

ReFocus May



ORIGINAL ART

By Jim Scanlon

A REPORT OF THE CLEVELAND STROKE CLUB

May 2024

*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 May 1st from 6:30–8:30 PM
Zoom for Break-Out Session 7:30-8:30 PM**

**General Meeting, In-Person
Wednesday, May 15th from 6:30-8:30 PM
Dinner will be Pasta with Meatballs & Cheese on the side
Program: Talent and Interest Night!**

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. See inside for details.

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
Emeritus**
Dorothy Norton

Board Committees

Membership Chair
Kay Exl

Volunteer Coordinator
Shirley Patterson

Assistant to the Board
Bonnie Morris
440-552-3970

Phone Caller
Linda Pfeffer

ReFocus Editor
Deb Felt

**Caregiver/Survivor
Meeting Facilitators**
Jean Nisenboum
Sue Sheridan

FROM THE DESK OF THE EXEC. DIRECTOR

By Geri Pitts



We're working on lots of fun activities for you this year. Be sure to find our annual picnic flyer included in this ReFocus newsletter. In August we're working on our annual anniversary dinner at the Embassy Suites in Beachwood. Until then we'll entertain you with our games of bingo and Family Feud. Here's what is going on at our general meeting this month. We're having our ever-popular Talent and Interest Night. Like Bonnie Morris said a long time ago, "Let's celebrate what we can do and what we have learned to do a different way." These are the presenters who have agreed to share their talents with us:

Dr. Roger Gulbranson – Brewing Chimay Red

Lisa Rose Rodriguez – Poetry Reading

Delores Jones – a surprise from my kitchen

Neerja Bhustan – Ask the O.T.*

Damon Smith – Travels with Damon – Past Trips & Future Plans

Evelyn DeScott & Suzie Hyche – Puzzles & Needlework

Kay Exl – Emergency light bulb fund-raiser

*For Neerja's presentation: Bring your questions about making adaptations for daily activities or bring your solutions to share. We're talking about how to make things easier for us all. Think about adaptations in cooking, gardening, hobbies, household tasks, etc. You can also show us anything that you use to make your daily life easier. Let's brainstorm solutions!

SLATE OF OFFICERS FOR MAY ELECTION OF BOARD OF DIRECTORS

You will be pleased to hear that all your officers have agreed to another year of service. We will have our annual election of the Board on our May 15th meeting.

President – Linda Davis

Vice President – Deena Barrett

Treasurer – John Pumper

Secretary – Kay Exl

The above volunteers comprise your slate of officers for the 2024-2025 year. If anyone is interested in serving as an officer or on a committee, please let me know. Also, all those listed on the left hand side of this page, have also agreed to continue working for your Cleveland Stroke Club. A BIG THANK YOU to all of you.

WATCH YOUR PODCAST STARS

Richard Lander, a disability lawyer from Liner Legal, has asked for representatives of the Cleveland Stroke Club to join him in a podcast in honor of National Stroke Awareness Month. Linda and Geri will be representing us. It will be available to view sometime after May 14 at: www.linerlegal.com Click on "Community," then "Triple D Podcast" and scroll down until you see our podcast.

May is Stroke Awareness Month!

MAY HOLIDAYS

- 1 May Day
- 4 Kentucky Derby Day
- 4 Star Wars Day
- 5 Orthodox Easter
- 5 Cinco De Mayo
- 6 Nat'l Nurses Day
- 7 Nat'l Teacher Day
- 12 Mother's Day
- 15 Int'l Day of Families
- 15 Chocolate Chip Day
- 18 Armed Forces Day
- 23 Nat'l Turtle Day
- 24 Nat'l Brother Day
- 27 Memorial Day

<https://www.wincalendar.com/Holiday-Calendar/May-2024>

MAY WISHES**Happy Birthday**

Sandy Russell	5/1
Jarmellia Armwood	5/3
David Smith	5/4
Ajay Ladanyi	5/5
Charles Boone	5/7
Shirish Engineer	5/8
Dottie Norton	5/9
Jene Wilson	5/9
Cynthia McCreary	5/11
MarkDonohoe	5/14
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

Happy Anniversary

Marge & Ernest Robinson	
5/16/1982	
Debra & James Brown	
5/17/21970	
Jean & Frank Nisenboum	
5/24/1981	

Get Well Soon

Pat Hill
Janice Robinson

MAY MEETING CALENDAR

By Geri Pitts

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

5/1	Survivors/Caregiver	6:30 – 8:30	In-person at Select Medical, 11900 Fairhill Blvd., Cleveland 1st Wednesday of the mo. In-Person
5/1	Break-out Session	7:30 – 8:30	1st Wed. in Zoom
5/2	Bingo	7:00 – 8:00	Every Thurs. on Zoom
5/7	Board Meeting	4:00 – 5:00	1st Tuesday on Zoom
5/9	Bingo	7:00 – 8:00	Every Thurs. on Zoom
5/15	General Meeting	6:30 – 8:30	In-person: Disciples Christian Church, 3663 Mayfield Road, CLE.Hts. 44121 3rd Wed. In-Person
5/16	Bingo	7:00 – 8:00	Every Thurs. on Zoom
5/21*	Family Feud	7:00 – 8:00	New Date for May Only
5/22	Outing/Luncheon	11:30 – 2:00	Jack's Deli 14490 Cedar Rd, University Hts, 44121 Outings are scheduled on 4th Wed.
5/23	Bingo	7:00 – 8:00	Every Thurs. on Zoom
5/30	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 hope you are doing fine. My schedule has been crazy this week. The good thing is that our Cleveland teams are doing great. Go Cavs. Go Guardians.

Our **next outing** will be at **Jack's Deli (14490 Cedar Rd, University Hts, 44121) on May 22nd at 11:30**. Here's a link to the menu and more information: <https://www.jacksdeliandrestaurant.com/>. Jack's is wheelchair accessible with parking on the side and in back. There are chairs inside the door for drop-off. No RSVP required. We meet at about 11:30 to get prime seating and to get our lunch order in first. People usually stay about 2 hours. You can coordinate with me or Deb.

DEEPEST SYMPATHY: FRAN KEMELHAR

We want to extend our deepest sympathy to the family of Fran Kemelhar. We just learned that Fran passed away on December 1, 2023. She, and her husband Burt, were long time members of our Club.

Fran was the classic “Golden Girl”! She was an outgoing goer who always looked amazing—she loved to have her hair, nails, and make-up done once a week. She loved to shop, eat out, and travel. She was a night owl and loved old movies. (And, of course, her home was spotless.) She was the first to greet our members and applaud our successes, especially at Talent Nights. She loved getting together with family and friends. She was always “all in” for fun. We loved her.

LAST MONTH'S CAREGIVER/SURVIVOR MEETING

April's Caregiver/Survivor Meeting was our first in-person meeting since December. We loved seeing each other in person. Food for Thought provided our entrée, Cobb pasta, and we had salad, rolls, and dessert. Kay brought chips and humus for a snack. Linda and George P. and Joyce brought a great selection of cookies. Joyce, Linda, Frank, Shirley, Sue came early to help set-up our meeting and EVERYONE helped during and after the meeting. THANK YOU, THANK YOU, THANK YOU. Thirty-seven members RSVPed and that was about the number who attended. We welcomed several new people who attended in-person and in Zoom. After dinner and announcements, we split into groups.

Caregiver Break-Out Group: We welcomed new members Jennifer, Carla, Margot, Andrew and Vanessa to the group and introduced ourselves. Harvey B. attended in Zoom. They shared their reasons for being here and the early experiences of living with a stroke survivor. Some of them care for multiple people with difficult-to-manage diagnoses. We assured them that they were in the right place right now and that, while life has taken on a new focus, it will get easier if they continue to stay strong and reach out to those who have been through similar experiences. The Cleveland Stroke Club was built around the idea that caregivers know a great deal from their experiences and will share what they know. It's scary in the beginning. A while ago a caregiver said the first two years are hard but then it gets easier. We can talk about anything in our meetings; we can laugh and cry; encourage and congratulate; help and share. What's said in our meetings stays in our meetings.



Survivor Group Jean Nisenboum kindly facilitated our group. We welcomed Michael to our in-person group and Linda B. attended in Zoom. We also welcomed a new caregiver who wanted to ask our members some questions because her husband was still in a rehab hospital and could not speak. Michael talked about a study being conducted at CASE for African American stroke survivors who are men. Here is more information about the study:

<https://clevelandstrokeclub.org/wp-content/uploads/2022/12/african-american-men-mentoring-study-0221.pdf>

or

go to www.clevelandstrokeclub.org, follow the link to the newsletters, calendars, and flyers and you will see a link to the study.

We welcomed our new members, answered their questions, and went around the room to introduce ourselves. Each of us talked about how we reinvented ourselves after the stroke.

It was a very good to see everyone again.

We also want to send our good friend, Walt, who works at Select Hospital, Get Well Wishes. He has helped us with our meetings for more than 15 years. We love him dearly.

LAST MONTH'S FAMILY FEUD ZOOM MEETING

Family Feud – Kay kindly shared her notes. On Tuesday evening, April 9, 2024, we met on Zoom for our monthly Family Feud game. We marveled about the eclipse, which all of us had viewed. We moved on to April showers (and storms !), then to spring in general.

We had a group of 9 participants - Arlene, Gary, Debbie, Harsha and her friend, Harvey, James, Linda B., and Paulette.

Everyone was able to name words that are associated with an eclipse - Sun, moon, and earth . Awesome ! Unbelievable ! Breathtaking ! Quiet and Dark. Paulette made t-shirts to commemorate the occasion.

April is a good month for all of us, with Easter and April Fool's Day; with Baseball's Opening Day and Football's College Draft; Income Tax; April showers and Flowers, and warmer weather.

And we are all on our **BEST** behavior when we are:

- ❖ At church, a party, at a wedding, or a funeral.
- ❖ At a job interview and while at work.
- ❖ When first meeting your significant other's family
- ❖ When pulled over by the police.
- ❖ When sitting on Santa's lap.



We want you to be on **YOUR** best behavior on Tuesday, May 21st.

Join us for another evening of Stroke Club laughs, grins, and giggles.

LAST MONTH'S GENERAL MEETING

We cancelled last month's General Meeting at Disciples Christian Church because the entire Cleveland area was under a tornado watch. We were about to send out an email to remind people of the meeting and to tell them to watch the weather, when we saw the TORNADO WATCH notice. We sent out a blast email and then individual text messages and phone messages asking everyone to respond. Only 2 people out of 54 people did not respond—two members did not have their cell phones charged. Finally, two of us went to the Church to put a note on the door and make sure that no one was stranded (and offer rides).

We should spend a minute, here, to remind everyone of our meeting and severe weather rules.

- ❖ **Please make sure you RSVP to all meetings**
 - RSVP so we can plan the meetings AND
 - **RSVP so we contact you about last minute changes.**
- ❖ **Please charge your phones** on the mornings of our meetings, so you can receive our calls and texts.
- ❖ **Please watch the weather** in your area. If it does not look good, please stay home. Your safety is most important to us. When there is bad weather: there can be fall risks and road closures that cause delays for cars, public transportation, and EMS. Staying home helps you and everyone else.
- ❖ **You can contact us.**
 - Geri's home phone: 330-975-4320
 - Kay's home phone: 440-449-3309
 - Deb and Roger's home phone 440-944-6794 or cell phone 440-289-9192
 - Linda D.'s cell: 216-533-1072

LAST MONTH'S MEETINGS, Continued

Lunch We had lunch at Winking Lizard, Bedford on the fourth Wed. of April. We ate inside because it was in the 40's. Many thanks to the staff for treating us so well. Eighteen of us attended. Best of all, we got to meet our newest members in person! We missed sitting on the porch, so we will try to go back this summer.

Join us for our next Luncheon at Jack's Deli on the fourth Wed. of May.



BINGO During April, with the help of Linda D., Kay, and Arlene, we had four bingo nights with these bingo winners: **Raymond, Arlene, Rick, George, Paulette, Ela, Delores, Vivien, Marge, Charles, Evelyn, Gary, Maggie, Harsha, Raj, Jarmelia, Pegie, Harvey, Vinita, and Linda B.**



BOOK REVIEW

By Carolyn D.

Red Book

by James Patterson and David Ellis



The book was set in the city of Chicago. It revolves around a red book that was found in a house by a family member, after the conviction and sentencing on a man...for a few years. Years later the son found this book when he was cleaning the house to sell it. The book contained information that could have put his father away for much longer. He never turned it into the police because his father had already done his time.



I really liked this book. It had lots of twists and turns. I read the black book and now I red the red book. I give it 3 stars.

BEER COLUMN, ETC.

By Dr. Roger Gulbranson



I made my last beer for the season. Come to our next Talent Night at our next General Meeting to taste my Chimay Red.

MOVIE COLUMN

By Damon Smith

Meg 2 [the trench]

Jonas Taylor leads a research team on an exploratory dive into the deepest depths of the ocean. Their voyage spirals into chaos when a malevolent mining operation threatens their mission and forces them into a high-stakes battle for survival. Pitted against colossal, prehistoric sharks and relentless environmental plunderers, they must outrun, outsmart and outswim their merciless predators.



This movie in my opinion was decent. I give it 1½ thumbs up.

Also, come to Talent Night at the next General Meeting to see and hear about my Chicago, Vegas, and Memphis trips.

TOE TIPS

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



Start with clean! While many shoes are difficult to clean, there are disinfectant sprays to decrease the spread of bacteria, yeast, and some fungus inside the shoes. Couple this with clean feet and socks, and feet stay protected and infection free! 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)

STROKE STUDY

Researchers at Case Western Reserve University and University Hospital Cleveland Medical Center are seeking participants for a research project designed to help African American men to learn about stroke risk factors and about how to best take care of their health after a stroke or TIA. You may be able to join if you: **are African-American man, 18 years or older, and had a stroke or TIA within the last five years.** If you are interested, please contact the research assistant at: 1-888-819-0004 or email NBOC@UHhospital.org .

Health Conditions Linked to Forgetfulness

By Pat Hill

Sarah-Louise Kelly

28 February 2024



According to the Royal National Institute for Deaf People, around 12 million people in the UK are affected by hearing loss. According to Amanda Philpott, a hearing health expert and co-founder of eargym: "Beyond ageing and genetics, our hearing can deteriorate due to noise exposure, viral infections, impacted ear wax or trauma to the ear or head."

"Hearing loss can occur suddenly, but in most cases, it develops gradually over time, and therefore it can often go undetected for long periods of time, particularly among younger people." This correlates with the World Health Organization's prediction back in 2019 that 1.1 billion young people are at risk of hearing loss.

Five unusual signs of hearing loss

Philpott has shared the unusual signs of hearing loss that you may be experiencing and hadn't chalked up to hearing problems.

You struggle to understand people when you cannot see them

Without realizing, a lot of people who are experiencing hearing loss will rely on their other senses to fill the gaps in speech in order to make sense of what others are saying. This can lead to a subconscious over-reliance on lip-reading which becomes clearer if you struggle to talk to people with their mouths covered, or through the phone.

Additionally, consonant sounds can be hard to distinguish and as a result, you may often misunderstand what people are saying or think they're mumbling when you cannot see them talking.

You get tired after social interactions.

A subtle sign is often feeling fatigued after social interactions as a result of needing to concentrate in order to hear what is being said. If you are struggling to hear, your brain has to work a lot harder to interpret the information it receives from the inner ear. This can be exhausting, particularly over longer periods of time, and make it difficult for you to enjoy social settings.

You constantly find yourself turning up the TV.

Although noise sensitivity varies person to person, if you often have to slide your music volume up to full or find yourself turning up the TV after others have had control, it's worth getting your ears checked as it could be a sign that you're having problems with your hearing.

You often find yourself asking people to repeat themselves.

If you find yourself often stopping conversations to ask others to repeat what they were saying over and over, this is a sign that you could be experiencing hearing loss.

As a result, you may find yourself forgetting what they have told you which can be frustrating for all involved in the interaction.

Continued on next page.

Health Conditions Leading to Forgetfulness, Continued.



You hear ringing, whooshing or whistling inside your ears

If you persistently hear ringing, whooshing or buzzing when there's no external source for the sound, you're likely experiencing Tinnitus. For many people, this can affect their mood, ability to sleep and concentrate. Tinnitus is extremely common among those experiencing hearing loss.

How we can prevent hearing loss

Julia Glenn, former Design Innovation Lead at UKRI's Healthy Ageing Challenge Fund, shared her tips for preventing hearing loss. Glenn said: "Not only can untreated hearing loss lead to social isolation, it's also closely linked to a number of serious mental and physical health conditions such as depression, dementia, and a loss of physical balance."

"People with hearing loss tend to retire from work around 8 years earlier than their hearing colleagues, which can have significant emotional and financial impacts."

Get your hearing checked regularly

Understanding your hearing health is the first step to improving and protecting it. This can be done by regularly having your hearing checked. The earlier hearing loss is diagnosed, the sooner it can be treated, protected, and prevented from deteriorating further.

Wear protection and avoid exposure to loud noises

Protecting your hearing is essential to ensuring it doesn't worsen. Keep music, TV, and radio at a level where you can still understand those around you when they're speaking to you from across the room. Take breaks every sixty minutes when you're listening to media through headphones and listen at 60% of your device's maximum volume or less.

If you're in a noisy workplace, at a gig or commuting, wear earplugs or ear defenders.

Train your hearing

Glenn urges that hearing loss isn't inevitable or even irreversible.

Although damage to structural parts of our ears can only be improved through physical interventions like hearing aids or cochlear implants, we can improve our ability to process sound and apply meaning to it through hearing training.

Hearing training exercises work with your brain to help you get more out of what you hear, improving your ability to listen, focus and process speech. Regular, daily training over a period of several weeks using an app like eargym can significantly improve your hearing ability.

Hearing training can also help people with healthy hearing support and improve their hearing threshold

Continued on next page

Health Conditions Linked to Forgetfulness, Continued.**Maintain healthy habits**

To best protect the cells in your ears, you need to keep healthy habits. This includes managing your blood pressure, keeping diabetes under control, exercising, practicing stress reduction, and eating foods high in vitamins and minerals such as B12, potassium and magnesium. The healthier you are overall, the better your mental, physical and hearing health will be. Protecting my hearing health? I'm all ears.

huffingtonpost.co.uk/entry/being-forgetful-is-an-unusual-sign-of-this-condition_uk_65df1925e4b0189a6a800609

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

MY STROKE EXPERIENCE

By Joyce Z.



Dear Deb and Stroke Club Members,

I came home, but currently dealing with swollen legs and feet for last week and a half. Seeing my regular doctor tomorrow, and because the Medicaid provider I was given isn't even TAKEN by my other doctors, except 2, found out the orthotics company making my knee braces wasn't on their list of providers either, and the new glasses I needed due to stroke related double vision, no one at the nursing home could tell me whether they came in. Mobile Crisis has my number on speed dial, because I was getting overwhelmed from the never-ending setbacks. I saw my MH team at my agency, and literally bawled my eyes out because this is HARD. The only answer from Social Security was that my reinstatement claim was nearly denied because I mistakenly checked on the form I was working (darn double vision). The agent handling my paperwork said the error was corrected, but no time frame as to when(or if) I will be approved.

It's been the most trying period of my life, made worse by having no insurance or income of my own and losing my unpaid position due to the facility doctor not turning in my paperwork in time. I want you all to know I appreciate the wonderful things you have done for me, and just saying thanks doesn't do enough justice. The yarn, especially the large print word search, gave me something to take some of the stress off, and I love my jackets; I was glad I didn't have to pull them over my head to get my pain patch on!! I found another Medicaid provider who does cover my providers AND my Home Health needs, which was why I was back in the hospital and rehab. No money, no services. Oh, I got my glasses; they were at the nurses station, where no one thought to look for 3 weeks.

No one plans on having this occur, and just like that, a MINOR stroke upended my life, on levels I couldn't imagine. But, I persevered, have mostly good days, and on the not so good live with grace, and asking for help. My kids and grands are ok, and you know something? My husband has really been THE MAN, as he also takes care of his dad as well. I tell him every chance I get how much I love him, and realize how stretched he is between Dad and me, and that he takes time for himself. My sons' friend took me to my appointment, my brother came to our house one Sunday and cut my hair which made me feel like a natural woman!!! My case manager has been helpful, especially since I can't drive, and sometimes no one else is available. I'm not so cut off like before.

As my Post Stroke journey continues, I no longer feel as alone and isolated. There's a group of people who "speak" my language, have been there or starting out like me, and remind me that This Too Will Pass. One day at a time.

Love,
Joyce

ECLIPSE

By Jocelyn B.



The week leading up to the 2024 eclipse phenomenon, I'm dealing with a sudden illness and finally consented to lab work. I got up early and ventured to Cleveland Clinic Express Care where I was given a pair of safety glasses. With glasses in hand, I modified my plans to view the eclipse outdoors.

I grabbed my rollator, microfiber jacket and slowly headed for my driveway at the appointed time. The neighbors had started to assemble in groups both great and small. My next-door neighbor heard me screaming in amazement and decided to join me. We witnessed in total silence the glory of God in unlimited magnificence. The darkness launched the sensory lights into full illumination. The temperature dropped and the cold breeze moved over my bare feet swiftly. Giving reverence to four minutes that will never be forgotten by an entire world. AMEN.

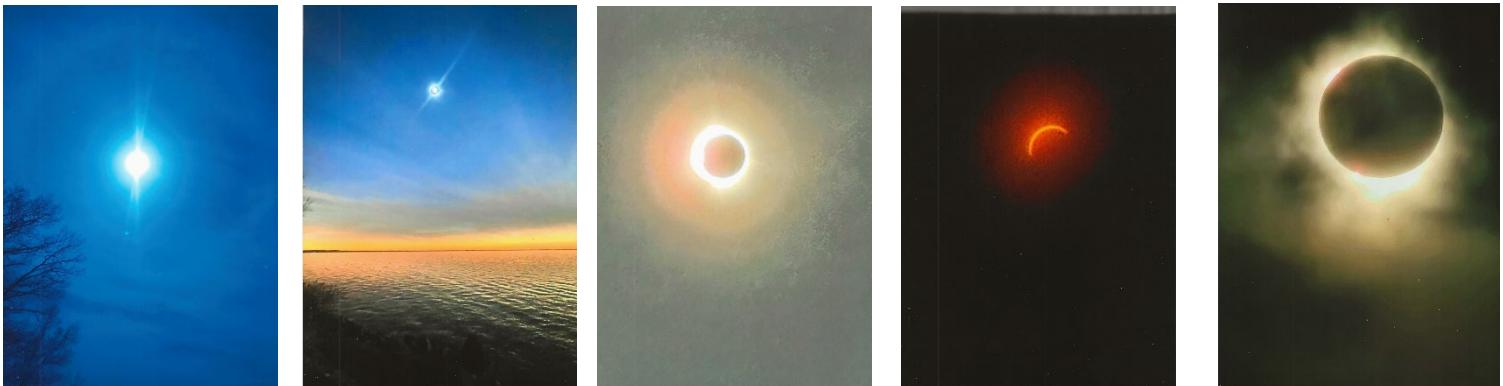
Here are some pictures that our members sent in.



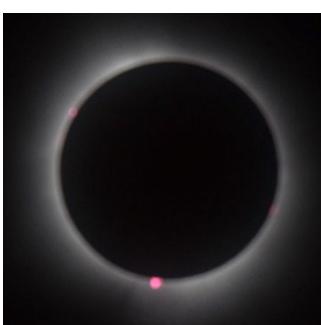
Gary and Paulette



Roger and his friends from Florida and Michigan



Dave and Susan's pictures



Nelly's picture



Arlene's picture



Geri's picture



Peggie's homemade
Eclipse glasses



Evelyn's new puzzle!

US



Kathleen and Ralph and their family for Easter

John and Arlene's daughter is a veterinarian and their whole family helps with Spring birthing.



New baby lamb



PUZZLE: Slow Down You Move Too Fast...National Turtle Day, May 23, Ohio Style

By Brenda Koos

(Use every letter and word only once.)

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

Blandings

Box

Cooters

Emydidae

Glyptemys

Map

Mud

Musk

Painted

Pond

Slider

Smooth

Snapping

Softshell

Spiny

Spotted

Stinkpot

Trionychidae

Wood



(100 yr. Old turtle at
N. Chagrin Reservation)

Make your own puzzle here:

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

Gary and Paulette at CLE Botanical Gardens



Cleveland Stroke Club Annual Picnic

Wednesday, June 12, 2024 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 8-10:

Please put your name on your dish!

If your last name begins with **A-N**

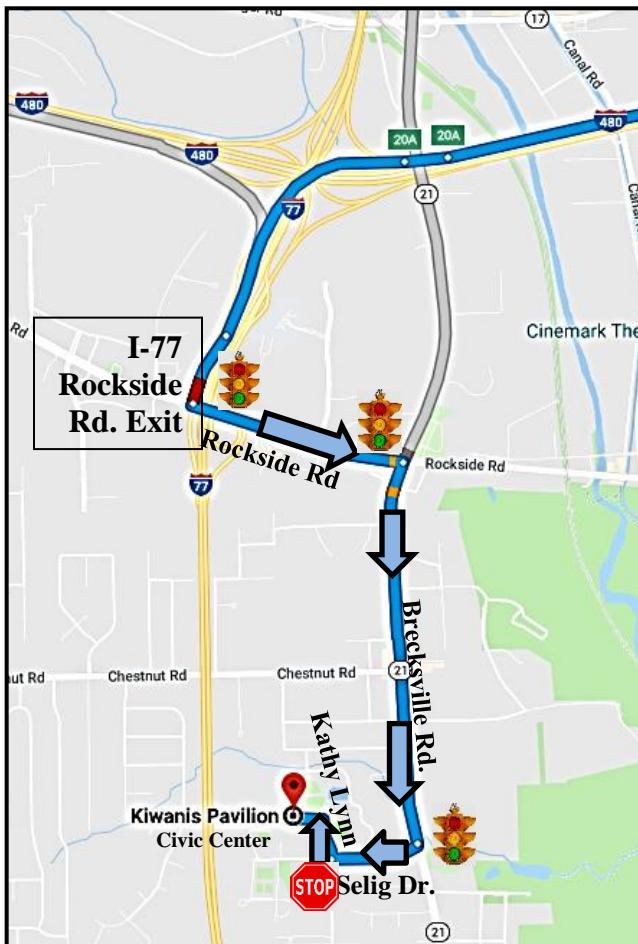
Please bring a side dish.

If your last name begins with **O-Z**

Please bring a dessert.

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**