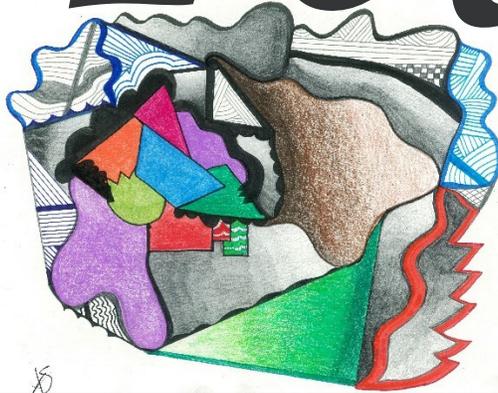


ReFocus ^{Mar.}



ORIGINAL ART
By Jim Scanlon

A REPORT OF THE CLEVELAND STROKE CLUB

Mar. 2026

Cleveland Stroke Club
c/o Geri Pitts
9284 Towpath Trail
Seville, OH 44273
330-975-4320
Pittsgeraldine@yahoo.com

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



We Will Not Meet in Person until April 2026

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

Zoom Caregiver Meeting
Wednesday, Mar. 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 Pitts



March 1st was “Meteorology Spring.” For the rest of us it is still winter but we’re patient and can wait a few more weeks for the “real” spring. And what comes with spring? We go back to in-person meetings next month. I want to thank the Board for keeping us together during the winter months: **Linda D., Deena, Kay, John, Pat, Frank, Sue, Debbie, Linda P., Dave, and Shirley.** And also our dependable volunteers: **Jean, Arlene, Rick, and Sue Z.** I also want to thank those dependable volunteers who contribute to this ReFocus. You keep the information flowing. Don’t worry – there will be plenty of opportunities coming up for the rest of you. As usual, we’re planning a busy year with our picnic in June and anniversary dinner in August. We decided to have only one “Talent & Interest Night” in October and we have some speaker’s planned for the year. So there’s opportunities, fellow volunteers. Come and be a part of a successful club’s planning. Help us move forward. A big thank you to **Frank** who volunteered to be Fundraising Committee Chair. **John, Dave, Pat** and **Linda D.** agreed to be on the committee. You can join, too.

One of the best ways to keep in touch during the winter has been our Zoom games, meetings, and lunch—see our calendar on the next page. Jean Nisenbourn is hosting Speak Easy on Monday (in-person and in Zoom) and the Speak Easy Choir in Zoom on Friday afternoons (Jean’s email is jmn13@case.edu). Cleveland Hearing & Speech Center is hosting Zoom and in-person activities (book club, discussion groups, therapy, and more (see: <https://www.chsc.org/speech-language/services-for-adults/neo-act-northeast-ohio-adults-communicating-together>). See pages 9 and 10, of this newsletter, for more opportunities to enjoy your life.

Save the Date for 2026 Cleveland Stroke Club Events

- ✿ Fundraiser Lunch at Alfredo’s on **April 22nd**.
- ✿ Picnic will be held on **June 10th** in Independence.
- ✿ Anniversary Dinner will be held on **August 19th** at Alfredo’s.
- ✿ Talent Night will be held on **October 21st** at our General Meeting at the Church.

Note: Our luncheons are scheduled on the fourth Wed. of April through October. You can download our calendar at www.clevelandstrokeclub.org and select the link to the 2026 calendar.

Social Security and Disability Live YouTube Discussion

On March 18 at noon James Brown will be on the Disability Digest show on YouTube discussing his 53 years of representing people on Social Security and Disability claims. To participate, go to:

<https://www.youtube.com/@TheDisabilityDigest/streams>

James Brown is a member of our Club and a national expert Medicare/Disability lawyer.

If you have technical problems accessing the live meeting, contact Deb.

MAR. HOLIDAYS

- ☀ 4 Holi
- ☀ 6 Nat'l Oreo Day
- ☀ 7 Nat'l Cereal Day
- ☀ 8 Daylight Savings Begin
- ☀ 8 Int'l Women's Day
- ☀ 14 Pi Day
- ☀ 15 Academy Awards
- ☀ 17 St. Patrick's Day
- ☀ 20 Start of Spring
- ☀ 23 Nat'l Puppy Day
- ☀ 25 Int'l. Waffle Day
- ☀ 27 World Theatre Day

<https://www.wincalendar.com/Holiday-Calendar/March-2026>

MAR. WISHES

Happy Birthday

- Michael Vuyancih 3/1
- Damon Smith 3/2
- Kathleen Seymour 3/6
- Sabrina Simmons 3/6
- Medha Godbole 3/9
- Joanne Bergole 3/10
- Rashid E Saleem 3/10
- Jolyon Welsh 3/10
- Deena Barrett 3/11
- Deb Felt 3/13
- Ann Waters 3/13
- James Brown 3/16
- Pamela Goldstein 3/18
- Gary Mengay 3/19
- Carolyn Davis 3/20
- Brenda Koos 3/25
- Nikima Newsome 3/26
- Fred Carter 3/28
- Geri Pitts 3/31

Happy Anniversary

- Sheila & Joe Bambic
3/23/1985
- Jarmellia & Levin Armwood
3/29/1975

Get Well Soon

- Jon Colston
- Carl Wendorff

THIS MONTH'S MEETING CALENDAR

By Geri Pitts

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

3/4	Survivors on Zoom	6:30 – 8:30	1 st Wed. on Zoom (Jan., Feb., Mar.)
3/5	Bingo	7:00 – 8:00	Every Thurs. on Zoom
3/10	Family Feud	7:00 – 8:00	2 nd Tuesday on Zoom
3/11	Board Meeting	5:00 – 6:00	2 nd Wednesday on Zoom
3/12	Bingo	7:00 – 8:00	Every Thurs. on Zoom
3/17	Lunch & Chat	Noon – 2:00	3 rd Tues. on Zoom
3/18	Caregivers on Zoom	7:00 -- 8:00	3 rd Wed. on Zoom (Jan., Feb., Mar.)
3/19	Bingo	7:00 – 8:00	Every Thurs. on Zoom
3/26	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 March 12 and 26 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 everyone is getting out and enjoying the sunny days that we've been having, even though it is still cold.

I've been enjoying going to the "Music for Daily Living" sessions by Beth Friedman-Romell. For anyone interested, ParaTransit does go there. We meet on **Thursdays from 11 am - 12 pm at B'nai Jeshurun Congregation, 27501 Fairmount Boulevard, Pepper Pike, Ohio 44124.** Remaining session dates are **March 12 and 26, April 16 and 30, May 14 and 29, June 11 and 25.** Contact Beth for more details and to register: 216-260-5525; email: beth@differentdrum.net, or see her website for her other music programs: www.differentdrum.net.

NEW FINDS

- ☀ The caregivers have been looking for compression stockings that are easy to get on and off. Vinita tried Blueenjoy stockings from Amazon and likes them.
- ☀ Roger's therapist recommended Bowlingball.com shoe slider slip – on slide enhancer to help people who have footdrop and cannot clear their foot. (It just fits snugly on the toe of any shoe and it's available via Amazon.) Note 1. we use it only on the stroke side. Note 2: when they are new or freshly washed, they are too slick to wear on tile or waxed floors. After, it is used for a while, it works great.
- ☀ Arlene recommends copper fit gloves for arthritis. Geri likes heated gloves.

LAST MONTH'S ZOOM MEETINGS**Survivors' Zoom Meeting – 1st Wednesday of the Month, 7-8 PM (Jan.-Mar.)**

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

Ten of us joined into our Zoom Survivors' meeting on February 4th. Since Lynn attended for the first time, Jean asked us all to introduce ourselves. We first met Lynn when she and her husband, Ken, attended our annual picnic a couple of years ago. She was calling from Florida, lucky her. Some of our members had news to announce: Dr. Roger has a new cat, Joyce said her birthday was tomorrow and Jean's granddaughter has a birthday, too, turning four years old. Jean had prepared for us a very informative talk about our brain's wonderful neuroplasticity; that is our brain's ability to change and adapt based on our experiences. Because of technology we now know that the brain can create new pathways to take over functions of a damaged brain. Also there are parts of the brain that can build those pathways. What helps the regeneration is targeting a specific skill that is meaningful with repeated practice. Jean showed us a slide that shows how neuroplasticity works. There are six things that all of us can do to help our brain stay sharp and healthy. These are: eat a "brain-healthy diet," do physical activity at least 150 minutes each week, prioritizing your quality of sleep, manage your stress, challenge your brain and nurture social connections. Jean goes into detail on all six of these. This was a very informative hour, thank you, Jean. If you want to watch and listen to this information, here is the Zoom link. You really, really need to hear this.

<https://tinyurl.com/22632r3u> Thank you all for attending and come back on March 4th for another interesting meeting with Jean and at the same time visit with your stroke club friends.

Caregivers Zoom Meeting – 3rd Wednesday of the Month, 7-8 PM (Jan. – Mar.)

Geri facilitated and kindly shared her notes. Only six of us (Arlene, Debbie, Kay, Vinita, Susie and I) showed up for the Zoom Caregivers' meeting but oh! did we cover a number of topics. We talked about how expensive the internet is and suggestions on how to reduce your bill, such as to call your carrier and ask to be put on a "loyalty plan" if you have been with them for a long time. Or tell them you're thinking of switching because another company is cheaper. We talked about the "puzzle-keeper" carrying case for those jigsaw puzzle fans. We talked about insurance and how you should get a new quote every couple of years. We talked about gloves for arthritic hands (copper infused and compression gloves). We talked about furnace temperatures, advantages of living alone, disadvantages of living alone. And we talked about accepting change and that sometimes we can't fix everything. Our next Caregivers' Meeting is March 18th. See you on Zoom. You can add your two cents.

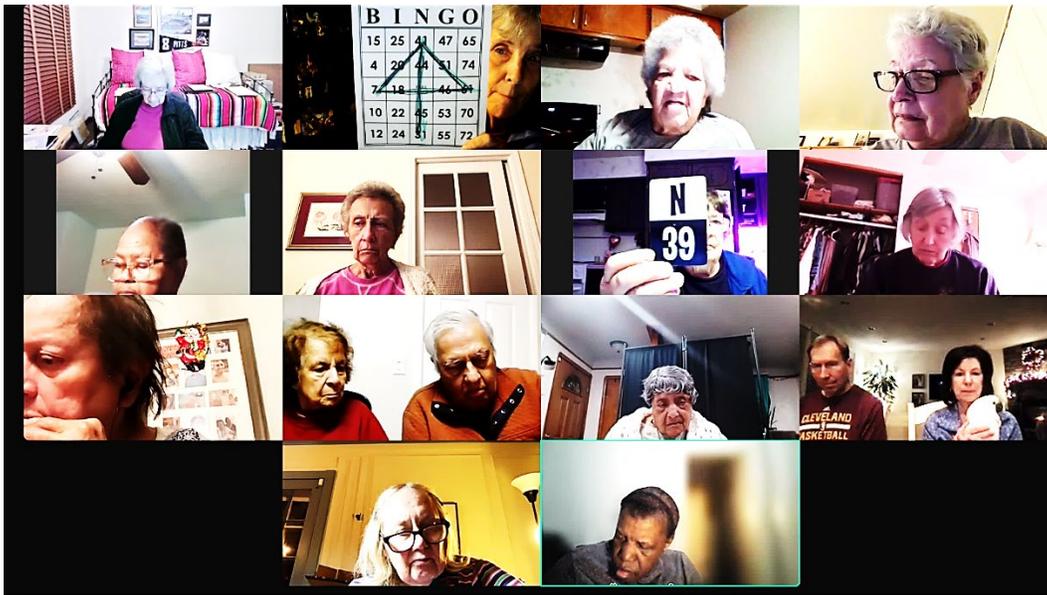
Zoom Lunch – 3rd Tuesday of the Month, Noon-2:00 (Jan. – Mar.)

Geri kindly shared her notes. Nelly and Linda showed up; Nelly left after a bit and Kyle showed up. (I forgot to take a screenshot after Kyle showed up. Sorry.) We talked about a new restaurant that Nelly suggested in the same spot as the old Corky and Lenny's. It's Japanese. They charge \$20 for all-you-can-eat and if you want to take home your leftovers they charge \$12 per pound. Nelly and Linda talked about transportation and when Kyle came on they found out they had something in common – knowing Damon. Linda and Kyle talked about Rocket Arena because Kyle goes to a lot of Guardian games. Kyle lives in Elyria. Come back Kyle and meet more members.

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 held four Zoom bingo nights during February with the help of **Kay, Debbie, Linda and Arlene**. Surprisingly Zoom bingo continues to be popular with 16 people showing up to play each week. **John and Mary** even brought their cockatoo, **Wally**, to join us. (Did you know cockatoos can live for 50 years?) These are our bingo winners for the month: **Arlene, Vinita, Paulette, Gary, Peggie, Delores, Louise, Rick, John, Mary, Jarmellia, Evelyn, Raj, Joyce, George, Harsha, Vivien, and Peggie.**



FAMILY FEUD – Second Tuesday on Zoom

Geri facilitated and Kay supported her. Kay kindly shared her notes.

On Tuesday evening, February 10, 2026 , we met on Zoom for the 64th episode of the Cleveland Stroke Club version of Family Feud. Eight of us participated - Geri, Kay, Debbie, Gary, Paulette, Vinita, Raj, and Beth. We learned that our group was very knowledgeable about couch potatoes (and their grip on the remote !), doing the Hokey-Pokey (and turning ourselves around), and about tattoos. Kids and men and bears also made the list. We are "Not out of it", to "never give up", and try "To not worry too much". We meet to have fun, chat with our friends, laugh a lot, and exercise our brains as well.

Join us for our next Family Feud session on Tuesday, March 10, 2026 at 7:00pm.



BOOK CORNER

By Carolyn D.

Beyond Midnight

by Ian K. Smith

It's about an ex-cop who is a PI and was hired to find a missing person.

This is the first time that I have read a book by this author. It had lots of twists and turns; and a lot of going back and forth in time. I just started the book a day ago and I'm already half way through. It goes fast. I give it 2.5 stars out of 5.



Editor's Note: Here's a link to see a CBS interview with the author. <https://youtu.be/JeFFgO0HDvg>

**BEER CORNER, ETC.**

By Dr. Roger Gulbranson

No brewing this month. Deb broke her thumb (she slipped on one of those thaw-days-and-freeze nights).

**REFLECTING: STROKE SURVIVOR NEEDS AT HOME!**

By Jocelyn Brown James

We make the decision to move into homes with character and location. In my case it was 42-years ago. Naturally, I have grown older while residing in a vintage two-story residence. Running up and down the stairs was a breeze, second nature and necessary, as my things and appliances were situated all over the place.



Unexpectedly everything changed when I suffered my first stroke 2007. However, being blessed to live independently and able to access all rooms was not an issue for years. Then two more strokes and falls happened in 2020. The post stroke challenges altered my access via stairs to the attic, basement laundry, bedrooms, closets and full-service office.

Three floors of rails were installed over time. Then I received estimates on a popular lift chair. My home posed problems for the double staircase installation. Forced to function and sleep on one-floor in a two-story residence, l-o-n-g-i-n-g to visit and use my second-floor spaces became a seemingly daily occurrence with anxiety and depression.

After two rehab tours last fall, building leg strength and balance was my priority one independence goal. Always looking for assistance options, while scrolling through Amazon.com, I found a stair cane for seniors.

It was lightweight and inexpensive (\$68.00); a functional answered prayer. My CCF home service PT made assembly adjustments for my stairs, my height and safety.

OMG bravo! Climbing stairs was added to my physical therapy goals that reopened hope and availability to more living space, my things and lifestyle normalcy.



New 2026 Acute Ischemic Stroke Guideline: What Clinicians Need to Know

By Pat Hill



CMHC, Stroke Prevention
February 12, 2026

Stroke remains one of the leading causes of death and long-term disability in the United States, with nearly 800,000 people affected each year. Building on rapid advances in stroke care, the American Heart Association/American Stroke Association has published the [2026 Guideline for the Early Management of Patients With Acute Ischemic Stroke](#), providing an evidence-based roadmap from symptom onset through acute therapy and early recovery.

Why This Update Matters

The 2026 guideline supersedes earlier iterations by synthesizing a decade of new evidence from landmark clinical trials, registry data, and health systems research. Key goals include:

- Expanding access to advanced stroke therapies such as mechanical thrombectomy and optimized clot-busting agents
- Standardizing imaging protocols to accelerate diagnosis
- Introducing the first pediatric stroke guidance grounded in contemporary evidence

These changes reflect both clinical innovations and a recognition that coordinated systems of care are essential – from prehospital recognition to stroke center workflows – to improve outcomes and reduce disability.

Core Guideline Highlights

1. Expanded Treatment Eligibility

The updated recommendations extend criteria for acute interventions, allowing more patients, including some previously considered outside treatment windows, to benefit from advanced therapies like clot removal procedures. Eligibility for endovascular thrombectomy (EVT) has expanded in selected patients up to 24 hours after symptom onset when advanced imaging demonstrates salvageable brain tissue. Updated guidance also reflects new evidence supporting treatment of certain posterior circulation strokes and selected patients with larger infarct cores based on imaging criteria.

2. Rapid Recognition and Triage

Time remains the most critical determinant of outcome in stroke (“time is brain”). The guideline emphasizes rapid, high-quality imaging and protocols that minimize delays, enabling earlier decision-making for reperfusion therapies. Hospitals are encouraged to complete initial brain imaging within 25 minutes of arrival to confirm stroke type and initiate treatment safely. The guideline also reinforces the importance of coordinated regional stroke systems, including direct transport to thrombectomy-capable centers and the use of mobile stroke units to accelerate diagnosis and treatment delivery.

Continue

New 2026 Acute Ischemic Stroke Guidelines, Continued



3. Clot-Busting Medications and Reperfusion Therapy

The 2026 update affirms the use of intravenous thrombolytic therapy within 4.5 hours of symptom onset for eligible patients. Both alteplase and tenecteplase are endorsed as effective clot-busting medications, with growing evidence supporting tenecteplase as a single-dose alternative that may simplify administration in time-sensitive settings. For certain patients who present beyond the traditional treatment window, advanced imaging may identify those who could still benefit from reperfusion therapy. Patients eligible for both intravenous thrombolysis and mechanical thrombectomy should receive both therapies rapidly and sequentially, without delaying clot removal.

4. Pediatric Stroke Guidance

For the first time, specific recommendations address pediatric stroke care, recognizing that although rare, early diagnosis and timely intervention in children can profoundly impact long-term outcomes. The guideline includes imaging recommendations to differentiate stroke from mimics and provides evidence-informed guidance for the use of thrombolytic therapy and, in selected cases, mechanical clot removal in pediatric patients.

Implications for Clinicians

The updates have several practical consequences for providers in both acute and outpatient settings:

- **Prehospital systems:** Emergency medical services should maintain high suspicion for stroke and implement validated recognition tools to expedite transport to appropriate centers.
- **Hospital workflows:** Streamlined imaging, including computed tomography (CT), angiography, and magnetic resonance imaging when necessary, combined with coordinated interdisciplinary stroke teams will shorten door-to-treatment times.
- **Patient selection:** More nuanced eligibility criteria for mechanical thrombectomy and intravenous thrombolysis may increase the number of patients eligible for definitive therapies, especially with refined imaging selection.
- **Follow-up care:** Early rehabilitation and secondary prevention remain essential components of care; clinicians should ensure risk factor optimization after the acute phase.

These recommendations underscore the value of a system-wide approach, not only focusing on individual treatments but also building integrated stroke care pathways that connect EMS providers, neurology teams, and rehabilitation specialists.

A Call to Action

As stroke remains a major public health burden, clinicians across specialties must stay current with evolving guideline recommendations. Integrating these 2026 updates can help reduce disability, improve survival, and ensure more patients receive the right care at the right time.

Learn more: [Explore CMHC resources](#) on stroke prevention, cardiovascular risk modification, and guideline-based care strategies to further support your practice. Source: <https://tinyurl.com/pu2t4t34>

Sources quoted in the article: [AHA Newsroom](#), [AHA|ASA Journals](#)

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

TOE TIPS

By Jenifer Vanek RN

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



Eating healthy helps your feet! A balanced, healthy diet assists in increased wound healing, can decrease inflammation, and improves circulation, providing nutrient-rich blood flow to those toes. Maintaining a healthy weight also decreases pressure and wear on joints, which helps overall mobility. Discuss any chronic conditions and dietary plans with your doctor, if desired. They can help!

MUSIC THERAPY AND WELLNESS UPDATE

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

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



The **Music for Daily Living** group is off to a great start! We are using a variety of neurologic music therapy techniques to support improving concentration, memory, speaking, organization, and movement skills. What that looks like is stretching, playing percussion instruments, having discussions about musical styles and performers, warming up our voices and singing, writing songs, playing musical games, and having fun!

We meet on alternate Thursday mornings from 11 am- noon at B'nai Jeshurun Congregation in Pepper Pike. Our hosts have been most friendly and welcoming. Session fee is \$10, or pay what you can. There are still some spots available. If you would like to join the group, contact Beth Friedman-Romell, beth@differentdrum.net; 216-260-5525.

If you would like to experience an interactive drum circle workshop, please join Beth on March 11 at 7 p.m., also at B'nai Jeshurun, for the **Healing Rhythms Drum Experience**. Cultures across time and place have recognized the therapeutic effects of drumming on our minds, bodies, and spirits. Recent science supports the fact that the musical element of rhythm helps our brains "entrain" -- i.e., get in sync. Drumming regulates our body systems, encourages the release of essential neurotransmitters, and can create a sense of connection and community. Also, it's fun! We will explore the use of many different types of hand-held percussion instruments in pursuit of wellness goals. No prior experience necessary. Session fee is \$10. To register, click here: <https://www.bnaijeshurun.org/form/jwell-healing-rhythms-drumming-experience.html>, or call phone: 216.831.6555.

More Music

By Beth Friedman-Romell

Relax and recharge at our next sound bath on Sunday, March 8, from 2-3 p.m. at Healing With the Horses! Allow the sounds of crystal singing bowls, drums, flutes, gongs, and voice wash away stress and induce the deep relaxation state of theta brain waves. Give yourself the gift of time and sound.

For a more interactive sound experience, reset your nervous system at the Healing Rhythms drum circle on Thursday, March 12, from 7-8 p.m. at Congregation B'Nai Jeshurun in Pepper Pike. Drumming regulates our body systems, stimulates the release of essential neurotransmitters, and creates a sense of joy and connection with others and the universe. We will explore the use of many different types of hand-held percussion instruments in pursuit of wellness goals. No prior experience necessary.

More information and registration details:

<https://differentdrum.net/index.php#events> or send her an email at beth@differentdrum.net



Golf Opportunities for Persons with Disabilities

The Turn is a program sponsored by the PGA to provide people with disabilities the opportunity to get outside and golf again. UH physical therapists are available to help you with balance, endurance, gait, and the use of adaptive equipment (including golf carts that lift and stand golfers). This is the time to learn some new skills and get ready for a great summer. Several members of our Stroke Club have participated and they love it. To learn more about The Turn®, visit our [website \(https://www.northholmstedgolfclub.com/the-turn/\)](https://www.northholmstedgolfclub.com/the-turn/), email The Turn at info@jointheturn.org, or call 440-686-1074.

Tri-C: The Wellness Club Program

You are invited to participate in Tri-C's Wellness Club, which will begin on March 17th and run through April 8, 2026. The Wellness Club meets for 1 hour group sessions from 3-4 PM on Tues. and/or Thurs to discuss topics like stress management, relaxation, leisure exploration, mindfulness strategies, pain management, sleep hygiene, self-advocacy, and more. We meet on the ground floor, Room 003 at the Tri-C Metro Campus, Health Careers Building.

BEFORE someone can participate, they would meet for an OT evaluation, primarily focused on mental wellness and the impact of disability or illness has on the mental health, socialization, stress management, pain, sleep, etc.... A fee for evaluation (\$10) and group sessions (\$5 each).

These meetings are happening now on Tues/Thursdays 2 - 5pm at Metro Campus and need to be scheduled (information is on the flyer). Participants may choose to attend each session, once a week or whatever works for them. **Contact the PCC for information and to schedule www.tri-c.edu/pcc or call:216-987-3555**

Here is a link to the flyer <https://tinyurl.com/3ea5xjcf>

“Dealing with the ‘dark night of a caregiver’s soul’” by Terry Pluto, Faith & You column, Plain Dealer By Deb Felt

I received a call, from one of our caregiver's, asking me to reprint, Terry Pluto's excellent article that appeared in the Plain Dealer Sunday Edition, Feb. 21, 2026. I reached out to Terry, and he kindly sent a free link, and he said that I can print and send it to you, if you can't read it online. Here is the free link:

<https://www.cleveland.com/news/2026/02/dealing-with-the-dark-night-of-a-caregivers-soul-terry-plutos-faith-you.html>

I think his article is riveting. Terry Pluto's article started with a reader's letter that began:

“My husband is in his 70s. I'm 10 years younger. He has advanced Parkinson's disease, prostate cancer, and acute spinal stenosis. He has adult children, none of whom actively participate in his small or big picture care. I am the “second wife.” I'm 15 years into this “caregiving thing.” She continues describing the ways in which she falls short for her husband, friends, family, and herself. Terry kindly responded to her letter by relating his caregiving experiences with stroke.

We want to thank Terry for expressing compassionate words to describe one of life's hardest and most loving stages. He has written two other articles about the negative voices that we hear:

- [Battling those inner voices whispering ‘You're not good enough’ — Terry Pluto Faith & You](#)
- [‘You aren't good enough’ & those inner voices we hear – Terry Pluto's Faith & You](#)

You may also like to read:

- [About Wayne Dawson, cancer & Big Questions – Terry Pluto's Faith & You](#)

US



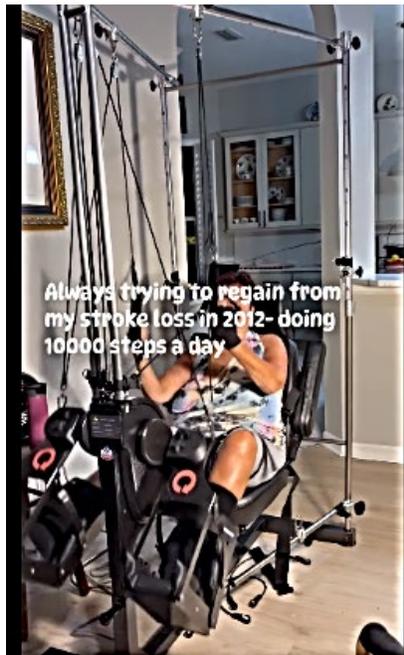
Six Generations



Some of Evelyn's family



Black History Month
Honoring Evelyn as a Living Legend



Barb Cox's bike



Happy Birthday, John!



Nancy V. in Florida

WORD PUZZLE: March Stands Alone , Almost – What Else Ends in “H”

By Brenda Koos

(Use every letter and word only once.)



D I S T I N G U I S H B B H Q
 H S I R E V O P M I E E R S X
 B K C E M S P K W R B Y E I X
 P K G B X Y X Q T C R H A V X
 K A K C Z V F H F A Q O K R R
 H B T A U T O G R A P H T E A
 G A E H H S O O W S Y H H D D
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|---------|-------------|--------------|
| Attach | Autograph | Behemoth |
| Berth | Breach | Breakthrough |
| Dervish | Distinguish | Garnish |
| Huzza | Impoverish | Irish |
| Leash | Mitzvah | Morph |
| Ouch | Path | Radish |
| Swoosh | | |

Make your own puzzle here:

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

Gary and Paulette: CLE Botanical Gardens



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