

ReFocus

April



ORIGINAL ART

By Jim Scanlon

A REPORT OF THE CLEVELAND STROKE CLUB

April 2024

*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 3rd from 6:30–8:30 PM
Zoom for Break-Out Session 7:30–8:30 PM

General Meeting, In-Person
Wednesday, April 17th from 6:30–8:30 PM
Dinner will be Pasta with Meatballs on the side
Free Hearing Tests Conducted by Jean Nisenbourn & Her Students

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 **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>)

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.

More: New members and community professionals are always welcome to join us. Our calendar, newsletter, resource list, & papers are online: www.clevelandstrokeclub.org.

Officers 5/2023-5/2024

President
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

Founder
Bill Pitts

EXECUTIVE DIRECTOR
Geri Pitts
330-975-4320

Executive Director & Editor
Emeritus
Dorothy Norton

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Public Relations
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Membership Chairperson
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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 made it through the winter and are eager to meet again in person.

We expect to have a busy year again and hope you can join us. April is volunteer appreciation month. We'd like to thank all those who volunteer and especially our **board members** (see the list in the left column) who have continued to serve for a decade or more! Here's some of the things the board is planning for you for our in-person meetings for the next five months (our fall schedule will be announced later).

- ✳ **April: Wed. 17th** General meeting – you'll have a chance to have your hearing screened by Jean Nisenbom and her CWRU students.
- ✳ **May: Wed. 15th** General meeting – after we vote for our 2024 slate of officers, we'll have our first Talent/Interest night.
- ✳ **June: Wed. 12th** Picnic – (Note the date change, it is now on the second Wed. of June. No General Meeting in June.)
- ✳ **July Wed. 17th** General Meeting – speaker to be announced.
- ✳ **August: Wed. 21st** is our Club's 50th Anniversary Dinner/Dance! The theme is black and gold!

IN-PERSON MEETINGS BEGIN THIS MONTH

Caregiver/Survivor in-person meeting – April 3rd 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 for members who can't make it. Our meeting ends at 8:30. Directions to Select: <https://clevelandstrokeclub.files.wordpress.com/2023/05/map-select-specialty.pdf>

General Meeting in person, April 17th, at Disciples Christian Church at 3663 Mayfield Rd, Cleveland, OH 44121. Bingo starts at about 5:45 pm. Dinner starts at 6:30. RSVP this month to Deb (440-944-6794 home, or 440-289-9192 cell). We are having penne pasta with marinara sauce with both cheese and meatballs (on the side), salad, garlic bread and dessert. (Pasta in a white sauce will be provided for members with a tomato allergy—let us know about allergies when you RSVP.)

The Cleveland Stroke Club Board of Directors

Each year we are required to ask members if they would like to serve as an officer of the Cleveland Stroke Club. Our plan would be to have interested persons “shadow” an officer until they become comfortable with the position. Our board meetings are held on Zoom once a month. We vote on the slate of officers at our May general meeting. You can also volunteer to be a committee chairperson. Volunteering for this club is extremely rewarding and gives you the opportunity to shape the direction of the club. If you want to talk further about this, please call Geri at 330-975-4320. If you're interested, I need to know by April 26.

APRIL HOLIDAYS

- ☀ 1 April Fools
- ☀ 1 Dyngus Day
- ☀ 3 Nat'l Walking Day
- ☀ 4 Nat'l Burrito Day
- ☀ 5 Deep Dish Pizza
- ☀ 7 Nat'l. Beer Day
- ☀ 7 World Health Day
- ☀ 9 Nat'l Unicorn Day
- ☀ 10 Nat'l Siblings Day
- ☀ 11 Nat'l Pet Day
- ☀ 12 Nat'l Grilled Cheese
- ☀ 13 Vaisakhi
- ☀ 15 Tax Day
- ☀ 15 Patriots Day
- ☀ 22 Earth Day
- ☀ 22 Passover (Start)
- ☀ 25 NFL Draft
- ☀ 26 Arbor Day
- ☀ 28 Nat'l Superhero Day

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

APRIL WISHES**Happy Birthday**

Isaac Nelson	4/2
Raj Saggarr	4/2
Barbara Cox	4/3
Lisa Rodriguez	4/5
Lucy Conde	4/8
Vinita Saggarr	4/9
Ruth Ann Secrist	4/11
Cynthia Frazier	4/12
Neerja Bhushan	4/15
Linwood Hudson	4/15
Michael Streeter	4/15
John Lefler	4/19
Paul Wilson	4/21
George Pfeffer	4/26
Sue Zabo	4/28

Happy Anniversary

Laura & Rick Haag
4/21/1990

Get Well Soon

Pat Hill

Deepest Sympathy.

Dan Sekeres
Ed Slaby
Bonnie Morris' Mother

APRIL MEETING CALENDAR

By Geri Pitts

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

4/2	Board Meeting	4:00 – 5:00	1 st Tuesday on Zoom
4/3	Survivors/Caregiver Meeting	6:30 – 8:30	In-person at Select Medical, 11900 Fairhill Blvd., Cleveland 1 st Wednesday of the month
4/3	Break-out Session	7:30 – 8:30	1 st Wed. in Zoom
4/4	Bingo	7:00 – 8:00	Every Thurs. on Zoom
4/9	Family Feud	7:00 – 8:00	2 nd Tuesday on Zoom
4/11	Bingo	7:00 – 8:00	Every Thurs. on Zoom
4/17	General Meeting	6:30 – 8:30	In-person: Disciples Christian Church, 3663 Mayfield Road, Cle.Hts. 44121 3 rd Wed.
4/18	Bingo	7:00 – 8:00	Every Thurs. on Zoom
4/24	Outing/Luncheon	11:30 – 2:00	Winking Lizard, Bedford Heights 25200 Miles Rd, Bedford Hts, 44146 www.winkinglizard.com/bedford-heights Outings are scheduled on 4 th Wed.
4/25	Bingo	7:00 – 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.”

NOTE 1: All of the Zoom meetings open a half-hour early, for conversation. Feel free to pop in for conversation, even if you don't want to stay for the meeting.

FROM THE DESK OF THE PRESIDENT

By Linda Davis



Hi Everybody,

I will be looking forward to seeing everybody at our first in person meeting this year. Let's keep our fingers crossed that the weather cooperates with us. We have a lot to look forward to the year. Here's my notes for April.

- ☀ The Eclipse will be on Monday, April 8th. In Cleveland, Eclipse 2024 will begin at 1:59:20 PM EDT and end at 4:28:57 PM EDT. The maximum view of the eclipse can be seen at 3:15:37 PM EDT. The sun's outer atmosphere (the corona) becomes visible during the eclipse. Remember to protect your eyes. You should be able to get special glasses at the libraries and metroparks.
- ☀ Our first outing will be at Winking Lizard, Bedford. If it is nice outside, they will seat us on the back porch. **Remember to bring hats, sunglasses, jackets, etc.** Here is a link to the menu: www.winkinglizard.com/bedford-heights and a map. Winking Lizard is wheelchair accessible. We will reserve space, no RSVP required. We try to meet at about 11:30 to get prime seating and to get our lunch order in first. People usually stay about 2 hours, sometimes longer. You can coordinate with me or Deb.
- ☀ Hope you get to enjoy the spring blooms this year.

DEEPEST SYMPATHY: Dan Sekeres

I am so sorry to tell you that our dear friend and hero and stroke survivor, Dan Sekeres, passed away on March 12th. Besides being a great person and friend, he is single-handedly responsible for bringing many of our members into the Stroke Club and Speak Easy. We know him as the writer of our Bits 'n Pieces Cleveland column, a cartoonist, an artist, an avid gardener, a handyman, a very serious Speak Easy poker player, an advocate of stroke survivors, and a meat and potatoes guy (he especially loved Yours Truly burgers with fries and Jack's corned beef sandwiches) and most of all a desert lover (he adored cookies and anything with cinnamon and sugar). He liked his meals served piping hot and an evening cup of coffee. He loved Speak Easy and the Cleveland Stroke Club--and shined when he was talking to students. He greeted everyone with a warm smile and sometimes a little smirk--when he knew, that you knew, that you were in trouble. He was the best combination of strength and sensitivity, support and independence, speaking his mind and listening with his heart.



About 30 years ago, Dan told Charles DeForest about Speak Easy and the Stroke Club. Together Dan and Charles escorted our stroke survivors and caregivers through the recovery process. During those early years, Brian Barrett, made that band of heroes a trio. Together they were our role models. They made sure that we did not give up. They made sure that we celebrated our gifts, abilities, and shared our spirit of renewal with our friends. Together they taught us how to show gratitude and stand firm for individual agency.

With their passing, we have big shoes to fill. We will remember their kind spirit and good works and let their memory guide our actions.

We send our deepest condolences to Vivien, to whom he was married for 63 years, and their children and grandchildren. Vivien said, remember to tell everyone that he loved the Stroke Club and Speak Easy members with his whole heart.

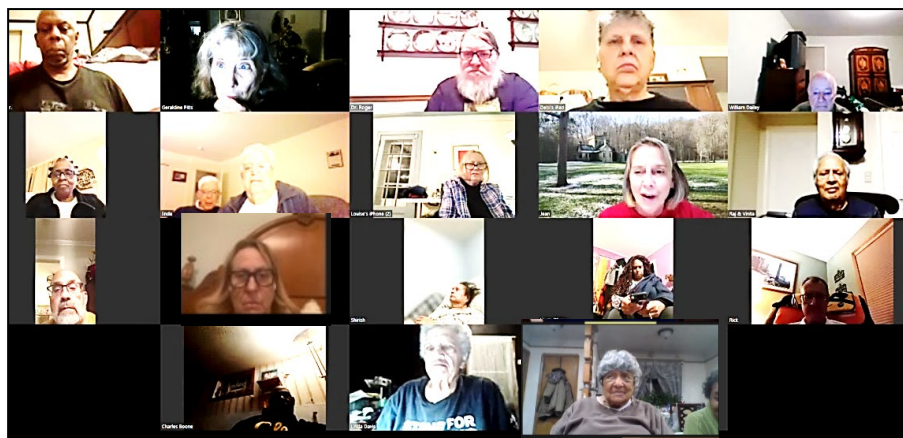
Vivien, thank you for being the hero of the caregivers. We could not have made it without you.

Pictured are our 3 Amego Leaders on Talent Night. Charles gave an spoke encouragingly about stroke recovery. Dan and Brian brought the house down singing Yellow Submarine!



LAST MONTH'S ZOOM SURVIVOR MEETING

The Survivor meeting was kindly hosted by Jean Nisenbourn in Zoom. Because it was a full house, Jean again gave a talk with lots of opportunity for questions. The title was, "Why Different Strokes for Different Folks?" We were joined by 18 people, including a new caregiver who asked questions of the survivors. Her talks are always great, and our participants questions are always great, so we record the session. If you want a link, contact Deb or Geri. (We are not posting the link here to safeguard the confidentiality of our members.) Jean began by defining stroke as a brain attack, describing the common challenges, and then talking about the parts of the brain. The effect of a stroke depends on where in the brain the injury occurred, the extensiveness of the injury, and early treatment. Recovery depends on individual factors (like age, other health problems, etc.), rehabilitation, family support, etc. She reminded us that stroke survivors can improve over time, so checking in with a therapist is important...they can reassess you and remove restrictions and add helpful suggestions. Editor's Note: Medicare allocates rehabilitation funds on a calendar basis. You are eligible to be re-evaluated and receive PT, OT, or Speech Therapy every year, beginning on January 1. Also, daily activities really help you physically and mentally: yoga, singing, socializing, exercise and sports, walking, hobbies, artistic expression, puzzles, and new activities that get you out of your comfort zone. Recovery takes time, courage, and a supportive team of friends, family, and therapists.



April Survivor Meeting



April Caregiver Meeting

LAST MONTH'S ZOOM CAREGIVER MEETING

Geri kindly shared her notes. Eleven of us attended the March caregivers' meeting on Zoom. We welcomed new caregivers, Margot, Carla and Andrew. We talked about the emotional adjustment to stroke by the survivor and the caregivers. Our caregivers highly recommended the book, "One Stroke, Two Survivors" by our member Berenice Kleiman. Some survivors and caregivers react with anger, some with sadness, some with depression. Some survivors lose the ability to initiate action. The parts of the brain that were impacted by the stroke also impact emotional response. Some survivors are overly adventuresome, and some are overly cautious. We talked about acceptance, loss of control, emotions, and guilt. The emotional centers of the brain have been disrupted and gaining control of emotions takes time and compassion and discussion. For many of us the number of outbursts and intense anxiety decreases as new routines, mobility, social networking, engagement in enjoyable activities and acceptance progresses. We shared stories of experiences soon after the stroke, encouraged everyone to take one day at a time, channel the fight in anger to the fight for recovery and find humor again. The survivors and caregivers in the meeting encouraged compassion and encouraged even more compassion. Stroke involves big changes in a very short period of time. Compassion with yourself and with your loved one will help beyond measure. Caregivers should take time for themselves to avoid caregiver burn-out and know it's a very, very hard time now but things will get easier.

LAST MONTH'S FAMILY FEUD ZOOM MEETING

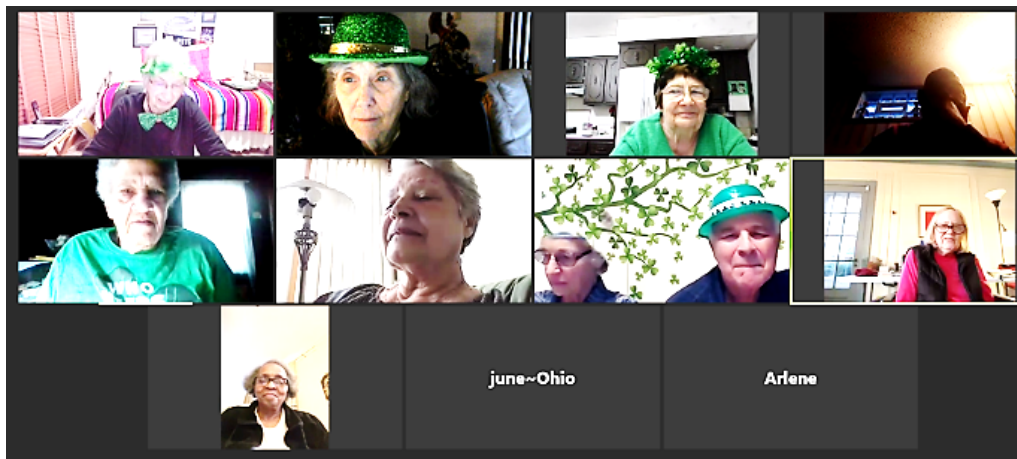
Family Feud – Kay kindly shared her notes. We saw LOTS OF GREEN as most participants wore green - hats, shamrocks, shirts, and whatever.

We had a group of 11 participants -- Nine regulars: Arlene, Gary, Debbie, Linda D., Louise, Paulette, Peggie, Joyce, and Charles. We also welcomed back Jocelyn (who is always good for a fun answer or two) and June participated for the first time.

We really knew our St Patrick's Day stuff. Shamrocks, and leprechauns, parades and green hats, rainbows with a pot of gold. We all wanted "Luck" for St Patrick's Day. Gary wants 'Good Luck', Peggie wants 'The Luck of the Irish', June likes 'The Luck of the Draw', and Debbie just said 'Get Lucky', whatever that means! Our dinner menu (next year maybe?) would include Peggie's corned beef, Linda's Irish stew, Arlene's cabbage, Jocelyn's potatoes, Charles' green peas, and for dessert, Joyce's green cupcakes, and Paulette's green Jello. And, of course, Gary's green beer. (Where was Roger when we needed him?)

The evening was ending, and we all thought about our lucky charms - Rabbit's foot, 4 leaf-leaf clover, lucky hats, and horseshoes. NOBODY mentioned the Lucky Underwear that they put on for guaranteed luck!

We all had fun. Our next game is Tuesday April 9, 2024. What shall our topic be? April? Showers? Income taxes? Spring? How about the Eclipse? Geri always comes up with great topics! Come, join us.



BOOKS AND PAPERS AVAILABLE

- ✿ Berenice Kleiman donated more "One Stroke, Two Survivor" books to the Cleveland Stroke Club. Books will be available at the April General Meeting. Thanks Berenice. The book is also available for download:
✚ <https://onestroketwosurvivors.com/>
 - ✿ Berenice wrote a response to Ellen Richman's article on traveling after stroke. Links to both articles are here and on our webpage in the right-hand box labelled Club member's page.
✚ Cruising After Stroke by Ellen Richman
<https://clevelandstrokeclub.org/wp-content/uploads/2018/07/ellen-newsletter.pdf>
✚ Cruising After Stroke: Air Travel Bathroom Assistance by Berenice Kleiman
<https://clevelandstrokeclub.org/wp-content/uploads/2024/03/air-travel-bathroom-assistance.pdf>
 - ✿ The latest Western Reserve Adults Resource Guide will also be available at the April General Meeting.
- P.S. Berenice has also written 2 more plays and they were read at Notre Dame on March 30th. Congrats!

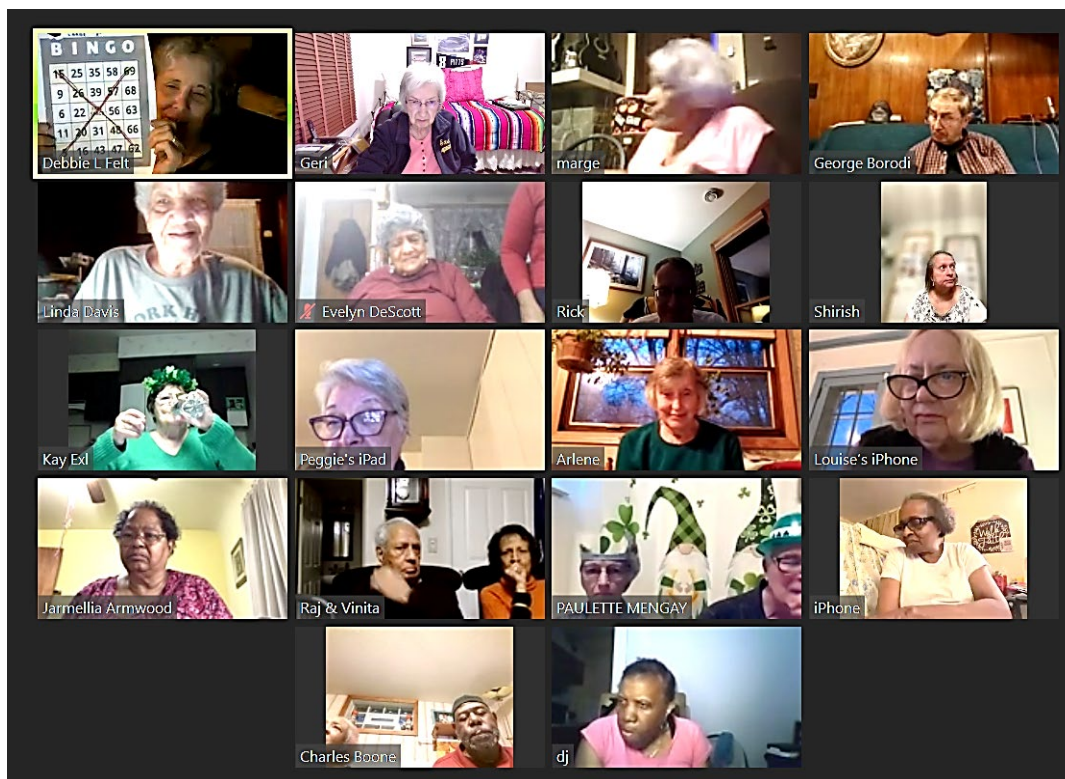
LAST MONTH'S ZOOM MEETINGS, Continued

Zoom Lunch We had a small group but, as usual, a lot of topics were covered while we ate our lunch together. Kay, Debbie, Arlene, and Geri were talking about these topics: Boeing airplanes and getting on an airplane after a terrible accident, where we were on 9/11/2001, corned beef, the war in Gaza, cooking and not cooking for guests but using take out instead, our 2024 calendar and deceased members. Then Robert joined us for the first time. He was driving while he spoke with us and we had a nice conversation with him. We hope to see everyone at our in-person luncheon in April at Winking Lizard, Bedford.



BINGO We had four entertaining bingo nights in March with lots of winners. Congratulations to: **Louise, Jarmelia, Gary, Ela, Marge, Paulette, Joyce, Arlene, Harsha, Vinita, Raj, Evelyn, George, Peggie, Rick, Charles, Harvey, Linda B., Delores, Maggie, and Linda D.**

We couldn't have done this without the help of **Kay, Linda, and Arlene**. Thank you.



BOOK REVIEW

By Carolyn D.

Alex Cross Run

by James Patterson



This book started the Alex Cross series. It was a page turner. It was very good. It is well worth it. I give it 3 stars.

**BEER COLUMN, ETC.**

By Dr. Roger Gulbranson

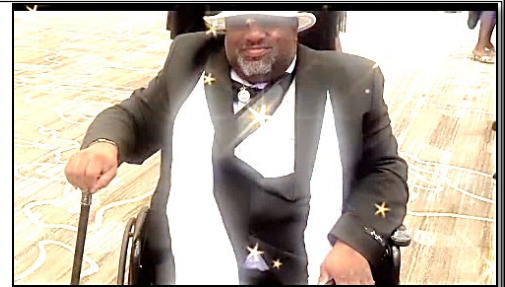


I bottled Kwak and brewed Chimay Red. It's looking good. Also, my Minnesota friends are coming to see the eclipse.

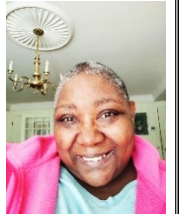
TRAVELED TO MEMPHIS, TN

By Damon Smith

I've got the travel bug. Here's a pic of me at Gatsby Night in Memphis.

**NEW VIDEOS**

By Joyce Z.

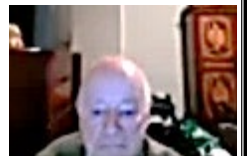


I ran across a YouTube video from an OT who I believe lives in either the US or Canada, who has a degree in stroke recovery called "PostStroke". She uploads a new video every week or every 2 weeks. Her name is Elyse, and covers all aspects of stroke, including exercises to cover the affected and unaffected areas (with adaptations), emotions, the 7 stages of a stroke, dealing with family and others who wonder when you'll be back to "normal", the myth of the "one year" stroke story, even sex after a stroke.

These have been very helpful, and they are closed captioned. The videos last between 5 and 30 minutes depending on subject. You can select the ones that best describes your journey. Oh, and I go HOME MONDAY!!!! I look forward to seeing all of you again, at least on Zoom! <https://www.youtube.com/watch?v=o-xn0k4m2uE>

ONE BYPASS. ONE STROKE. ONE SURVIVOR AND NEW ARTICLE

By Bill Dailey



I am a member of the Cleveland Stroke Club but I live in New Jersey. I try to attend the Survivor Group meeting in Zoom. In 2011, I wrote a book about my stroke. I sent Deb a copy and she can loan it out. I have been asked to speak at various groups and make YouTube videos. Here are links to the videos, hope it helps.

- ✳ <https://www.youtube.com/watch?v=9ixSyKPsAPg>
- ✳ https://www.youtube.com/watch?v=NHgey_xkRmkurivor

I also really like this article about vocal cords:

- ✳ https://www.linkedin.com/posts/bertalanmesko-speaking-without-vocal-cords-thanks-to-a-activity-7175415814794149888-pnbV?utm_source=share&utm_medium=member_desktop

For Seniors, Medical Care Can be a Slog, But There Are Ways to Rein It In

By Pat Hill



Older patients often churn through appointment after appointment. Doctors or social workers may be able to design an easier care plan.

By Judith Graham

March 24, 2024

Susanne Gilliam, 67, was walking down her driveway to get the mail in January when she slipped and fell on a patch of black ice. Pain shot through her left knee and ankle. After summoning her husband on her phone, she made it back to the house with difficulty. And then began a runaround so many people face when they interact with America's uncoordinated health-care system.

Gilliam's orthopedic surgeon, who managed previous difficulties with her left knee, saw her that afternoon but told her: "I don't do ankles." He referred her to an ankle specialist who ordered a new set of X-rays and an MRI. For convenience's sake, Gilliam asked to get the scans at a hospital near her home in Sudbury, Mass. But the hospital didn't have the doctor's order when she called for an appointment. It came through only after several more calls. Meanwhile, scheduling physical therapist visits for her knee and ankle several times a week took hours of her time.

"The burden of arranging everything I need — it's huge," Gilliam told me. "It leaves you with such a sense of mental and physical exhaustion." The toll the U.S. health-care system exacts is, in some respects, the price of extraordinary progress in medicine. But it's also evidence of the poor fit between older adults' capacities and the health-care system's demands.

How specialty medicine complicates care

"The good news is, we know so much more and can do so much more for people with various conditions," said Thomas H. Lee, chief medical officer at Press Ganey, a consulting firm that tracks patients' experiences with care. "The bad news is the system has gotten overwhelmingly complex."

"That complexity is compounded by the proliferation of guidelines for separate medical conditions, financial incentives that reward more medical care and specialization among clinicians," said Ishani Ganguli, an associate professor of medicine at Harvard Medical School. "It's not uncommon for older patients to have three or more heart specialists who schedule regular appointments and tests," she said. If someone has multiple medical problems — say, heart disease, diabetes and glaucoma — their health-care interactions multiply.

Ganguli is the author of a [new study](#) showing that Medicare patients spend [about three weeks a year](#) having medical tests, visiting doctors, undergoing treatments or medical procedures, seeking care in emergency rooms, or spending time in the hospital or rehabilitation facilities. (The data is from 2019, before the covid-19 pandemic disrupted care patterns. If any services were received, that counted as a day of health-care contact.)

That study found that slightly more than 1 in 10 people 65 and over, including those recovering from or managing serious illnesses, spent a much larger portion of their lives getting care — at least 50 days a year. "Some of this may be very beneficial and valuable for people, and some of it may be less essential," Ganguli said. "We don't talk enough about what we're asking older adults to do and whether that's realistic."

A 'treatment burden'

Victor Montori, a professor of medicine at the Mayo Clinic in Rochester, Minn., has sounded an alarm for years about the "treatment burden" that patients experience.

Continued on next page.

Medical Care Can be a Slog.... Continued.



In addition to time spent receiving health care, this burden includes arranging appointments, finding transportation to medical visits, getting and taking medications, communicating with insurance companies, paying medical bills and following recommendations such as dietary changes.

Four years ago — in a paper titled “[Is My Patient Overwhelmed?](#)” — Montori and several colleagues found that 40 percent of patients with chronic conditions such as asthma, diabetes and neurologic disorders “considered their treatment burden unsustainable.” When this happens, people stop following medical advice and report poorer quality of life, the researchers found. Especially vulnerable are older adults with multiple medical conditions and low levels of education who are economically insecure and socially isolated.

Older patients’ difficulties are compounded by medical practices’ increased use of digital phone systems and electronic patient portals — both are hard for many seniors to navigate — and the time pressures on physicians. “It’s harder and harder for patients to gain access to clinicians who can problem-solve with them and answer questions,” Montori said.

Meanwhile, clinicians rarely ask patients about their ability to perform the work they’re being asked to do. “We often have little sense of the complexity of our patients’ lives, and even less insight into how the treatments we provide (to reach goal-directed guidelines) fit within the web of our patients’ daily experiences,” several physicians wrote in a [2022 paper](#) on reducing treatment burden.

Consider what Jean Hartnett, 53, of Omaha and her eight siblings went through after their 88-year-old mother — who also cared for their ailing father — had a stroke in February 2021. In the year after the stroke, both of Hartnett’s parents — fiercely independent Nebraska farmers — suffered setbacks, and medical crises became common. When a physician changed her mom’s or dad’s care plan, new medications, supplies and medical equipment had to be procured, and new rounds of occupational, physical and speech therapy arranged.

Neither parent could be left alone when the other needed medical attention. “It wasn’t unusual for me to be bringing one parent home from the hospital or doctor’s visit and passing the ambulance or a family member on the highway taking the other one in,” Hartnett explained.

Hartnett moved in with her parents during the last six weeks of her father’s life, after doctors decided he was too weak to undertake dialysis. He passed away in March 2022. Her mother died months later in July.

What to ask your doctors

So, what can older adults and family caregivers do to ease health-care burdens?

To start, be candid with your doctor if you think a treatment plan isn’t feasible and explain why you feel that way, said Elizabeth Rogers, an assistant professor of internal medicine at the University of Minnesota Medical School. Ask which interventions are most important in terms of keeping you healthy, and which might be expendable.

Doctors can adjust your treatment plan, stop medications that aren’t yielding significant benefits, and arrange virtual visits if you can manage the technological requirements. (Many older adults can’t.)

Ask whether a social worker or a patient navigator can help you arrange multiple appointments and tests on the same day to minimize the burden of going to and from medical centers. These professionals may also be able to connect you with transportation and other services. (Most medical centers have staff of this kind, but physician practices do not.)

Continued on next page

For Seniors, Medical Care Can be a Slog.... Continued.

If you don't understand how to do what your doctor wants you to do, ask them: What will this involve on my part? How much time will this take? What kind of resources will I need to do this? And ask for written materials, such as self-management plans for asthma or diabetes.



"I would ask a clinician, 'If I chose this treatment option, what does that mean not only for my cancer or heart disease but also for the time I'll spend getting care?'" said Ganguli of Harvard. "If they don't have an answer, ask if they can come up with an estimate."

Submitted by Pat Hill MBA, The Medicare Problem Solver, 216-570-9236, pthmba@att.net

TOE TIPS

By Jenifer Vanek, RN Foot Care Specialist,
Reliable Nurse Foot Care (www.RNfootcare.com)

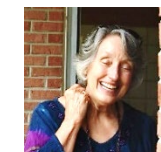


How do orthotics fit in? When adjusting to a new orthotic or brace, be sure to check the skin frequently, and cushion those high friction areas. If offloading the pressure doesn't help, go back to the store that created the orthotic for potential adjustment before a wound occurs. Prevent to protect!

DISCLAIMER: these are tips to keep feet healthy, not to treat illness or injury. If your health care provider advises differently, listen to them. Let's talk toes! (and feet)

New Blood Test that Screens for Alzheimer's May Be a Step Closer to Reality

By Arlene Beinhardt



"Testing a person's blood for a type of protein called phosphorylated tau, or p-tau, could be used to screen for Alzheimer's disease with "high accuracy," even before symptoms begin to show, a new study suggests. ... But this simple blood test was found to be up to 96% accurate in identifying elevated levels of beta amyloid and up to 97% accurate in identifying tau, according to the study published Monday in the journal [JAMA Neurology.](https://www.cnn.com/2024/01/22/health/alzheimers-blood-test-screening-study/index.html#:~:text=Last%20year%2C%20the%20first%20blood,the%20science%20behind%20the%20test)" <https://www.cnn.com/2024/01/22/health/alzheimers-blood-test-screening-study/index.html#:~:text=Last%20year%2C%20the%20first%20blood,the%20science%20behind%20the%20test>

Editor's note: Our longtime volunteer, Sue Sheridan, has a daughter who is an Alzheimer's researcher.

GENTLY USED HEAVY DUTY MEDICAL EQUIPMENT, ONE OWNER

We have members who want to donate gently used medical equipment. If you are interested in seeing pictures of this equipment, let Deb know. (440-944-6794 home or 440-289-9192 cell)

- ✳ A Molugan Patient Lift to help people into cars or chairs: <https://a.co/d/4vomKac> It is heavy.
- ✳ Stair lift for 15 steps is available.
- ✳ A hospital bed with electric controls is available. Weight limit 450 pounds.
- ✳ A heavy-duty power wheelchair is available, but it needs a battery.
- ✳ A manual wheelchair
- ✳ A pyramid cane is available.

MY STROKE REFLECTIONS

By Jocelyn J



What's been different for me. Post stroke realities 4-years later...
The amount of time required is totally different for every deed and need it seems.

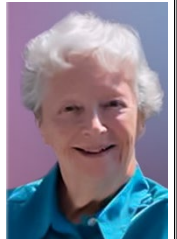
Having a full understanding of my capabilities by body part and function is key. I've needed to be patient with myself and strive for added strengthening. Extra attempts and unplanned reps are in my self-help exercise program. The definition of my thoughts on independence are under a remixed kind of formula. No more last minute execution of tasks:

- ✚ Respecting the phrase, "Put everything in its place."
- ✚ Traveling to and through the "familiar" has also changed drastically.
- ✚ There is an extreme appreciation for the people in my life who appear to be "mind readers". They miraculously provide my desires that appeared to be in a recent dream.
- ✚ Considering clothing selection: from sizing to workable closures is trumped by easy-on and easy-off conveniences and quick final adjustments.
- ✚ Some routine television shows have lost their interest. Feeling grateful for new streaming programs, the closed caption option and availability of shorter lifestyle movies fills that entertainment void. Realizing daily that my attention span for select things has changed is often a bummer!
- ✚ There is empowerment and memory support in using the post-it note invention. The colors and sizes are genius.
- ✚ My personal assistant for battling food crumbs and craft clippings is the cute handheld vacuum with great attachments. Outstanding!
- ✚ My collection of easy-on compression socks have grown, includes zanny colors and patterns. Those unused are Goodwill bound.

Appreciating the simple things is priceless. Moving forward...

Celebration of Life Service for Mary K. (Mickie) McGraw

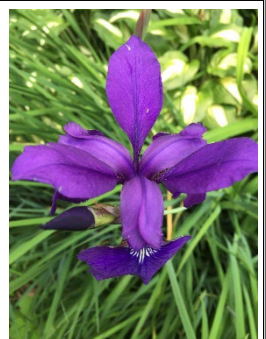
Mickie was a co-founder of The Art Studio over 50 years ago. As a person who had polio as a child and confined to a wheelchair, she became an artist and counselor to help patients deal with illness and handicaps through the creative process of the arts. Our Club and Club members actively supported her efforts for all of 50 years.



There will be a gathering on Saturday April 13 from 1:00 to 4:00 with remarks at 2:00. Location: The 4th floor of the Fairhill Partner Building (Art Therapy Studio), 12200 Fairhill Rd., Cleveland 44120. Please RSVP to Barbara 216-389-2662 by message or text, to give planners an idea about the number of guests attending.

SPRING SIGHTINGS!

Even though it is still cold outside, spring has come to Cleveland! We hope you can try to take a drive to see Daffodil Hill at Lake View Cemetery in Cleveland. And while you are near University Circle, visit the City Greenhouse to see the tulip and wildflower displays (outside) and blooming cacti (inside) at the City Greenhouse. The Cleveland Botanical Gardens has a stunning Japanese garden (outside) and a cacti display (inside).





Evelyn's new puzzle!

US



John and Mary Easter visit with their granddaughter.



Gary and Paulette at Medina ice festival (above). Celebrating Gary's BDay.



PUZZLE: What to do on National Walking Day (April 3rd)

By Brenda Koos

(Use every letter and word only once.)

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

Amble

March

Parade

Prance

Sashay

Sidle

Strut

Tromp

Trudge

Jog

Meander

Peregrinate

Promenade

Saunter

Stride

Toddle

Troop

Walk

Lumber

Mosey

Plod

Ramble

Shamble

Stroll

Traipse

Trot

Make your own puzzle here:

<https://puzzlemaker.discoveryeducation.com/word-search>**Gary and Paulette at Mayberry for Gary's Birthday**