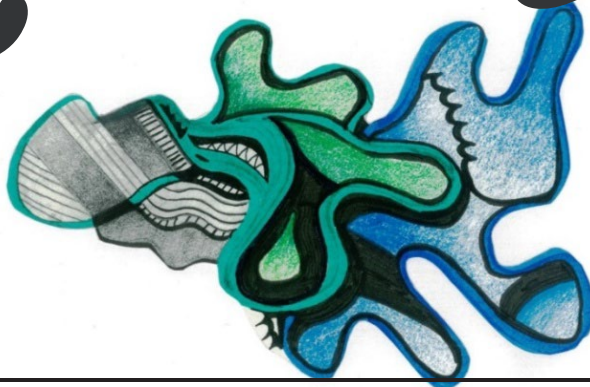


# ReFocus<sup>Apr.</sup>



**ORIGINAL ART**  
By Jim Scanlon

A REPORT OF THE CLEVELAND STROKE CLUB

Apr. 2026

*Cleveland Stroke Club*  
c/o Geri Pitts  
9284 Towpath Trail  
Seville, OH 44273  
330-975-4320  
[Pittsgeraldine@yahoo.com](mailto:Pittsgeraldine@yahoo.com)

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



**Caregiver/Survivor Meeting\***  
**Wednesday, Apr. 1<sup>st</sup>, 2026, 6:30-8:30 PM**  
**Menu: General Tao's Chicken, Stir Fry Veg. Rice, Salad, Rolls, & Dessert**  
**\*At 7:30 Survivor Meeting will be also available**

**General Meeting**  
**Wednesday, Apr. 15<sup>th</sup>, 2026, 6:30-8:30 PM**  
**Menu: Penne Pasta, Meat Balls, Salad, Rolls, & Dessert**  
**Tomato Allergy Entrée : Mac & Cheese**

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.

**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

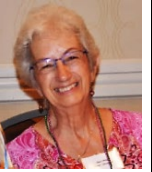
**Fundraiser Chair**  
Frank Nisenbom

**ReFocus & Web Editor**  
Deb Felt

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

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

By Geri Pitt



April is Volunteer Appreciation Month.

WE LOVE ALL OUR VOLUNTEERS! THANK YOU to everyone for working hard to keep this club running. Every single person who attends our meetings makes such a great contribution. Thank you for helping to set-up, serve others, and for helping to breakdown our meetings. Most of all thank you for reaching out to welcome others and starting conversations. We wouldn't still be around if it wasn't for you. We're in this together. You are the best!

We all help each other because we want to contribute to something bigger than ourselves. We have learned that going on a difficult path is much easier when we go with friends. We have learned to walk with one hand in front (to accept help) and one hand behind to give help. We volunteer because we love our members and want to be a part of the Cleveland Stroke Club's progress and assure a future.

**I would like to encourage our members who like to plan and share new ideas to join our Board of Directors.** I know your lives are unpredictable after a stroke and you don't want to commit to promise to do something that you can't guarantee. We have you covered; we work in teams—one person leads and the others assist. We hold our board meetings in Zoom. If you can't make a meeting, your team members will help. We also record all our board meetings, so you can catch up easily. We also write down all our tasks, so everyone knows their tasks. Finally, we all know that the best ideas come from stroke survivors--you make such a difference; you're our role models! If you volunteer to serve on the board, we've got your back. You can learn more about the board by attending our April 8<sup>th</sup> Zoom board meeting. Next month we're having our required annual board elections. **I'm encouraging more people to help because we will have elections next month, and new voices is great for the Club.** Let me know if you are interested.

**I have an important announcement: I'm retiring at the end of the year. I've been around for 52 years, and my rocking chair is calling me.**

**I need someone to serve as the new Executive Director--to keep this club on the right tracks.** You do not have to be a current board member to become our new executive director. You love the Stroke Club as much as I do so won't you consider serving as our executive director? You attend meetings anyway, won't you (or a family member) step up to this prestigious position and be a part of our success? Are you curious about what I do? Call me: 330-975-4320 or email me: [pittsgeraldine@yahoo.com](mailto:pittsgeraldine@yahoo.com) I love talking about the club.

**Alfredo's is hosting a fundraiser all day for us!** Alfredo's will donate 15% of anyone's total food purchases to the Cleveland Stroke Club if the person presents the flyer via phone or hard copy to your server. This applies to lunch (11:30—2:00) or dinner (4:00- 9:00). For dine-in or to-go. Tell your best friends and family to come to Alfredo's for good food and a good cause. Soooooo to piggy-back...our usual outing in April will be scheduled at Alfredo's from 11:30—2:00. Deb will reserve spaces for those who want to dine in. (If you are coming for lunch, we will have flyers. If you or your best friends and family are coming for dinner, bring the flyer on **page 14** with you or take a picture of it.)

**APR. HOLIDAYS**

- ☀ 1 Passover Begins
  - ☀ 1 April Fool's Day
  - ☀ 3 Good Friday
  - ☀ 5 Easter
  - ☀ 6 Dyngus Day
  - ☀ 7 World Health Day
  - ☀ 10 Nat'l Siblings Day
  - ☀ 11 Nat'l Pet Day
  - ☀ 11 Parkinson's Day
  - ☀ 12 Orthodox Easter
  - ☀ 15 Tax Day
  - ☀ 22 Earth Day
  - ☀ 24 Arbor Day
  - ☀ 30 Duke Ellington Day
- <https://www.wincalendar.com/Holiday-Calendar/April-2026>

**APR. WISHES**

**Happy Birthday**

- Isaac Nelson 4/2
- Raj Saggar 4/2
- Barbara Cox 4/3
- Lisa Rose-Rodriguez 4/5
- Vinita Saggar 4/9
- Ruth Ann Secrist 4/11
- Cynthia Frazier 4/12
- Neerja Bhushan 4/15
- Michael Streeter 4/16
- John Lefler 4/19
- Joann Williams 4/24
- George Pfeffer 4/26
- Selina Marks 4/27
- Sue Zabo 4/28

**Happy Anniversary**

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

**Get Well Soon**

Jon Colston

**Deepest Sympathy**

Carl Wendorff

**THIS MONTH'S MEETING CALENDAR**

By Geri Pitts

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

4/1	Caregiver/Survivor	6:30 – 8:30	1 <sup>st</sup> Wed. at Select Medical Fairhill 11900 Fairhill Blvd., CLE 44120
4/1	Survivor Breakout	7:30 – 8:30	1 <sup>st</sup> Wed. on Zoom
4/2	Bingo	7:00 – 8:00	Every Thurs. on Zoom
4/8	Board Meeting	5:00 – 6:00	2 <sup>nd</sup> Wed. on Zoom
4/9	Bingo	7:00 – 8:00	Every Thurs. on Zoom
4/14	Family Feud	7:00 – 8:00	2 <sup>nd</sup> Tues. on Zoom
4/15	General Meeting	6:30 – 8:30	3 <sup>rd</sup> Wed. In-Person Disciples Christian Church 3663 Mayfield Rd, Cle Hts., 44121
4/16	Bingo	7:00 – 8:00	Every Thurs. on Zoom
4/22	Fundraiser	11:30 – 2:00	4 <sup>th</sup> Wed. Outing Alfredo's at the Inn 780 Beta Dr., Mayfield Village Fundraiser for CSC (bring flyer)
4/23	Bingo	7:00 – 8:00	Every Thurs. on Zoom
4/30	Bingo	7:00 – 8:00	Every Thurs. on Zoom

**FROM THE DESK OF THE PRESIDENT**

By Linda Davis



Hello Everyone,

I'm looking forward to seeing you at our first in-person meetings in April: at Select Medical, Disciples Christian Church, and at Alfredo's. However, since I work for the Guardians and the season opener is on April 3<sup>rd</sup>, I may be missing some meetings.

I hope to see you at our first outing of 2026 at Alfredo's at the Inn at 11:30. Alfredo's has kindly agreed to do an all-day fundraiser for us, so if you can't make it for lunch, you can dine with friends in the evening. If you present the flyer, Alfredo's will donate a portion of your meal price to our Club. We love Alfredo's. Special thanks to Frank Nisenbom for arranging this. Deb will send reminders. (Alfredo's is wheelchair accessible with handicap parking and bathrooms.)

I've also started doing something new, thanks to my cousin. My cousin started a Puzzle Club at Addison Public Library and I kind of enjoy it.

It's on the second and fourth Saturday of every month from 1:00pm – 3:00 pm.

Addison Public Library is located at  
6901 Superior Ave, Cleveland, OH 44103  
Phone: 216-623-6906  
<https://cpl.org/location/addison/>



## **LAST MONTH'S ZOOM MEETINGS**

### **Survivors' Zoom Meeting – 1<sup>st</sup> Wednesday of the Month, 7-8 PM (Jan.-Mar.)**

Geri kindly shared her notes. Jean kindly facilitated the meeting. Ten of us showed up for the March Survivors' meeting in Zoom (**Dr. Roger, Debbie, Jean, Linda D., Charles, Raj, Vinita, Joyce, Linda P. and me**). Jean had prepared another PowerPoint presentation about definitions of stroke related words. Not everyone uses words in the same way, so it's okay to ask your care provider what they mean. Jean talked about Stroke-Related words and Definitions Related to Common Consequences of Stroke and the Most Common Consequences of stroke, including motor/movement as well as swallowing disorders, epilepsy and depression. Depression may show up later but regardless, all depression should be treated by a professional. Jean spent a little time talking about daylight savings time change which is coming up this next weekend. She told us that the American Heart Association reported a 24% increase in heart attacks and 7% increase in strokes on the Monday and Tuesday after the springtime change and gave us some tips on what to do to reduce our risks. Pay attention to your body and don't ignore changes. This was an excellent presentation. Thank you, Jean. If you want to hear this presentation, here is the link:<https://clevelandstrokeclub.org/wp-content/uploads/2026/03/video1391358764.mp4>

### **Caregivers Zoom Meeting – 3<sup>rd</sup> Wednesday of the Month, 7-8 PM (Jan. – Mar.)**

Geri kindly shared her notes and facilitated the meeting. **Susie, Kay, Neerja, Cassandra, Debbie and Geri** showed up for our last Zoom Caregivers' Meeting. No one had any urgent concerns about caregiving, so we just talked like old friends do when they get together. We covered a wide range of topics including: the corned beef we had the night before on St. Patrick's Day, short staffing problems at nursing homes, caregiver training before survivors go home from nursing homes, adapting medical equipment to fit our needs, vacations and business trips and large families (family reunions up to 300 people and brothers, sisters and first cousins up to 80 or 90!

### **Zoom Lunch – 3<sup>rd</sup> Tuesday of the Month, Noon-2:00 (Jan. – Mar.)**

Geri kindly shared her notes. **Heather** joined us for our Zoom lunch meeting and later **Lynn** dropped in as she was on her way somewhere. Then **Linda** came in while waiting for her paratransit. We spend the time talking about the Cleveland Stroke Club's history and what we do to support stroke survivors and caregivers as well as upcoming meetings and events. **Deb** said she would send out Bingo cards and chips and bring them to meetins.

### **Zoom Family Feud – 2<sup>nd</sup> Tuesday of the Month in Zoom 7-8PM year round.**

Nine of us attended Zoom Family Feud in March. It was our St. Patrick's Day celebration. We are all glad we claim to be Irish, or maybe not.

## **LAST CALL: PLEASE RETURN YOUR MEMBERSHIP RENEWAL FORMS**

Remember to turn in your membership renewal forms, as soon as you can. If you are not sure if you have paid, for this year, check with Kay. You can download the renewal forms from our website: [www.clevelandstrokeclub.org](http://www.clevelandstrokeclub.org) or pick up a form at our meetings. We need updated contact info so that we can send reminders for our upcoming meetings and events (like the picnic and anniversary dinner, fundraisers, and outings. Your membership dues \$8/per person helps us pay for rent for the church and supplies. **THANK YOU!**

## ZOOM MEETINGS Cont.

### BINGO – every Thursday on Zoom

Geri kindly shared her notes. We held four Bingo Nights in March with the help of Linda, Kay, Deb and Arlene. Winners were: **Gary, Paulette, Rick, Harsha, George, Vivien, Peggie, Charles, Raj, Arlene, Delores, Vinita, Louise, Maggie, Shelly and Kyle and Evelyn.**



So far, we have held 306 Bingo Nights, and it just happens to be our 6<sup>th</sup> anniversary for Zoom Bingo with the Cleveland Stroke Club. Six years! That calls for a little attention! With the intent to keep in touch during the Covid pandemic shutdown, we had our inaugural online BINGO game on April 22, 2020. I must admit that this original idea was not my own; I saw a YouTube video of actor **Mathew McConaughey** playing BINGO with nursing home residents on Zoom with their devices. We set-up a Zoom Games Steering Committee that consisted of the people who let me know that they would like to start-up Zoom activities: **Linda Davis, John and Mary Pumper, Kay Exl, and Deb.** We met on Zoom, made a few decisions, and had a practice run. Success! So, for the first Bingo game, we decided to invite 30 members who are our die-hard Bingo players at our picnic and General Meetings. We sent Bingo cards to their home and posted some on our website—for download. On the day of the game, I emailed players with instructions on how to join the game with their computers, iPads, Kindles and smart phones. Players needed these devices because they have cameras and microphones. Some players with older computers have separate cameras. These devices also can receive emails with instructions. We called each of the members to make sure they had seen the emails and could get logged in. Nicely, everything went smoothly. (During the same time, **Jean and Frank** were working to get everyone using Zoom at Speak Easy. Also, Cleveland Public Schools were using Zoom, so our members, kids, and grandchildren were able to cross-train each other.) There were a few times that everyone was talking over each other, so we made a few rules so we could all hear the first Bingo caller: **John Pumper!** He has since been replaced by **Linda D. and sometimes Arlene and Rick.** They do a great job! **Kay Exl** shuffled and held her trusty BINGO cards. And I was MC for the night and Bingo checker. Our First BINGO game: 22 members signed in! Two people signed in over the telephone. Winners from our first BINGO game: **Charles Boone, Bonnie Morris, Delores Jones, Ellen and Ben Richman and Linda Davis.** After the first game, **Ellen Richman** suggested that we get fancy and play alphabet Bingo and we have continued this.

As an added incentive to attract Bingo players, **Arlene** began fabricating and sending Covid masks to Bingo winners each week. She did that until every one of our regular Bingo players had a hand-crafted mask from her. Then someone said “Let’s make our own masks.” So **Bonnie, Kay and Geri** got together and assembled packets of what you would need to make colorful, creative masks. They mailed and hand delivered these packets, scheduled a Zoom meeting and together made their masks while having some great together time. We still have 15 – 18 loyal Bingo players showing up each week; not just for the Bingo but for the comradery...another version of how “we are all in this together.”

**BOOK CORNER**

By Carolyn D.

***The Unspoken***  
by Ian K. Smith

It's about an ex-cop who is seeking redemption. After getting in trouble at the police force, he fights for truth and justice. It had lots of twists and turns. I give it 3 stars out of 5.



The author is a physician. He was on Good Morning America and the Doctors. He has written books about medicine.

**BEER CORNER, ETC.**

By Dr. Roger Gulbranson

Deb and I are feeling better. Hopefully we can catch up on my brewing schedule.

**HAND CARE FOR COMFORT AND ADDED INDEPENDENCE**

By Jocelyn Brown James

We understand that living and thriving as a stroke survivor is a continuous revelation process. I put a lot of energy on routine balance, walking and transfer techniques. But I noticed that the keeping of my living space neat and related activity completion was dependent upon my being able to hold on, maintaining balance and the ability to gather items that I needed. My two-hands just had to work for me upon demand.

Oh my hands, the grueling source of pain, puffiness and stiffness needing daily attention. Hand discomfort is also the unplanned inability to keep a freshly assembled sandwich on a plate in transport. Dropping foodies, beverages, cleaning solutions and grooming caused trembling and stress. A history of spilled beverages has my carpet looking like a map from the stainings. The cell phone has sustained more falls and trips across the floor that are too numerous to count.

To address my hand weaknesses and frustrations, I have learned to maneuver the grabber using extra steps for dressing, item transport and spot cleaning success.

Performing physical therapy "sit to stand" exercises required an initial thrust then squeezing handles to steady the body. My hands and wrists took the hit and sustained gravitational impact. The hand and shoulder combination pain felt was unbearable, while I forgot to use my wobbly legs for basic leverage.

The Chinese inspired AcuPoint Wellness s-t-r-e-t-c-h exercises and organ targeted remedies have been invaluable coupled with my favorite pain cream or spray message applications. During television commercial breaks, I would pause for the cause and give my hands and wrists some quick relief. Afterward, wearing compression gloves would serve the best day and night comfort intervention. "Ahhh! That was nice!"



## How Older People are Reaping Brain Benefits from New Tech

By Pat Hill



It started with a high school typing course. Wanda Woods enrolled because her father advised that typing proficiency would lead to jobs. Sure enough, the federal Environmental Protection Agency hired her as an after-school worker while she was still a junior.

Her supervisor “sat me down and put me on a machine called a word processor,” Woods, now 67, recalled. “It was big and bulky and used magnetic cards to store information. I thought, ‘I kind of like this.’” Decades later, she was still liking it. In 2012 — the first year that more than [half of Americans 65 and older were internet users](#) — she started a computer training business.

Now she is an instructor with [Senior Planet](#) in Denver, an AARP-supported effort to help older people learn and stay abreast of technology. Woods has no plans to retire. Staying involved with tech “keeps me in the know, too,” she said.

Some neuroscientists researching the effects of technology on older adults are inclined to agree. The first cohort of seniors to have contended — not always enthusiastically — with a digital society has reached the age when cognitive impairment becomes more common.

Given decades of alarms about technology’s threats to our brains and well-being — sometimes called “digital dementia” — one might expect to start seeing negative effects. The opposite appears true. “Among the digital pioneer generation, use of everyday digital technology has been associated with reduced risk of cognitive impairment and dementia,” said Michael Scullin, a cognitive neuroscientist at Baylor University.

It’s almost akin to hearing from a nutritionist that bacon is good for you. “It flips the script that technology is always bad,” said Murali Doraiswamy, director of the Neurocognitive Disorders Program at Duke University, who was not involved with the study. “It’s refreshing and provocative and poses a hypothesis that deserves further research.”

Scullin and Jared Benge, a neuropsychologist at the University of Texas at Austin, were co-authors of a [recent analysis](#) investigating the effects of technology use on people over 50 (average age: 69). They found that those who used computers, smartphones, the internet, or a mix did better on cognitive tests, with lower rates of cognitive impairment or dementia diagnoses, than those who avoided technology or used it less often.

“Normally, you see a lot of variability across studies,” Scullin said. But in this analysis of 57 studies involving more than 411,000 seniors, published in *Nature Human Behavior*, almost 90% of the studies found that technology had a protective cognitive effect. Much of the [apprehension about technology](#) and cognition arose from [research on children](#), sometimes [focused on adolescents](#), whose brains are still developing. “There’s pretty compelling data that difficulties can emerge with attention or mental health or behavioral problems” [when young people are overexposed](#) to screens and digital devices, Scullin said.

Older adults’ brains are also malleable, but less so. And those who began grappling with technology in midlife had already learned “foundational abilities and skills,” Scullin said. Then to participate in a swiftly evolving society, they had to learn a whole lot more.

Continued on Next Page

## How Older People are Reaping Brain Benefits from New Tech, Continued



Years of [online brain-training experiments](#) lasting a few weeks or months have produced varying results. Often, they improve a person's ability to perform the task in question without enhancing other skills.

"I tend to be pretty skeptical" of their benefit, said Walter Boot, a psychologist at the Center on Aging and Behavioral Research at Weill Cornell Medicine. "Cognition is really hard to change." The new analysis, however, reflects "technology use in the wild," he said, with adults "having to adapt to a rapidly changing technological environment" over several decades. He found the study's conclusions "plausible."

Analyses like this can't determine causality. Does technology improve older people's cognition, or do people with low cognitive ability avoid technology? Is tech adoption just a proxy for enough wealth to buy a laptop? "We still don't know if it's chicken or egg," Doraiswamy said.

Yet when Scullin and Bengte accounted for health, education, socioeconomic status, and other demographic variables, they still found significantly higher cognitive ability among older digital technology users. What might explain the apparent connection?

"These devices represent complex new challenges," Scullin said. "If you don't give up on them, if you push through the frustration, you're engaging in the same challenges that studies have shown to be cognitively beneficial." Even handling the constant updates, the troubleshooting, and the sometimes maddening new operating systems might prove advantageous. "Having to relearn something is another positive mental challenge," he said.

Still, digital technology may also protect brain health by fostering social connections, known to help stave off cognitive decline. Or its reminders and prompts could partially [compensate for memory loss](#), as Scullin and Bengte found in a smartphone study, while apps help preserve functional abilities like shopping and banking.

Numerous studies have shown that while the number of people with dementia is increasing as the population ages, the [proportion of older adults who develop dementia has been falling](#) in the United States and several European countries. Researchers have attributed the decline to a variety of factors, including reduced smoking, higher education levels, and better blood pressure treatments. Possibly, Doraiswamy said, engaging with technology has been part of the pattern.

Of course, digital technologies present risks, too. Online [fraud and scams](#) often target older adults, and while they are less apt to report fraud losses than younger people, the amounts they lose are much higher, according to the Federal Trade Commission. Disinformation poses its own hazards.

And as with users of any age, more is not necessarily better. "If you're bingeing Netflix 10 hours a day, you may lose social connections," Doraiswamy pointed out. Technology, he noted, cannot "substitute for other brain-healthy activities" like exercising and eating sensibly.

An unanswered question: Will this supposed benefit extend to [subsequent generations](#), digital natives more comfortable with the technology their grandparents often labored over? "The technology is not static — it still changes," Boot said. "So maybe it's not a one-time effect." Still, the change tech has wrought "follows a pattern," he added. "A new technology gets introduced, and there's a kind of panic."

Continued on next page

### New 2026 Acute Ischemic Stroke Guidelines, Continued

From television and video games to the latest and perhaps scariest development, artificial intelligence, “a lot of it is an overblown initial reaction,” he said. “Then, over time, we see it’s not so bad and may actually have benefits.”

Like most people her age, Woods grew up in an analog world of paper checks and paper maps. But as she moved from one employer to another through the '80s and '90s, she progressed to IBM desktops and mastered Lotus 1-2-3 and Windows 3.1.

Along the way, her personal life turned digital, too: a home desktop when her sons needed one for school, a cellphone after she and her husband couldn't summon help for a roadside flat, a smartwatch to track her steps.

These days, Woods pays bills and shops online, uses a digital calendar, and group-texts her relatives. And she seems unafraid of AI, the most earthshaking new tech. Last year, Woods turned to AI chatbots like Google Gemini and OpenAI's ChatGPT to plan an RV excursion to South Carolina. Now, she's using them to arrange a family cruise celebrating her 50th wedding anniversary.

By **Paula Span** August 21, 2025

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

*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](mailto:pthmba@att.net)

### CHSC Book Club for Stroke Survivors

Cleveland Hearing & Speech Center has offered several programs for persons with aphasia. Due to recent staffing changes, they will be offering only the book club, for a while. We are so happy that the book club is continuing. The book club is offered in Zoom and facilitated by a speech therapist. Members can download a book and read or listen to it. We get discussion questions ahead of time, so we can prepare our thoughts about the book. And like every book club, the discussion starts with a book and ends up somewhere completely different. For more information, see: <https://www.chsc.org/speech-language/services-for-adults/neo-act-northeast-ohio-adults-communicating-together>. For questions, email: [verhovitz@chsc.org](mailto:verhovitz@chsc.org).

### The Best Advice from Our Stroke Club Meetings

- ✿ **Jean N.:** Don't leave pots and pans on the stove top--so you can see if you've turned the stove off.
- ✿ **Bonnie M.:** Always set a loud timer if you leave the kitchen, for any reason.
- ✿ **Kay E.:** Always leave one hand free to hold on to the stair railing. Our knees aren't what they used to be.
- ✿ **Paul F.:** Caregivers should sleep easy; nobody can do it better.
- ✿ **Malcolm G.:** Don't worry if you're doing a good job—if no one wants your job, you're good.
- ✿ **Harry H.:** You exercise your body, don't forget to exercise your brain. I love the puzzles in our newsletter.
- ✿ **Jean N.:** Remember to challenge yourself to keep trying new things: new games, new experiences ....
- ✿ **Gary M.:** learned this in the USAF: Don't put a strain on your brain that your mind can't explain.
- ✿ **Vivien S.:** To remember to bring things, have a staging area near the doors or stairs and put hints: like if I want to remember to buy/bring Kleenex, I put one in the staging area. Deb says calls it “my breadcrumb habit.”

**TOE TIPS**

By Jenifer Vanek RN

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

The slow stretching of connective tissues that wrap around foot bones due to long term use create bony prominences that can rub on shoes (bunions, hammer toes, and more). Red spots, warm spots over joints or callus build up should be cared for. Decrease rubbing at the site, protect those spots with cushion if needed, and prevent further breakdown if possible.

**MUSIC THERAPY AND WELLNESS UPDATE**

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

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

The **Music for Daily Living** group is off to a great start!

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 at [beth@differentdrum.net](mailto:beth@differentdrum.net); 216-260-5525.

**Drumming is Good For Your Immune System**

By Beth Friedman-Romell

Playing a drum -- even if you have no musical experience -- can improve your health. There are a growing number of peer-reviewed scientific studies that demonstrate that drumming can decrease stress, release negative emotions, ease pain, and trigger the relaxation response. We are now learning that drumming can also increase your immune response. For example, participants in a group drumming study showed a decrease in pro-inflammatory, and an increase in anti-inflammatory cytokines over a 10-week period. They also scored lower on anxiety and depression scales compared with the control group. These results were maintained at the three-month mark. Another study showed a decrease in cortisol and an increase in "killer cell" activity and other positive immune responses in group drumming participants.

If you would like to learn more about how to use drumming in your everyday life to support good health, please give me a call: 216-260-5525 or email me: [beth@differentdrum.net](mailto:beth@differentdrum.net) .

To learn more about my programs, visit: <https://differentdrum.net/index.php#events>

**Apostle Jones Released a New Album**

By Jackie Patterson

**Apostle Jones** just released a new album – 2<sup>nd</sup> Chances Don't Come Easy – steaming everywhere! My son, Rashon, plays drums for this great Cleveland Band. For more information, to hear their band and to see their calendar, go to: <https://apostlejones.com/music>

**Humor Column**

**Vivien and Judi** have requested a humor column. Let's start with "Charlie's Collected Words of Wisdom."

- ✿ Never give yourself a haircut after 3 margaritas!
- ✿ The best advice that your mother ever gave you was, "Go! You might meet somebody!"

Originally Published on: <http://plans.the3house.com/wisdom.php>

US



Ike & Cassandra's son's wedding

Geri's daughter's wedding

Raj & Vinita's Granddaughter graduated medical school & received her residency letter



Nancy stayed a couple more weeks in FL and celebrated St. Pat's Day



Beth Friedman-Romell's, A Different Drum Music Group



Happy Birthday, Kathleen!



Roger, Kathy W., and Deb listen to Roger's friend sing at the Hermit Club



**WORD PUZZLE: Scat Man Do – Instruments of Jazz in Honor of Duke Ellington Day April 29 & Jazz Day**

By Brenda Koos

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



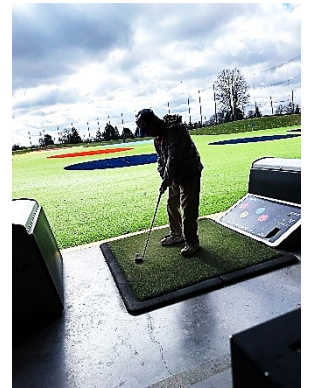
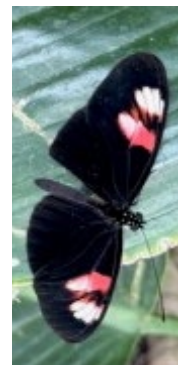
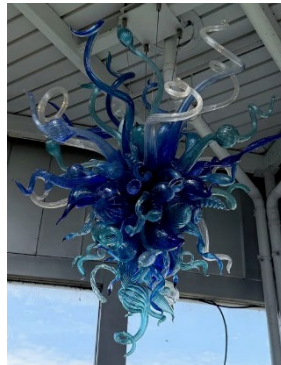
E A L T O F L U T E J G A M T  
 N W H F O U N T A I N P E N H  
 O K A M J S T E N R O C T O G  
 H N R D Y A O K O E S R R U T  
 P P M R W X S E L R U N I M E  
 A M O U J O B D N M G T Z U N  
 R D N M N P Z K P O A A Z T I  
 B X I S D H Y E B R B U N E R  
 I P C W W O T Q A U E M V S A  
 V B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

- |            |           |             |
|------------|-----------|-------------|
| Altoflute  | Bass      | Bullfiddle  |
| Clarinet   | Cornet    | Double      |
| Drums      | Flute     | Fountainpen |
| Goema      | Guitar    | Harmonica   |
| Horn       | Mutes     | Organ       |
| Piano      | Saxophone | Tackpiano   |
| Trombone   | Trumpet   | Vibraharp   |
| Vibraphone | Vocals    |             |

Make your own puzzle here:

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

**Gary and Paulette: Day Trips**



Franklin Park Conservatory & Botanical Gardens

At Top Golf



Peggy's Bunnies in Ashland



← World's largest Gavel, Columbus    ↑ Restaurant in Pataskala

## 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

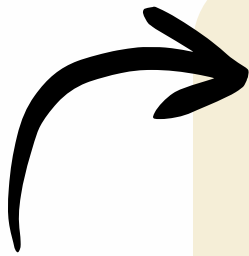
Amount enclosed for dues- \$ \_\_\_\_\_

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



**440-449-4833**  
780 Beta Drive  
Mayfield Village, OH 44143

# DINE TO DONATE



## **Cleveland Stroke Club**

**Wednesday, April 22, 2026**  
**Lunch 11:30am-2:00pm**  
**Dinner 4:00pm-9:00pm**



**ALFREDO'S  
WILL DONATE  
15%  
OF ALL FOOD &  
BEVERAGE PURCHASES**

**DINE-IN, CARRY OUT, FAMILY PACKAGES, CATERING ORDERS**

Present this flyer via phone or hard copy to your server  
and Alfredo's will donate 15% of your total food purchases to the Cleveland Stroke Club!