

ReFocus

April



ORIGINAL ART

By Jim Scanlon

A REPORT OF THE CLEVELAND STROKE CLUB

Apr. 2025

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 2nd from 6:30–8:30 PM
Dinner Entrée: Meat Chili, Chicken Chili, and Vegan Chili
Zoom for Break-Out Session 7:30–8:30 PM

General Meeting, In-Person
Wednesday, April 16th from 6:30–8:30 PM
Dinner Entrée: Cobb Pasta w Chicken (& Vegan Davioli)
Free Hearing Tests Conducted by Jean Nisenbom & 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 5/2024-5/2025

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

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

Meeting Support
Frank Nisenbom

ReFocus & Web Editor
Deb Felt

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

FROM THE DESK OF THE EXEC. DIRECTOR

By Geri Pitt



April is Volunteer Appreciation Month. Thanks to all our volunteers who keep this club running like a well-oiled machine. Thank you to all of our volunteers who work really hard to contribute to the greater good, while dealing with difficult health and mobility issues. We also want to thank each member who generously shares their talent and heart—you live our first motto: “You Are Not Alone” and our second motto proposed by Jackie Williamston and painted by Katie Kern-Pilch.



George & Jackie Williamston Katie Kern-Pilch

We want to invite members to volunteer at meetings and on the board. We deeply appreciate your help. We know how difficult it is to make commitments because we are all experiencing unpredictable ups and downs and we all need personal, family time. SOOOOO, for every Club position, we have a list of at least 2 substitutes. You can volunteer to be a main helper or ask to be put on the substitute list. Rest assured; we have your back. Having a substitute list really helps all of us. Having a deep bench assures that we will have a fun, stress-free meeting. Your volunteering gives us so much confidence.

Volunteering to serve as a Board Member: Next month we will have board elections. Our volunteer board members who have agreed to maintain their positions for another year. But, if you’re considering a position on the board, we’d love to have you start by attending our Zoom board meetings and share your ideas and energy with us. If you are ready to commit to being a board member, we can create a “At Large” or “Assistant” position for you. You can volunteer for a year and renew as often as you want. 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 the 2025 Board Membership, please call Geri at 330-975-4320 by April 30.**

We are starting our in-person meetings this month! I know it has been a long winter, and we can’t wait to get back to meeting in person. Please see the calendar on the next page.

Remember to RSVP as soon as you can, after receiving the reminder email, so we have time to order enough food and request chairs and tables, handouts and supplies.

RSVP to:

- ☀ Kay (home: 440-449-3309), or
- ☀ Deb (home: 440-944-6794 or cell: 440-289-9192), or
- ☀ Geri (home: 330-975-4320).

Note: If you RSVP and need to cancel, no problem--there are always last-minute changes. Keep us in the loop, so we can adjust accordingly.

APRIL HOLIDAYS

- ☀ 1 April Fool's Day
 - ☀ 2 Nat'l Walking Day
 - ☀ 3 Nat'l Burrito Day
 - ☀ 5 Deep Dish Pizza Day
 - ☀ 10 Siblings Day
 - ☀ 11 Nat'l Pet Day
 - ☀ 12 Passover Begins
 - ☀ 12 Nat'l Grilled Cheese D.
 - ☀ 15 Tax Day
 - ☀ 19 Record Store Day
 - ☀ 20 Easter
 - ☀ 20 Orthodox Easter
 - ☀ 21 Dyngus Day
 - ☀ 22 Earth Day
 - ☀ 24 NFL Draft Starts
 - ☀ 25 Arbor Day
 - ☀ 26 Independent Bookstore
 - ☀ 26 Nat'l Pretzel Day
 - ☀ 28 Nat'l Superhero Day
 - ☀ 29 Duke Ellington Day
- <https://www.wincalendar.com/Holiday-Calendar/April-2025>

APRIL WISHES**Happy Birthday**

Isaac Nelson	4/02
Raj Sagar	4/02
Barbara Cox	4/03
Lisa Rose-Rodriguez	4/05
Vinita Sagar	4/09
Ruth Ann Secrist	4/11
Cynthia Frazier	4/12
Neerja Bhushan	4/15
Michael Streeter	4/16
John Lefler	4/19
George Pfeffer	4/26
Sue Zabo	4/28

Happy Anniversary

Laura & Rick Haag	4/21/1990
Linda & Harvey Boardman	4/29/1962

Get Well Soon

Deena Barrett
Judi Koffman

Deepest Sympathy

Bev Paternite
Sending condolences to Frank,
their children, friends, and
therapists, who loved Bev.

APRIL MEETING CALENDAR

By Geri Pitts

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

4/1/25	Board Meeting	4:00 – 5:00	1 st Tuesday on Zoom
4/2	Survivors/Caregiver Meeting	6:30 – 8:30	In-person at Select Medical, 11900 Fairhill Blvd., Cleveland 1 st Wednesday of the month
4/2	Break-out Session	7:30 – 8:30	1 st Wed. in Zoom
4/3	Bingo	7:00 – 8:00	Every Thurs. on Zoom
4/8	Family Feud	7:00 – 8:00	2 nd Tuesday on Zoom
4/10	Bingo	7:00 – 8:00	Every Thurs. on Zoom
4/16	General Meeting	6:30 – 8:30	In-person: Disciples Christian Church, 3663 Mayfield Road, Cle.Hts. 44121 Topic: Free Hearing Screenings. 3 rd Wed., Bingo starts at 6:00.
4/17	Bingo	7:00 – 8:00	Every Thurs. on Zoom
4/23	Outing/Luncheon	11:30 – 2:00	Jacks's Deli & Restaurant 14490 Cedar Rd, S Euclid, 44121 https://jacksdeliandrestaurant.com/ Outings are scheduled on 4 th Wed.
4/24	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 log-in early for conversation, even if you can't stay for the meeting.

NOTE 2: All in-person meetings are highlighted in yellow.

FROM THE DESK OF THE PRESIDENT

By Linda Davis



I hope you are looking forward to our first in person meeting. Please remember to RSVP to let us know you are coming, to help us plan. Just respond to email/text/phone calls. RSVP to Kay, Deb, or Geri.



I'd like to mention that I saw the reading of the play that **Bernice** wrote, *Back from Hell*. It was great! It took a situation that we all know (interactions with uncaring healthcare professionals) and she added a little comedy along with our feelings when we are talked down to or dismissed. Berenice narrated and she was joined by many actors.

Our first luncheon of 2025 will be at Jack's Deli, Wed. Apr 23rd at 11:30—2:00. Jack's is wheelchair accessible and there is lots of parking on the east side and in back. Bathrooms are wheelchair accessible. There is seating inside the door for drop-off and pick-up. Save the dates: we schedule outings on the 4th Wed. of every month (except in Aug., save Aug. 29th). We like to gather at about 11:30, so that we get priority seating and service. Luncheon's last for about 2 hours. Based on our experience, we make a reservation for about 15 people. You do not have to RSVP for the outing but if you want to coordinate or ask questions, contact Deb or me.

LAST MONTH'S SURVIVOR AND CAREGIVER ZOOM MEETING

Survivors' Zoom meeting March, 2025 Jean Nisenbom kindly facilitated the meeting. Twelve of us showed up in Zoom for our Survivors' meeting. In anticipation of our April 16th general meeting where Jean and her students will be doing hearing screenings on members, she told us about, "How We Hear and Why It's Important." She talked about speech sounds and the auditory system. We recorded her excellent Zoom talk and posted the link on our website under the ReFocus Newsletter and we are sharing it here: <https://tinyurl.com/ythnaawy>. Jean also made her slides available--contact Deb, for a copy. Jean can answer any questions at the April Caregiver/Survivor and General Meetings.

One of our members mentioned going to an emergency room and Jean said that she has heard many good things about the MetroHealth Emergency Room at Severance Mall (10 Severance Circle).

Caregivers' Zoom Meeting April 2025 Sue Sheridan kindly facilitated this meeting. We welcomed **Drew** and **Sarah** and introductions went around. This Zoom meeting was extraordinary because we had a new member and several survivors attending. Caregivers could ask survivors questions and survivors could ask each other questions. In addition, some of our caregivers took this opportunity to tell survivors how much we admire their bravery, sense of humor, and dogged tenacity even though we are feeling anxious about our health, social life, recovery, and our future.

After listening, each of us expressed sentiments of understanding and acceptance. We also provided information about Speak Easy, the support group at the Cleveland Hearing & Speech Center, run by Jean N., our facilitator for our survivors' group. See links on our website: www.clevelandstrokeclub.org and follow the link to "Newsletter, Calendars, and Flyers." We also suggested bowling (John and Gary bowl in Wickliffe) and golfing (The Turn program for golfers with disabilities sponsored by North Olmstead Golf Club which includes physical therapy through UH (<https://www.northolmstedgolfclub.com/the-turn/>)). We also recommended "Well Care" at Tri-C. We've talked about this program before but it deserves another shout-out here. Here's the website: <https://tinyurl.com/4wrspun5>. Our members also like the intensive programs (including swimming and some therapy) at the Peter B. Lewis Aquatic & Therapy Center, Heather Hills YMCA, Life Time, and Cleveland Clinic Walker Building. We want to try the UH Fitness Center in Mentor. Many of our members walk regularly at the malls, large box stores, hospital walking paths, and the Y's that accept silver sneakers discounts. Several of the universities offer physical therapy during the school year, to help train students. Many of our members have participated in the world-class research programs sponsored by MetroHealth's Center for Stroke Research in partnership with CASE and the VA (<https://tinyurl.com/4c8f3773>)

We also suggested books by our members that were helpful to us:

- ✿ Berenice Kleinman's, *One Stroke Two Survivors* and *Lesson's Learned*, both available free online at: <https://onestroketwosurvivors.com/> (Berenice donated hard copy books that we can send to you.)
- ✿ Peter Berger's book, *How to Conquer Hobbies With One Hand: Stroke Survivor Paul E. Berger's 50 Tips and Tools to Make Things*. The book is available on www.Amazon.com.
- ✿ Sue Sheridan and Bill Pitts' book, *Coping with Aphasia: A Quick Reference Based on 50 years of Combined Experience*. Sue donated books to our Club and we can send them out.
- ✿ William Dailey's book, *One Bypass. One Stroke. One Survivor*. Bill gave us a copy that we can share.

Here is a long list of books about Stroke.

https://www.stroke.org.uk/sites/default/files/books_and_resources_about_stroke.pdf

We hope Drew and Sarah come back because we have a busy and what should be interesting year before us.

SURVIVOR & CAREGIVER MEETING PICS

March Survivor Zoom Meeting



March Caregiver Zoom Meeting



ZOOM FAMILY FEUD

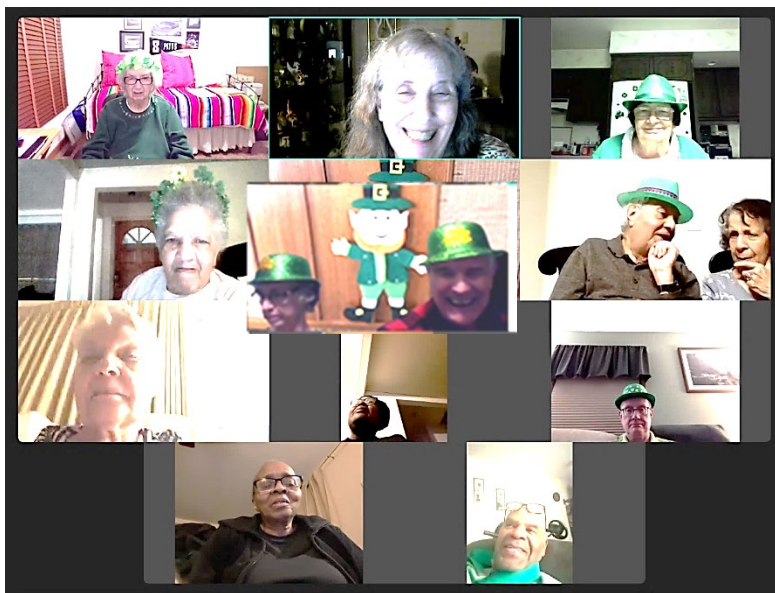
Kay kindly shared her notes. On Tuesday evening, March 11, 2025, we met on Zoom for the Cleveland Stroke Club version of the St Patrick's Day Family Feud. This was our 55th game. The games begin at 7:00 pm on the second Tuesday of each month.

We had a group of 13 who knew a lot about St Patrick's Day and all its folklore. Here are some highlights.

- ♣ We decided that St Patrick's Day means a parade, a party, lots of luck, good food, and GREEN BEER!
- ♣ Raj wants lots of people on our parade float while Rick likes green flowers, Lula looks for Lucky Charms,
- ♣ James will wave the Irish flag, Paulette has the leprechaun, and Gary will bring a pot of gold.
- ♣ Our good luck charms include Joyce's shamrock, Paulette's a rabbit's foot, Gary's horseshoe, Linda's dog, and Raj's lucky shoes. For dinner, Peggie will bring the Corned Beef, Vinita will make cabbage Joyce will bring lettuce and Green Kool-aid, while Linda brings GREEN BEER !.

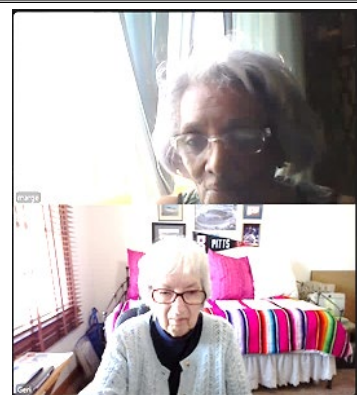
We ended the evening with toasts to Good Health, Good Luck, Wealth, Happiness, and Peace.

Join us on Tuesday, April 8 2025 for our next version of Family Feud



ZOOM LUNCH

Deb forgot about the Zoom lunch meeting and did not send reminder texts. Even so, Geri and Marge had a great conversation. (They have become good friends since discovering that they grew up near each other—near the CLE Green House. They covered a lot of topics including: grandkids (always), bowling, bird feeders and deer, landscaping, church, bowling tournaments, girl scouts, robocalls, travel for the bowling league and other organizations. Never a dull moment when Marge is on the line. Thanks for the company, Marge.



LAST MONTH'S BINGO

We just finished our 256th week of Zoom bingo and some members of this group have attended every one of them!

You, too, can have a few laughs by joining us every Thursday from 7-8 p.m. Just send me your email address and I'll email you the link. My email address is: pittsgeraldine@yahoo.com.

Thanks to **Kay, Linda and Arlene** who volunteer their time every week, we are able to continue and congratulate these winners during the month of March:

Gary, Evelyn, Paulette, Rick, Vivien, Vinita, Arlene, Marge, Louise, Delores, George, Raj, and Harsha.

Gerald joined us for the first time and we hope he'll come back next week.

Damon joined us from Miami, Florida one Thursday night. He's got the travel bug. We're calling him "Roadrunner 2.0"



BOOK REVIEW

By Carolyn D.

Identity Unknown

By Patricia Cornwell

This was a good book. A page turner. It was better than Unnatural Death.



BEER COLUMN, ETC.

By Dr. Roger Gulbranson

I bottled my last beer and I can taste it in about a week.



MOVIE COLUMN

By Damon Smith

Mufasa: The Lion King

"Mufasa The Lion King" enlists Rafiki to relay the legend of Mufasa to young lion cub Kiara, daughter of Simba and Nala, with Timon and Pumbaa lending their signature schtick. Told in flashbacks, the story introduces Mufasa as an orphaned cub, lost and alone until he meets a sympathetic lion named Taka--the heir to a royal bloodline.

The chance meeting sets in motion an expansive journey of an extraordinary group of misfits searching for their destiny--their bonds will be tested as they work together to evade a threatening and deadly foe.

Great movie. I was really engaged in this movie. I give it 2 thumbs up.



TOE TIPS

By Jenifer Vanek RN

Reliable Nurse Foot Care (www.RNfootcare.com, (216) 956-0293)

Do your feet swell as the day goes on? Be mindful of this when trying on shoes. Hard leather shoes do not stretch, and as the day goes on and feet swell, skin or nail trauma can occur. If feet are prone to swelling, a cloth shoe or more flexible fabric may protect from foot trauma.



TRACKING RARE AUTO-IMMUNE DISEASES

Pat Hill submitted a lengthy article from a series that the Washington Post ran, which is now a book, titled, *Who Really is Our Government?*

The Washington Post described the series:

“... [Who really is our government?](#) ... To find out, we set seven stellar writers loose on the federal bureaucracy. Their only brief was to go where they wanted, talk with whomever they wanted, and return with a story from deep within the vast, complex system Here are their discoveries.

[See the full series](#)

[The Canary:](#) Michael Lewis on the Department of Labor

[The Sentinel:](#) Casey Cep on the Department of Veterans Affairs

[The Searchers:](#) Dave Eggers on NASA’s Jet Propulsion Lab

[The Number:](#) John Lanchester on the Bureau of Labor Statistics

[The Cyber Sleuth:](#) Geraldine Brooks on the Internal Revenue Service

[The Equalizer:](#) Sarah Vowell on the National Archives

[The Rookie:](#) W. Kamau Bell on the Department of Justice

[The Free-Living Bureaucrat:](#) Michael Lewis on the Food and Drug Administration

[Epilogue:](#) Michael Lewis on the series.”

Unfortunately, you need a Washington Post subscription to read all the articles, but you can read one free of charge or buy the book that contains the entire series. The book is now available in Amazon.

The article that caught Pat’s attention, was the second to the last article, “The Free-Living Bureaucrat.” Pat encourages you to read the article in its entirety and asked me to reprint it here. I do not have permission to reprint it, but I would like to summarize it here and then tell you how it applies to long-covid and stroke.

The article is about the life and work of Heather Stone, a Public Health Analyst. Ms. Stone grew up in rural Maryland and her mother worked as an infectious disease doctor – trying to understand the diseases that emerged from the Appalachian Mountains. Ms. Heather Stone accompanied her mom on house calls. In addition, at age 7, Ms. Stone contracted a rare disease after an episode of strep throat. Her mom helped her recover and then she helped her mom devoting her career to documenting rare diseases and the notes of physicians from small communities, all over the world.

Her bio says, “Ms. Stone joined the FDA upon completing her Master’s in Public Health (Concentration: Epidemiology) from the University of Maryland School of Public Health in 2012. She earned a BA in anthropology and a minor in third world development studies from Smith College. She was also a Picker student in Public Policy — a prestigious six-month DC internship program — while at Smith and studied abroad at the University of Sussex in the United Kingdom. Ms.. Stone’s research focus is on the creation of policies that will encourage drug development for infectious diseases and address the rising challenge of antimicrobial resistance. She applies her policy expertise to issues related to drug repurposing, clinical trial design and antimicrobial drug development.”

“Her research interests were crystallized during her master’s thesis on the study of treatment of drug-resistant tuberculosis in India and have continued in her present position, as she works to improve drug development for neglected, emerging and resistant infectious diseases. Her work includes the development of a web and mobile platform for collecting case reports of repurposed treatments directly from clinicians globally. This platform is being tested in the US, South Africa and India, and is initially being piloted with clinicians treating extensively drug-resistant tuberculosis (XDR-TB).”

Continued.

TRACKING RARE AUTO-IMMUNE DISEASES, Continued.

Ms. Heather Stone's story and accomplishments are noteworthy, in themselves. Rare infectious diseases are not the focal point of today's medicine and pharmaceutical research because the diseases in remote and isolated communities cannot be studied like more common diseases—in the laboratory with large, randomized control groups with many replications of drug trials at the major universities all over the world.

Ms. Stone and her collaborators decided to create a data base that contained details about rare infectious diseases and physician notes for treating each disease. The goal was to connect physicians working with similar diseases, give them access to each other's notes, and help them build on each other's knowledge to advance the treatment of rare diseases. A simple idea but difficult to launch and fund, outside of government, because she was not doing mainstream medical research which is the gold standard.

I am assuming that Pat, a survivor of long Covid, was interested in this article because it uses a fresh approach to studying a new disease. See her interview with Fox News: <https://fox8.com/video/woman-with-long-covid-still-living-with-lasting-challenges/10515670/>

Similarly, those who are interested in stroke treatment are looking for new methodologies to study very individualized stroke outcomes. It is assumed that stroke outcomes are the result of the amount and location of brain injury, personal characteristics, and treatments. There are countless variations of each of these factors.

There is a consortium in Canada that is compiling stroke clinical data and outcomes to develop new research methods. Their work has been continuing for many years and the results are very interesting and encouraging. Here is a link to their work.

Evidence Based Review of Stroke Research (EBRSR) is the most comprehensive and up-to-date review available examining both therapy-based and pharmacological interventions associated with stroke rehabilitation. <http://www.ebrsr.com/evidence-review> or <http://www.ebrsr.com> .

Evidence Based Review of Acquired Brain Injury (ABIEBR) reviews the literature on acquired brain injuries from accidents, tumors, meningitis, or encephalitis. It does not include stroke, congenital and developmental diseases or progressive diseases) <http://www.abiebr.com> .



Happy Birthday, Geri!

Signs
of
Spring!



Nancy's friend made this for her, while she was in FL

THE CELL PHONE TECHNOLOGY WONDERS: A STROKE SURVIVORS LIFELINE

By Jocelyn J.



The cellular phone has evolved into every lifestyle need as a portable lifestyle tool.

I remember purchasing a cell phone in 1990s with Verizon. The hours for talk time was free and unlimited after 9:00 pm. Hours of late night calls filled my evenings and weekends. I recall, one could still find a public phone, if needed but not today.

Trustingly, referred to as my personal assistant, the cell phone performs a list of tasks. I can use the MyChart App to render better management of my health care, with real-time test result history, demonstrations of therapy routines, stored annual appointment schedules and video conferencing.

I monitor my glucose, blood pressure, Cpap usage, mental exercises, specialized menu suggestions and fluid intake tracking.

My social needs are covered with Facebook access for friend connections, facetime, church attendance, venue overviews, timely text message reminders and unlimited popular movie links.

I remember being afraid to switch over from calls to engage other applications at the same time. I appreciated that voice message alerts could also be read and answered while on the phone via text.

Using MapQuest or Google maps, made travel a breeze while replacing long breaks in rest areas reviewing the AAA Trip-Tik making highlighted lines on that huge two-sided street map in small print. The map of paper once opened was difficult to be refolded properly again. On my phone, I could see in 3D my actual destination along with neighboring landmarks, automotive services and personal favorites.

I would opt for using free Pandora Radio or YouTube Music to play an unlimited playlist through Bluetooth technology.

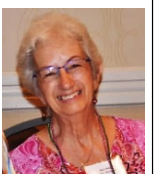
In closing, my handheld tool, aka minicomputer, was my word processing and dictation godsend. I am able to create my stroke club articles in email and store it as a draft. I confidently add remanent thoughts at any time and achieve that quick print ready submission for Debbie. Thank goodness for the personalized alarm/reminder sound feature.

CONGRATULATIONS, DAMON!

We want to congratulate Damon Smith for receiving an employee award from the Cavs and the Guardians! Damon, we are so proud of you! You are such an amazing role model for all of us! Here is a link to the video: <https://photos.app.goo.gl/i4GNENdcQAJcJ9Zq8>

**PLEASE REMEMBER TO COMPLETE THE MEMBERSHIP RENEWALS FORMS**

By Geri Pitts



We want to remind everyone to please complete the membership renewal forms and get them to Kay. Membership for survivors, caregivers, and friends of the Club is \$8 per person. We use the money to pay for meeting supplies and rent. We are in the process of planning our in-person meetings, outings, picnic, and anniversary dinner. **We need updated contact info to make sure that everyone is in the loop.** We need birthday and anniversary dates to **help us celebrate** each other. Thank you! Thank you! Thank you!



Kathy & Ralph in SC



Kathy's Puzzle



Barb Cox's Garden flowers in Florida



Jakaya



Malakhi



ZyReese

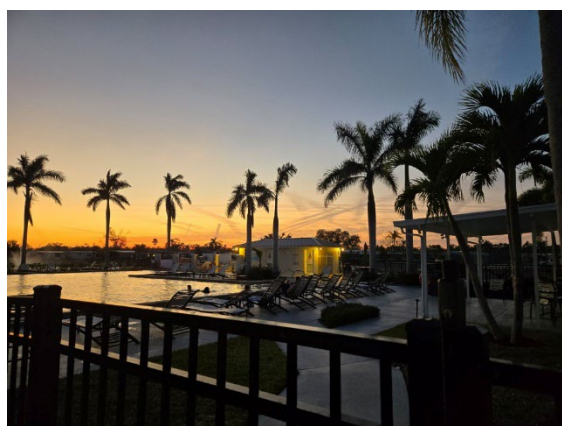
Evelyn's 3 newest great grandchildren



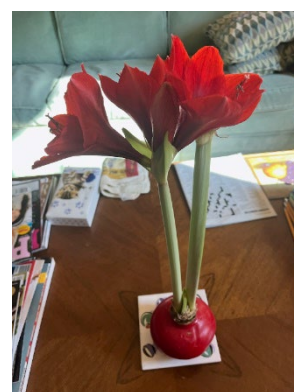
Speak Easy Students' Irish Dance



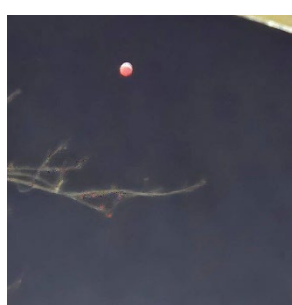
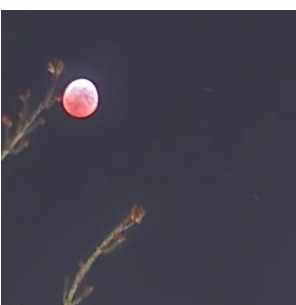
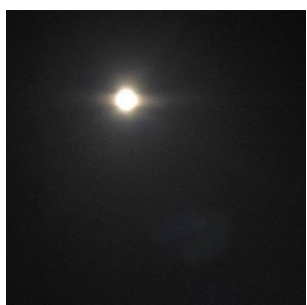
Celebrating Gary's Birthday with his Family



Nancy visited Ellenton FL for 5 weeks



Peggie's self-watering Amaryllis



Linda Davis' pics of the March lunar eclipse

Arlene's pic

Cleveland Stroke Club Membership Form

For year 2025

Dear Members: In order to support your Club, please complete the form below and mail it along with a check for your yearly dues (payable to: Cleveland Stroke Club). Please write DUES in the memo line on the check.

Mail to:
Cleveland Stroke Club
c/o Kay Exl
6507 Chase Drive
Mayfield Village, OH 44143

It is necessary to complete this form each year so that we can keep our records updated. Thank you for your continued participation and support.

(Please Print)

Date _____

Name (stroke survivor) _____

Name (caregiver) _____

Spouse (circle) Yes No

Supporter (neither caregiver or stroke survivor) _____

Address _____

Number

Street

Apt.#

City

State

Zip Code

Home Phone Number

Cell Phone Number

CIRCLE PREFERRED NUMBER

e-mail address _____

Birthdays (month and day):

Survivor: _____ Caregiver: _____ Supporter: _____

Wedding date (month/day/year): _____

EMERGENCY CONTACT INFORMATION:

Name _____ Phone Number _____

Address _____ City _____

Annual Dues - \$8.00 per person per year – or - \$16.00 per year for a stroke survivor and caregiver

PAYMENT OPTION: two years - \$16.00 per person – or - \$32.00 for a stroke survivor and caregiver

Three years - \$24.00 per person – or - \$48.00 for a stroke survivor and caregiver

Amount enclosed for dues- \$ _____

☐ I prefer to receive the ReFocus: _____ in Email or on the Web _____ in my mail box at home

WORD PUZZLE: We Love Our Pets – National Pet Day April 11th

By Brenda Koos

(Use every letter and word only once.)

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

Angelfish
 Chinchilla
 Ferret
 Goldfish
 Hamster
 Mouse
 Rabbit
 Turtle

Butterfly
 Crab
 Frog
 Guinea pig
 Horse
 Parakeet
 Snake

Cat
 Dog
 Gecko
 Guppie
 Iguana
 Parrot
 Toad



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