

ReFocus^{July}



ORIGINAL ART
By Jim Scanlon

A REPORT OF THE CLEVELAND STROKE CLUB

July 2026

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



Caregiver/Survivor Meeting*

Wednesday, July 1, 2026, 6:30-8:30 PM

Menu: Lasagna (Regular and Veggie), Salad, Rolls, & Dessert

***At 7:30 Survivor Meeting will also be available in Zoom**

General Meeting

Wednesday, July 15th, 2026, 6:30-8:30 PM

Menu: Pierogi & Chicken Ranchero, Veggie Pierogi, Salad, Rolls, & Dessert

Speaker: Joe Silva, DPT "A Technique to Improve your Walking"

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.

New members and community professionals are always welcome to join us.

Our calendar, newsletter, resource list, & papers are online: www.clevelandstrokeclub.org.

Officers 5/2026-5/2027

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 Nisenbourn

ReFocus & Web Editor
Deb Felt

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

FROM THE DESK OF THE EXEC. DIRECTOR

By Geri Pitts



Sixty picnic lovers came to the Independence Kiwanis Pavilion for our annual picnic on June 10. The day was hot and humid, but you couldn't keep these picnic lovers away. **Our members brought delicious salads and desserts.** People even brought fried chicken and a pizza! There was a great variety: soul food, Indian food, and grilled meats for vegetarians. We want to thank all our helpers for coming early: Our grillers were **Randy and Fritz. John Pitts** brought 140# of ice to keep the food chilled. Board members: **Frank, Linda and George, Kay, David and Sue Z, and Geri** brought drinks. **Linda D.** donated condiments and made table signs. **Linda P. and Shirley** brought watermelon.

We want to thank all the people who organized and served food, until everyone had gone through the line: **Randy and Fritz and John** (meats) , **Sandy** (buns), **Adrianne** (cheese, lettuce and tomato and condiments), **and Shirley** (desserts) – these amazing people helped in countless ways. We also want to thank **Nelly and Kay** and everyone else who mingled and those who reached out to new people. We also want to thank those who made sure that everyone had what they needed. Finally, we want to thank everyone who distributed drinks during the whole picnic, to prevent heat stroke.

Kay ran the "Welcome Table" and met every person who arrived. Our Set-Up team arrived early to get things ready: **Nelly and George, Arlene & John, Linda, Vinita & Raj, Vivien, Shirley and Dr. Roger.**

It was nice to see old friends **Malcolm, Damon, Ajay, Jene', and Anna and Mena.** After we ate, **Kay** went through the answers to an ice-breaker game.

We had a short business meeting that included an introduction of **Frank Nisenbourn as our next Executive Director.** We thanked Frank for volunteering and thanked **Jean Nisenbourn** for sharing him with us.

Then we played bingo, thanks to **Arlene, Nelly and Frank.** This time we had prizes for bingo winners (candy bars and gold dollar coins. Clean-up took place by members eager to help. Special thanks to **Frank, Randy,** for helping our members get to their cars safely and to **George B.** for helping to load cars. Also, we want to thank **Jene'** for taking the pictures below and on our website. Thankfully, most people got home before the storm hit but for some, the storm was a doozie with thunder, lightning and rain in buckets. Everyone made it home safely and we breathed a sigh of relief.

Special thanks to Independence Civic Center for permitting us to use the pavilion and to the staff who helped us with set-up and checked in all evening. We bow to you.

**RSVP FOR OUR 52ND ANNIVERSARY
DINNER PARTY ON AUGUST 19, 2026**

August 19th is the date of our 52nd Anniversary Dinner. After hearing so many compliments last year, we're going back to Alfredo's at the Inn (Holiday Inn) in Mayfield Village. Please see the invitation at the end of this newsletter. It includes the menu choices, RSVP information and driving directions. . Slammin' Sam will be entertaining us again, so find your dancing shoes!

Your RSVPs need to be received by August 5, 2026

JULY HOLIDAYS

- ☀ 4 Independence Day
- ☀ 9 Nat'l Sugar Cookie
- ☀ 14 Bastille Day
- ☀ 14 Appreciate a Cow Day
- ☀ 26 Grandparents Day
- ☀ 26 Parents Day

<https://www.wincalendar.com/>

JULY WISHES**Happy Birthday**

Celste Cody	7/5
Judi Koffman	7/6
Arlene Beinhart	7/8
Catherine Williams	7/8
Bill Franko	7/10
Mary Pumper	7/10
Frankie Jones	7/13
Louise Dempsey	7/14
Helen Rose Deforest	7/15
Shailaja Mude	7/16
Linda Boardman	7/18
Shirley Kondo	7/18
Joanne Losz	7/23
Gerald Hairston	7/26
Joyce Zaid	7/26
William Beverly	7/27
Levin Armwood	7/30
Jon Colston	7/30

Happy Anniversary

Deb & Roger Gulbranson	7/6/1991
Nelly & George Borodi	7/8/1973
Kathleen & Ralph Seymour	7/8/1972
Maggie & Charles Boone	7/10/1985
Jene' & Pat Wilson	7/17/1982
Paulette & Gary Mengay	7/30/1966

Get Well Soon

Linda Boardman
Jon Colston
Pat Hill

THIS MONTH'S MEETING CALENDAR

By Geri Pitts

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

7/1	Caregiver/Survivor	6:30 – 8:30	1 st Wed. at Select Medical Fairhill 11900 Fairhill Blvd., CLE 44120
7/1	Survivor Breakout	7:30 – 8:30	1 st Wed. on Zoom
7/2	Bingo	7:00 – 8:00	Every Thurs. on Zoom
7/8	Board Meeting	5:00 – 6:00	2 nd Wed. on Zoom
7/9	Bingo	7:00 – 8:00	Every Thurs. on Zoom
7/14	Family Feud	7:00 – 8:00	2 nd Tues. on Zoom
7/15	General Meeting	6:30 – 8:30	1 st Wed., Disciples Christian Church 3663 Mayfield Road, Cle. Hts. 44121 3rd Wednesday
7/16	Bingo	7:00 – 8:00	Every Thurs. on Zoom
7/23	Bingo	7:00 – 8:00	Every Thurs. on Zoom
7/22	Guardians' Game		
7/29	Jack's Thistledown	11:30--	21501 Emery Rd, N. Randall, 44128
7/30	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: All of the Zoom meetings open a half-hour early, for conversation.

FROM THE DESK OF THE PRESIDENT

By Linda Davis



Hello Everyone,

We are finishing planning for the Guardian's Game on July 22nd, our usual outing day. We had 34 members RSVP. Many members are taking Para-Transit, which simplifies drop-off and pick-up. For those who are driving, caregivers are coordinating with others to carpool or to coordinate parking. Some Speak Easy students are coming to lend a helping hand. (All of my table mates at Speak Easy are coming!)

Most of our members have said that they have not been able to attend a baseball game since their stroke. **It feels so good to give opportunities for our members.** We also appreciate all the help that the Guardians are giving us. I am so proud of my employer, the Guardians.

This is our first outing to a ball game, but we hope it is not our last.

We are **adding an extra outing** this month:

Jacks Thistledown (21501 Emery Rd, North Randall, OH 44128)

Wed. July 29th at about 11:30 at OneKitchen

After lunch, the horses are racing live and the casino is available.

Thistle Down is wheelchair accessible. There is great parking in the garage or outside in front of the building. Here is a link to the website, and menu.

<https://jackentertainment.com/thistledown/dining/>

LAST MONTH'S CAREGIVER/SURVIVOR MEETING

Our June Caregiver/Survivor meeting was great. About 40 people attended. Shirley P. called Deb up and said that's it's time for Soul Food night. We love ethnic food (usually we have German food for Oktoberfest, we have hosted an Indian picnic, Soul Food night and Thai). Food for Thought provided chicken tenders. Shirley made greens (vegetarian and another pot with smoked turkey), Kay made black eyed peas, and Deb made Dorothy Story's Mac and Cheese (see the recipe tab on our website). We brought a vegetable plate, rolls, and **Kay brought fresh strawberries and angel food cake, Katie brought brownies, and Deb brought raspberry pillow cookies.** If we had added our specialties, like fried okra, cornbread, and wopie pies we would still be in a food comma for sure!

Our President and Assistant President, Linda Davis and Linda Pfeffer, gave announcements. **David Zabo** collected money. **Kay** encouraged everyone to complete their membership renewal forms and to volunteer to bring desserts to a future meeting. Then we split into groups. Last but not least, we want to thank Linda, Joyce, and Kay for helping us to set up and everyone who helped us pack up. We love our members; especially our great cooks!

Caregiver Breakout Session: Jackie kindly shared her notes. Shirley kindly facilitated the meeting. Sixteen were in attendance. We had a few new members in the group.

One new caregiver asked, how do you encourage the stroke survivor to follow their doctors' orders. This may be extremely difficult because the stroke survivor is a parent. We know that the caregiver must have patience and continue to encourage the stroke survivor to help them improve. Most caregivers are the stroke survivors only support system. Family members aren't supportive. They are concerned but they don't help.

Another new member expressed concern about the special limitations after the stroke. The survivor is unable to complete some of the tasks that they used to do. The stroke survivor may become bored. We thought that the caregiver should try to encourage the stroke survivor to complete the small tasks that they are able to complete. Also, the stroke survivor may no longer be able to drive a car, and this makes them frustrated.

Editor's Note: Aphasia has many aspects, which includes initiation, organizing tasks into steps, concentration, self-editing, and emotional regulation. It's not a matter of won't; it's a matter of can't. Speech and occupational therapists, who specialize in stroke recovery, have adaptive techniques to help survivors complete everyday living skills. Additionally, our stroke survivors are a great resource. For example, Linda Davis, wanted to learn our meeting set-up routines, at Disciples Christian Church. She used her cell phone to video record us going through the steps of making coffee and iced tea (for 50), turning on the industrial ovens, etc. At each step, she narrated the video -- "This video shows how we make iced tea, step one.... One of the best ways to improve sequencing, concentration, and completion skills is to engage in hobbies that you love (art, music, cooking, yoga, sports (e.g., bowling or golf), taking a class, gardening, traveling, volunteering, working, etc.) . If you love something, you can spend hours doing it and it's not work. One therapist told me, the problem with adults is that they get bored, easily. We have to change the channel, often. Summary of research findings: <http://www.ebrsr.com/evidence-review>

NEW MEMORY GROUP: REMIND

By David Zabo

There's a new 10-week Zoom memory session called, **ReMind**, facilitated by **Dr. Jessica Meyer, with the Cleveland Clinic.** (Contact: 216-445-1637 #3) She is a neuropsychologist that is currently on leave. She will be back in August. It is a group for persons with neuro conditions, (like stroke and Parkinsons) and brain injuries (from falls, etc.).



LAST MONTH'S CAREGIVER/SURVIVOR MEETING

Survivor Breakout Session: Jean Nisenbroum facilitated the meeting, and these are her notes. We continued our discussion on memory tips as survivors shared some of their frustrations and tips. Here are some of the things we discussed: Your brain is like a muscle; it gets stronger when you use it! It also gets weaker when you don't use it! So Use It or Lose It is a true statement! Here are some tips with that in mind:

Exercise your brain!

1. Move! Blood flow provides nutrients to the brain SO any exercise you do, like walking, wheelchair exercises, yoga, tai chi, exercising your arms etc. all increase blood supply to the brain! So move! Of course, if you are starting any new exercise program discuss it with your physician.
2. Solve puzzles and play games BUT vary them if you want to exercise different parts of your brain. Crossword puzzles and word search puzzles are great, then alternate with number and pattern puzzles like sudoku. Solve picture puzzles, play memory games with your family or on your phone! Play card games like uno, solitaire, poker, mahjong, bridge, go fish, all of those games require decision making and memory! The key is don't just do one type of activity or game, change it up so you are using different parts of your brain!
3. Watch TV, Movies, Listen to Podcasts. The key is to pay attention and discuss what you saw with a loved one.

Tips for assisting your memory:

As we get older it does take us longer to recall information BUT that is not memory loss. We can all do things to help us remember things!

1. Write things down! If you can read after your stroke, or if you can understand pictures, write things down, or draw pictures to help you remember! We all do this; young people use their calendars all the time to keep them from forgetting things. We should too. If you can't write, have someone write down things on your calendar for you!
2. Use notes in important places. You can write yourself notes and leave them by the doors, to remind yourself of anything...close the windows, check the stove to make sure it is turned off, etc.
3. Use timers/smartphones. You or a loved one can set timers on your phone to remind you of anything. For example, you can set an alarm to remind you it is time to "take meds".
4. Use Alexa or Siri. If you have one of these devices at home, you can use them to remind you of anything. For example, "Alexa remind me I have a doctor's appointment on Tuesday at 9:00" or "Alexa remind me to call xxx at 6:00".

If you are having any significant or new memory problems after your stroke you should ask your doctor for a referral to a speech-language pathologist or neuropsychologist so they can evaluate and treat any specific type of problem you are having BEFORE you purchase any memory programs.

After this discussion everyone in the group shared a memory from when they were a young adult, proving everyone was able to use their remote long-term memory!

LAST MONTH'S ZOOM MEETINGS

Family Feud – second Tuesday on Zoom

Kay kindly shared her notes. On June 9, 2026, Cleveland Stroke Club played their 57th on-line Zoom Family Feud game. 6 people participated - Raj Vikki Arlene Debbie Vinita Carlotta.

A favorite question was "What is the first thing people do after getting off of a wild roller coaster ride?" Best answers were "Throw up" and "Run to the bathroom" Our days of wild roller coaster rides are well in our past!

The question that we got ALL the answers to was "What is an expression that begins with the word NEVER?" "Never again ! said Vikki.; Carlotta said 'Never ever ! "Never do that" was Raj's answer and Arlene liked 'Never say never. The rest of us chimed in with Never Mind ! Never too late! And our favorite " Never Give Up !"

Most Interesting Question: What is something that people will usually go out of the house to get, no matter what the weather is or how late it is? Answers were Food drinks; Medicine Newspaper Alcohol Cigarettes Diapers and Baby formula. NOBODY said Their Kids !!! Fun evening !

Join us on the 7th of July (The second Tuesday of the month) for our next entertaining and exciting game of Family Feud

BINGO – every Thursday on Zoom

Bingo continues to be a nice way to keep in contact with fellow members. We averaged 16 people showing up each week. And we couldn't do it without the help of **Kay, Linda, Arlene** and **Rick**. Here are our winners for the month of June: **Vinita, Paulette, Carlotta, Raj, Harsha, Arlene, Evelyn, Gary, George, Vivien, Peggie, Delores, Louise** and **Rick**.

Humor Column

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

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

- ☀ When everything is coming your way, you are in the wrong lane [or late for the party].
- ☀ If Barbie is so popular, why do you have to buy her friends?

Movie Column

By Damon Smith

Thrash

"Thrash is a 2026 Netflix survival thriller about a coastal South Carolina town hit by a Category 5 hurricane, which floods the area and brings dangerous sharks inland, forcing residents to fight for survival against both the storm and the predators. Directed by Tommy Wirkola, the film stars Phoebe Dynevor, Whitney Peak, and Djimon Hounsou, following multiple characters trapped in the disaster, including a pregnant woman, an agoraphobic teen, and a marine biologist." Source: Yahoo Mail: Search, Organize, Conquer [mail.onelink.me]

Reviews are mixed, with some finding it a fun B-movie while others criticize its lack of thrills and character development. This was a typical storyline but surprisingly entertaining. I give it 1 thumb up.



BOOK CORNER

By Carolyn D.

True Crime A Memoir

By Patricia Cornwell

This is Patricia's autobiography. She grew up really poor, and the book tells us what she went through. How she became a writer. It was interesting but also long and boring. I enjoyed it because it gave me more insight. I give it 2 ½ stars.

**BEER CORNER, ETC.**

By Dr. Roger Gulbranson

I have tasted the beers that I made this year. They are pretty good!

**Wheelchair Use, Seated Independence and Respect for Safety**

By Jocelyn Brown-James

Many years ago, I read a skill prep article that offered a behavior challenge. If any task is repeated 17 days straight, you will know it. I applied the daily challenge to using my wheelchair in the house. This determination added to my overall independence and chore completion. I am proudly on day 30 with multiple trips to the kitchen gained with decent manual speed.

I've been blessed to have structured lifestyle support through a very reliable aide. But her off hours created new frontiers regarding activities of daily living practice. Remembering that in stroke recovery, safety fears in the home are 24/7/365 priority ones.

I learned from the wheelchair perspective that my kitchen appeared different (shown). Before the falls, I was able to stand in the galley space. The storage of kitchen aids, utensils, can goods, spices and appliance placement was off. Off meaning, the chair eyelevels and overall accessibility was not working for my reach disadvantage.

Traveling in a carpeted century home, the doorways are narrow and the knuckles take a beating. Compression gloves were great for that protection. The gas stove cook top is too close for comfort and splattering. Fear of wearing long sleeves and being burned was the real precaution. The "in your face" microwave created the fear of steam escaping from cooked entrées especially that evening bag of microwave popcorn.

Surprisingly, I was able to wash dishes and wet my clothing, while seated. The sprayer is my eyelevel assistant. I'd sit in front of the refrigerator, removed carryout containers and wiped the interior sections to a shine. The glass shelves, door bins and handles look brand new. These tasks were refreshing beyond words.

The wheelchair transportation, kitchen counter access and kitchen re-education has been the best. The reminders of safety are intentional, daily!



Solving the Home Care Quandary

By Pat Hill



You're ready to leave the hospital, but you don't feel able to care for yourself at home yet. Or, you've completed a couple of weeks in rehab. Can you handle your complicated medication regimen, along with shopping and cooking?

Perhaps you fell in the shower, and now your family wants you to arrange help with bathing and getting dressed. There are facilities that provide such help, of course, but most older people don't want to go there. They want to stay at home; that's the problem.

When older people struggle with daily activities because they have grown frail, because their chronic illnesses have mounted, or because they have lost a spouse or companion, most don't want to move. For decades, surveys have shown that [they prefer to remain in their homes](#) for as long as possible.

That means they need home care, either from family and friends, paid caregivers, or both. But paid home care represents an especially strained sector of the long-term care system, which is experiencing an intensifying labor shortage even as an aging population creates surging demand. "It's a crisis," said Madeline Sterling, a primary care doctor at Weill Cornell Medicine and the director of Cornell University's [Initiative on Home Care Work](#). "It's not really working for the people involved," whether they are patients (who can also be younger people with disabilities), family members, or home care workers.

"This is not about what's going to happen a decade from now," said Steven Landers, chief executive of the National Alliance for Care at Home, an industry organization. "Do an Indeed.com search in Anytown, USA, for home care aides, and you'll see so many listings for aides that your eyes will pop out." Against this grim backdrop, however, some alternatives show promise in upgrading home care jobs and in improving patient care. And they're growing.

Some background: Researchers and elder care administrators have warned about this approaching calamity for years. Home care is already among the nation's fastest-growing occupations, with 3.2 million home health aides and personal care aides on the job in 2024, up from 1.4 million a decade earlier, [according to PHI](#), a research and advocacy group.

But the nation will need about 740,000 additional home care workers over the next decade, [according to the Bureau of Labor Statistics](#), and recruiting them won't be easy. Costs to consumers are high — the median hourly rate for a home health aide in 2024 was \$34, [the annual Genworth/Care Scout survey](#) shows, with big geographic variations. But an aide's median hourly wage [was less than \\$17](#).

These remain unstable, low-paying jobs. Of the largely female workforce, about a third of whom are immigrants, 40% live in low-income households and most receive some sort of public assistance. Even if the agencies that employ them offer health insurance and they work enough hours to qualify, many cannot afford their premium payments.

Unsurprisingly, the turnover rate approaches 80% annually, according to [a survey by the ICA Group](#), a nonprofit organization that promotes co-ops. But not everywhere. One innovation, still small but expanding: home care cooperatives owned by the workers themselves. The first and largest, Cooperative Home Care Associates in the

Continued on the next page.

Solving the Home Care Quandary, Cont.



Bronx borough of New York City, began in 1985 and now employs about 1,600 home care aides. The ICA Group now counts 26 such worker-owned home care businesses nationwide.

“These co-ops are getting exceptional results,” said Geoffrey Gusoff, a family medicine doctor and health services researcher at UCLA. “They have half the turnover of traditional agencies, they hold onto clients twice as long, and they’re paying \$2 more an hour” to their owner-employees.

When Gusoff and his co-authors interviewed co-op members for [a qualitative study](#) in JAMA Network Open, “we were expecting to hear more about compensation,” he said. “But the biggest single response was, ‘I have more say’” over working conditions, patient care, and the administration of the co-op itself. “Workers say they feel more respected,” Gusoff said.

Through an initiative to provide financing, business coaching, and technical assistance, the ICA Group intends to boost the national total to 50 co-ops within five years and to 100 by 2040. Another approach gaining ground: registries that allow home care workers and clients who need care to connect directly, often without involving agencies that provide supervision and background checks but also absorb roughly half the fee consumers pay.

One of the largest registries, [Carina, serves workers and clients in Oregon and Washington](#). Established through agreements with the Service Employees International Union, the nation’s largest health care union, it serves 40,000 providers and 25,000 clients. (About 10% of home care workers are unionized, according to PHI’s analysis.)

Carina functions as a free, “digital hiring hall,” said Nidhi Mirani, its chief executive. Except in the Seattle area, it serves only clients who receive care through Medicaid, the largest funder of care at home. State agencies handle the paperwork and oversee background checks.

Hourly rates paid to independent providers found on Carina, which are set by union contracts, are usually lower than what agencies charge, while workers’ wages start at \$20, and they receive health insurance, paid time off, and, in some cases, retirement benefits. [Other registries](#) may be operated by states, as in Massachusetts and Wisconsin, or by platforms like [Direct Care Careers](#), available in four states. “People are seeking a fit in who’s coming into their homes,” Mirani said. “And individual providers can choose their clients. It’s a two-way street.”

Finally, recent studies indicate ways that additional training for home care workers can pay off. “These patients have complex conditions,” Sterling said of the aides. Home care workers, who take blood pressure readings, prepare meals, and help clients stay mobile, can spot troubling symptoms as they emerge.

Her team’s recent clinical trial of home health [aides caring for patients with heart failure](#) — “the No. 1 cause of hospitalization among Medicare beneficiaries,” Sterling pointed out — measured the effects of a 90-minute virtual training module about its symptoms and management. “Leg swelling. Shortness of breath. They’re the first signs that the disease is not being controlled,” Sterling said. In the study, involving 102 aides working for VNS Health, a large nonprofit agency in New York, the training was shown to enhance their knowledge and confidence in caring for clients with heart failure.

Moreover, when aides were given a mobile health app that allowed them to message their supervisors, they made fewer 911 calls and their patients made fewer emergency room visits.

Continued on the next page

Solving the Home Care Quandary, Cont.



Small-scale efforts like registries, co-ops, and training programs do not directly address home care's most central problem: cost. Medicaid underwrites home care for low-income older adults who have few assets, though the Trump administration's new budget [will slash Medicaid](#) by more than \$900 billion over the next decade. The well-off theoretically can pay out-of-pocket.

But "middle-class retired families either spend all their resources and essentially bankrupt themselves to become eligible for Medicaid, or they go without," Landers said. Options like assisted living and nursing homes are even more expensive.

The United States has never committed to paying for long-term care for the middle class, and it seems unlikely to do so under this administration. Still, savings from innovations like these can reduce costs and might help expand home care through federal or state programs. Several tests and pilots are underway.

Home care workers "have a lot of insight into patients' conditions," Sterling said. "Training them and giving them technological tools shows that if we're trying to keep patients at home, here's a way to do that with the workforce that's already there."

By **Paula Span** January 8, 2026

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

TOE TIPS

By Jenifer Vanek RN

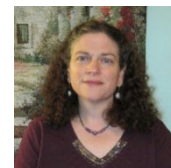
Reliable Nurse Foot Care (www.RNfootcare.com, (216-956-0293))



Check those feet for the "warning signs"! Redness, cracked skin, numbness or sensory issues can lead to larger foot issues. Have your doctor check feet routinely and note any sudden changes in the appearance or sensation of feet. Call your doctor for any foot changes promptly to prevent worsening conditions.

MUSIC

By Beth Friedman-Romell



Rhythmic balance exercise: Improving balance is an essential component of reducing our risk of falling. I've adapted this exercise, which is usually done with two floor drums, for home practice, using two straight-backed chairs and your favorite music source. Stand with your feet about 12 inches apart, with the backs of the chairs on either side, within reach of your fingertips. Shift your weight between your feet in order to alternately tap each chair. When that feels comfortable, move the chairs a little farther away from your sides, and repeat, bending your knee on the side you are tapping. Once this motion feels comfortable, add music! Start with a slow tempo song of about 2-3 minutes duration, then choose faster pieces. See if you can sustain the movement for the entire song. If you are unsteady on your feet, have another person "spot" you. This exercise can be modified if you use a walker, by shifting your weight back and forth while keeping hands on the walker. If you use a wheelchair, see if you can shift your weight back and forth in the chair to the beat of the music.

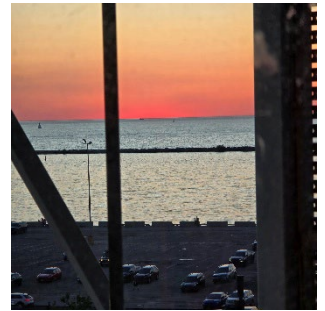
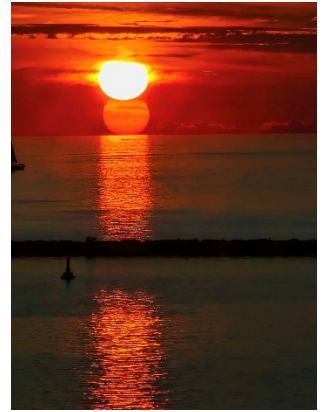


Evelyn at a Juneteenth Ceremony

US



George P. on Father's Day



Linda D.'s 2 sunsets



John and Mary on Father's Day



John & Arlene's Graduate



Raj & Vinita's blooms



Delores beautiful Daughter's June 20th Wedding. Meet Marrio & Robin Bryant!

WORD PUZZLE: How Now Brown Cow Appreciate a Cow Day, July 14th

By Brenda Koos

(Use every letter and word only once.)



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

Angus
Canadienne
Droughtmaster
Kerry
Luing
Parthenais
Welsh

Beefalo
Corriente
Friesian
Longhorn
Mongolian
Romagnola
Zebu

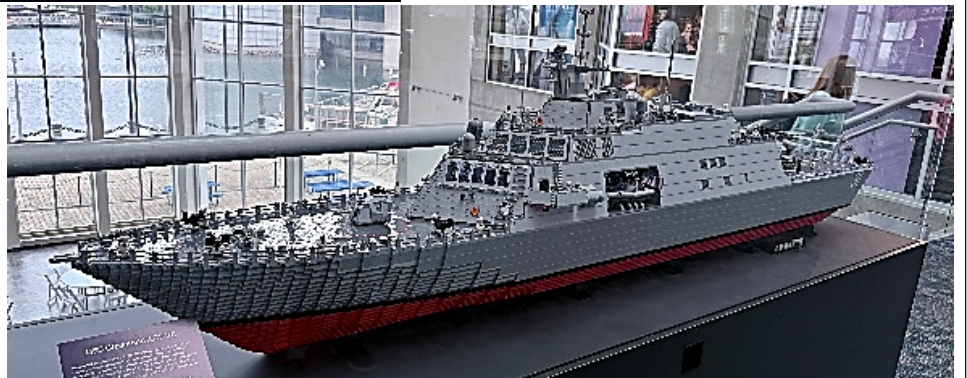
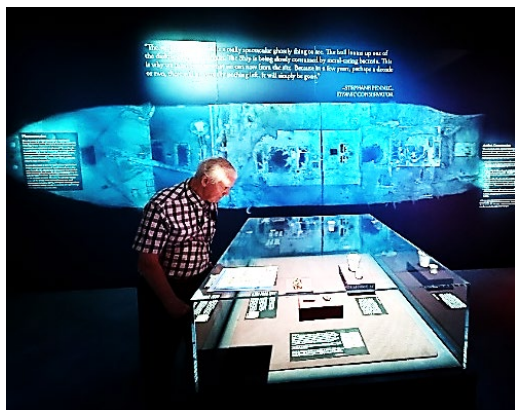
Boran
Devon
Guernsey
Longhorn
Normande
Shetland

Make your own puzzle here:

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



**Gary and Paulette:
Titanic Exhibit
CLE Science Center**



USS Cleveland in Legos

Greek Festival

Lots of our members attend the Sts. Constantine & Helen Greek Festival. It is running from July 23rd – 26th. Our members try to sit in the tent, near the stage. If you want to coordinate, contact Deb. For more information:

<https://stsconstantine.com/about/greekfestival>

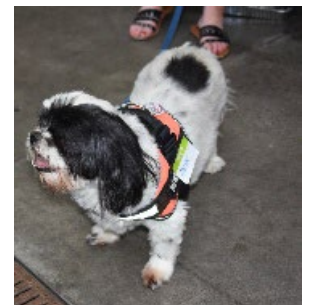
PICNIC 2026

Special thanks to Jene' Wilson for taking these wonderful pictures. These and more are on our website: www.clevelandstrokeclub.org, go to the picnic tab and they are available for download.



PICNIC 2026





Come and Celebrate Our 52nd Anniversary!
Cleveland Stroke Club

See Map on Back

Alfredo's at the Inn/Holiday Inn
780 Beta Drive, Mayfield Village, OH 44143

Wednesday, August 19, 2026

4:00-5:00 Social Time - cash bar

5:00 Dinner

6:30-8:00 Entertainment by Slammin' Sam

Dinner Menu

Tossed Field Greens Salad with Raspberry Vinaigrette

Seasonal Fresh Vegetable

Warm Rolls and Whipped Butter

Regular or Decaffeinated Coffee, Hot Tea, Iced Tea and Ice Water

Chocolate Cake or Cheesecake

Choice of Entrée:

Eggplant Parmigiana

Hand-Breaded Eggplant topped with mozzarella served over gnocchi
alla vodka and seasonal fresh vegetable

\$32

Chicken Marsala

Medallions of chicken breast sautéed with marsala wine and sliced mushrooms,
garlic mashed potatoes and seasonal fresh vegetable

\$32

Salmon Romano

8 Ounce Salmon filet topped with Romano breadcrumbs and baked to perfection

Served over garlic mashed potatoes with a fresh seasonal vegetable

\$32

To make your reservation, complete the form on the reverse side and mail or call Deb
by **August 5th 2026**

Details: Alfredo's at the Inn is located on Beta Drive and Wilson Mills Road, just east of the
Wilson Mills exit on 271.

Handicap parking is located on both sides of the Restaurant door.

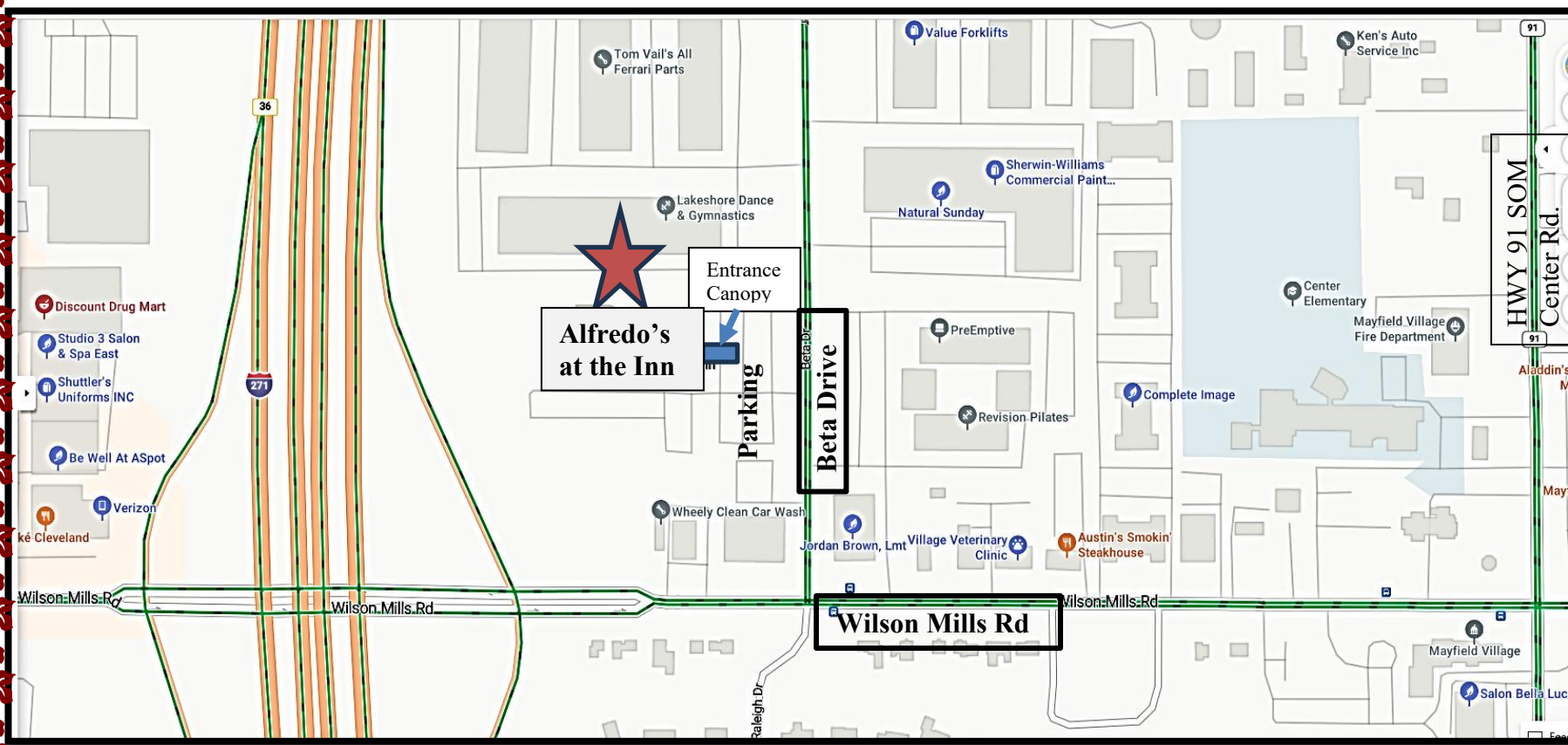
The party room is located down the hall and so are the restrooms.

Two wheelchairs are available at entrance, but you can bring your own.

If you have any questions and/or need directions call:

Debbie Felt at 440-944-6794. Cell phone: 440-289-9192 or

Geri Pitts at 330-975-4320. Cell phone: 330-439-8073



If you are coming by Interstate, take I271 to the Wilson Mills exit. Go East. Turn left on Beta Drive. Turn left into Alfredo's parking lot. There is a canopy entrance facing Beta Drive with a handicap accessible door. There is handicap parking on both sides of the door and plenty of parking in front of the door. There is lots of parking in front of the restaurant and in front of the Holiday Inn Hotel. You may use the hotel entrance, but it is a little longer walk.

The party room and restrooms are just inside the door (a few feet). We will have two wheelchairs available. If you have a wheelchair, please bring it. You can drop-off in front.

Please note that Paratransit and buses stop running in this neighborhood at 8:00. We are starting an hour early to accommodate everyone. Please make your reservations for a little before 8.

To make your reservations complete the form below and mail – or call Deb
RSVP by August 5th (along with a check payable to **Cleveland Stroke Club**) to:

Cleveland Stroke Club
c/o Debbie Felt
29232 Armadale Avenue
Wickliffe, OH 44092

*Please place your first and last name (as you would like it printed on your place card) underneath the entrée of your choice:

Eggplant Parmigiana @ \$32.00

First

Last

Chicken Marsala @ \$32.00

First

Last

Salmon Romano @ \$32.00

First

Last

Phone Number _____
Number in Party _____
Total Enclosed \$ _____

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