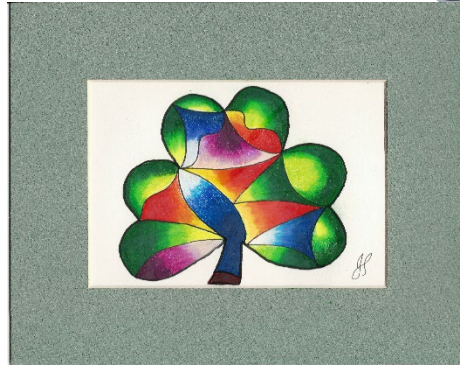


# ReFocus <sup>May</sup>



**ORIGINAL ART**  
By Jim Scanlon

A REPORT OF THE CLEVELAND STROKE CLUB

May 2025

*Cleveland Stroke Club*  
c/o Geri Pitts  
9284 Towpath Trail  
Seville, OH 44273  
330-975-4320  
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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 7<sup>th</sup> from 6:30–8:30 PM**  
**Dinner Entrée: Chicken Stir Fry (& Vegan Stir Fry)**  
**Zoom for Break-Out Session 7:30–8:30 PM**

**General Meeting, In-Person**  
**Wednesday, May 21<sup>st</sup> from 6:30–8:30 PM**  
**Dinner Entrée: Pasta in Red Sauce and Meatballs (on the side)**  
**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.

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

**Other Board Members****Membership Chair**

Kay Exl

**Volunteer Coordinator**

Shirley Patterson

**Assistant to the Board**

Bonnie Morris

440-552-3970

**Phone Caller**

Linda Pfeffer

**Board Member at Large**

Frank Nisenbom

**ReFocus & Web Editor**

Deb Felt

**FROM THE DESK OF THE EXEC. DIRECTOR**

By Geri Pitt



Happy May to you. I hope you've had a chance to enjoy the beautiful weather. We've been busy working on activities that you will enjoy. Attached is our picnic flyer that tells you we have scheduled our picnic for June 11th (the pavilion is not available on our usual third Wednesday). Then on August 20th we'll have our 51st anniversary dinner, but this year it will be at the Holiday Inn in Mayfield Village. More details are to come. Our next general meeting will feature our ever-popular Talent/Interest Night. These are the members who have agreed to share their interests and skills with you:

**Ernie – guitar****Robert – development of a YouTube channel re: stroke recovery****Delores – something tasty to share****Ila ( Harsha's relative) – embroidery work****Linda – cruising with Linda**

One slot is still open for May, so let me know if you want me to save it for you. We already have four people signed up for October (Roger, James, George B., Shirley).

**SLATE OF OFFICERS FOR MAY ELECTION OF BOARD OF DIRECTORS**

You will be pleased to hear that all of your officers have agreed to another year of service. We will have our annual election of your Board officers at our May 21st meeting.

**President – Linda Davis****Vice President – Deena Barrett****Treasurer – John Pumper****Asst. Treasurer – Dave Zabo****Secretary – Kay Exl**

The above volunteers comprise your slate of officers for the 2025-2026 year. If anyone is interested in serving as an officer or on a committee, please let me know. **A BIG THANK YOU to all of you.**

**Mark your calendar our Annual Picnic will be on June 11<sup>th</sup> (the second Wed. of June).** See the flyer in this newsletter. (Note: our picnic is on the 2<sup>nd</sup> Wed. of June.) We need everyone to bring something to share—read the flyer to see the guidelines.

If you have not submitted your **Stroke Club Membership Renewal Form**, please do so ASAP. We need updated contact info, to keep you in the loop. We need membership dues to pay for meeting rental and supplies.

**May is National Stroke Awareness Month.** All of us can make sure our friends and family know the warning signs of Stroke. To learn more go to:

<https://www.sophe.org/focus-areas/may-national-stroke-awareness-month/>

<https://www.stroke.org/en/about-the-american-stroke-association/stroke-awareness-month>

**Caregiver/Survivor****Meeting Facilitators**

Jean Nisenbom

Sue Sheridan

**MAY HOLIDAYS**

- ☀ 1 May Day
- ☀ 3 Free Comic Book Day
- ☀ 3 Kentucky Derby
- ☀ 4 Star Wars Day
- ☀ 5 Cinco De Mayo
- ☀ 6 Nat'l Nurses Day
- ☀ 6 Nat'l. Teacher Day
- ☀ 9 Military Spouse Day
- ☀ 10 Migratory Bird Day
- ☀ 11 **Mother's Day**
- ☀ 17 Armed Forces Day
- ☀ 20 Nat'l Rescue Dog Day
- ☀ 26 **Memorial Day**

<https://www.wincalendar.com/Holiday-Calendar/May-2025>

**MAY WISHES****Happy Birthday**

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
Mark Donohoe	5/14
Mason Camp	5/15
Denise Sager	5/16
Paula Colston	5/17
Ernest Robinson	5/17
Edward Jennings	5/19
Harvey Boardman	5/23
Carl Wendorff	5/23
Ashley West	5/25
Regina Bolden	5/28
John Beinhardt	5/30
Mario Houston	5/30

**Happy Anniversary**

Sandra & Anthony Jackson	5/12/1987
Marge & Ernest Robinson	5/16/1982
Jean & Frank Nisenbom	5/24/1981

**Get Well Soon**

Cathi Ellsworth,  
Louise D.,  
Jon Colston

**MAY MEETING CALENDAR**

By Geri Pitts

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

5/1/25	Bingo	7:00 – 8:00	Every Thurs. on Zoom
5/7	Survivors/Caregiver Meeting	6:30 – 8:30	In-person at Select Medical, 11900 Fairhill Blvd., Cleveland 1 <sup>st</sup> Wednesday of the month
5/7	Break-out Session	7:30 – 8:30	1 <sup>st</sup> Wed. in Zoom
5/8	Bingo	7:00 – 8:00	Every Thurs. on Zoom
5/13	Family Feud	7:00 – 8:00	2 <sup>nd</sup> Tuesday on Zoom
5/15	Bingo	7:00 – 8:00	Every Thurs. on Zoom
5/20	Board Meeting	4:00 – 5:00	1 <sup>st</sup> Tuesday on Zoom
5/21	General Meeting	6:30 – 8:30	In-person: Disciples Christian Church, 3663 Mayfield Road, CLE Hts. 44121 <b>Topic: Talent Night</b> 3 <sup>rd</sup> Wed.
5/22	Bingo	7:00 – 8:00	Every Thurs. on Zoom
5/28	Outing/Luncheon	11:30 – 2:00	Winking Lizard Bedford Hts. 25200 Miles Rd Unit #1, 44146 <a href="https://www.winkinglizard.com/">https://www.winkinglizard.com/</a> Outings are scheduled on 4 <sup>th</sup> Wed.
5/29	Bingo	7:00 – 8:00	Every Thurs. on Zoom

This schedule is on our website: [www.clevelandstrokeclub.org](http://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



Hello everyone,

I was so glad to see everyone at our in-person meetings in April, and I hope everyone had fun.

I will be on a cruise to Mexico from April 26th to May 3rd and some of my pictures are in the newsletter and others will be posted on Facebook.

As you sports fans know, I'll be back to work at the Guardians so unfortunately, I will miss some activities, and I will miss you.

**Our May luncheon will be on Wed. May 28<sup>th</sup> from 11:30 – 2:00 at Winking Lizard (5200 Miles Rd Unit #1, Bedford Hts., 44146) . See Map and menu:**

<https://www.winkinglizard.com/> (Winking Lizard owns 3 buildings on the south side of Miles, just west of Richmond Road -- and all are connected through the back parking lot. The restaurant is the 2<sup>nd</sup> building with a huge Lizard facing Miles Rd.) Winking Lizard is wheelchair accessible. There is seating inside the door for drop-off and pick-up. **If it is nice out, we will sit outside**, so bring hats, sunglasses, and dress for the weather. (If it is not nice weather, we will sit together inside.) You do not have to RSVP for the outing but if you want to coordinate contact Deb or me.

**DEEPEST SYMPATHY TO THE FAMILY OF DEBBRA BROWN**

We are so sorry to tell you that one of our newest members, Debbra Brown, passed away in April from a rare and aggressive cancer. (In the picture, Debbra is on the right standing with her husband, James, and their daughter.) We had the honor to get to meet Debbra at two Survivor Meeting last year. At the first meeting, we went around the room to introduce ourselves. To introduce herself, Debbra told us the story about checking into a hotel in Las Vegas – her husband had a reservation under his name, James Brown. Immediately the red carpet was rolled out, penthouse suite, great tickets to ball games, etc. ... even though there was no resemblance of her husband to the REAL James Brown. Debbra giggled and the rest of also giggled. We then went around the room talking about recent news and challenges. One of our members, Joyce Z., talked about how difficult it was to qualify for disability and healthcare approval. Debbra responded that her husband was a lawyer who specialized in disability and Medicare and Medicaid. After the meeting, Debbra introduced Joyce to her husband and while they talked, Debbra arranged that her husband would speak at our General Meeting to help others having difficulty with the bureaucracy.



By coincidence, we met Debbra and James while walking at North Chagrin Reservation, so we chatted, while watching a blue heron, an industrious beaver, and 100-hundred-year-old turtle reign over the lake. We talked about walking, nature, reading, and spending time with family.

At a following Survivor Meeting, while we were up-dating each other, Harsha talked about how recovery was so difficult, slow, and frustrating. Debbra responded, “But you are doing so much better than the last time that I saw you. You are beaming tonight!” We all agreed. When it was her turn to talk about the month, Debbra said she was frustrated because she did not want to be an artist anymore...she did not want to paint, make jewelry, take photographs...she just could not do it anymore. We responded that we understood. Our former, President, Chris V., was a graphic artist before her stroke and could not touch it again. Our caregivers also had exactly the same experience, we could not enjoy the things we once loved. We said that we could see how important self-expression was to her and now she had found new avenues: making new friends at meetings, walking in the park, reading, writing, and spending time with family. She smiled and said, “Do you mean that I don’t have to be my old self?!? I can move forward and become someone new!” We were all reminded ourselves of Bonnie’s words, “You have to become your new self.” We were also reminded of Peggie’s stepfather (Leon Forrest) who famously said that the people who live their best lives have learned to “reinvent and transform” themselves and “make a way out of no way.” See: <https://www.publicbooks.org/leon-forrest-make-a-way-out-of-no-way/>

Debbra was a great storyteller and lived fully in the moment. She valued above all else: humor, honesty, self-expression, and kindness--in equal measure. We all know this is a very difficult 4-legged stool to stand on. We thank her for showing us the way. We send our Deepest Sympathy to James, her husband of almost 55 years.

**CHSC Offers New Adult Therapy Program**

The Cleveland Hearing & Speech Center is offering five people free sessions in their new Cognitive Therapy Program. This is open to caregivers, as well as stroke survivors and those with dementia. See the attached flyer for information about the program. If you have any questions, you can call Dr. Alyssa Coreno, PhD., SLP, CDP at 440-915-3162 or go to <http://www.chsc.org/brainclinic>

**JOIN US: LISTEN TO THE APOSTLE JONES BAND**

Lurelean and Jackie Patterson

Jackie’s son plays drums in the band. We are his biggest fans. Let me know if you can come, we’ll try to save you a seat! Here’s the calendar: <https://apostlejones.com/upcoming-shows>





### LAST MONTH'S SURVIVOR AND CAREGIVER ZOOM MEETING

This was our first in-person meeting after a cold and dark winter. We were happy to see each other again! We had three kinds of chili catered by Food for Thought. We had a record turn-out 45 people. There were two salads—fruit and mixed vegetable. Kay brought cornbread. Susie and Evelyn brought amazing pies, and Harsha, Ila, and Shirish brought an amazing Jello parfait. Joyce and Shirley helped to set-up and break-down. Nelly, Kay, and Linda helped to set-up the lovely dessert table. We all wanted to eat dessert first! Thanks to everyone for helping!

**Survivors' Zoom meeting March, 2025** Jean Nisenbom kindly facilitated the meeting. We went around the room and shared our news. Many of our members had recently travelled by plane for the first time, including Harsha and Kathleen. Linda said she will fly to Mexico—her first international trip. Robert said that he and Celeste were also traveling internationally by air in April. Jean said that April was Superhero Month. Jean asked each person to talk about the qualities of being a hero and to name a hero in their life – not a relative. We started out talking about our therapists, doctors, neighbors, friends, social groups, scientists, and sooner or later we all thanked our family and friends. The caregivers said that each of the survivors were our superheroes.

One member said that a new survivor would not attend the meeting, because he had not improved. The new member did not pretend that he was happy and had made progress. Everyone in the room has walked the walk, we know how slow and frustrating that recovery is. Charles DeForest used to say, "I never want to get up and get dressed and go to a meeting, but I am always glad that I did! We're a good group, no expectations.

**Caregivers' Zoom Meeting April 2, 2025** Shirley Patterson kindly facilitated this meeting. Jackie Patterson kindly submitted her notes. Thirteen caregivers attended. We welcomed Mary Beth and Celeste, who came to one other meeting. Ralph talked about their annual trip to South Carolina and their experience of flying for the first time. He said he was amazed how much easier flying was compared to driving. He was able to roll the wheelchair to the plane and use an aisle chair to take to their seat. Their wheelchair was put under the plane. Susie talked about the challenges of using a hooyer lift and traveling with a portable hooyer lift. Our members asked about how stroke survivors respond to stroke. Our experience was across the board from anger and bitterness and depression to acceptance and resolve to live life fully. Most survivors feel depression at some point of recovery. There are anti-depressants that will help them to make to most of rehab and enjoy life again.

### LAST MONTH'S GENERAL MEETING

It was great to see everyone in person! We had a lovely entrée catered by Food for Thought Cobb Chicken Sauté with Penne Pasta. Scrumptious salads brought by **Linda Pfeffer** and **Neerja Bhushan**. We also had rolls and coffee cake. **Christine**, Kay's friend, helped us in the kitchen and **Frank Nisenbom** helped hand out name tags and set-up the projector. **Jean Nisenbom** and her CASE students kindly administered hearing screenings throughout the meeting. We deeply appreciate the hearing screenings and presentation. We have posted the slides below the newsletter on our website: [www.clevelandstrokeclub.org](http://www.clevelandstrokeclub.org). Select the "Link to newsletters, calendars, and flyers."

### LAST MONTH'S FAMILY FEUD

Geri kindly submitted her notes. Ten of us showed up for our monthly Family Feud game. We learn a lot about our members on Family Feud nights. We learned how kids can annoy grown-ups in the movie theater. Joyce said they talk too loud, Shirish said they even cry, Paulette said they run down the aisles and Harsha said they yell or scream. Arlene talked about kids throwing stuff and Gary remembers them kicking the seat in front of them. And no one wanted to find these in their basements: rats, mice, bugs, water from a sewer, mold, burglars or snakes. We had fun with this: name something that men think they know more about than women. Joyce said sports, Rick said driving a car, Arlene threw money in the hat, James said life and Gary said cooking. We always laugh at something. Come and join us on the second Tuesdays from 7-8 p.m., next time on May 13<sup>th</sup>. Ask and I'll send you the link.

### LAST MONTH'S BINGO

By the time you read this we will have had our 261<sup>st</sup> week of Zoom Bingo. It seems that: "If we Zoom it, they will come" because we always have at least a dozen people attending. It's a nice time to interact with members and find out what's going on. **Linda, Kay and Arlene** continue to help run the games. **Vivien** took over for me one night when I was out-of-town. Thanks to all who helped!

Last month's winners were: **Gary, Vinita, Harsha, Paulette, Arlene, Charles, Evelyn, Peggie, George, Raj, Delores, John, Rick, Ray, Vivien, Ila and Louise.**



**Happy 95<sup>th</sup> Birthday to Peggie's mom!**

### BOOK REVIEW

By Carolyn D.

#### *Nobody's Fool*

By Harlan Coben

It's about 4 college buddies who go on vacation after graduation. But one wakes up in a nightmare and he is in a situation and doesn't know how it happened. It's a good read. There are lots of twists and turns. I like his books because you never know how it is going in. Harlan Coben books are always a good read; you never know how it's going to end. I would give it 3.5 stars.



### BEER COLUMN, ETC.

By Dr. Roger Gulbranson

I am bringing my first beer of the season, Dead Ringer IPA, to Speak Easy for our Cinco DeMayo party.



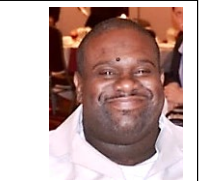
### MOVIE COLUMN

By Damon Smith

**Can you guess my favorite movie?** Here are some hints.

1. I am the father of 4 daughters and we all like sports.
2. Quote: Tom Hanks said, "Are you crying? Are you crying? There's no crying in baseball."
3. Quote: Tom Hanks said, "It's supposed to be hard. If it wasn't hard, everyone would do it. The hard...is what makes it great!"
4. Quote: Tom Hanks to Geena Davis, "You got yourself in the league. I got you on the train."
5. Quote: Tom Hanks to Madonna, "I like the high ones!"
6. Quote: To Tom Hanks: "Until you did that I couldn't tell if you were ...drunk or dead."

Yup, you guessed it, my favorite movie is (drum roll, please)... A League of their Own!



### TOE TIPS

By Jenifer Vanek RN

Reliable Nurse Foot Care ([www.RNfootcare.com](http://www.RNfootcare.com), (216) 956-0293)

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!



## Don't Ignore These 10 Hearing Loss Signs

By Pat Hill



Although it's tempting to dismiss or adapt to changes over time, you'll want to pay attention to early signs of hearing loss and seek professional help. Hearing loss might be a typical part of aging, but that doesn't mean you should ignore how your ability to hear changes over time — especially as this kind of decline may manifest in unexpected ways.

“Untreated hearing loss doesn't just impact your ability to hear — it affects how your brain processes sound, your ability to communicate clearly, and even your relationships and mental health,” Leslie Soiles, the chief audiologist for Hearing Life, told HuffPost. “Over time, straining to hear can lead to listening fatigue, social withdrawal and a decline in cognitive function. In fact, research has linked untreated hearing loss to an increased risk of dementia and depression.”

Although it's tempting to dismiss or adapt to changes over time, you'll want to pay attention to early signs of hearing loss and seek professional help for earlier intervention. Plus, hearing loss can sometimes show more serious and even potentially life-threatening conditions.

“The sooner we identify hearing loss, the more effective treatment can be, whether that's through hearing aids, lifestyle adjustments or other solutions tailored to your needs,” Soiles said. “My goal is to help people stay connected, confident and engaged in the world around them. And it all starts with not ignoring that very first clue.” So what might that crucial first clue look like? Below, Soiles and other experts break down the early signs of hearing loss they wouldn't ignore.

### A feeling of fullness in one or both ears

“I would not ignore a feeling of fullness in one or both ears, particularly if it comes with feelings of dizziness or imbalance,” said [Bria Collins](#), the associate director of audiology practices at the American Speech-Language-Hearing Association. She explained that ear fullness and dizziness might be signs of underlying conditions affecting the inner ear, such as fluid buildup, infections or balance disorders. “These symptoms can impact balance, hearing and overall quality of life, and in some cases, may indicate more serious issues such as neurological conditions,” Collins said. “Prompt evaluation by a healthcare professional allows for accurate diagnosis and early treatment.”

### An increasing need to ask others to repeat themselves

“One sign I would never ignore is the increasing need to ask others to repeat themselves, especially if it's happening regularly in conversations with family, friends or coworkers,” Soiles said. “This often starts subtly and slowly.” Pay attention if you find yourself saying things like, “What?” and, “Can you repeat that?” more often and getting the sense that people aren't speaking clearly. “Everyone can mishear things from time to time, but if you're constantly asking for things to be repeated, this could be a sign you're lacking some of the sounds needed to process speech properly,” said [Jenn Schumacher](#), an audiologist at ReSound.

### Exhaustion after socializing

“While it's normal to feel a bit tired after a long day of catching up with family or friends, if you or a loved one is feeling drained and exhausted after conversing with others, there could be more to it than simply needing a good night's sleep,” Schumacher said. She explained that when a person doesn't hear all the sounds of speech, the brain has to fill in the gaps to help make sense of what people are saying. “This requires a lot of extra focus and makes the brain work even harder to process what is going on in a busy situation, leading to extreme tiredness afterwards,” Schumacher said.

Continued.

## Don't Ignore These 10 Hearing Loss Signs, Continued.



### Persistent tinnitus

“One thing not to ignore is persistent tinnitus,” said [Patricia Gaffney](#), the president of the American Academy of Audiology. “Persistent tinnitus may be caused by an underlying hearing loss.” Tinnitus refers to a phenomenon in which people hear a ringing or buzzing that others cannot perceive and that cannot be explained by any external sound. If you experience this in your everyday life for a period of weeks or months, you’ll want to get evaluated for hearing loss. “Hearing aids can aid in the hearing loss but can also be part of the tinnitus treatment plan,” Gaffney said.

### A sudden drop in hearing in one ear

“If someone experiences unexplained, sudden onset of hearing loss in only one ear, I would see a physician right away,” said [Dr. Maura Cosetti](#), director of the Ear Institute of New York Eye and Ear Infirmary of Mount Sinai. “The important details include sudden onset and only one ear. Sometimes this can be hard to identify, but one easy way is if you cannot hear your phone or headphones in a given ear.” She explained that this decline can be a sign of [sudden sensorineural hearing loss](#), which requires prompt treatment.

“If you wake up and can’t hear out of one ear or suddenly the hearing drops from your ear and lasts longer than a couple hours, I recommend getting immediate attention,” Gaffney said. “If they want to go to urgent care to check if it is earwax or a middle ear infection, which is OK, but if both of those are clear, I would recommend an ENT that has an audiologist on staff.”

If you find you increasingly cannot understand what people are saying, it's time for a hearing evaluation. Prompt consultation with both types of experts can help ensure prompt testing and treatment for the best possible outcome. “The audiologist would likely perform several tests to assess my hearing, check my ear canals to see if there is a buildup of earwax and determine the type and degree of hearing loss,” Collins said. “The ENT physician would come up with a medical management plan to help treat the sudden drop in hearing.” Both Collins and Gaffney emphasized that time is of the essence in this situation.

“If it is a sudden loss in the inner ear, there is a short timeline in which rescue medicine like steroids are helpful,” Gaffney said. “The quicker they can be administered the higher the likelihood the medication will work and the hearing can recover. Sometimes patients think it will get better, and they wait too long.”

When you call to make an appointment, she recommended emphasizing that you’re experiencing a sudden loss of hearing, so it’s an urgent matter. “If they can’t get you that day, then I would recommend calling another clinic if possible,” Gaffney said. “You are fighting a clock where the first 72 hours are critical.”

### Other differences between the ears

“I would not avoid difference in the ears, including hearing loss and tinnitus,” Gaffney said. Although tinnitus is a common condition, it typically affects both ears, so experiencing sudden onset continuous ringing in just one ear could be a cause for concern.

“Generally, most causes of hearing loss impact both ears equally,” Gaffney noted. “One exception is that ear infections in the middle ear associated with colds can cause a difference between ears and generally clear up as the cold goes away.” If the difference between your ears is not explained by something simple like a cold, however, professional examination is called for. It could be sudden sensorineural hearing loss or something else.

“One cause that is most concerning that presents like this are vestibular schwannomas, also called acoustic neuromas,” Gaffney explained. “These are benign tumors on the vestibular nerve. I recommend getting a hearing evaluation completed to decide the type and degree of hearing loss and if called for, a follow-up with ENT for further investigation, such as an MRI.”

Continued.



## **Don't Ignore These 10 Hearing Loss Signs, Continued.**



### **Listening to the TV at a loud volume**

“TV shows with fast-paced dialogue or a substantial amount of background noise can be difficult for those with hearing loss to follow, as crucial dialogue can often be drowned out,” Schumacher said. In these circumstances, people tend to grab that remote and crank up the volume. The same goes for the volume on your phone. “So if you or a loved one need to have the volume turned up to a level that is uncomfortable for others watching in the room to hear, this could be an indication of hearing loss,” Schumacher said.

### **Complaining about mumbling**

Be mindful of how often you complain that people are mumbling and not speaking clearly. “People with hearing loss are often not able to hear high-pitched speech frequencies, which often provide the clarity and meaning of the word, making them feel like they can hear the sound but not fully understand it,” Schumacher said. Of course, some people do mumble, but if it’s an increasingly frequent experience, you might be experiencing hearing loss. “High-pitched speech sounds like /f/, /s/ and /th/ are especially hard to hear when there is background noise,” Collins said. “When hearing loss goes untreated, the brain can start to ‘forget’ how to interpret certain sounds.”

### **Difficulty following conversations when there’s background noise**

“You may notice that following conversations in group settings or noisy environments, like restaurants or meetings, becomes more difficult,” Soiles said. “Many people chalk it up to distractions or background noise, but this can be a key early indicator of hearing loss.”

As with feeling like everyone is mumbling, difficulty hearing when there’s background noise can show decline in the ability to hear higher pitched sounds. “Potential signs of hearing loss I would never ignore include a feeling that sounds are ‘muffled’ and difficulty hearing in noisy environments,” said [Rachel Artsma](#), senior audiologist at Hear.com. “I would not ignore these signs because they can show early stages of hearing loss, and early detection is key. Addressing these symptoms promptly can lead to better outcomes through prompt intervention, improved communication and a higher quality of life.”

Make time for a hearing evaluation so that you can get hearing aids if recommended. “The reason not to ignore these is that as people struggle to hear in these social situations, they withdraw and not want to be in the social situations,” Gaffney said. “This can lead to loneliness, which is a growing epidemic, particularly in older adults. Additionally, there is growing literature that hearing loss is a modifiable risk factor for cognitive health and cognitive decline.”

### **Comments from loved ones**

If I had a close friend or family member bring to my attention that they felt I was having trouble hearing, I would take that observation seriously and have my hearing checked by an audiologist,” Collins said. She emphasized that it’s not easy for a loved one to bring up difficult topics, like possible medical issues, so these kinds of concerns call for evaluation to see if hearing loss is present. The people in our lives are sometimes better equipped to perceive these changes than we are. “Hearing loss onset is typically gradual over time,” Collins said. “So some of us may not notice we are turning up the television or raising the volume when listening to music.”

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**Submitted by Pat Hill MBA, The Medicare Problem Solver, 216-570-9236, [pthmba@att.net](mailto:pthmba@att.net)**

## MEMORIES: CLE ROLLER SKATING

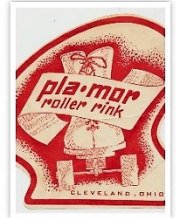
By Jocelyn



Remembering is so important to my recovery and peace of mind. On social media my wee hour entertainment, I rediscovered roller skating. As it's a longing desire for stronger mobility and balance achievement.

If you grew up in Cleveland, Ohio, skating was more than exercise it was all the rave for generations. In later years we often went to USA Skates in Wickliffe for ole school parties and gospel music night.

My much older siblings cut their skating teeth at the Pla-Mor (Logo Credit Internet – Jordan Smith) on Cedar and the Woodhill Rink that was near Kinsman.



Learning to couples skate, spin, skate backward and cross over legs were skills that echoed a skater's roll and pride.

In all walks of life, devastation often joins the story. I remember the night the Pla-mor burned down. Then it was replaced by the Blue Goose Rink and I was in attendance at the opening. The floor was covered with fine saw dust. As we took to the floor in grand fashion our hair turned golden blonde as the dust clouds adhered in layers to our curls.

There was a smaller rink on East 93rd street. The Eureka Rink required fifty cents for both entrance and skate rental. In the left corner of the rink, in an enclosed booth was a huge organ. I can still hear the pulsating music that was played. Simply outstanding!

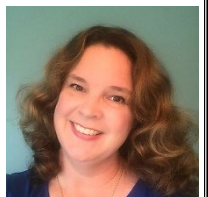
My bestie and I never missed a Friday skate night. We also had rink crushes like in the movie, "Roll Bounce." Today, skating rink music contributes to the revitalization of popular music from my 70s teenage years. Walkers on rollers are now available for customers and youth who needed additional support and room along the walls.

Mad and high props to artist Usher and professional skater PUSH, Kyle Dutcher for using the skate culture in their appearances. Urban skate clubs and competitions are thriving on social media. The group skate, line dance skate, themed attire and accessories are gaining in modern day popularity and visual appeal.

Editor's note: Great memories, Jocelyn! Many of us were roller skaters in our youth, including Deena and Brian.

## Big Events Happening at the Center for Stroke and Hand Recovery

By Dr. Sharon Covey



First: **We're moving!** I purchased a building at 2055 Alexandria Way, Macedonia, OH 44056. We're currently working building out the inside to meet our needs. We have a fundraiser currently running. We're selling bricks with personalized messages that will be on display at the new office to provide encouragement to our patients. An order form is available on the website: [www.clevelandstrokeclub.org](http://www.clevelandstrokeclub.org). Select the "Link to Newsletters, Calendars, and Flyers."

Second: We've paired up with **MicroTransponder Inc.** to provide stroke survivors occupational/physical therapy after receiving a Vivistim implant. What is Vivistim? Vivistim is a neurostimulation device that pairs Vagus Nerve Stimulation with your rehabilitation therapy and daily activities. This pairing strengthens the brain connections needed to improve hand and arm function. It's the first and only system of its kind and it is proven safe and effective.

We are **hosting an open-house**, July 16, 2025, from 7:3-8:30pm to discuss the implant, the benefits of receiving the device and who is eligible at this time.





US



Evelyn's recent family gatherings.

Evelyn's latest 1,000 piece puzzle.



Linda's first international cruise and vacation...Hello, Mexico! Come to Talent Night to see and hear more.



Robert M. and Celeste: I went to the Bahamas in April. It was my first cruise in my life. It was also my first airplane ride and first vacation, since my stroke, 2 and a half years ago. I stayed 4 days and 3 nights on the cruise. Here are some pics.



**WORD PUZZLE: Find a New Pal on National Rescue Dog Day May 20<sup>th</sup>**

By Brenda Koos



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

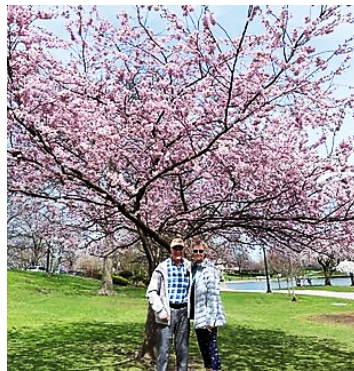
*(Use every letter and word only once.)*

Aussie	Beagador	Border
Bostillon	Cavachon	Chiweenie
Chorkie	Cockapoo	Goldador
Goldendoodle	Horgi	Labrabull
Labradoodle	Mutt	Pomsky
Puggle	Schnoodle	Shesky
Yorkipoo		

Make your own puzzle here:

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


Eggsheland at Eddy Fruit Farm, Chesterland



Wade Lagoon



Breakfast w Easter Bunny-Lyndhurst



Farm in Utica Ohio



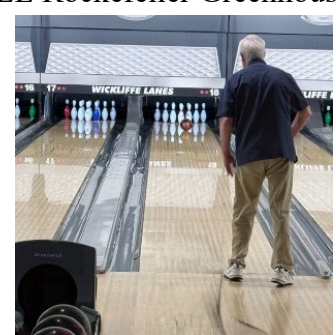
CLE Rockefeller Greenhouse



Adult Easter Egg Hunt, Mayfield Village



N. Chagrin Nature Center



Wickliffe Bowling, Gary's League



# Cleveland Stroke Club Annual Picnic

Wednesday, June 11, 2025 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**

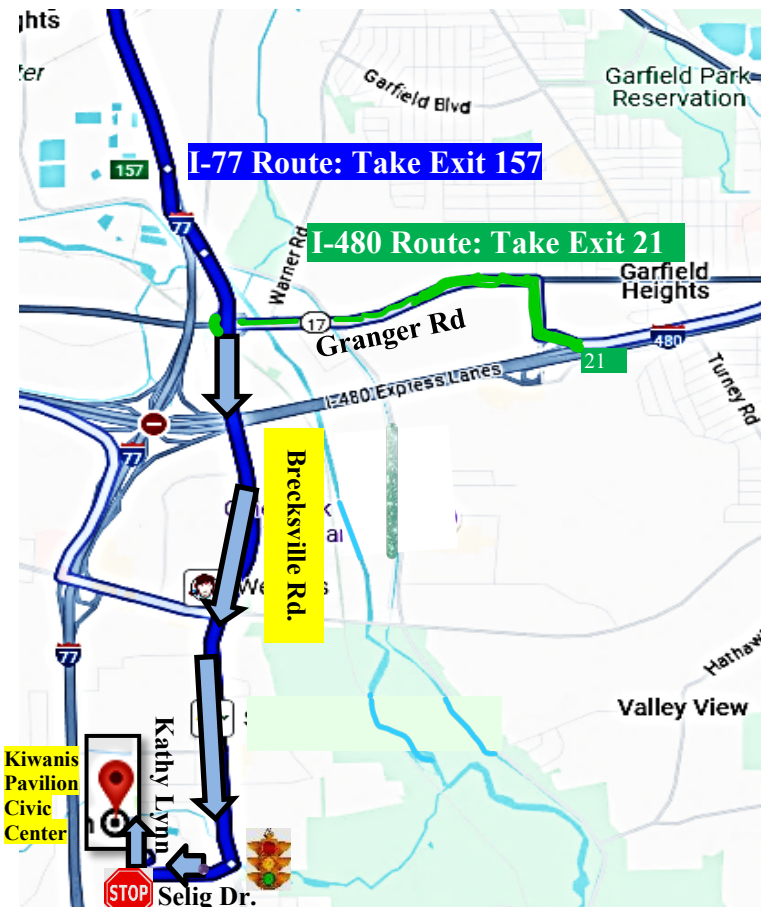
**Please bring a dessert.**

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

**Please bring a side dish.**

Come and have some fun. There is always a lot of good old fashion conversation.

Bring the kids! Bring a friend! Most importantly, bring **yourself!!!!!!**



**Directions: Currently, the Westbound I-480 & I-77 exit is closed. Our suggested routes are:**

- From I-480 W: Take Exit 21 to Transportation Bl
- Turn Right onto Transportation Rd
- Turn Left onto OH-17 Granger Rd.
- Take OH-21 S Exit toward I-77
- Turn Right onto OH-21 S/Brecksville Rd.
- From I-77 S: Take exit 157 to Brecksville Rd:

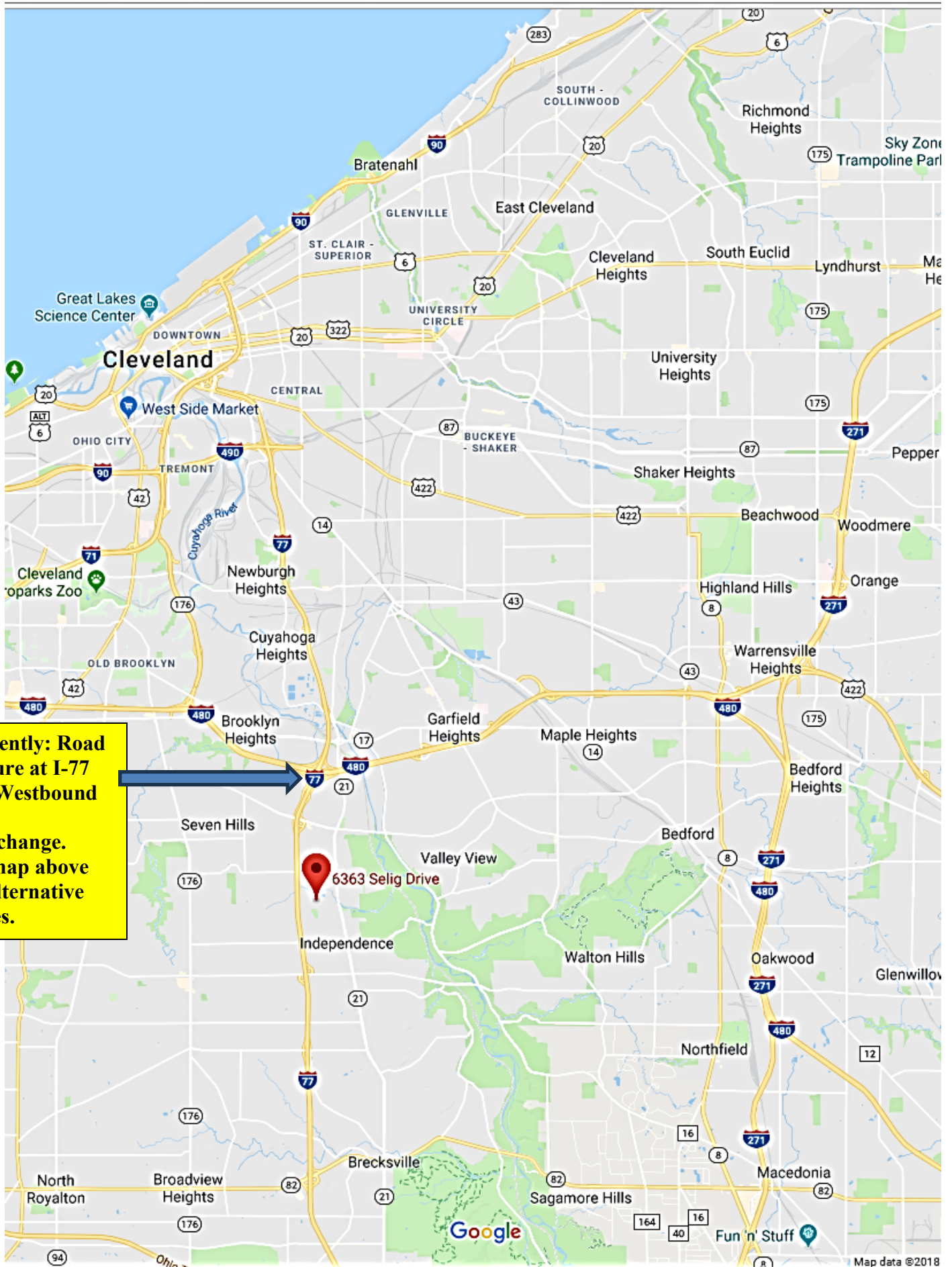
- Continue on Brecksville Rd....
- Turn right onto Selig Dr.
- Turn right onto Kathy Lynn Dr.  
(Kathy Lynn Dr. dead-ends in the parking lot.)
- Drive straight on Kathy Lynn Dr. to the dead-end.
- Turn left and drive a couple hundred feet.
- The Pavilion is the building in the grass (see picture above). 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.

For more info call:

**Geri's cell: 330-439-8073,**

**Roger & Deb's Cell: 440-289-9192,**

**Kay's cell: 440-773-8475**



**Currently: Road Closure at I-77 and Westbound I-480 interchange. See map above for alternative routes.**