ReFocus June

ORIGINAL ART
By Jim Scanlon

A REPORT OF THE CLEVELAND STROKE CLUB June 2026

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

Caregiver/Survivor Meeting*
Wednesday, June 3rd, 2026, 6:30-8:30 PM
Menu: Chicken Tenders, Mac & Cheese, Greens, Veggie Plate, Rolls, & Dessert
***At 7:30 Survivor Meeting will also be available in Zoom**

Annual Picnic (Second Wednesday in June)
June 10th from 4:30-7:30 PM (Dinner starts at about 5:00)
Kiwanis Pavilion: 6363 Selig Drive, Independence, OH 44131
(There will no General Meeting at the Church, in June.)

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**)

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

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Asst. to the President
Linda Pfeffer

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Deena Barrett

Asst. Vice President
Pat Hill

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Kay Exl

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330-975-4320

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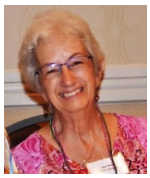
Deb Felt

Caregiver/Survivor Meeting Facilitators
Jean Nisenboum
Sue Sheridan

FROM THE DESK OF THE EXEC. DIRECTOR

By Geri Pitt



We have an exciting summer ahead of us and hope you can be a part of it. I'm looking forward **to our annual picnic**. Since we had a successful picnic last year, we plan to repeat it on June 10th (the 2nd Wednesday of June). Look for our picnic flyer at the end of this newsletter.

Then just a few days later, **Select Hospital is holding their first "Stride On Stroke Walk" on June 13** from noon to 2 pm where stroke survivors and their caregivers can celebrate their recovery progress by walking or rolling a short loop in the parking lot. They'll also have music, activity booths, games, vendors, refreshments and a raffle. Look for the flyer at the end of this newsletter. We will have a vendor table, so come by and say "hello" to our volunteers who are handing out brochures. This is one way we can say "thank you" to them sharing their space with us once a month.

Your Picnic Venue and Checklist

- ✓ **SAVE THE DATE**: **June 10th 4:30 P.M. — 7:30 P.M** (Details in the flyer at the end of this newsletter & on the web: **www.clevelandstrokeclub.org**)
- ✓ **RSVP to Kay (440-449-3309, Kayexl@yahoo.com)** to help us plan. She will send out emails and texts about a week before the picnic.
- ✓ **Getting There**: **Please bring the flyer with the map with you**. Our map is better than GPS. **ParaTransit Riders**: The drivers need the map and ask drivers to drop you off in front of the Pavilion. **All: We will have signs posted**. Also, there are street signs to the **Independence Civic Center**--the **Kiwanis Pavilion is directly across the parking lot from the Independence Civic Center, in the grass.**
- ✓ **Any problems, call Geri, Deb or Kay**—phone numbers are on the flyer. (FYI: the Civic Center is open until 9 PM. It has air-conditioning, a help desk and chairs.)
- ✓ ***This is a rain or shine outdoor event***: Please dress for the weather and bring **whatever you need**: sunglasses, hats, jackets, umbrellas, etc. You can also bring yard games for your kids--swing sets are nearby. We bring a few kids things.
- ✓ **The Pavilion is modern and handicap accessible**. It is a covered modern building that is surrounded by electric garage-door-walls that can be adjusted. It has indoor modern handicap bathrooms, electric lighting, outlets, and ceiling fans. The entrance and the flooring are paved--non-slip surface.
- ✓ **The Pavilion** has about 30 picnic tables with attached benches. **Alternative Seating**: **You can bring lawn chairs, bleacher seats, walkers with seats, or wheelchairs.** We bring 7 director's chairs (with arms), 8 sturdy banquet chairs, and free-standing tables. Linda P. will bring an extra transport wheelchair. **Let us know what you need, when you RSVP**.
- ✓ **You bring a dish to share**: The picnic is free, but **if your last name starts with A-P please bring a medium size salad or side dish for 8-10 servings; everyone else bring a dessert**. Please put your name on your dishes and **please do not** bring serving utensils--it is very difficult to find and return utensils to their owners. (We will bring 200+ serving utensils. We will also have labels & markers for your dishes.)
- ✓ **We Bring**: grilled hot dogs and hamburgers, vegan burgers, buns, cheese, ice, table ware and serve ware (tablecloths, plates, silverware, napkins, cups, straws, serving utensils, saran wrap, etc.) The board is bringing condiments, drinks, & watermelon. Servers will be at each food station & we can help carry plates.

JUNE HOLIDAYS

- 3 National Egg Day
- 3 World Bicycle Day
- 4 Nat'l Cheese Day
- 5 Nat'l Donut Day
- 7 Tony Awards
- 8 Best Friend Day
- 14 Flag Day
- 16 Islamic New Year
- 18 Int'l Picnic Day
- 19 Juneteenth
- 21 Father's Day
- 21 Summer Solstice
- 21 Int'l Yoga Day
- 21 World Music Day

https://www.wincalendar.com/Holiday-Calendar/May-2026

JUNE WISHES

Happy Birthday

Bill Woods	6/05
Joyce Wilson	6/08
Jean Nisenboum	6/11
Miguel Garcia	6/12
Janis Pace	6/12
Robert Manley	6/13
Mozetta Woods	6/15
Bob Boff	6/17
Sue Franko	6/17
Sandi LaRue	6/18
Frank Nisenboum	6/25
Lurelean Patterson	6/29
Patti Hatters	6/30
Jackie Patterson	6/30

Happy Anniversary

Harsha & Shirish Engineer
6/8/1969
Alma & Michael Streeter
6/23/2018
Janie & Jack Racer
6/25/1971
Annette & Doug Weese
6/26/1982

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)

6/3	**Caregiver/Survivor**	**6:30 – 8:30**	**1st Wed. at Select Medical Fairhill 11900 Fairhill Blvd., CLE 44120**
6/3	**Survivor Breakout**	**7:30 – 8:30**	**1st Wed. on Zoom**
6/4	**Bingo**	**7:00 – 8:00**	**Every Thurs. on Zoom**
6/9	**Family Feud**	**7:00 – 8:00**	**2nd Tues. on Zoom**
6/10	**Annual Picnic**	**4:30—7:30**	**Kiwanis Pavilion 6363 Selig Dr., Independence, 44131**
6/11	**Bingo**	**7:00 – 8:00**	**Every Thurs. on Zoom**
6/17	**Board Meeting**	**5:00 – 6:00**	**2nd Wed. on Zoom**
6/18	**Bingo**	**7:00 – 8:00**	**Every Thurs. on Zoom**
6/24	**Outing**	**11:30 – 2:00**	**4th Wed. Outing Vicinato Pizza 5080 Mayfield Rd, Lyndhurst, 44124**
6/25	**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 planning to go to a Guardian's Game! Please RSVP so we know how many tickets to buy.
Who: Members and friends and families
What: Go to a **Guardians Game**
When: Wed. July 22nd , the game starts at 6:40. Try to arrive about 2 hours early.
Where: Progressive Field, Family Deck, Section 309 and 311 at the 9th St. and Ontario gate.
Tickets: Our club will pay for one Survivor, who is a member of our Club, and for an accompanying Caregiver. If others want to attend and sit with us, we will purchase the tickets, and you can reimburse the Club. (Tickets are about $24 each.)
Transportation: Sorry, we cannot pay for parking, and we cannot hire a bus. We suggest Paratransit, RTA, carpooling, or have a family member drop you off and then park. Note: There are limited parking spaces in garages nearby. The Guardians also suggest that getting a hotel room downtown and taking a hotel shuttle.
Accessibility: The Family Deck is under cover and accessible by ramp and elevator. The Guardians have extra wheelchairs and people to help you to your seats. Our members will also be there to wait with the survivor while the caregiver parks.
RSVP to Deb as soon as possible (440-289-9192 cell) if you want us to purchase tickets for you. We need to purchase tickets ASAP.

June Outing: **You are invited to join us for lunch at Vicinato Pizza on Wed. June 24th at 11:30. Vicinato Pizza** is located at**:** 5080 Mayfield Rd, Lyndhurst.
Accessibility: It's in a strip mall on the southeast side of the corner of Mayfield and Richmond Rd. It is wheelchair accessible. **Menu & Map: https://vicinatos.com/**
No RSVP is required. We have made reservations. If you need help or want to coordinate, please contact **Deb 440-289-9192**.

LAST MONTH'S CAREGIVER/SURVIVOR MEETING

Our May Caregiver/Survivor meeting was great. About 40 people attended. Food for Thought provided nice entrées of Chicken Alfredo and Vegetarian Alfredo. We brought salads, rolls, and **John and Mary Pumper brought some wonderful Patterson Orchard pies and Linda and George Pfeffer brought cookies and cupcakes**. Our President and Assistant President, Linda Davis and Linda Pfeffer, gave announcements. **David Zabo and John Pumper** 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 everyone who came early to help us set up and everyone who helped us pack up. We love our members.

Survivor Breakout Session: Jean Nisenboum asked our members for news. Jean then gave a talk about memory issues because some of our members have been concerned about their memory. Deb took notes.

Some problems that are common for stroke survivors like word-finding organizing things, math skills, and fluency are not memory problems. We know but we can't say it – that is not a memory problem.

Typical age-related memory loss doesn't cause a major change in your daily life for example, occasionally forgetting a person's name, forgetting why you came into the room, misplacing your glasses, or keys.

Jean cautioned that there are many products on the market, but they are not the answer.

She said, for good brain health we all need: 8 hours of good sleep per night, a nutritious diet, plenty of fluids, low stress environment, regular social contact, regular heart healthy exercise, and trying new things.

Caregivers always believe that talking to your doctor is better than worrying, needlessly. If you are concerned, talk to your doctor or gerontologist or therapist, especially one with experience in stroke recovery. Some problems are easily treated because they are caused by some of the medications that we are taking, a vitamin deficiency, sleep apnea, etc. The doctors/therapist can run tests and help you…it's better than worrying about it.

Caregiver Breakout Session: Jackie kindly shared her notes. **Sue Sheridan** kindly facilitated the meeting. Fourteen attended. We had a few new members in the group.

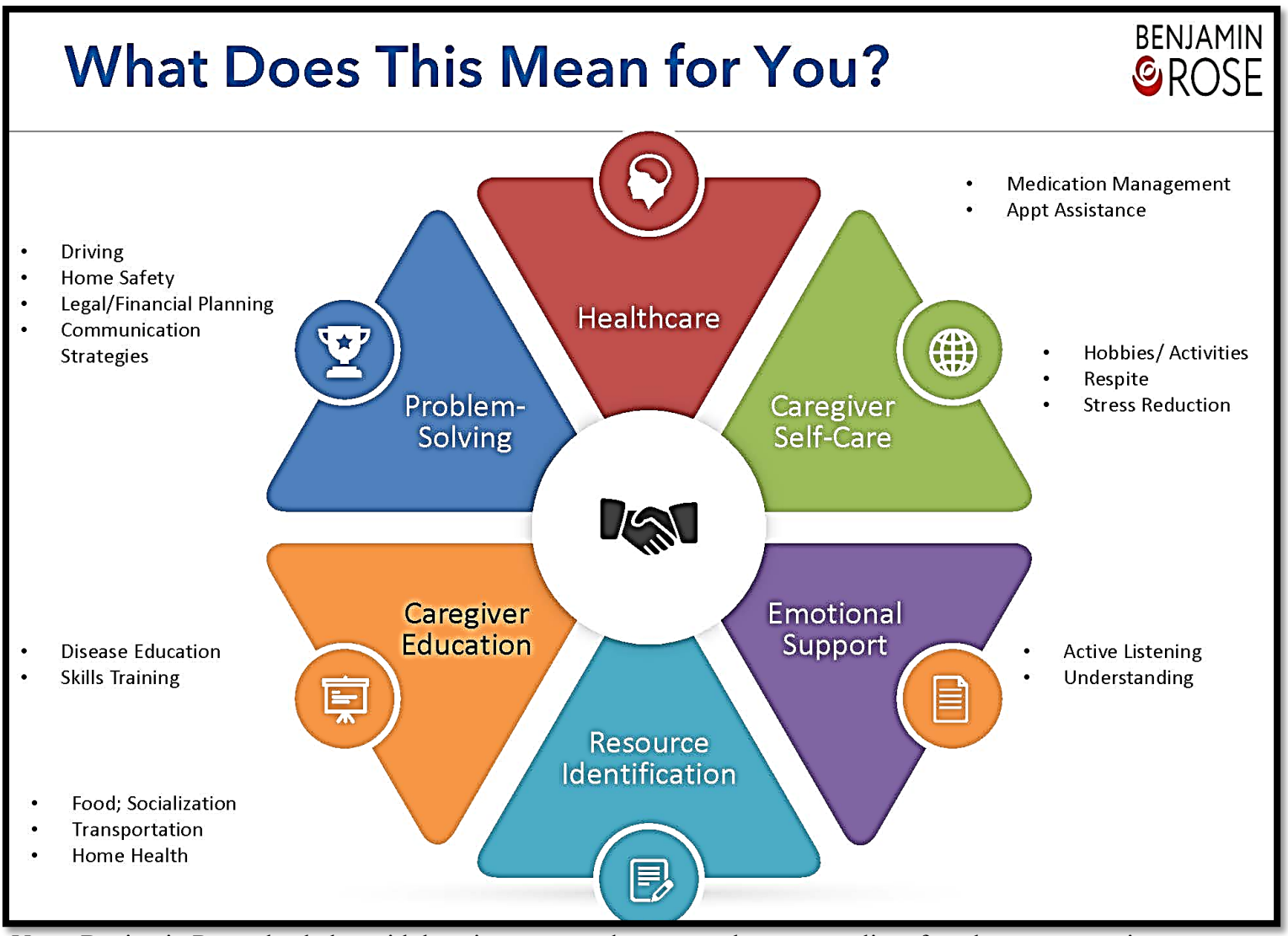
One new caregiver said that his spouse was still in the hospital and they were encouraging him to get equipment when she comes home. We told him that the job of a hospital social worker is to arrange a safe transfer home: they are required to work with insurance companies and order all the equipment that the therapists approve. Typically, the social worker will arrange that the medical supplies be deliver and assembled on the day of discharge, but you can request that the equipment be in the home the day before discharge. (When patients come home from the hospital they are very fatigued and need a safe bed available immediately.) Shirley said that if there is a problem with insurance, Deb can help you get used equipment through Medwish—it is easiest if you have the list of equipment that the therapist requested. Also, many of our members have equipment that they will loan in a pinch. He said that he heard that the first 6 months was crucial for therapy. Caregivers said that the first six months are important and every day after that is important. Survivors heal in their own time. He said that he had concerns with the quality of care in the hospital. Deena talked about her husband and said that caregivers are required to advocate for the stroke survivor. The caregivers suggested that he contact the director of nursing to get help if you have quality of care issues. Caregivers also recommended that he could also ask about the use of cameras.

Another new member is concerned with her friend's balance. They suggested that he get a prescription for a rollator. Ralph suggested that the survivor gets their eyes tested. A therapy center in CLE, called Balance Solutions, can also test problems with ear fluid, which can impact balance. Kay suggested that the caregiver look at our Stroke Resource List that is on the web—the resources in the list are those recommended by our Club members.

LAST MONTH'S GENERAL MEETING

Food for Thought provided a lovely entrée of cobb chicken sauté. **Nelly and Neerja** brought to die for salads. We rounded the meal off with rolls and cookies. Special thanks to **Linda D., Vivien, Arlene and John, Joyce, Nelly and George**, **and Kay** for coming early to set-up and we want to thank everyone for help with clean-up. **Linda D and Linda P.** did a great job of making announcements. **Shirley** led us through the birthday and anniversary songs. **John Pumper and David Zabo** collected money**. Deena Barrett** introduced our excellent speaker, **Lisa Weitzman, the Director of Strategic Partnerships from the esteemed Benjamin Rose Institute**. Lisa said that when seniors or persons with disabilities call the Institute the staff will not rest until they have found a resource for you. Our members can call **Lisa at 215-373-1755** or send her an email at: **lweitzman@benrose.org.** For further information you can also visit **www.benrose.org .** Thanks, Lisa, so nice to meet you!

Lisa kindly allowed us to post her slide show and brochures on our website. You can go to **www.clevelandstrokeclub.org** and follow the link to newsletters, calendars, and handouts. Here is the slide that Deena thought that would best describe vast Benjamin Rose Services. See the note below about housing services.



Note: Benjamin Rose also helps with housing: pre- and post- purchase counseling, foreclosure prevention, property tax counseling, applying for down payment assistance, qualifying for a mortgage, and avoiding homebuying pitfalls. It also helps with housing stability: transition counseling, rental counseling, setting goals, budgeting, and determining affordability. Although Benjamin Rose does not help provide emergency housing, it does have senior housing properties. See page 17 and 18 of the handouts.

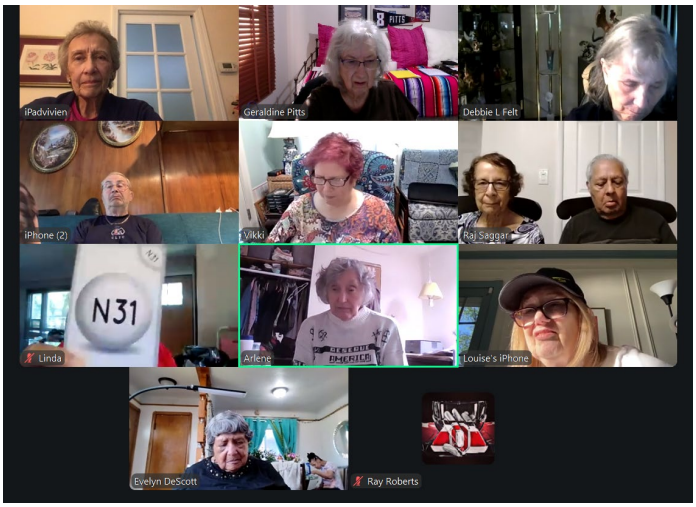
LAST MONTH'S ZOOM MEETINGS

Family Feud – second Tuesday on Zoom

Only a couple of board members attended Family Feud, so we turned it into a planning session. Join us in June.

BINGO – every Thursday on Zoom

We had our 316th bingo night during May that brought on our usual crowd. Thanks to Linda, Kay, Deb and Arlene we had lots of winners. They were: **Harsha, Raj, Arlene, Gary, Vinita, Evelyn, Paulette, Vivien, Delores, George, Peggie, Louise** and **Carlotta.**



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**

- Give a man a fish and he will eat for a day. Teach him how to fish, and he will sit in a boat and drink beer all day.
- If you lend someone $20 and never see him that person again it was probably worth it.

Love in ¾ Tune Concert

Our beloved sisters, **Deena Barrett and Judi Koffman**, are performing in the Western Reserve Chorale on Sunday, June 7, 2026 at 3:30 p.m. At First Baptist Church of Grater Cleveland, 3630 Fairmount Blvd., Shaker Heights.
It is free and open to the public. Refreshments afterward. More information at **www.westernreservechorale.org**

Movie Column

By Damon Smith

Karate Kid: Legends

A film that unites the worlds of the original Karate Kid and the 2010 reboot, following kung fu prodigy Li Fong (Ben Wang) as he moves to New York City and receives training from both Mr. Han (Jackie Chan) and Daniel LaRusso (Ralph Macchio) to enter a major karate tournament. The movie serves as a sequel to Cobra Kai and the 2010 film, bringing back Chan and Macchio for the first time in a theatrical Karate Kid film since 2010, and was released in theaters in May 2025. If you have Netflix I urge you to watch it. It was good and entertaining. I give 1½ thumbs up.

BOOK CORNER

By Carolyn D.

Escape
By James Patterson and David Ellis

It starts off with teenage girls that are missing from the city of Chicago. It takes a special team of detectives to find the girls. A special task force. It's a good read. Lots of twists and turns. You think you figured it out and then something comes along. I'd give a 4 out of 5.

★★★★

BEER CORNER, ETC.

By Dr. Roger Gulbranson

I brewed and bottled Grapefruit Pulpin' in May. Brewing season is over and drinking season begins.

Remembering Mother's Day 2026
Celebrating My Sister, Louise Brown Mizell

By Jocelyn Brown-James

In the spirit and mission of the Refocus Newsletter, I thought about my new life and the legacy provided by my late sister, Louise, aka Weesie.

Louise, in her quietness, passed in 2019 and the alone void is felt every single day. Family studies support that relationships between siblings is very special. I totally agree. She was 14-years older and full of faith in God and wisdom. She lovingly took the time to understand my struggles in recovery of lost normalcy.

She made sure that I had healthy fresh food choices in ample proportions and holiday celebrations in her home with her husband George. She took me to my various appointments and shopping. We talked and laughed all-day off and on without incident.

We shared moments when our perspectives on life were like oil and water, but we faithfully secured that special understanding and sibling respect. I learned that no matter what the situation was, Louise wanted the BEST outcome for whomever needed it. She'd even do research to enhance your insight and boost enthusiasm. I can remember her sending relevant newspaper clippings and coupons in the mail. Wessie modeled how to be a contributing sister partner and stabilizer.

Her greatest contribution to our family unit was her legacy. She made me an auntie at age 7, when she gave the Browns their first grandchild, Anthony. He was the energetic bright light in our home.

Years later, Anthony gave us Shanel, Turell, Danielle and Shaina Brown. Shanel gave us, Rodnell, Raganae, Seaman Kyrah and Seaman Kameryn Brown. Kyrah gave us baby Oya.

Without her bloodline, I would be on this journey of stroke recovery alone. To that blessing, I am extremely grateful and thriving.

An Overdue Mother's Day Remembrance.
Thank you, Louise!

Vaccines Are Helping Older People More Than We Knew

By Pat Hill

Let's be clear: The primary reason to be vaccinated against shingles is that two shots provide at least 90% protection against a painful, blistering disease that a third of Americans will suffer in their lifetimes, one that can cause lingering nerve pain and other nasty long-term consequences. The most important reason for older adults to be vaccinated against the respiratory infection RSV is that their risk of being hospitalized with it declines by almost 70% in the year they get the shot, and by nearly 60% over two years.

And the main reason to roll up a sleeve for an annual flu shot is that when people do get infected, it also reliably reduces the severity of illness, though its effectiveness varies by how well scientists have predicted which strain of influenza shows up. But other reasons for older people to be vaccinated are emerging. They are known, in doctor-speak, as off-target benefits, meaning that the shots do good things beyond preventing the diseases they were designed to avert.

The list of off-target benefits is lengthening as "the research has accumulated and accelerated over the last 10 years," said William Schaffner, an infectious disease specialist at Vanderbilt University Medical Center in Nashville, Tennessee. Some of these protections have been established by years of data; others are the subjects of more recent research, and the payoff is not yet as clear. The first RSV vaccines, for example, became available only in 2023.

Still, the findings "are really very consistent," said Stefania Maggi, a geriatrician and senior fellow at the Institute of Neuroscience at the National Research Council in Padua, Italy. She is the lead author of a recent meta-analysis, published in the British journal Age and Ageing, that found reduced risks of dementia after vaccination for an array of diseases. Given those "downstream effects," she said, vaccines "are key tools to promote healthy aging and prevent physical and cognitive decline."

Yet too many older adults, whose weakening immune systems and high rates of chronic illness put them at higher risk of infectious diseases, have not taken advantage of vaccination. The Centers for Disease Control and Prevention reported last week that about 31% of older adults had not yet received a flu shot. Only about 41% of adults 75 and older had ever been vaccinated against RSV, or respiratory syncytial virus, and about a third of seniors had received the most recent covid-19 vaccine.

The CDC recommends the one-and-done pneumococcal vaccine for adults 50 and older. An analysis in the American Journal of Preventive Medicine, however, estimated that from 2022, when new guidelines were issued, through 2024, only about 12% of those 67 to 74 received it, and about 8% of those 75 and older. The strongest evidence for off-target benefits, dating back 25 years, shows reduced cardiovascular risk following flu shots.

Healthy older adults vaccinated against flu have substantially lower risks of hospitalization for heart failure, as well as for pneumonia and other respiratory infections. Vaccination against influenza has also been associated with lower risks of heart attack and stroke. Moreover, many of these studies predate the more potent flu vaccines now recommended for older adults.

Could the RSV vaccine, protective against another respiratory illness, have similar cardiovascular effects? A recent large Danish study of older adults found a nearly 10% decline in cardiorespiratory hospitalizations — involving the heart and lungs — among the vaccinated versus a control group, a significant decrease

Continued on Next Page

Vaccines Are Helping Older People More Than We Knew, Cont.

Lowered rates of cardiovascular hospitalizations and stroke did not reach statistical significance, however. That may reflect a short follow-up period or inadequate diagnostic testing, cautioned Helen Chu, an infectious disease specialist at the University of Washington and co-author of an accompanying editorial in JAMA."I don't think RSV behaves differently from flu," Chu said. "It's just too early to have the information for RSV, but I think it will show the same effect, maybe even more so." Vaccination against still another dangerous respiratory disease, covid, has been linked to a lower risk of developing long covid, with its damaging effects on physical and mental health.

Probably the most provocative findings concern vaccination against shingles, aka herpes zoster. Researchers made headlines last year when they documented an association between shingles vaccination and lower rates of dementia — even with the less effective vaccine that has since been replaced by Shingrix, approved in 2017.

Nearly all studies of off-target benefits are observational, because scientists cannot ethically withhold a safe, effective vaccine from a control group whose members could then become infected with the disease. That means such studies are subject to "healthy volunteer bias," because vaccinated patients may also practice other healthy habits, differentiating them from those not vaccinated.

Although researchers try to control for a variety of potentially confounding differences, from age and sex to health and education, "we can only say there's a strong association, not a cause and effect," Maggi said. But Stanford researchers seized on a natural experiment in Wales in 2013, when the first shingles vaccine, Zostavax, became available to older people who had not yet turned 80. Anyone who had was ineligible.

Over seven years, dementia rates in participants who had been eligible for vaccination declined by 20% — even though only half had actually received the vaccine — compared with those who narrowly missed the cutoff. "There are no reasons people born one week before were different from those born a few days later," Maggi said. Studies in Australia and the United States have also found reductions in the odds of dementia following shingles shots.

In fact, in the meta-analysis Maggi and her team published, several other childhood and adult vaccinations appeared to have such effects. "We now know that many infections are associated with the onset of dementia, both Alzheimer's and vascular," she said. In 21 studies involving more than 104 million participants in Europe, Asia, and North America, vaccination against shingles was associated with a 24% reduction in the risk of developing dementia. Flu vaccination was linked to a 13% reduction. Those vaccinated against pneumococcal disease had a 36% reduction in Alzheimer's risk.

The Tdap vaccine against tetanus, diphtheria, and pertussis (whooping cough) is recommended for adults every 10 years, with vaccination among older adults often prompted by the birth of a grandchild, who cannot be fully vaccinated for months. It was associated with a one-third decline in dementia. Other researchers are investigating the effects of shingles vaccination on heart attacks and stroke and of covid vaccination on cancer survival.

What causes such vaccine bonuses? Most hypotheses focus on the inflammation that arises when the immune system mobilizes to fight off an infection. "You have damage to the surrounding environment" in the body, "and that takes time to calm down," Chu said. The effects of inflammation can far outlast the initial illness. It may allow other infections to take hold, or cause heart attacks and strokes when clots form in narrowed blood vessels. "If you prevent the infection, you prevent this other damage," Chu said.

Continued on next page

Vaccines Are Helping Older People More Than We Knew, Cont.

Hospitalization itself, during which older patients can become deconditioned or develop delirium, is a risk factor for dementia, among other health problems. Vaccines that reduce hospitalization might therefore delay or ward off cognitive decline.

Health officials in the Trump administration have assailed childhood vaccines more than adult ones, but their vocal opposition may be contributing to inadequate vaccination among older Americans, too. Many will not only miss out on the emerging off-target benefits but will remain vulnerable to the diseases the vaccines prevent or diminish.

"The current national policy on vaccination is at best uncertain, and in instances appears anti-vaccine," said Schaffner, a former member of the CDC's Advisory Committee on Immunization Practices. "All of us in public health are very, very distressed."

By **Paula Span** January 14, 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)

Those summer shoes and sandals may not fit as well as they did last year-gently clean those new season's shoes and wear them around the house to make sure they still fit.

After the first few wears, inspect the feet for red areas ("hot spots") which can be a precursor to a wound. Keep those feet clean when not wearing socks with shoes.

Music

By Beth Friedman-Romell

I have lots of summer programs on my website, including a **Summer Solstice Sound Bath on June 14th, from 2-3 p.m.** Also, I will host **Daily Living Music for Stroke Survivors** on **June 11 and June 25th**. See: **https://www.differentdrum.net/** Contact Beth at by 216-260-5525 or **beth@differentdrum.net** .

iCan Bike Camp

By Deena Barrett

Every year I lead **iCan Bike** camp. We teach children and adults, with disabilities, to ride bikes. This year the camp is **on June 9th through June 13th** at the Independence Fieldhouse, 6354 Selig Drive, Independence, OH 44131. Come and check us out or even volunteer. For more information, see: **https://icanshine.org/ican-bike-cleveland-oh/** or download her brochure and volunteer form on our website at **www.clevelandstrokeclub.org** and select the link to "Newsletters, Calendars, and Flyers.

US

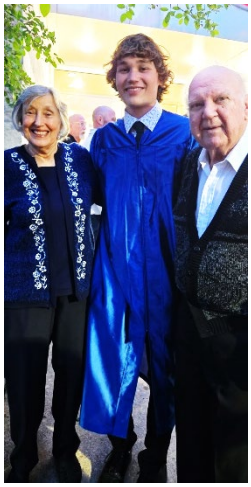
Evelyn's newest puzzle and ……Evelyn visiting with her friend.

Diondre's kids

Kathy on Mother's Day

Mary on Mother's Day

Bonnie on Mother's Day



John & Arlene's grandson graduation and marathon winner

Dave & Sue and granddaughter

Barb Cox's grandchild

WORD PUZZLE: How Sweet It Is
National Doughnut Day, June 5th

By Brenda Koos

(Use every letter and word only once.)

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T S J A N Q H C R U S V X Y K
Q I H O K C R C H E L P P A Q
R F M F C E I Y N B J Y T B G
C E O Q A R N N E E I S S U L
L A L M I C U A N W R R I T A
G O K Y L Q R M D A V F W T Z
S B M E V C Y S B N M P T E E
Z U Q O L Y C Z A L J O L R D
A E U A O L H D M D E F N M H
N K W A K L E R A G U S S I D
Y E A S T E V L V I M Z S L C
L T W J X J G Y P V R E H K X
C H O C O L A T E A L R V V P
S P R I N K L E Y O M F C F W
D E R E D W O P H D M O O C Q
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Apple	Bearclaw	Buttermilk
Cake	Chocolate	Cinnamon
Cream	Crumble	French
Glazed	Holes	Jelly
Lemon	Maple	Powdered
Sprinkle	Sugar	Twist
Yeast		

Make your own puzzle here:
https://puzzlemaker.discoveryeducation.com/word-search

Gary and Paulette:
Neil Armstrong Museum
Wapakoneta, Ohio

Free Outdoor Music Concerts at Legacy Village

Join Vivien, Roger, and Deb on Saturdays at Legacy Village. Free concerts outside. Bring a sandwich, a drink, and a lawn chair. **https://legacy-village.com/play/legacy-live-2/2026-06-13/**

We are also checking out the Food Truck and music in South Euclid: **https://tinyurl.com/3x8d3abz**

Cleveland Stroke Club Annual Picnic

Wednesday, June 10, 2026 from 4:30 to 7:30 p.m.

Independence – Kiwanis Pavilion

6363 Selig Drive, Independence, OH 44131

Rain or Shine

(The pavilion is covered & the walls are garage doors that can be opened or closed.)

$ DONATIONS ACCEPTED $

Food serving begins at 5:00 P.M.
Bingo starts after dinner
Picnic ends at 7:30

The Club Provides

Grilled Hamburgers, Dogs & Buns,
Condiments,
Drinks and Ice,
Place Settings and Serving Utensils,
Games

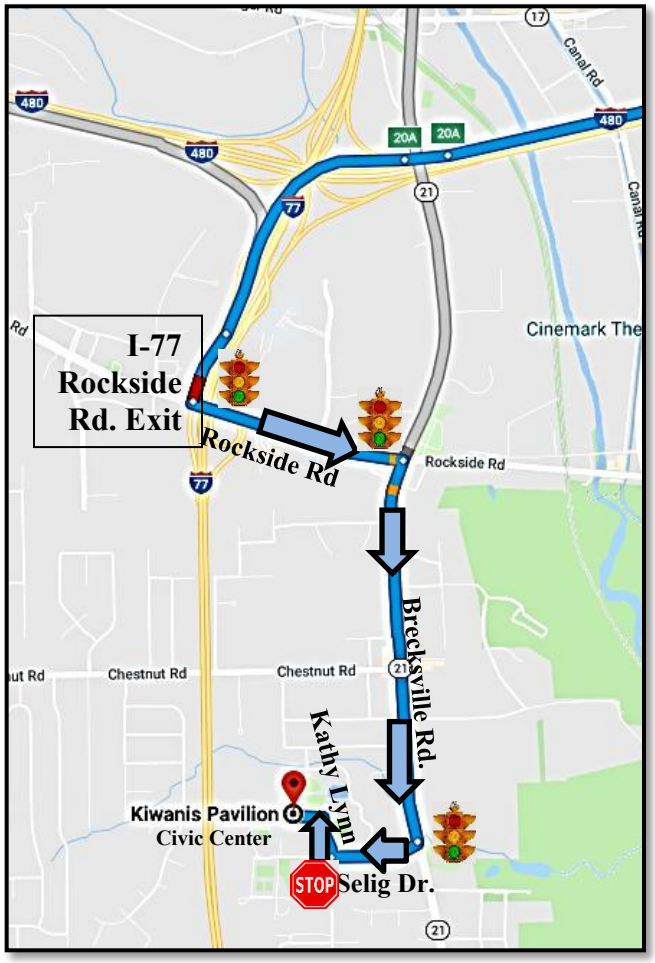
You bring a dish for 8-10:

Please put your name on your dish!

If your last name begins with **A-P**
Please bring a side dish.

If your last name begins with **R-Z**
Please bring a dessert.

Come and have some fun. There is always a lot of good old fashion conversation.
Bring the kids! Bring a friend! Most importantly, bring **yourself**!!!!!!



Suggested Directions (don't use GPS)

- From I-77:
- Take the Rockside Rd. Exit
- Turn east onto Rockside Rd.
- Turn (south) right onto Brecksville Rd. (Hwy 21)
- Turn (west) right onto Selig Dr.
- Turn (north) right onto Kathy Lynn Dr.
  (Kathy Lynn Dr. dead-ends in the parking lot.)
- Drive straight on Kathy Lynn Dr. to the dead-end.
- Turn left and drive a couple hundred feet.
- The Pavilion is the building in the grass (see picture above). Park or drop-off in front of it.
- **If you get lost, look for signs or ask directions to the Independence Civic Center.** (The Kiwanis Pavilion is directly across the parking lot from the Civic Center.) We will have signs on Selig Drive and Kathy Lynn Drive.

Bring this map--it's more accurate than GPS.
For more info call:

Geri's cell: 330-439-8073,
Roger & Deb's Cell: 440-289-9192,
Kay's cell: 440-773-8475

Cleveland Clinic
Rehabilitation Hospital
In affiliation with Select Medical

Stride On Stroke Walk

A Walk to Celebrate Stroke Survivors

Saturday, June 13, 2026
12 to 2 p.m.

Cleveland Clinic Rehabilitation Hospital, Fairhill
11900 Fairhill Road, Cleveland, OH 44120

11:30 a.m. – Noon Registration

Noon – 12:15 p.m. Remarks and music

12:15 p.m. Event begins, walk and roll

12:45 – 2 p.m. Join us for music, activity booths, games, community-based vendors, light refreshments and a raffle.

Questions? Contact the Stride On team at: 216.983.8030

Event is free and open to the public, registration is also free, but required to participate in the walk.

For more information and to register, scan this QR code or visit **clevelandclinicrehab.com/strideon**.

Hosted by Cleveland Clinic Rehabilitation Hospitals
clevelandclinicrehab.com