to reduce pain in his wife's shoulder. Shirley suggested "Don't let your disability get in the way of your ability." Kay closed the meeting with this: We've been thrust into a role we didn't apply for and never asked for but we play it to the best of our ability day after day after day.

Survivor Breakout Group Jean could not attend but we handed out her handouts on hearing and speech. The handouts are posted on the web. Deb facilitated the meeting. In our April meeting, one of our newer members talked about her frustration with being a stroke survivor. She had raised a family, worked full-time, and had an active social life before the stroke. She loved her freedom and her independence. Now, after the stroke she can't even get out-of-bed without help and great difficulty. We wanted to revisit that conversation.

Q1. Raise your hand if you have frustrations doing ordinary things in your everyday life: getting out of bed, getting dressed, using the bathroom, cooking, cleaning, walking in the house, going outside, or driving. Everyone raised their hands. Then we went around the room talking about our frustrations with mobility, independence, and scheduling our time. A survivor summed it up by saying, "We are all the same, I am not alone."

Q2. Ralph Seymour said that the first two years after a stroke is pure hell and after that every day gets better. Do you agree? How did things get better? One member said that she has been baby sitting her newest great grandchild and there is no better feeling than holding a baby. She went on to say that in April she attended church for the first time since her stroke, with her entire family, and she LOVED IT--she was committed to going back. Several members talked about the importance of self-expression through music, art, talking, and writing. Some were volunteering. Some were traveling again. Some were studying new things. Some were trying out for a driver's test. Some said that they have new spouses, good relationships with friends and family and several have new grandchildren. Some talked about accomplishments of having jobs, joining a Board of Directors, and reaching a personal goal. We all admitted that independence, mobility, scheduling (feeling there is nothing to do and no one to do it with), and agency (getting things done and done right!), are our frustrations. But it is not the whole story. We have each found joy in loving and being loved. We have found ways to express ourselves. We have found meaning and confidence through accomplishing goals. We know we are contributing to the wellbeing of our family and friends and community. We are all trying our best to stay healthy, active and social.

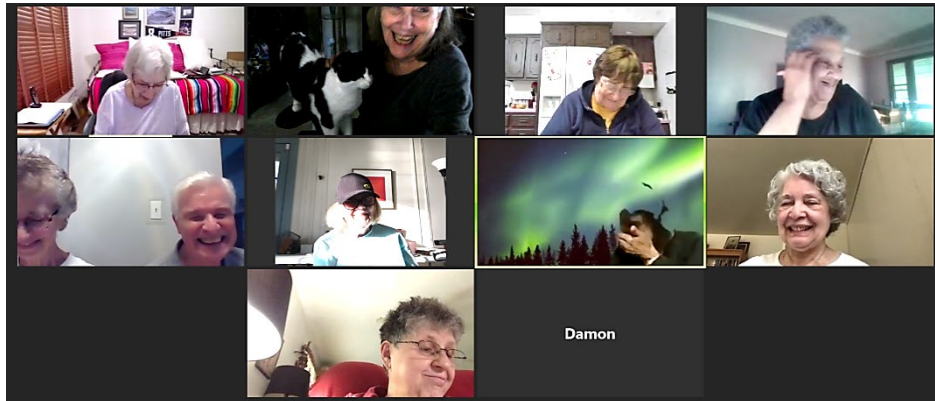
Q3. The last stage of adapting (or reinventing yourself) is "thankfulness", but no one can be thankful for a stroke. One member quickly responded that she was surprised that she has a lot to be "thankful for" at the end of every day. One member said she was thankful for the kindness of strangers. Another quoted, Charles DeForest, who said that the stroke gave him "time to smell the roses." Others talked about being thankful for the support of family and friends. Others said they were thankful for the things that they CAN DO and the people who are helping them improve. Another person said she was initially sad that she did not have a close family member who could be her caregiver, but she found a new family—members of the Cleveland Stroke Club. The meeting ended with members exchanging phone numbers, offering to help each other, talking quietly, and knowing that we had each come through a really, really, hard journey both individually and together. We knew we were strong and courageous, and worthy of respect and love. It was our privilege to say good night to a room full of heroes.

ZOOM MEETINGS FROM LAST MONTH

FAMILY FEUD Here are a few questions that tickled our members.

- Name an occupation that Sylvester Stallone would be if he wasn't an actor.
- Name something that you might see in a haunted house.
- Name something that runs but doesn't have legs.

Note: Family Feud is moving to a new date: the second Tuesday of the month. Now BINGO will be hosted every single Thursday until the earth spins off its axis!



ZOOM LUNCH Geri kindly contributed her notes because Deb spaced out. There were only three of us at our May Zoom Lunch. Marge says we had a good time and talked about all kinds of things. If you want to know what we talk about, come to our Zoom lunch next month. As Damon will tell you, "if you're not there, we'll talk about you!" Reminder: Zoom lunch has moved to the third Tuesday of every month.



BINGO Bingo is now on every single solitary Thursday night until hell freezes over!



BITS- n' -PIECES

By Dan S.



The ROXY THEATER

“The Roxy Theater was the best-known burlesque house in Cleveland. Its roots date from 1906, when Truman M. Swetland leased the property, located at 1882 E. 9th St., from Levi E. Meachum for 99 years. In 1907 the Family Theater opened at that location. A movie house by 1909, it was renamed the Orpheum Theater in 1913 and, following a 2-yr. shutdown, the Roxy in 1931. By 1933, under new owner Geo. Young, the Roxy became a nationally known burlesque house.

Throughout its heyday, the Roxy was a stop for entertainers such as Abbott & Costello, Phil Silvers, Red Buttons, Ann Corio, and later, Tempest Storm and Blaze Starr. The theater was remodeled in 1956 by new owners Frank Engel and Frank Bryan, and they brought their Eastern Burlesque circuit to Cleveland. From 1968 until its final closing and razing in 1977, the Roxy alternated between live entertainment and X-rated movies. The theater and property were sold in 1971 to Kope Realty for \$150,000. In Sept. 1972 the lobby of the theater was bombed, but the Roxy reopened in Feb. 1973, showing X-rated films. Later that year, manager Tommy Flynn was arrested on obscenity charges for showing "Behind the Green Door." The Roxy closed permanently on 6 Nov. 1977. Although the theater was razed to make way for the Natl. City Ctr. (now PNC Bank), its name was perpetuated in the Roxy Bar & Grill, which has since closed.” Source: Text: <https://case.edu/ech/articles/r/roxy-theater> .



Pedestrians walk beneath the marquee of The Roxy Burlesque Theater on Short Vincent, 1956. Cleveland Press Collection, CSU Archives. Source: <https://case.edu/ech/media/816>

CLEVELAND HISTORY DAYS CELEBRATION

Celebrate Cleveland's History June 23 – July 02, 2023: 50 programs across Cleveland in over 10 days. See: <https://www.canalwaypartners.com/events/2023/06/23/cleveland-history-days> . Here is a link to the flyer: <https://www.flipbookpdf.net/web/files/uploads/0e1e35093aa6923befcf5cdea85eb83c0083e337202305.pdf>

CLEVELAND HEARING & SPEECH CENTER ADULT COMMUNICATION PROGRAMS

Cleveland Hearing and Speech Center hosts community programs in Zoom and in Person for Stroke Survivors and others who want to **practice speech and communication skills with speech therapists and speech therapy students**. The programs include Speak Easy, a Book Club and a conversation group. To learn more about the programs go to: <https://www.chsc.org/northeast-ohio-adults-communicating-together-neo-act>

BOOK REVIEW

By Carolyn D.

***Escape***

By James Patterson and David Ellis

It starts off with teenage girls that are missing from the city of Chicago. It takes a special team of detectives to find the girls. A special task force. It's a good read. Lots of twists and turns. You think you figured it out and then something comes along. I'd give a 4 out of 5.

**BEER COLUMN, ETC.**

By Dr. Roger Gulbranson



I'm ready to bottle my last beer of the season. Starting next week, drinking season begins! Also, I've been sick the last couple of weeks with a bad respiratory virus. Tests showed that it wasn't Covid or the flu. Here's some info about the virus: <https://www.cnn.com/2023/05/29/health/human-metapneumovirus-explainer-wellness/index.html> , <https://time.com/6264539/respiratory-virus-not-covid-spring-2023/>

MOVIE REVIEW

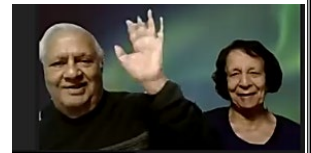
By Damon Smith

***Fast X***

Over many missions and against impossible odds, Dom Toretto and his family have outsmarted and outdriven every foe in their path. Now, they must confront the most lethal opponent they've ever faced. Fueled by revenge, a terrifying threat emerges from the shadows of the past to shatter Dom's world and destroy everything -- and everyone -- he loves. This movie was action pack, and never a dull moment. I give it 2 thumbs up.

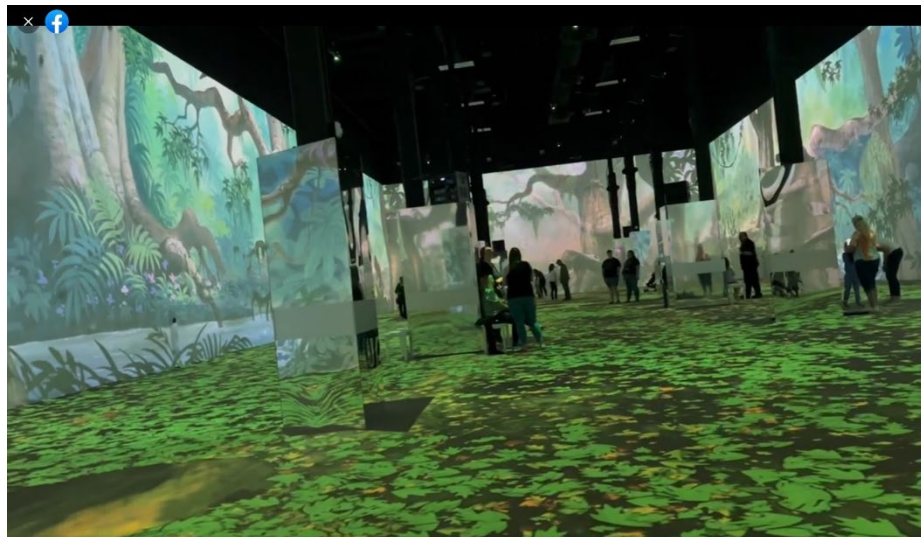
**DISNEY IMMERSIVE EVENT**

By Raj and Vinita S.



Our son was visiting, and we went to the Disney Animation: Immersive Experience. It was not just for children. It was really nice. They have extended the show through August 13. Showings are on Thursdays through Monday from 2:00 PM through 7:00. The programs last for about an hour. Tickets cost \$26. The show is at Lighthouse Artspace, 850 E. 72nd St., Cleveland, OH. Here is a link to more information, a video, and ticket ordering: <https://www.lighthouseartspace.com/event/disney-animation-immersive-experience-cleveland#/> We liked it!

Here's a picture from a video that we recorded on our cell.



The Unexpected Force That May Make Us Get Less Sleep

A study estimates people are already losing an average of 44 hours of sleep per year.

By Pat Hill



By [Kasha Patel](#)

May 21, 2023 at 6:00 a.m. EDT

Christian Thurillat, 70, in his Paris apartment while Europe experiences a heat wave in June 2022. Thurillat says he could not sleep at night in part because of the heat.

Nick Obradovich couldn't fall asleep, again. And now he was getting grumpy.

It was October 2015, and San Diego was experiencing historically warm fall temperatures in the mid-70s. The normally cool and dry city logged its three warmest October nights on record at the time during an unprecedented heat wave. The area had experienced its warmest October on record at about 7.7 degrees above average.

Obradovich was living with his wife in a condo with no air conditioner, which isn't unusual given the typically mild weather year round. He said a lot of places don't have air conditioning, especially in more bare-bones living spaces, including ones that graduate students like himself at the time can afford to live in.

He tried coping by placing a wet towel on himself while falling asleep, but he would get too cold. He covered himself with a blanket but then would run too hot. It was like a demented version of "Goldilocks and the Three Bears" but "there was no 'just right,'" he said.

For about a week during the heat wave, he struggled to fall asleep. The sleep deprivation left him too tired to continue his daily exercise routine. He and fellow graduate students weren't able to focus on their work.

"I was grumpier. My friends were a bit grumpier. We just kind of all have dour outlook on things because we weren't sleeping as well," said Obradovich, who is now principal investigator at the Max Planck Institute for Human Development. At the time, he was studying for his PhD in political science at the University of California, San Diego.

Maybe he was annoyed from the scant slumber or just having many wet towels around, but Obradovich decided to investigate if his heat-induced cheap sleep was commonplace. He wanted to put this thought to bed, even if he couldn't do so himself.

His findings were nothing to sleep on: Humans are already losing shut-eye in warm environments, especially at the beginning of the night. Models predict a solid sleep will further decrease as temperatures rise, especially in lower-income and elderly communities.

In his study looking at 47,000 adults in 68 countries, Obradovich and his colleagues found a notable change in sleep duration when nighttime temperatures rose above 50 degrees (10 degrees Celsius). On nights above 86 degrees, people slept about 14 minutes less on average.

Over longer chunks of time, the loss is stark: They estimate people are already losing an average of 44 hours of sleep per year — and as the warming continues, people will be hard-pressed to find a good night's rest.

Nights have warmed faster than daytime temperatures in many places around the globe. By 2100, individuals worldwide could lose about 50 to 58 hours of sleep per year. "Right now, we're not perfectly adapted to the climates in which we live," Obradovich said. Hotter temperatures "harm our sleep kind of across the board but that relationship increases in steepness. It becomes more significant in size the hotter the temperature gets."

We often take sleep for granted, but not getting enough shut-eye can increase our risk for many serious health issues such as poor mental health, obesity, heart problems or even early death. For instance, Rebecca Robbins, a scientist at Brigham and Women's Hospital, said our blood pressure dips to its lowest point in the day during our sleep. But without that natural dip, people are more likely to have elevated blood pressure, which can accelerate into hypertension, heart attack or stroke.

(Continued on next page)

Sleep, Continued

We can even see the effects of decreased sleep each year around daylight saving time in the spring in the United States, when most people fast forward their clock an hour and may lose sleep for that night. In the week following, Robbins cited more incidents of heart attacks, car crashes and injuries at work skyrocket.



“When we’re not meeting these sleep health targets, a lot of things start to go wrong,” said Robbins, who was not involved in the study. “With more than just a night or two, this can become pretty problematic pretty quickly, putting stress on our vital organs, increasing risk for adverse outcomes and chronic conditions.”

The ideal bedroom temperature for people to fall asleep is relatively cold — between 63 to 69 degrees. A drop in our core body temperature is essential for us falling and staying asleep because it simulates drowsiness. Our bodies primarily cool our core by sending heat to our extremities, which is why our hands and feet are sometimes warmer when we are asleep.

Obradovich and his colleagues found unusually warm temperatures had the largest effect on people’s bedtime duration by delaying sleep onset. Short sleep durations were the worst during the summertime and among the elderly, probably because they have more difficulty regulating their body temperature. The team also found warmer locations experienced the most sleep loss, suggesting people’s bodies haven’t adapted to their geographic location.

Lower income countries are also heavily affected, which Obradovich hypothesizes could be because of a lack of air-conditioning. But he plans to investigate further.

Projections show global warming also will have the biggest sleep loss in the Middle East, southeast Asia and Australia. By the end of the 21st century, people in the warmest regions are expected to lose an added three nights of sleep per year due to higher nighttime temperatures.

While warming trends are negatively affecting sleep, research shows the story isn’t quite the same with colder temperatures. Kelton Minor, co-author of the sleep research with Obradovich, said our bodies are seemingly better at adjusting to the cold than excessive warmth.

“People appear to sleep more when it is cold outside (controlling for seasonal differences in day length, etc.),” Minor, a postdoctoral researcher at Columbia University, said in an email. “Our study suggests that people may be much better at adapting their sleep to cold temperatures than hot ones.”

But dozing off for too long is also unhealthy, said Jerome Siegel, a sleep researcher at the University of California at Los Angeles. He was not involved in the study. The Centers for Disease Control and Prevention says elderly adults should get seven to nine hours of sleep.

Overall, Siegel said the study’s findings are not surprising and are in line with his previous work, which showed how temperature regulates sleeping patterns dating back to hunter-gathering communities in preindustrial times.

He agreed that global warming is going to disturb people’s sleep, “but you can’t assume that they’re not going to do anything about that.”

Obradovich said his team’s findings could help communities or policymakers better improve the sleep environment for people, such as helping to cool bedrooms more effectively.

On an individual level, Robbins said people also need to practice generally good sleep behavior.

For instance, reducing screen time 15 to 20 minutes before falling asleep as the blue lights from cellphones or computers can emulate the sun and throw off our circadian rhythm. She suggested meditation before bed can drastically help people unwind and relax, making it easier for people to fall asleep. Another good practice: It’s important to have consistent bedtimes, she said, otherwise our body can get confused when we’re supposed to be alert or tired. “There’s still kind of the lingering belief that ‘I’ll sleep when I’m dead’ kind of attitude towards sleep,” Robbins said. “There’s so much work to be done to improve our collective view of sleep.”

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



Harsha & Shirish's Grandson Graduates Ohio State U.

US!



John & Arlene's Grandson HS Graduation



Charles celebrates his BDay w Maggie and his brother.



Evelyn, who is 103 years young, posing with her 5-generation family.



Evelyn's 1,000-piece puzzle



Sheila & Joe and their Grandsons

PUZZLE: National Mascot Day. Can You Name the Team?

By Brenda Koos

(Use every letter and word only once.)

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

Bailey	Blaze	Elf
Fredbird	Griz	Iceburgh
Jaxson	Jazz	Nordy
Ragnar	Raptor	Raymond
Redlegs	Rocky	Slider
Stanley	Steely	Wally
Whammer	Youppi	

Make your own puzzle here:

<https://puzzlemaker.discovereducation.com/word-search>**HOME AT LAST**

Damon's first grandchild was a premie and spent a month in the hospital. She was welcomed home with the open arms of three generations of love ...and her new babysitters! What a beautiful family!



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

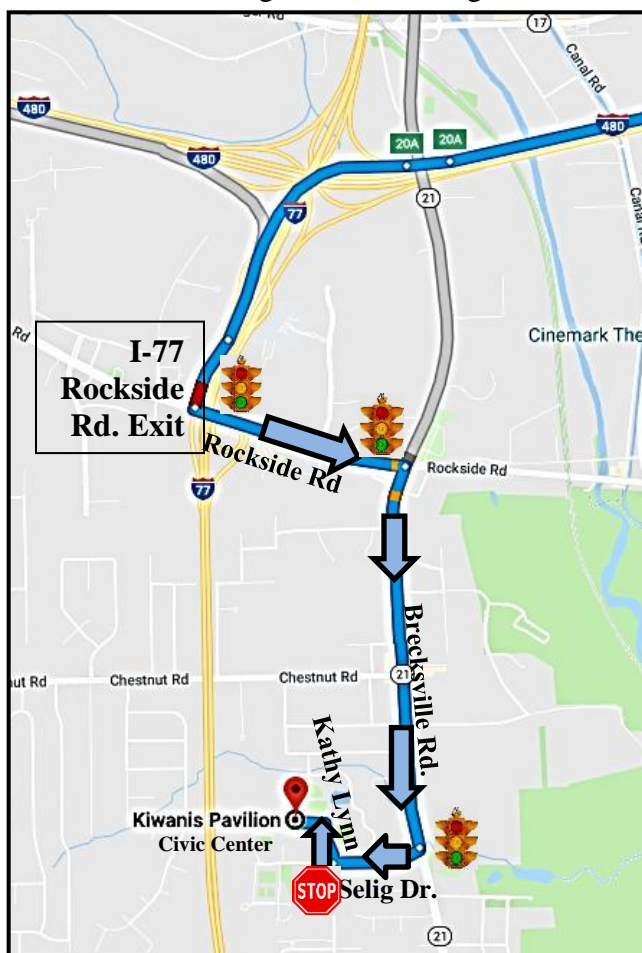
Please bring a dessert.

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**

