

ReFocus ^{Feb.}



ORIGINAL ART
By Jim Scanlon

A REPORT OF THE CLEVELAND STROKE CLUB

Feb. 2026

Cleveland Stroke Club
c/o Geri Pitts
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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.*



We Will Not Meet in Person until April 2026

Zoom Survivor Meeting
Wednesday, Feb. 4th, 2026, 7:00-8:00 PM*

Zoom Caregiver Meeting
Wednesday, Feb. 18th, 2026, 7:00-8:00 PM*

***We will open our Zoom 30 minutes before each meeting.
Geri Pitts will send an email with the Zoom link two days before the meeting
and the day of the meeting.**

Email Geri, if you have any questions or need a link (pittsgeraldine@yahoo.com).

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.

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 Nisenbourn

ReFocus & Web Editor

Deb Felt

Caregiver/Survivor**Meeting Facilitators**

Jean Nisenbourn

Sue Sheridan

FROM THE DESK OF THE EXEC. DIRECTOR

By Geri Pitt



I'm sitting at my desk in Seville looking at ten inches of heavy snow outside and remembering the time that I was happy to see snow so I could go out and play in it. We took our sleds to Rockefeller Park which was quite a distance from our house, but you heard no complaints from us. Now I look at the snow and can only say "ugh." I don't even want to walk to the mailbox. I hope you're having more fun in the snow than I am. Don't forget: put plastic bags on your feet before you put those boots on sure makes it easier to put your boots on and your feet will stay warmer, too. Despite the cold and snow, we're still getting together using Zoom and we're grateful for it.

By the way, I've **been writing about the history of our Stroke Club**. We are posting my papers on our website on the "History" tab. Go to www.clevelandstrokeclub.org

Music for Daily Living

Music Therapist Beth Friedman-Romell has designed a music program for stroke survivors. **"Music for Daily Living" will meet twice per month from January through June on Thursdays from 11 am - 12 pm at B'nai Jeshurun Congregation, 27501 Fairmount Boulevard, Pepper Pike, Ohio 44124.** Session dates are ~~January 15 and 29~~, **Feb. 5 and 19, March 12 and 26, April 16 and 30, May 14 and 29, June 11 and 25.** Class size is limited to 12 participants.

This pilot program is offered on a pay-what-you-can basis, with a suggested fee of \$10 per session (no charge for caregivers). **Advanced registration required.** Please call or email Beth for more details and to register: **216-260-5525; beth@differentdrum.net.**

This program is made possible by JWell, <https://www.jwellcle.org/>

New Stroke Guidelines

Pat Hill sent us a link to the New Stroke Guidelines published by the American Heart Association/American Stroke Association. For further information, see: <https://www.medpagetoday.com/cardiology/strokes/119633>

New Treatment for Diabetic Foot Wounds at UH

Arlene's brother had an ulcer on his toe, which could have left him with the possibility of losing his leg. Dr. Mehdi Shishehbor, at UH, developed a new treatment and it worked. For more the *News Herald* article, see: <https://tinyurl.com/2v4emtz9> Also, see the video on Channel 5 at: <https://tinyurl.com/4t99v4kh>

New Stroke Study

I was contacted by researchers in Australia who are trying to help persons with stroke or brain injury to deal with depression and thoughts of self-harm. See page 10.

Sue Sheridan told the caregivers that Wegovy is now in pill form. For more info see: <https://www.wegovy.com/>

FEB. HOLIDAYS

- ☀ 1 Grammy Awards
 - ☀ 2 Groundhog Day
 - ☀ 6 Olympics Start
 - ☀ 8 Super Bowl
 - ☀ 9 Nat'l Pizza Day
 - ☀ 12 Lincoln's Birthday
 - ☀ 14 Valentine's Day
 - ☀ 16 Presidents Day
 - ☀ 17 Mardi Gras
 - ☀ 17 Chinese New Year
 - ☀ 17 Paczki Day
 - ☀ 18 Ash Wednesday
 - ☀ 18 Ramadan Begins
 - ☀ 20 Love Your Pet Day
 - ☀ 22 Washington's Day
- <https://www.wincalendar.com/Holiday-Calendar/January-2026>

Feb. WISHES**Happy Birthday**

Betty Gilbert	2/3
Corine Harrington-Cook	2/5
Mya Garcia	2/5
Joyce Levy	2/5
George Williams	2/5
Lu Higginbottom	2/7
Barbara Hoffmann	2/7
Nancy Vuchinich	2/12
Maggie Boone	2/13
Joe Bambic	2/14
Gus Garcea	2/14
Valerie Pickens	2/14
Leslie Hornyak	2/15
Diondre Kidd	2/15
Clarence Albeny	2/17
Stephanie Herriott	2/18
Katie Lloyd	2/18
Debbie Scott	2/19
Rick Haag	2/20
Nell Ezekiel	2/25
John Pumper	2/27
Doug Weese	2/27

Happy Anniversary

Jennifer & Raymond Roberts	2/22/1993
Vickie & Bob Curtis	2/28/1981
Cynthia Frazier	2/29/2000

THIS MONTH'S MEETING CALENDAR

By Geri Pitts

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

2/4	Survivors on Zoom	6:30 – 8:30	1 st Wed. on Zoom (Jan., Feb., Mar.)
2/5	Bingo	7:00 – 8:00	Every Thurs. on Zoom
2/10	Family Feud	7:00 – 8:00	2 nd Tuesday on Zoom
2/11	Board Meeting	5:00 – 6:00	2 nd Wednesday on Zoom
2/12	Bingo	7:00 – 8:00	Every Thurs. on Zoom
2/17	Lunch & Chat	Noon – 2:00	3 rd Tues. on Zoom
2/18	Caregivers on Zoom	7:00 – 8:00	3 rd Wed. on Zoom (Jan., Feb., Mar.)
2/19	Bingo	7:00 – 8:00	Every Thurs. on Zoom
2/26	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.

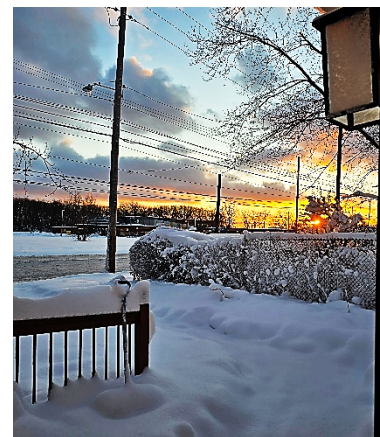
NOTE 2: Music Therapist, Beth Friedman-Romell, is hosting "Music for Daily Living" on **Thursdays Feb. 5 and 19 from 11 am - 12 pm at B'nai Jeshurun Congregation**, 27501 Fairmount Boulevard, Pepper Pike, Ohio 44124. Contact Beth for more details and to register: 216-260-5525; beth@differentdrum.net.

FROM THE DESK OF THE PRESIDENT

By Linda Davis

Hello Everyone,

I hope you are staying warm with this crazy cold weather. With the sun shining it looks like it was going to be a fairly, decent day but the temperature dropped and it is now -2. If the temperature dropped below -20 degrees, it would be too cold to snow but that was not the case. I finally got my driveway shoveled.

**Get Well Soon**

- ☀ Jon C.
- ☀ Pat H.
- ☀ Anna M.
- ☀ Joyce Z.
- ☀ Marge's sisters
- ☀ Raymond's brother

Deepest Sympathy

- ☀ Paulette's Brother
- ☀ George Pfeffer's Mother
- ☀ John B's Brother

LAST MONTH'S ZOOM MEETINGS**Survivors' Zoom Meeting – 1st Wednesday of the Month (Jan.-Mar.)**

Geri kindly shared her notes. Jean kindly facilitated the meeting.

Chris was new to the group, so Jean introduced herself and asked other members to do the same. To explain why peoples' strokes are different, Jean gave us information about what a stroke is and what it does to a person's brain. She told us how to recognize a stroke and the kinds of problems that result from a stroke. Where the stroke occurred in your brain determines what problems, you will have. If you notice a change in your body or your ability to do things, talk to your doctor. If the change is for the better, you could get a referral for additional therapy; if the change is that it's more difficult to do things, you need to be evaluated. You should not be getting worse. Jean also gave us information on what you can do to reduce your chances of having another stroke.

The meeting was recorded; you can view it here:

<https://tinyurl.com/ymvwk5a5>

Thanks, Jean, for the information. The above link is a keeper and should be reviewed every now and then.

Caregivers Zoom Meeting – 3rd Wednesday of the Month (Jan. – Mar.)

Sue AND Geri kindly facilitated. Nine attended. We welcomed a new member and introduced ourselves. Typically, the holiday season overloads caregivers, and this year was no different. Many of us are also caregivers for other family members and friends. So, in the holiday festivities we work in nursing home visits, legal matters, caring for children, and transportation services. This year was particularly difficult with high flu and pneumonia rates, so we were pushing through our own illnesses and those of our family members, while baking and cleaning and shopping. Hosting is difficult because of everyone's allergies and food preferences. Every meal becomes three or four meals. One of the hardest things about being a caregiver is not being able to do it all, like we used to do. We begin each year, exhausted.

One of our beloved caregivers (of several family members), wondered what she should do because her dear mother (who is a stroke survivor) said she wanted to die. Our members know and love this caregiver and mother and just listened and wished we could wrap our arms around them. We wished them and our other exhausted caregivers a good rest and good health.

Geri said she is no longer driving and talked about the senior transportation in Medina County. She also talked about new ways of getting things done, like using Walmart's delivery service. Deena said she uses Instacart to go to all the markets in Cuyahoga County. Deena said they deliver within 2 hours. In Lake County, Arlene signs into an app. They all said that it was not perfect, but it saves the time of shopping, but it takes time to order.

Several members had family members in the hospitals, ER visits, and falls in the family.

Sue said that Wegovy (the weight loss drug) was now available in pill form. We think it can be paid for by insurance.

We all agreed that it was good to exhale with friends, and we wished each other a good rest and best wishes for 2026.

ZOOM MEETINGS Cont.

BINGO – every Thursday on Zoom

Geri kindly shared her notes. Bingo is becoming more popular. You should join us and see why. We have an average of 16 players per week instead of the usual 12. Something must be drawing people in. We had four bingo nights last month despite the frigid temperatures thanks to those who helped run the games: **Kay, Linda, Debbie, Arlene and Rick**, our steadfast, dependable members. These winners enjoyed a round of applause on those nights: **Paulette, Gary, Vinita, Raj, Arlene, Peggine, Vivien, Evelyn, George, Harsha, Mary, Delores, Rick, Louise, Charles, Maggie, Mary, John, Joyce, and Linda.**



FAMILY FEUD – Second Tuesday on Zoom

It was a small but fun group. Our first question was about snow, as you could have guessed: Name something to make a snow man. The next question: Name something with a bulb. Another question was, Name something you'd hate to sit next to in a restaurant. Deb said that in the winter Minnesotans, never, ever, ever sit near the DOOR! Yup!



CHEW AND CHAT – Third Tuesday on Zoom

Only three of us showed up for January's Chew and Chat gathering. I guess you were busy doing other things. Still we covered some interesting topics including time flies when your having fun or when you're busy; music; sailing lessons, funny videos on line, Linda's truck that died on Christmas, then she had her stroke on New Year's Eve; senior transportation and how Tri-C's physical therapy department helped Linda get her first wheelchair and then taught her how to use it making a big impact on her independence.

If you don't get Geri's emails with the Zoom link, let her know and you'll be added to the list so you can join us in February. It's a nice way to keep in touch during these cold months.

BOOK CORNER

By Carolyn D.

Overnight Guest

by Heather Gudenkaut

It's about a writer who is trying to finish a book. She is in an isolated farmhouse. Tragedy comes and She remembers what happened to her as a child. The book goes back in time and then jumps to the present. It's a really good book; it's better than her first book *Don't Make a Sound*. I recommend it. I give it 3 out of 4 stars. It's well written. I liked it.

**BEER CORNER, ETC.**

By Dr. Roger Gulbranson

I brewed KOA Coconut Porter after Christmas. I'll bottle it this week.

**THE CHANGE TO IN-HOME SERVICES**

By Jocelyn B-J

This past year I did several hospital and rehab visits. I was blessed to have a great follow along program with Cleveland Clinic Home Services. As I was having so many issues ambulating outside of my home for appointments, my physical therapist recommended the home service opportunities for patients with my unique set of concerns. I was torn with changing doctors, but my primary of 10 years is slated to retire, and I would need another primary.

So, I prayed and joined the Cleveland Clinic Home Services program. So far, the experience has been exceptional. My physician has visited me in my home. She was delightful and very resourceful. I have even received my blood draws and arranged for lab service pickups. My medications are reviewed, refills ordered and my bottles are checked by the nurse. I still receive my prescribed therapies, per my insurance coverage and their prescribed timelines. Having the treatment team work with me in my actual living space has been insightful on many levels. Looking forward...

**TOE TIPS**

By Jenifer Vanek RN

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

Be gentle with feet! Sensation in the feet can decrease with age and various chronic health conditions. Never use hot water or chemicals on the feet, which can lead to burns or wounds. Avoid "bathroom surgery"- do not use callus shavers or anything that could cut the feet without seeing a professional first. Examine feet frequently to keep them healthy!

**RHYTHM TIPS**

By Beth Friedman-Romell, PhD, MT-BC, NMT RN

A Different Drum Music Therapy (beth@differentdrum.net, (216-260-5525))

Feeling anxious or stressed out? Here's a short exercise you can do anywhere that really helps. Close your eyes. Place your hand over your heart, and begin tapping gently in a steady, slow rhythm. Breathe in through your nose and out through your mouth. Breathe deeply from your diaphragm, with face, neck, and shoulders relaxed. Keep tapping! Now try to exhale for a little bit longer than you inhale. Finally, try a "box breath" -- in for 4 counts, hold for 4 counts, out for 4 counts, hold for 4 counts. You may wish to put on a recording of slow, instrumental music or nature sounds during this exercise. Be well!



THESE 3 POLICY MOVES ARE LIKELY TO CHANGE HEALTHCARE FOR OLDER PEOPLE

By Pat Hill



By **Paula Span** January 23, 2026

“The New Old Age” is produced through a partnership with [The New York Times](#).

Month after month, Patricia Hunter and other members of the Nursing Home Reform Coalition logged onto video calls with congressional representatives, seeking support for a proposed federal rule setting minimum staff levels for nursing homes. Finally, after decades of advocacy, the Biden administration in 2023 tackled the problem of perennial understaffing of long-term care facilities. Officials backed a Medicare regulation that would mandate at least 3.48 hours of care from nurses and aides per resident, per day, and would require a registered nurse on-site 24 hours a day, seven days a week.

The mandated hours were lower than supporters hoped for, said Hunter, who directs Washington state’s long-term care ombudsman program. But “I’m a pragmatic person, so I thought, this is a good start,” she said. “It would be helpful, for enforcement, to have a federal law.” In 2024, when the Centers for Medicare & Medicaid Services adopted the standards, advocates celebrated. But industry lawsuits soon blocked most of the rule, with two federal district courts finding that Medicare had exceeded its regulatory authority.

And after the 2024 elections, Hunter said, “I was concerned about the changing of the guard.” Her concerns proved well founded. In July, as part of Republicans’ One Big Beautiful Bill Act, Congress prohibited Medicare from implementing the staffing standards before 2034. Last month, CMS [repealed the standards](#) altogether. They never took effect.

“It was devastating,” Hunter said.

As with environmental law and consumer protections, the Trump administration’s enthusiasm for deregulation has undone long-sought rules to improve care for the aged. And it has introduced [a Medicare experiment for prior authorizations](#), now getting underway in six states, that has alarmed advocates, congressional Democrats, and a good number of older Americans.

Taken together, the moves will affect many of the facilities and workers providing care and introduce complications in health coverage in several states. On the nursing home front, “it’s clear CMS has no interest in ensuring adequate staffing,” said Sam Brooks, the director of public policy for the National Consumer Voice for Quality Long-Term Care. “They’re repealing a regulation that could have saved 13,000 lives a year,” he added, citing [an analysis](#) by University of Pennsylvania researchers.

Industry groups argued that nursing homes, with high rates of staff turnover, were already struggling to fill vacancies. The staffing mandate “was requiring nursing homes to hire an additional 100,000 caregivers that simply don’t exist,” said Holly Harmon, a senior vice president at the American Health Care Association. The organization had brought one of the suits that largely vacated the rule. “Facilities would have been forced to limit admissions or downsize to comply with the requirements, or close altogether,” Harmon said.

For supporters, the action is now likely to shift to updating requirements in 35 states, along with the District of Columbia, that have already established [some nursing home staff standards](#), and to developing them in those that haven’t.

Continued on Next Page

THESE 3 POLICY MOVES ARE LIKELY, CONT.**Rules for Home Help**

A second rescinded regulation, this one more unexpected, brought about upheaval in July, when the Labor Department announced a return to [a policy excluding home care workers](#) from the federal Fair Labor Standards Act. Some history: Dating back to the New Deal, the FLSA mandated that workers receive the federal minimum wage (currently \$7.25 an hour) and overtime pay. It exempted most “domestic service workers” until 1975, when a new Labor Department regulation included them — with the exception of home care workers.

“There was a misinterpretation of home care work as being casual, nonprofessional, non-skilled,” the equivalent of teenage babysitting, said Kezia Scales, a vice president at PHI, a national research and advocacy organization. “Just someone popping into your mother’s house now and then and keeping her company.”

For almost 40 years, workers and their supporters lobbied to change the rule, seeing it as a contributor to the low wages and meager benefits of a swiftly growing workforce, one made up primarily of women and minority groups, with many immigrants. In 2013, the Labor Department responded with a rule that [brought home care workers under the labor act](#), entitled to minimum wage, time and a half for overtime work, and payment for travel time between clients. After industry lawsuits failed to overturn it, “everything settled down,” Scales said. “It was in place successfully for a decade.”

Home care workers brought hundreds of compliance complaints annually. In 87% of them, the Labor Department found [violations of the labor act](#), according to a 2020 Government Accountability Office report. Since 2013, home care agencies have paid about [\\$158 million in back wages](#), PHI has calculated. Then in July, the Labor Department abruptly announced that it would return to the 1975 regulations and [stop enforcing the 2013 rule](#), which it said “had negative effects on the ground” and hindered consumer access to care.

The agencies employing most home care workers, primarily funded through Medicaid, would agree. “Many workers never got any benefit from this,” said Damon Terzaghi, a vice president at the National Alliance for Care at Home. “States made a lot of moves to essentially absolve themselves of any responsibility,” he said. A 2020 federal report, for example, found that 16 states had [capped Medicaid-covered home care hours](#) at 40, thus averting overtime payment.

The alliance, which estimates that the number of impacted agencies and businesses has declined by 30% since 2013, supported the rescission. Scales, who hopes for congressional action, called it “a shocking step backward.” Where they concur is that the United States has never really committed to sufficiently funding long-term care at home. With the July legislation setting the stage for a [\\$914 billion cut to Medicaid](#) over the coming decade, that seems unlikely to change anytime soon.

Medicare’s AI Referee

Beyond rolling back policies for care of the aged, the Trump administration has established a pilot program to introduce one to traditional Medicare: prior authorization, using artificial intelligence and machine learning technologies. Touting it as a boon to taxpayers, Medicare calls it WISeR — Wasteful and Inappropriate Service Reduction.

Continued on next page

THESE 3 POLICY MOVES ARE LIKELY, CONT.

Prior authorization, in which private insurers review proposed treatments before agreeing to pay for them, is widely used in Medicare Advantage plans despite its unpopularity with patients, doctors, and health care organizations. It has rarely been used in traditional Medicare.



This month, however, **WISeR debuts** in six states (Arizona, New Jersey, Ohio, Oklahoma, Texas, Washington) in a six-year trial to determine whether review by tech companies can reduce costs and improve efficiency, while maintaining or improving quality of care. Initially, **WISeR targets 17 items and services** that CMS said “historically have had a higher risk of waste, fraud and abuse.” The list includes knee arthroscopy for arthritis, electrical nerve stimulation devices for several conditions, and treatment for impotence.

The pilot program excludes emergency services and inpatient hospital care, or care where delay poses “a substantial risk.” Algorithmic denials will trigger review by “an appropriately licensed human clinician.” The tech companies get “a share of averted expenditures.” “It injects some of the worst of Medicare Advantage into traditional Medicare,” said David Lipschutz, co-director of the Center for Medicare Advocacy. The six vendors that approve or reject treatments “have a financial stake in the outcomes,” he said, and therefore “an incentive to deny care.”

Moreover, the CMS Innovation Center overseeing the pilot could theoretically bypass Congress and expand prior authorization to include more medical services in more states. The agency did not respond to questions about what kind of human clinicians would review denials, except to say that they would have “relevant experience” and that tech companies would be “financially penalized for inappropriate denials, high appeal rates or poor performance.”

It plans an “independent, federally funded evaluation” and will release public reports annually. Democrats in Congress have **introduced bills** in both houses to repeal WISeR. “We should be reducing red tape in Medicare, not creating new hurdles that second-guess health care providers,” said Rep. Suzan DelBene of Washington, one of the bill’s sponsors. For now, though, WISeR has opened for business, receiving prior authorization requests through its electronic portals.

By **Paula Span** January 23, 2026

“*The New Old Age*” is produced through a partnership with **The New York Times**.

Source: **KFF Health News** is a national newsroom that produces in-depth journalism about health issues and is one of the core operating programs at KFF—an independent source of health policy research, polling, and journalism. Learn more about **KFF**.

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

More Music

Beth Friedman-Romell also hosts sound baths at Healing with the Horses. We will be holding sessions from 2-3 p.m. on the following dates: February 8, March 8, April 12, and May 3.



Beth also offers many other music programs and private music therapy and private music lessons. See her website for more info. **<https://differentdrum.net/index.php#events>** or email her at **beth@differentdrum.net**

RESEARCH PARTICIPATION NEEDED

Geri received information about a new study through email. This information for study recruitment is for informational purposes only. The CSC does not endorse any specific study or procedure. The study is by a University in Australia with funding through Australia and US governments. We have provided links that you can use to learn more about the study and contact the researchers. We are not providing links to the questionnaires to protect your privacy and that of the University. Contact the researchers via email: ABIncoping@monash.edu.

Are you a person who had a stroke or brain injury (Acquired Brain Injury), clinician, or researcher?

Help us develop resources to support coping with emotional distress, self-harm and suicide after ABI.

We know this can be a difficult topic for some, but we want to listen and learn. By hearing directly from you, we hope to understand what we can do to make a difference.

We are seeking English-speaking clinicians/researchers working with people with ABI, as well as individuals with ABI with experience of psychological distress, suicidality, or self-harm after their injury to complete a survey to capture your perspectives and needs. This survey is completely anonymous and judgement free – we just want to hear from you. Contact the researchers via email: ABIncoping@monash.edu.

About the researcher: <https://research.monash.edu/en/persons/jai-carmichael/>

About the study: <https://tinyurl.com/arcv89rr>

About a new innovative program to help stroke survivors and clinicians to use technology:
<https://tinyurl.com/37kd32rj> or <https://www.mytechnologyspace.org/>

Free Medical Clinic

Cleveland, OH

February 28 - March 1, 2026

Doors open at 6 A.M., first come first serve



FREE DENTAL



- Extractions
- Fillings
- Cleanings

FREE VISION



- Eye exams
- Same-day-glasses

FREE MEDICAL



- General medical exams
- Women's health exams

Location:

John Hay High School
2075 Stokes Blvd,
Cleveland, OH 44106

NO ID OR INSURANCE REQUIRED
Service is first come first serve

Provided by Remote Area Medical™ of Case Western Reserve University

More information: ramusa.org | ramcleveland@gmail.com | 216-379-7545

More Info About the Free Medical Clinic

This is a program organized at the national level and conducted in Cleveland by Case Western Reserve University on Feb. 28th and Mar. 1.

The national organization will bring medical equipment to John Hay School gym and classrooms into a dental and medical facility for 2 days. Services will be provided by CASE.

This is a first come, first serve basis. Doors are open as long as patients are there. CASE recommends that you come very early.

John Hay High School is located at 2075 Stokes Blvd, CLE, 44106.

For more information see the website:

<https://www.ramusa.org/events/cleveland-oh/>,
 call: 216-279-7545, or
 email: ramcleveland@gmail.com.

US



Evelyn's 2nd Puzzle for 2026



Bill and Sue's favorite people!



Diondre's son excels



Nelly's yard



Anna's yard



Bill & Sue's family gathers



Arlene's homemade feeder



Arlene rescues a baby bird



John and Mary are snowbirds in FL during January



WORD PUZZLE: Winter Olympics

By Brenda Koos

(Use every letter and word only once.)

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

Alpine
 Bobsleigh
 Curling
 Hockey
 Luge
 Silver
 Skiing
 Switzerland

Athletes
 Bronze
 Freestyle
 Jumping
 Nations
 Skating
 Snowboard

Biathlon
 Cross
 Gold
 Lausanne
 Nordic
 Skeleton
 Speed



Make your own puzzle here:

<https://puzzlemaker.discoverededucation.com/word-search>
Gary and Paulette: Celebrating Paulette's Birthday

Paulette put together this LEGO bouquet.



Celebrating with her BFF's.

Celebrating Black History Month and a Great Ohio Writer

Toni Morrison was born on Feb. 18, 1931, in Lorain, Ohio. Morrison graduated from Cornell University with a BA in English and graduate from Cornell University with an MA. She married and had two kids. She passed away on Aug. 5th, 2019.

- ✳ She became the **first Black female editor at Random House** in the 1972.
- ✳ Her book ***Song of Solomon*** (1977) won the **National Book Critics Circle Award**.
- ✳ Her book ***Beloved*** won the **Pulitzer Prize** for in 1987.
- ✳ She won the **Nobel Prize** in Literature in 1993.
- ✳ President Obama presented her with the **Presidential Medal of Freedom** on May 29, 2012

Source: https://en.wikipedia.org/wiki/Toni_Morrison, Picture by John Mathew Smith (celebrity-photos.com) - Flickr (archive), CC BY-SA 2.0, <https://commons.wikimedia.org/w/index.php?curid=74749549>



Cleveland Stroke Club Membership Form

For year 2026

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

_____ CIRCLE PREFERRED NUMBER
Home Phone Number Cell Phone 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