

ReFocus Nov.



ORIGINAL ART

By Jim Scanlon

A REPORT OF THE CLEVELAND STROKE CLUB

Nov. 2025

Cleveland Stroke Club
c/o Geri Pitts
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*The MISSION of the Cleveland Stroke Club is
to enhance the lives of stroke survivors and
their families through support, fellowship and
socialization, education, and advocacy.*



Caregiver/Survivor Meeting

In-Person Wednesday Nov. 5th from 6:30-8:30 PM

Dinner: Roast Beef Stroganoff, Vegetarian Option, Salad, Rolls, & Dessert

Zoom for Survivor Break-Out Session 7:30-8:30 PM

General Meeting, In-Person

Wednesday, Nov. 19th from 6:30-8:30 PM

Traditional Thanksgiving Dinner

**Speakers: Alyssa Coreno: A New Speech Program for Stroke Survivors
and Elizabeth Drebien: Managing Stressful Holidays**

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 5/2025-5/2026

President Linda Davis
Asst. to the President Linda Pfeffer
Vice President Deena Barrett
Asst. Vice President Pat Hill
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
Phone Caller Linda Pfeffer
Board Member at Large Frank Nisenboum
ReFocus & Web Editor Deb Felt

Caregiver/Survivor Meeting Facilitators Jean Nisenboum Sue Sheridan
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FROM THE DESK OF THE EXEC. DIRECTOR

By Geri Pitt



I hope you didn't miss all the opportunities we had in October to get together. We have many volunteers working hard to make that happen.

In **October** we had two dinner meetings that fed about 80 servings to our members. Along with that we had **five Zoom bingo nights, one Zoom Family Feud Night** and a **Zoom board meeting** (which you're all welcome to join).

AND a very special day was when **Alfredo's Restaurant at the Hilton Inn honored us with a fundraiser where they donated 15% of food purchases to the Cleveland Stroke Club, adding \$300 to our treasury.** How special is that! It's nice to have friends with connections. We think we had about 50 members and their BFF's join us for our fundraiser dinner. We want to thank our members and Alfredo's for turning a rainy October day into a fun feast with friends.

Deena Barrett, our Vice President, wrote this to welcome Pat Hill to our Board as the Assistant Vice President:

Yes, you all know her! She's a member of our stroke club and a dear friend! But she's more than that...She has spoken to us individually and to our group on several occasions and she enlightens us with an article in each of our monthly newsletters. She advises and shares her experience and wisdom of our complicated healthcare system in a way that we can actually understand it. ☺

And now, we welcome her, **PAT HILL**, to the CSC Board as the Assistant to the Vice-President. She is certain to be a great asset to our board! Welcome, Pat!! (Live long and prosper! LOL)



Foreground: Pat Hill and Deena Barrett enjoying hosting Talent Night in May.
Background: Caregiver Facilitators: Joanne Bergole and Sue Sheridan.

We will be handing out our 2026 calendars at our December meetings. We have 2 calendars:

- ✿ a free one-page calendar that fits perfectly on your refrigerator and is available for download from our website. www.clevelandstrokeclub.org
- ✿ our picture calendar that is a monthly calendar with our member's pictures, birthdays, and anniversaries. Our picture calendar helps us put names with faces and support each other. We ask for a \$10 donation for each calendar.

NOV. HOLIDAYS

- ☀ 4 Election Day
- ☀ 11 Veterans Day
- ☀ 27 Thanksgiving Day

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

NOV. WISHESHappy Birthday

Patricia Albeny	11/04
Verena Eicher	11/09
Roberta Wallace	11/09
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
Anthony Jackson	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
Pam & Marv Goldstein	
	11/28

Get Well Soon

Linda Boardman
 Jon Colston
 Bonnie Morris
 Marge's sisters

Deepest Sympathy

Geraldine Barnett
 Betty Fredman
 James Hayes
 Dennis Losz
 Sandra Russell
 Gay Shope

THIS MONTH'S MEETING CALENDAR

By Geri Pitts

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

11/5	Survivors/Caregiver	6:30 – 8:30	At Select Medical Hospital, 11900 Fairhill Blvd., Cleveland 1 st Wednesday of the month
11/5	Break-out Session	7:30 – 8:30	1st Wed. in Zoom
11/6	Bingo	7:00 – 8:00	Every Thurs. on Zoom
11/11	Family Feud	7:00 – 8:00	2nd Tuesday on Zoom
11/12	Board Meeting	5:00 – 6:00	2nd Wednesday on Zoom
11/13	Bingo	7:00 – 8:00	Every Thurs. on Zoom
11/19	General Meeting	6:30 – 8:30	At Disciples Christian Church 3663 Mayfield Rd., CLE Heights 3 rd Wednesday of the month Thanksgiving Dinner at 6:30, Speakers at 7:30-8:30
11/20	Bingo	7:00 – 8:00	New: Wed. on Zoom
11/26	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.

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

FROM THE DESK OF THE PRESIDENT

By Linda Davis



Hello Everyone,

I want to thank our presenters on Talent Night. Everyone did a great job! I also want to thank 20 members for coming to lunch at Alfredo's to help me celebrate my birthday. I had a great time. I also want to thank an additional 30 members for supporting our fundraiser. It was a really fun day.

DEEPEST SYMPATHY

We want to express our deepest sympathy to the friends and family of our members who passed away. We will always remember your compassion for our members.

Geraldine Barnett

Betty Fredman

James Hayes

Dennis Losz

Sandra Russell

Gay Shope

LAST MONTH'S SURVIVOR AND CAREGIVER MEETING

It was so nice to see everyone! We are so appreciative to **Select Hospital for the use of the Kresge Room**. Kay kindly collected RSVPs. For dinner we had three types of chilies (vegetarian, chicken, and beef) catered by **Food for Thought**. We brought salads, rolls, and **Linda & George Pfeffer and John Pumper** brought to-die for desserts. **Shirley, Sue, Joyce, Nelly and George, Sandra and Anthony, Sue and Dave** helped to set-up and break-down. **Dave Zabo** kindly collected money. Many thanks to everyone for helping. **Linda D. and Linda P.** made announcements and personally encouraged members to attend our outings. Approximately 40 members attended.

Survivors' Breakout Meeting. Deb facilitated the meeting. This month we followed-up on last month's themes because some of our members did not have enough time to talk. It was a slower meeting that was more in-depth.

David Z. talked about his good experience with Tri-C's wellness programs for community members. He highly recommended the programs and answered questions. Thanks, David. You were very helpful. To learn more about the programs go to: <https://tinyurl.com/3j93f5c6>

Lisa explained more about her anger. Lisa said her doctors misdiagnosed her stroke—they did not listen to her. She lost valuable time. She spent years in rehab that interrupted her career and her entire life...needlessly. She thinks her misdiagnosis was due to health disparities. Deb said that health disparities are real and important, but some of our Club members were misdiagnosed because of age stereotypes. When our young to middle-aged members are alone in public settings and exhibit balance instability and/or slurred speech, witnesses assume substance abuse. There is an excellent new autobiographical book, "**I Do Know Some Things**" by **Richard Stein, (a 2025 National Book Award finalist)**. Richard told the doctors that he was having a stroke, and they would not listen...thus the title of his book. He had a long and very difficult recovery that was due to a diagnosis error. He was also middle - age and at the peak of his career. Misdiagnosis is a tragedy. We are so sorry this happened; we are angry, too.

Evelyn talked about her life. A couple of months ago, Harsha asked Evelyn about all the changes she had seen...as you know, Evelyn is 105 years old. Evelyn said that she had her first stroke when she was 10 years old, from which she mostly recovered. Her second stroke happened in her 60's and her third happened in her 80's. She talked about her children and grandchildren and her greats. She talked about the changes and her life. We love her dearly. Evelyn gives us so much hope because many members are worried about second strokes. Evelyn's daughter, Susie, has told us many times that you can't live your life in fear. Do the best that you can to stay healthy and live each day fully, without regret.

Marge asked for prayers for her two sisters, who both had strokes. One sister is very, very sick. We are so sorry. **Gay** highly recommended the Cleveland Clinic's Langston Hughes Community Center as a great place to exercise. <https://tinyurl.com/3p3xcx97>



Thanks for the pic, Vinita and Raj.

CAREGIVER MEETING NOTES

Jackie kindly shared her notes. **Shirley P.** facilitated the meeting of 17 caregivers. **C.** gave us an update on her fiancé. Therapy is going well but mentally he is having a hard time. He is taking antidepressants, and she is trying to encourage him to hold on. He has a tablet to help him communicate. He isn't able to move his arm and can move his leg slightly. He is unable to communicate well. One caregiver suggested flash cards. **Ralph** suggested checking his vision. Ralph also suggested that the therapist continue to exercise his left arm and leg to make sure they are strong. Also, **C.** could sit in on therapy sessions and ask each therapist for guidance (to teach **C.** how to be a good exercise partner) and for homework that they can practice at night and on weekends. **C.** can also ask nursing for guidance in helping her fiancé. **Kay** provided a website for quick recipes. Here is her link:

<https://www.yahoo.com/lifestyle/articles/31-easy-august-dinner-recipes-160000174.html> **Ernie** stated that his sister-in-law had a stroke last month and is in Select and she is improving. **Sue** stated that people who don't live with a person who had a stroke don't understand the emotional challenge of caregivers. **Kay** suggested that the caregivers continue to encourage the stroke survivors to try and complete daily tasks. **Sue Z.** said there will be a caregiver's seminar at Landerhaven for first responders and caregivers on Nov. 8th. For more information go to: <https://www.caringforthecaregiverexpo.com/>. Tickets may be sold out but you can ask to be on a waiting list. <https://www.eventbrite.com/e/cleveland-2nd-annual-caring-for-the-caregiver-expo-tickets-1280198912409>

GENERAL MEETING NOTES

Our October General Meeting was our Talent Night and Pizza Celebration. It was always fun night with lots of razzle dazzle. We really want to thank everyone who came early to help set-up. We ordered pizza from Jets in Lyndhurst on Mayfield Rd. **Joyce and Shirish and Harsha** brought salads. **Arlene** helped make coffee and tea. Linda and Joyce set-up the dining room. **Kay, Vivien, Nelly, Vinita, Benson, Vicki and others** set-up the dessert and serving tables and distribute handouts. **Kay** collected RSVPs. **Gary** stepped in last minute to collect money and **Paulette** collected 50-50 donations and circulated a draft of our picture calendar. **Paulette** also took pictures of our presenters. **Linda D. and Linda P.** gave announcements. **Ernie** won the 50-50. **Deena** was our excellent MC for the evening. Many thanks to everyone who helped us clean-up, including **Sue, George and Linda, Vivien, Kay, Benson and Vicki, Rick**, and more. We want to especially thank everyone who made everyone feel welcome.

Dr. Roger made a great presentation titled "How I make Kwak Belgian Ale" and provided samples. We love this beer and the brewer!

Linda Davis showed pictures and told us about her cruise to Cozumel, Costa Maya, Mahogany, and Bay Roatan. Linda's pictures were beautiful, and we all really want to travel with her.

Delores, a great baker, shared Paula Deen's Banana Pudding Layer Cake recipe and gave us samples. On the way out, many people raved about her cake and asked for her recipe. We know great bakers don't often share their recipes, but she did! Here's a link: <https://pauladeenmagazine.com/banana-pudding-layer-cake/> and we will add it to our recipe tab.

Shirley P. made a wall hanger with fall decorations, a door hanger that was decorated for Halloween, and a napkin holder that had fall decorations on them. Shirley said that she uses crafts to exercise her fingers because she has arthritis. Shirley is soooooo talented and creative and artistic. She's our hero.

Pat Hill, (an Independent Insurance Agent, Medicare Expert, Good Friend, and Board Member) spoke a little about Medicare changes for 2026. She will provide us information about 2026 changes, and we will send them out to everyone and post them on our website: www.clevelandstrokeclub.org. Scroll down a little and select the link to "Newsletters, Calendars, and Flyers." **Paulette**'s pictures are on page 11.

LAST MONTH'S FAMILY FEUD

Geri kindly shared her notes. These people joined us for our October Family Feud: **Peggie, Gary, Rick, Beth, Vinita, Raj, and Paulette**. As usual, we came up with more and better answers than the ones offered in the Family Feud official game. For example, to the list of things that have a zipper besides clothing, **Raj** added boots, **Gary** added bowling bag, **Rick** added golf bag and **Peggie** added garment bag. To the list of other words for money, **Beth** said bread and **Vinita** said dough, **Raj** said buck, **Gary** said Loot. We had plenty of other topics to stretch our skills and cause some laughter. Join us the second Tuesday of each month on Zoom. We'd love to see you.

LAST MONTH'S BINGO

Geri kindly shared her notes. **We just finished our 287th bingo night** with an average of 12 people attending each night. We want to thank our callers and card holders: Kay, Linda and Rick and Arlene. These are the bingo winners for October: **Paulette, Raj, Delores, George, Arlene, Gary, Vinita, Evelyn, Harsha, Peggie, Rick, Maggie, Vivien, Jarmellia, Joyce and Charles and Maggie**.

Come join us, rain or shine, every Thursday from 7-8 p.m. (except on Thanksgiving or any Thursday that falls on a holiday). Just email me for the link. We can play on Zoom even in the dark. I guarantee at least one laugh.



BOOK CORNER

By Carolyn D.

Sharp Force
by Patricia Cornwell

It's a Kay Scarpetta series (#29). She is on another case. This is a really good book for Halloween because it is really spooky. There is a lot going on. Kay Scarpetta is a forensic pathologist. I will give it three out of four stars. I really like Patricia Cornwell's writing. I saw Patricia on Good Morning America and I thought she must have a new book out and I ordered it from the library. The book came out on Oct 7th this year.

**BEER CORNER, ETC.**

By Dr. Roger Gulbranson



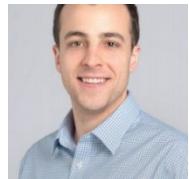
I love to cook duck for Thanksgiving. I use this recipe: <https://www.npr.org/121215628>
Deb loves his Cranberry Coulis recipe to go with the duck: <https://www.npr.org/121215952>
We make stuffing and salad. I like mincemeat pie or pecan pie. Deb loves pie for breakfast the next day.

TOE TIPS

By Jenifer Vanek RN

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

Does movement help? It sure does! Regular exercise increases circulation to the feet, which helps with inflammation and can encourage healing. Movement strengthens foot and leg muscles, assisting with balance. Do what you can safely—even small movements done regularly can make a difference!

**LIMITLESS REHABILITATION OPENS A NEW ACCESSIBLE GYM!**

Limitless Rehabilitation & Wellness Opens New Accessible Gym in Beachwood

We're excited to announce the opening of a new private, gym by Limitless Rehabilitation & Wellness, is designed to help stroke survivors and individuals with neurologic, or mobility challenges continue their recovery journey in a safe and supportive environment.

The gym features state-of-the-art therapy and fitness equipment, including cable systems, resistance stations, and balance tools. While most equipment requires transfers for use, wheelchair users can still engage in many exercises using the accessible cable and pulley systems.

Membership is available for \$60 per month for individuals or \$100 per month for caregiver/survivor couples.

Group sessions and rental opportunities for evening or weekend use are also being explored to support the stroke recovery community.

For more information or to schedule a visit, contact Dr. Matt Burnett, PT, DPT, NCS, at limitlessrehaboh@gmail.com or call 216-702-6806.

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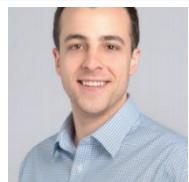
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Products and Suppliers New to My Recovery World

By Jocelyn B-J



I haven't toured a grocery store isle in 4 years. I have learned from my aide and the news that my favorites have definitely increased in price and inventory decreased. I have found that new or never before purchased items have found their way to my residence.

The Heinen's chain prepared meal section carries the best chicken and fish selections. Not greasy, low sodium and in great flavors. Their single service bakery items are the Bomb.com.

For the person who loves a bag of chips from time to time, I have discovered an alternative brand to Snyders and Lays, its Oztzs. Light potato chips with low sodium and in many flavors. I don't like the bag, it is an easy tear, in a weird place, right down the middle. Rubber bands are needed to save your chips.

On The View, they featured a soothing lotion with a familiar ingredient in the solution. Its called Epsom-it. Available on Amazon.com. It's nice for that daily foot treatment message.

My childhood friend lost her mom, and she offered some supplies that she had in bulk. She had supplies that I had noticed in catalogs but never purchased. What a blessing to receive her unopened extras giving me the opportunity to cancel subscriptions for several months.

Another grocery store for me has been ALDI's. I had a classmate who shopped there regularly, and she purchased my cotton candy grapes, corn in a can, chocolate hummus, wine and frozen breakfast meals. All affordable and delicious.



Thanks for the pic, Vinita and Raj.

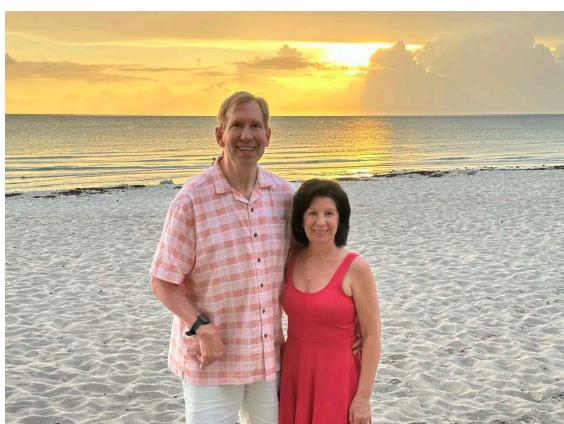
SPEAK EASY HALLOWEEN PARTY

SPEAK EASY HALLOWEEN PARTY

Thanks, Vinita & Raj and Jean, for taking some great photos!

Talent Night Presenter's Pictures

US
George and his brother traveled to Hungary to visit their brother.



John & Mary in FL



Stephanie's Rainbow



Vinita's cacti blooms for Diwali

WORD PUZZLE: The Special Days of November

By Brenda Koos

(Use every letter and word only once.)

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

Advent

Daylight

Frenchtoast

Kindness

Recycle

Sandwich

Thanksgiving

Authors

Election

Hike

Philanthropy

Redhead

Smokeout

Vegan

Cake

Espresso

Jukebox

Pickle

Saints

Souls

Veterans

Make your own puzzle here:

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



Gary and Paulette: Out & About Snooks Dream Cars/Bowling Green Ohio

