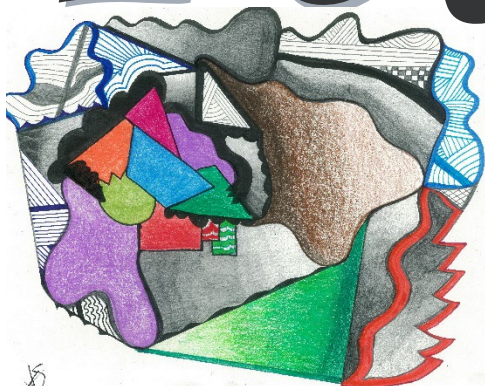


ReFocus^{Nov.}



ORIGINAL ART
By Jim Scanlon

A REPORT OF THE CLEVELAND STROKE CLUB

Nov. 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 Nov. 6th from 6:30–8:30 PM
Zoom for Survivor Break-Out Session 7:30–8:30 PM
General Meeting, In-Person
Wednesday, Nov. 20th from 6:30–8:30 PM
Dinner will be a Traditional Thanksgiving Feast
Kevin Whitman will speak about “Trusts and Guardianships”

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 5/2024-5/2025**President**

Linda Davis

Asst. to the President

Linda Pfeffer

Vice-President

Deena Barrett

216-410-2306

Secretary

Kay Exl

Treasurer

John Pumper

Asst. Treasurer

Dave Zabo

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Bill Pitts

EXECUTIVE**DIRECTOR**

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330-975-4320

**Executive Director
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Dorothy Norton

Board Committees**Membership Chair**

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Volunteer Coordinator

Shirley Patterson

Assistant to the Board

Bonnie Morris

440-552-3970

Phone Caller

Linda Pfeffer

Meeting Support

Frank Nisenbom

ReFocus & Web Editor

Deb Felt

FROM THE DESK OF THE EXEC. DIRECTOR

By Geri Pitt



Happy Fall! I hope you have had a chance to see the beautiful colors that present themselves at this time of the year...one of the bonuses of living in this area. We had a busy month of October. I hope you had a chance to enjoy it with us.

Our BINGO nights continue to be popular with an average of 16 people attending on Zoom each Thursday. One night **Rick** introduced us to his grand-twins, **Rosie** and **Lydia**. Thanks for a peek at your family. Thanks to **Kay, Linda, Arlene** and sometimes **Rick** who keep the games going. October's winners were **Paulette, Arlene, Evelyn, Gary, Lula, Harsha, Peggie, Delores, George, Vivien, Marge, Rick, Raj, Vinita, Charles, Louise, and Joyce**.

**Save the Date**

Our Traditional Thanksgiving Feast will be at our next General Meeting on November 20th at Disciples Christian Church. We will have turkey, gravy, dressing, mashed potatoes, sweet potato casserole, and green beans. Our board members will bring the pies. We are so thankful for your friendship and kindness.

Our Holiday Party: We are planning to celebrate the holidays at our December General Meeting at Disciples Christian Church on Dec. 18th, this year. We are planning to have a gift exchange—bring a gift valued at \$6. Deena will help us plan the music for a sing-along. (Note: We will not be planning to go to the Botanical Gardens this year.)

2-Day Free Dental Clinic

Friday, November 8th and Saturday, November 9th. Doors open at 7 AM—3PM. Huntington Convention Center, 300 Lakeside Ave, Cleveland OH 44113. Phone: 216 231 5350. <https://medworksusa.org/clinic/dental/>

Looking for Participants in Metro Health Walking Study for Stroke Survivors

Participate in our walking study. Compensation provided. Call 216-778-5347 Email: strokeresearch@metrohealth.org

Interesting Stroke Articles in the Plain Dealer for which we found videos.

After a Stroke a Musician Found His Singing Voice Again

<https://tinyurl.com/yak4d84t>

**Caregiver/Survivor
Meeting Facilitators**

Jean Nisenbom

Sue Sheridan

NOV. HOLIDAYS

- ☀ 3 Daylight Savings Ends
- ☀ 5 Election Day
- ☀ 8 Nat'l STEM Day
- ☀ **11 Veterans Day**
- ☀ 14 Nat'l Pickle Day
- ☀ 16 Nat'l Fast Food Day
- ☀ 17 Take a Hike Day
- ☀ 19 Men's Day
- ☀ 21 Great Am. Smokeout
- ☀ 26 Nat'l Cake Day
- ☀ 27 Nat'l Jukebox Day
- ☀ **28 Thanksgiving Day**
- ☀ 29 Black Friday
- ☀ 30 Small Business Day

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

NOV. WISHES
Happy Birthday

Patricia Albeny	11/4
Verena Eicher	11/9
Roberta Wallace	11/9
Bethany Chos	11/10
Delores Boff	11/12
Jagdish Mude	11/19
Carla Moore	11/20
Cathi Ellsworth	11/21
Marv Goldstein	11/21
Kay Exl	11/24
Alma Streeter	11/27
James Rhodes	11/28

Happy Anniversary

Linda & George Pfeffer	11/10/1979
Dave & Sue Zabo	11/11/1989
Arlene & John Beinhardt	11/25/1967
Pamela & Marv Goldstein	11/28/
Kathy & Carl Wendorff	11/30/1996

Deepest Sympathy

Jack Scanlon
Lucy Conde
Elaine Kukral

NOV. MEETING CALENDAR

By Geri Pitts

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

11/5	Board Meeting	4:00 – 5:00	1 st Tuesday on Zoom
11/6	Survivors/Caregiver Meeting	6:30 – 8:30	In-person at Select Medical, 11900 Fairhill Blvd., Cleveland 1 st Wednesday of the mo. In-Person
11/6	Break-out Session	7:30 – 8:30	1 st Wed. in Zoom
11/7	Bingo	7:00 – 8:00	Every Thurs. on Zoom
11/12	Family Feud	7:00 – 8:00	2 nd Tues. on Zoom
11/14	Bingo	7:00 – 8:00	Every Thurs. on Zoom
11/20	General Meeting	5:00 – 9:00	In-person Disciples Christian Church 3663 Mayfield Rd., Cleve. Hts. 3rd Wednesday of the month
11/21	Bingo	7:00 – 8:00	Every Thurs. on Zoom
11/27	Bingo	7:00 – 8:00	One day before Thanksgiving.
11/28	Happy Thanksgiving!		No Bingo

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 log-in early for conversation, even if you can't stay.

FROM THE DESK OF THE PRESIDENT

By Linda Davis

I want to thank everybody for my 2 birthday lunches and outings! I really enjoyed myself. I like having a birthday month!



My schedule is almost back to normal So I'm happy to say that I will be back to going to all the meetings that we have now.

Note: We will not schedule any big outings this year, because of the holidays and unpredictable weather. We encourage members to get together in smaller groups.

DEEPEST SYMPATHY: Jack Scanlon

We are so sorry to tell you that long-time Speak Easy caregiver member, Jack Scanlon, passed away in October. Jack was an accountant, loving husband, a beloved father of Jim Scanlon—member of Speak Easy. He loved sports cars, promoting Speak Easy and Jim's art. A funeral mass will be held on **Saturday, November 9, 2024 11:00 a.m.** at Church of the Resurrection, 32001 Cannon Road, Solon, 44139.



DEEPEST SYMPATHY: Lucy Conde

We are so sorry to have learned that our dear friend, Lucy Conde, passed away in October. Lucy started volunteering for our Stroke Club over 20 years ago, after her husband had a stroke. During the week, she would call members to check-in and to get RSVPs for our meetings. During our meetings, she helped Rita in the kitchen to prepare and serve our meals.

We knew she loved us and loved cooking and gardening, but we did not know she was born in Kenosha Wisconsin graduated from University of Wisconsin with a degree in Journalism and worked as a branch librarian for the Cleveland Public Library. She loved books (especially mysteries), writing, and discussion groups. She also volunteered for the Cuyahoga Board of MR/DD, Meals on Wheels, and ushering at the Cleveland Playhouse. She was married to John Conde for 48 happy years and had 4 children and 3 grandchildren and 3 great grandchildren.

In 2016, Lucy hung up her apron at the Stroke Club to spend more time with her other passion, gardening. She served on the board of the Heights Garden Club and she had a green thumb! We honored Lucy at our 2016 Anniversary Dinner with some plants, a photo album, a letter from Congresswoman Marsha Fudge, and an “I Love Lucy” signed apron. We want to express our deepest sympathy to Lucy’s dear family and friends.

**DEEPEST SYMPATHY: Elaine Kukral**

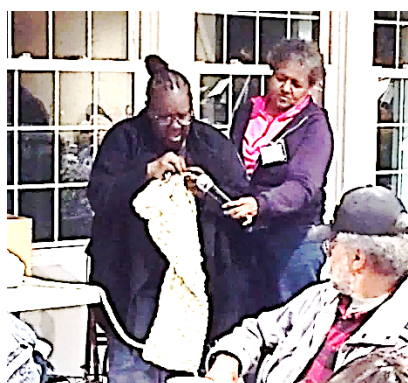
Elaine joined our Club, quite by accident—she was enjoying a lovely afternoon in Independence City Park and saw a sign that said, “Stroke Club Picnic.” She walked over and within seconds, she was one of us! Elaine was recovering from her stroke and joined our Club with her caregiver Arlene Troyer. She kindly volunteered to participate in our next Talent Night. Her presentation was memorable because she told us about herself and brought items from each of the stages of her life. She brought her wedding picture, and pics of her family, talked to us about being a teacher, a member of the choir, told us about her stroke, her pets, and told us about her hobbies of and sewing...she made the jacket that she was wearing and her matching purse.



IT'S A MATTER OF THE MINUTES! LAST MONTH'S GENERAL MEETING

Geri kindly shared her notes and pics. We had a fine dinner of pizza from Jets, salads from **Paulette & Gary** and **Vergie & Stephanie** and desserts from **Kay**, then our 50/50 drawing gave us **Nelly** as a winner, who promptly donated it back to our treasury. Thank you Nelly & George and thank you all for helping to set up before and clean up after the meeting. If you were there you probably have your own thoughts of the fun night we had at our October version of Talent/Interest Night. Here's a bit about our presenters. **Deena** skillfully was the M.C. for the night's program.

- ✱ **Dr. Roger** started us off with his Chimay Red beer that he brewed this year to share with us.
- ✱ **Shirley** wowed us with some of the items she created at her weekly visits to the Sight Center.
- ✱ **Joyce L.** followed with her talking about "pain and sleeping issues" and told us about some problems she had put off that turned out to be serious. She encouraged us to get things checked out.
- ✱ **Joyce Z.** told us about a movie she had watched, "Shed No Tears" made in the late 1930s.
- ✱ **Bonnie** presented us with "The Ins and Outs of Survival." She said that survival is her biggest talent and that all of us are resilient.
- ✱ **Damon** is an independent traveler and has already been on six different trips with photos to show for it this year. We enjoyed a slide show of pictures from Atlanta and Las Vegas, as well as a video presentation of an award he received at a black tie dinner (Damon looked spiffy). Damon's message to us: Don't hold back. Traveling is easier than you think. Here is his pics. <https://vimeo.com/997838695?share=copy>
- ✱ **Jolyon** demonstrated backward talking with the help of a cell phone app. He spoke backwards into his cell phone, then played it back on his phone and to our surprise out came "Happy Birthday." He demonstrated other phrases. What a fun skill!



LAST MONTH'S CAREGIVER/SURVIVOR MEETING

Geri kindly shared her notes on the meal and Caregiver Break-Out session. After a delicious meal, our version of Oktoberfest (kielbasa, sauerkraut, sauteed peppers and onions on brioche buns with desserts provided by **Suzie H.** and **Sue S.**, we split up into our two groups of stroke survivors and caregivers. Thanks to all those who helped with the set up before and clean up after the meeting. Our members are not afraid of working.

During our caregivers' break-out session: one of our members inquired about traveling by plane with someone using a wheelchair. We talked about getting aides to help with some of the chores that caregivers do and providing meals. Some suggestions were: Department of Aging <https://www.clevelandohio.gov/city-hall/departments/aging/services>; Western Reserve Area Agency on Aging <https://www.areaagingsolutions.org/>. **Let's** not forget our own website, www.clevelandstrokeclub.org where you can click on "NE Ohio Stroke and Aphasia Resource List" and find recommendations from our members. Kay reminded us that a good tool to use when our survivor was trying to communicate with us about someone else is our picture calendar. Once you know the person who is the topic of the message, you may be able to understand better what the message is. 2025 calendars will be available soon as a fund raiser. We also talked about the cost of some members' medication increasing by the insurance company and using GoodRX for better prices.

Survivor Group Deb facilitated the group and asked "What's new?" Here are her notes.

Joyce Z. brought us up to date in her life. She told us that she was so happy to have figured out how to clean her refrigerator. Her kitchen is too small to fit a walker or a wheelchair. But she was able to roll herself into the kitchen in an office chair. It feels so great to accomplish everyday tasks! (Deb offered that Amazon sells locking wheels for office chairs.) **Marge** agreed that housekeeping is difficult and frustrating. She finally found someone to help.

Robert introduced himself to the group. He is going to write a book about his recovery. He has been very pleased with the rehab at Cleveland Clinic. He feels lucky to have a good support system. **Marge** said that she really liked Berenice Kleiman's book *One Stroke Two Survivors*. She said that book was from a caregiver's perspective. She wanted to write the same kind of book but from a survivor's perspective.

Robert said that exercising everyday was very important...especially walking. Several people in the room like to walk outside in their neighborhood or parks. But where do we walk in the winter? Some suggestions: the malls, gyms using silver sneakers benefits – including the Y, neighborhood senior centers, hospitals (Hillcrest atrium or Euclid basement), Walmart, grocery stores holding onto carts, etc. Some members like to swim and recommend, Peter B. Lewis, Heather Hills, Y's. **Marge** is looking for a water aerobics class.

Harry said that we also must exercise our brain. He said he always does the puzzle at the end of our newsletter every month. He said that he was having a problem with one of his eyes and the doctor told him to start reading and playing games. Marge said she was like Evelyn and liked doing jigsaw puzzles. Damon said he liked doing crossword puzzles. Roger and Deb play online crossword puzzles and sudoku on the Plain Dealer website. Deb likes to cheat and sets up automatic checking and she hits the "Hint" button a lot!

Linda P. said one of the hardest parts is exercising and not seeing good improvement is a double whammy: we feel bad for ourselves, and we feel even worse because we think we are disappointing our loved ones—because we think that they think that we are not trying hard enough.

Dave said his wrist was healing.

Joyce L. said that she now has problems with both rotator cuffs. We all expressed caring.

Continued on next page.

CAREGIVER/SURVIVOR MEETING, Continued

Marge elaborated that she is tired and bored with therapy and wants to try something new, like water aerobics. Deb said, that adults get bored with the same old 20 repetitions and need to change the channel and try new things. Linda cautioned that switching gears and moving too quickly can cause more harm than good. She told us about the setbacks that she experienced when she stressed muscles and bones too quickly. Many members had also experienced broken bones and sprains by over doing and pushing too quickly. We talked again about places to exercise under the supervision of a therapist or coach (Peter B. Lewis, Mellon Center, Heather Hills, Ys, Lake Hospital.)

We talked about the importance of the brain, attitude, emotions in recovery. Although depression and anxiety are common in stroke recovery, psychologists and medications really help. When depression and anxiety are high, recovery can be stalled. A little professional advice and medications can really help physical and emotional recovery. Our members agreed that excelling in anything is mostly a mind game. Life is good when we have reasonable expectations and try to touch all the bases every day (routine stretching, strengthening, eating, sleeping, accepting and giving love, and making time for fun).

Final words: Exercise is more fun with partners. If anyone has a routine, maybe share it and we'll see if anyone else wants to join.

LAST MONTH'S MEETINGS, Continued

FAMILY FEUD Kay kindly shared her notes. On Tuesday evening, October 8, 2024, we met on Zoom for the Cleveland Stroke Club Halloween Family Feud game. This was our 50th game - over 4 years of fun and laughs. The games begin at 7:00 pm on the second Tuesday of each month. We had a group of 10 participants: Debbie, Evelyn, Gary, Joyce, Paulette, Peggie, Raj, Rick, Susie, and Vinita - all ready to talk about ghosts and goblins.

We all like to have a good time at Halloween. Evelyn goes to Haunted Houses, Susie tells ghost stories, Joyce watches Horror Movies, Raj decorates his yard, and Debbie goes partying. Trick or Treating is a favorite of all. Vinita likes Kit-Kats, Rick hoards the Reese's Cups, Paulette's favorite is Hershey Bars, Gary treasures Tootsie Rolls, while Peggie likes Candy Corn. Nobody liked Carrots, Toothbrushes, Hard candy, or CIGARS (?).

Join us on your Zoom screen on Tuesday November 12, 2024, for another evening of Stroke Club's monthly version of FAMILY FEUD! Even Steve Harvey does not have as much fun as we do!



Note: Bingo pic is on page 2.

BOOK REVIEW

By Carolyn D.

The Housemaid

By Freda McFadden



A family needing a housekeeper. A young girl interviews and gets the position. But it's not what she thought it would be. There were 3 parts to it—3 separate books. I just read the first one so far. You can't see the plot coming. It's funny and there's a lot of twists and turns. It was worth reading. It was a good mystery.



I would give it 3 stars.

BEER COLUMN, ETC.

By Dr. Roger Gulbranson



My first beer this season will be Dead Ringer. NorthernBrewer.com says, "Dead Ringer® is a larger-than-life American IPA beer kit with a hop aroma so thick you can almost see it. American base malt and crystal malt create the big body and supporting grainy sweetness, while charge after charge of 100% Centennial hops deliver pronounced bitterness with a dominant citrus aroma and flavor. In the glass you get a pale amber color, hop intensity and malt density - substance with the soul of a session beer."

I plan to brew Thanksgiving weekend, instead of shopping.

MOVIE COLUMN

By Damon Smith

Beetlejuice 2

Beetlejuice is back! After an unexpected family tragedy, three generations of the Deetz family return home to Winter River. Still haunted by Beetlejuice, Lydia's life is turned upside down when her rebellious teenage daughter, Astrid, discovers the mysterious model of the town in the attic and the portal to the Afterlife is accidentally opened. With trouble brewing in both realms, it's only a matter of time until someone says Beetlejuice's name three times and the mischievous demon returns to unleash his very own brand of mayhem. This movie was very funny. After a very long time off. I give it two thumbs up.

**The Extended Family Outreach Program**

By Jocelyn

This fall I had the opportunity to work on creating some camper inspired gifts for The Extended Family Outreach Program campers store and exchange. So, I partnered with my neighbor's daughter to create 7 pairs of blinged out crocs. The crocs were very popular items for the Adventure Camp closing raffle held at Hiram Camp House in North Moreland, Ohio. It has been a pleasure working with my young neighbor-designer, Roniesha Washington. We agreed to provide pairs of blinged out crocs for Kwanzaa, the Spring Tea 2025, Boys II Men Summit and the 2025 Adventure Camp. Looking forward with visions in bling!



Millions of Aging Americans Are Facing Dementia by Themselves

By Pat Hill



By Judith Graham

Sociologist Elena Portacolone was taken aback. Many of the older adults in San Francisco she visited at home for a research project were confused when she came to the door. They'd forgotten the appointment or couldn't remember speaking to her.

It seemed clear they had some type of cognitive impairment. Yet they were living alone.

Portacolone, an associate professor at the University of California-San Francisco, wondered how common this was. Had anyone examined this group? How were they managing? When she reviewed the research literature more than a decade ago, there was little there. "I realized this is a largely invisible population," she said.

Portacolone got to work and now leads the [Living Alone with Cognitive Impairment Project](#) at UCSF. The project [estimates that](#) at least 4.3 million people 55 or older who have cognitive impairment or dementia live alone in the United States.

About half have trouble with daily activities such as bathing, eating, cooking, shopping, taking medications, and managing money, according to their research. But only 1 in 3 received help with at least one such activity. Compared with other older adults who live by themselves, people living alone with cognitive impairment are older, more likely to be women, and disproportionately Black or Latino, with lower levels of education, wealth, and homeownership. Yet [only 21% qualify](#) for publicly funded programs such as Medicaid that pay for aides to provide services in the home.

In a health care system that assumes older adults have family caregivers to help them, "we realized this population is destined to fall through the cracks," Portacolone said. Imagine what this means. As memory and thinking problems accelerate, these seniors can lose track of bills, have their electricity shut off, or be threatened with eviction. They might stop shopping (it's too overwhelming) or cooking (it's too hard to follow recipes). Or they might be unable to communicate clearly or navigate automated phone systems.

A variety of other problems can ensue, including social isolation, malnutrition, self-neglect, and susceptibility to scams. Without someone to watch over them, older adults on their own may experience worsening health without anyone noticing or struggle with dementia without ever being diagnosed.

Should vulnerable seniors live this way? For years, Portacolone and her collaborators nationwide have followed nearly 100 older adults with cognitive impairment who live alone. She listed some concerns people told researchers they worried most about: "Who do I trust? When is the next time I'm going to forget? If I think I need more help, where do I find it? How do I hide my forgetfulness?"

Jane Lowers, an assistant professor at the Emory University School of Medicine, has been studying "kinless" adults in the early stages of dementia — those without a live-in partner or children nearby. Their top priority, she told me, is "remaining independent for as long as possible."

Seeking to learn more about these seniors' experiences, I contacted the National Council of Dementia Minds. The organization last year started a biweekly online group for people living alone with dementia. Its staffers arranged a Zoom conversation with five people, all with early-to-moderate dementia.

One was Kathleen Healy, 60, who has significant memory problems and lives alone in Fresno, California. "One of the biggest challenges is that people don't really see what's going on with you," she said. "Let's say my house is a mess or I'm sick or I'm losing track of my bills. If I can get myself together, I can walk out the door and nobody knows what's going on."

Continued

Millions of Aging Americans Are Facing Dementia by Themselves, Cont.



An administrator with the city of Fresno for 28 years, Healy said she had to retire in 2019 “because my brain stopped working.” With her pension, she’s able to cover her expenses, but she doesn’t have significant savings or assets.

Healy said she can’t rely on family members who have troubles of their own. (Her 83-year-old mother has dementia and lives with Healy’s sister.) The person who checks on her most frequently is an ex-boyfriend. “I don’t really have anybody,” she said, choking up.

David West, 62, is a divorced former social worker with [Lewy body dementia](#), which can impair thinking and concentration and cause hallucinations. He lives alone in an apartment in downtown Fort Worth, Texas. “I will not survive this in the end — I know that — but I’m going to meet this with resilience,” he said when I spoke with him by phone in June.

Since his diagnosis nearly three years ago, West has filled his life with exercise and joined three dementia support groups. He spends up to 20 hours a week volunteering, at a restaurant, a food bank, a museum, and [Dementia Friendly Fort Worth](#).

Still, West knows that his illness will progress and that this period of relative independence is limited. What will he do then? Although he has three adult children, he said, he can’t expect them to take him in and become dementia caregivers — an extraordinarily stressful, time-intensive, financially draining commitment. “I don’t know how it’s going to work out,” he said.

Denise Baker, 80, a former CIA analyst, lives in a 100-year-old house in Asheville, North Carolina, with her dog, Yolo. She has cognitive problems related to a stroke 28 years ago, Alzheimer’s disease, and serious vision impairment that prevents her from driving. Her adult daughters live in Massachusetts and Colorado.

“I’m a very independent person, and I find that I want to do everything I possibly can for myself,” Baker told me, months before Asheville was ravaged by severe flooding. “It makes me feel better about myself.” She was lucky in the aftermath of Hurricane Helene: Baker lives on a hill in West Asheville that was untouched by floodwaters. In the week immediately after the storm, she filled water jugs every day at an old well near her house and brought them back in a wheelbarrow. Though her power was out, she had plenty of food and neighbors looked in on her. “I’m absolutely fine,” she told me on the phone in early October after a member of [Dementia Friendly Western North Carolina](#) drove to Baker’s house to check in on her, upon my request. Baker is on the steering committee of that organization.

Baker once found it hard to ask for assistance, but these days she relies routinely on friends and hired help. A few examples: Elaine takes her grocery shopping every Monday. Roberta comes once a month to help with her mail and finances. Jack mows her lawn. Helen offers care management advice. Tom, a cab driver she connected with through Buncombe County’s transportation program for seniors, is her go-to guy for errands.

Her daughter Karen in Boston has the authority to make legal and health care decisions when Baker can no longer do so. When that day comes — and Baker knows it will — she expects her long-term care insurance policy to pay for home aides or memory care. Until then, “I plan to do as much as I can in the state I’m in,” she said.

Much can be done to better assist older adults with dementia who are on their own, said Elizabeth Gould, co-director of the National Alzheimer’s and Dementia Resource Center at RTI International, a nonprofit research institute. “If health care providers would just ask ‘Who do you live with?’” she said, “that could open the door to identifying who might need more help.”

kffhealthnews.org/news/article/navigating-aging-alone-dementia/

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

CLEVELAND STATE PHYSICAL THERAPY PROGRAM

By Vinita and Raj S.

Every Fall, Cleveland State offers a physical therapy program to help train students and help residents. Below is a picture of Bill and Raj bowling under the guidance of professors and students. If you would like to sign up for the Fall 2025 session contact:

Debbie Espy, PT, PhD., Professor
College of Health & Center for Human Machine Systems
Cleveland State University
2121 Euclid Ave. HS 120
Cleveland, OH 44115
Phone: 216-687-3554 email: d.espy@csuohio.edu



CALL TO ALL YOU NEEDLERS OUT THERE!

By Kathy W.

I heard of a Project Linus service effort that you might like. Needlers who meet at the Unitarian Universalist Congregation on Shaker Boulevard are choosing from six cap styles (some easy, some intermediate) to make for donation to hurricane victims. Anyone interested? Contact me for more information on the crochet patterns or group. kathynw1994@outlook.com



TOE TIPS

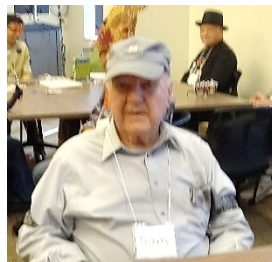
By Jenifer Vanek RN

Reliable Nurse Foot Care (www.RNfootcare.com)



The slow stretching of connective tissues that wrap around foot bones due to long term use create bony prominences that can rub on shoes (bunions, hammer toes, and more). Red spots, warm spots over joints or callus build up should be cared for. Decrease rubbing at the site, protect those spots with cushion if needed, and prevent further breakdown if possible.

SPEAK EASY HALLOWEEN PARTY



US



Arlene's Northern Lights pics from Cle area



Diondre's kids



Katie and her daughter's trip to Italy



Linda with Jean & Frank, Game Day



John B.'s Fall Stroll.



Jean's Fall View



Gary & Paulette



Anna's Mena's Halloween



Vinita and Raj's neighborhood



Sheila & Joe & kids & grandkids

PUZZLE: National Pickle Day – Nov 11th for when you're stuck in the middle

By Brenda Koos



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

(Use every letter and word only once.)

Asian	Brined	Carrot
Cornichons	Fermented	Garlic
German	Gherkins	Hungarian
Kosher	Lime	Mango
Pepper	Sour	Spicy
Sweet		

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Gary and Paulette: Columbus Trip