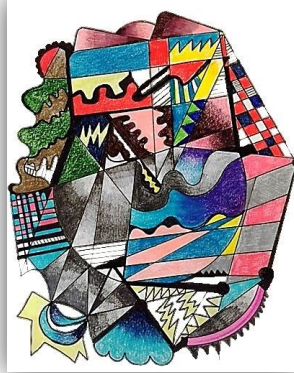


ReFocus^{Sep.}



ORIGINAL ART
By Jim Scanlon

A REPORT OF THE CLEVELAND STROKE CLUB

Sep. 2026

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

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



Caregiver/Survivor Meeting*

Wednesday, Sep. 2nd, 2026, 6:30-8:30 PM

Menu: Chicken Parm, Eggplant Parm, Vegetables, Rolls, & Dessert

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

General Meeting

Wednesday, Sep. 16th, 2026, 6:30-8:30 PM

Menu: Lasagna, Veggie Lasagna, Salad, Rolls, & Dessert

Speaker: Hallie Oldham, Better Business Bureau, "Scams & Frauds"

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**. Dinner at 6:30, Announcements at 7:15, 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

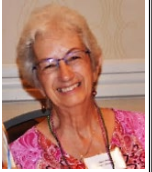
Fundraiser Chair
Frank Nisenbourn

ReFocus & Web Editor
Deb Felt

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

FROM THE DESK OF THE EXEC. DIRECTOR

By Geri Pitt



Thanks to the good folks at **Alfredo's at the Inn** in Mayfield Village; they laid the background for our wonderful 52nd anniversary dinner for **88** of us. The food was ample and delicious, and the entertainment (**Slammin' Sam**) was everything we expected and more. People brought their dancing shoes and we witnessed some beautiful dancing.

We added these people to our list of honorees, Thank you all for your continued dedication to the Club.

Delores Jones, for being a long-standing member -- since 2005

Arlene Beinhart, honored volunteer of 2026

Nelly Borodi, honored volunteer of 2026

George Borodi, honored volunteer of 2026

These people were also honored but not present:

Vivien Sekeres, honored volunteer of 2026

Bonnie Morris, for being a long-standing member -- since 2005

Cathi Ellsworth, our first president 52 years ago

Cleveland Stroke Club tee shirts and certificates noting their special place in CSC's heart were given to all.

Check out the photos that **Jene' Wilson** captured of the evening. They tell the whole story. Go to: www.clevelandstrokeclub.org and select the link to the Anniversary Dinner Pictures (or go to the Anniversary Dinner tab). Thank you, Jene', for your continued support and willingness to be our photographer. She captured the joy and happiness that flowed that evening.

Linda Davis ordered lanyards for our name tags to remember the evening and look forward to a 53rd year.

We want to thank **Frank Nisenbourn** for his help in making the site arrangements and Alfredo's and their patient staff in helping to make this a perfect evening for us.

Thanks go to **Kay Exl** for bringing our 15 "Heart Walk" paintings from the Hearing & Speech Center, setting them for display that night and returning them. We also added a painting by **Raj** to our set.

Kay Exl also brought those nifty dancing sticks that we love so much.

Also, many thanks to **George & Linda Pfeffer** for being the caretakers of our Memory Plaque of deceased members. We remember them in our hearts...they showed us how to celebrate life--with a little help from their friends.

Thank you all for coming and sharing your joy with us.

SEP. HOLIDAYS

- * 5 Int'l Bacon Day
- * 7 Labor Day
- * 8 Star Trek Day
- * 9 Rosh Hashana
- * 13 Grandparents Day
- * 18 Nat'l Cheeseburger D.
- * 19 Oktoberfest
- * 21 Yom Kippur
- * 23 Start of Fall
- * 25 Nat'l Daughter's Day
- * 26 Nat'l Pancake Day
- * 28 Nat'l Son's Day

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

SEP. WISHES**Happy Birthday**

Pat Hill	9/1
Gay Marmash	9/2
Kimberly Stewart	9/3
Carey Howells	9/4
Jenny Camp	9/5
Nancy Darling	9/6
Jack Racer	9/8
MargotHasal	9/10
Dave Zabo	9/10
Stephanie Burke	9/11
Sheila Bambic	9/15
Roger Gulbranson	9/15
Shirley Patterson	9/15
Kathy Wendorff	9/20
Anna Melendez	9/22
Omeka Delamore	9/23
Ralph Seymour	9/26
Vicki Curtis	9/29
Bonnie Kaltenstein	9/29
Marge Robinson	9/29

Happy Anniversary

Char & Larry Grossman	9/1/1974
Summer & David Smith	9/1/2013
Sue & Bill Franko	9/4/1980
Chris & Michael Vuyancih	9/7/1991
Pat & Clarence Albeny	9/14/1968

THIS MONTH'S MEETING CALENDAR

By Geri Pitts

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

9/2	Caregiver/Survivor	6:30 – 8:30	1st Wed. at Select Medical Fairhill
			11900 Fairhill Blvd., CLE 44120
9/2	Survivor Breakout	7:30 – 8:30	1st Wed. on Zoom
9/3	Bingo	7:00 – 8:00	Every Thurs. on Zoom
9/4	Outing: The Galley	11:00 – 2:00	5555 N. Marginal, CLE 44114 (The Galley replaces the e55 on the Lake & E55 Marina Restaurant.)
9/8	Family Feud	7:00 – 8:00	2nd Tues. on Zoom
9/9	Board Meeting	5:00 – 6:00	2nd Wed. on Zoom
9/10	Bingo	7:00 – 8:00	Every Thurs. on Zoom
9/16	General Meeting	6:30 – 8:30	Third Wed. at Disciples C. Church
			3663 Mayfield Rd. CLE Heights
9/17	Bingo	7:00 – 8:00	Every Thurs. on Zoom
9/23	Outing: Winking Liz.	11:30—2:00	Winking Lizard, Bedford
			25200 Miles Rd Unit #1, Bedford Heights, OH 44146
9/24	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,

I'm so happy that so many people attended our 52nd Anniversary Dinner. I hope you enjoyed yourselves. We want to thank **Geri Pitts** and her family for 52 magnificent years of stories about friendship. Also, since this will be Sam will be retiring this year, we invited him and his wife to come next year, as our honored guest. Thanks everyone.

Sep. Outing #1. Every year we meet at the marina on E55th St. to watch the Airshow practice on the Friday before Labor Day.

Where: The Galley (the new restaurant near the E55 St. Marina). It is located at: 5555 N. Marginal Rd., Cleveland, OH 44114. <https://tinyurl.com/yxvvh2ea>

When: Friday, Sept. 4th. Doors open at 11:00. They do not accept reservations. Try to come at about 11:00; it gets crowded. There's dining inside and outside and accessible restrooms inside. Bring hats, etc., also lawn chairs –to stay the afternoon.

Sep. Outing #2 Lunch at Winking Lizard, Bedford at 11:30 – 2:00.
Located at: 25200 Miles Rd Unit #1, Bedford Heights, OH 44146

(The building with the giant lizard in the front.) Lots of parking spaces in the front and side. The restaurant is accessible and if it is a nice day, we can sit outside on the great patio. Bring sunglasses, hats, and jackets, as needed. To see a menu, go to: <https://www.winkinglizard.com/bedford-heights>

ANNIVERSITY DINNER HONORS

By Geri Pitts

Cathi Ellsworth

We're honoring our first President. I don't remember much about those early days of the stroke club, but I bet Cathi does. I don't remember if she was elected or "chosen," but she worked hard to help organize this club into a lasting entity. Whatever she did must have been right because the club is still here and she's still here. Strangely we have never honored her before. So there's no time like the present to do so now.

Bonnie Morris

This young lady came to the stroke club, not only because she needed to be with others facing a similar recovery but because she wanted to help others through difficult times. Bonnie at one time served as your President and probably many other positions during the years that I wasn't so active. Unfortunately, we never had a historian, but I think if we asked Bonnie to be one, I'm sure she would agree. Bonnie is one of a few of our members who have been with this club since 2005.

Delores Jones

Who do you think regularly attends all stroke club meetings. Her devoted family makes sure that she attends wherever the gathering is. If someone was taking attendance, they would find that Delores Jones has attended more meetings than me or any of our board members. Delores loves to bake and share what she creates with others. She always volunteers for our Talent/Interest Night. Delores is a stroke survivor who has been a member since 2005. Delores, we honor you for your devotion to the club and always being there to let us know that we're important too.....so are you. Please come up to receive this gift and certificate from us.

Then we have our other volunteers who make sure they offer to help wherever they can.

They are our set up people, clean up people.

Arlene Beinhardt

This volunteer does all those things and even made masks for Zoom bingo winners during the Covid Pandemic. She's also a substitute Bingo card caller whenever we need her. She helps run Bingo at our annual picnic, too. Arlene Beinhardt, please come up here and be one of our honored volunteers of 2026.

Nelly Borodi

This next volunteer made a carrying case for our memorial plaque. It is now protected and easier to carry. She, too, is a set-up and clean-up person and will step in spontaneously and help out when she notices the need. She helps run Bingo at our annual picnic, too. Nelly Borodi, please come up here and be one of our honored volunteers of 2026.

Vivien Sekeres

This next honored volunteer was once a club secretary. She now helps with set-ups and clean-ups at meetings and picnics. She also proof-reads your ReFocus and jumps in to help wherever she sees the need. Vivien Seleres, you are one of our honored volunteers for 2026.

George Borodi

To make it fair, we should have a male volunteer, so no one thinks men are not involved. This is a man who will take your used plates and utensils to the trash and learned to not take them away until you were finished eating. He notices a problem and tries to correct it. He is pleasant all the time and has a welcoming face. He makes you feel important. And he loves to dance. George Borodi, this last gift and certificate are for you because we want you to know that you are important, too.

LAST MONTH'S CAREGIVER/SURVIVOR MEETING

Our August Caregiver/Survivor meeting was great.

Our menu for August was Pad Thai from Food for Thought, vegetables and salad, rolls, and great cookies brought by Sue and a delightful Indian fruit pudding by Harsha and Shirish. **George Pfeffer** made the announcements.

John Pumper and **David Zabo** collected money.

Survivor Breakout Session. **Deb** facilitated. We started by talking about the Guardian's baseball game that many of us attended. It was great! We want to go back!

We asked our new member if she wanted to resume her love of sewing and she said, NO. We all understood completely. In every life stage, some doors have to shut so others can open. We told her that if she ever wants to start sewing or art or music or crafts again, we will help her.

One of our members said her therapist encouraged her to talk about her recovery with us. She recently moved out of her sister's home to her own place. She talked about how heartbreakingly slow and difficult and yet rewarding it is to do simple household chores, like washing the floor, in a wheelchair. She said her goal in life is to walk. One by one, each of our members reached out to her with their hearts. One member said he understood but he also finds great joy being with his grandchildren. We all agreed and chimed in to tell grandchildren stories.

Editor's Note: Survivors who live alone are also their own caregiver/advocate. We can only imagine how hard it is to feel the pain and fatigue of stroke and at the same time be motivated to find resources and advocate for yourself. It can be overwhelming and isolating. Our members can help, just ask.

Caregiver Breakout Session. **Sue Sheridan** facilitated, 15 attended, and **Jackie** shared her notes.

A new caregiver was wanting to know how to resolve disagreements with the stroke survivor. The caregiver feels like he has to say "no" sometimes. Ralph stated that the stroke is different for everyone. He said there is a period of adjustment after the stroke for both the caregiver and survivor. Stroke changes both the caregiver and the stroke survivor. A caregiver said that the stroke survivor does not understand that the caregiver is doing all that he can do to help. One of our members suggested that caregivers and survivors should first try to understand each other. It is very frustrating because we are all learning to do new tasks and all the old tasks in new ways. Also, we are all getting older and we cannot do the things we used to do. Our caregivers suggested getting third parties involved: other family members can help give caregivers a break and survivors companionship. Therapists can teach the caregiver and survivor how to work as a team. Many families find assistants to help with house and lawn work and case workers or caregivers to help with personal care.

One of our caregivers, whose fiancé is in a nursing home, said that her fiancé talks about suicide, is abusive to the nurses, and no longer wants to marry her. We are so sorry that severe strokes take such a toll on young survivors. Hopelessness and mental health issues can be more devastating than the actual stroke. Our members advised individual and marriage counseling plus financial counseling and legal estate planning.

George said that he has a battery-operated bath chair available, if anyone needs it.
Ralph has a friend selling a used wheelchair van that is in excellent condition.

A new member stated that he was looking to purchase a stairlift and was quoted \$30,000. We suggest calling your county agency on aging or Benjamin Rose for assistance.

One caregiver said his wife feels self-conscious going out and they are staying in and inviting friends.
One caregiver is encouraging his wife to go out more to strengthen her muscles.

LAST MONTH'S ZOOM MEETINGS

Family Feud – second Tuesday on Zoom

Kay kindly shared her notes. On August 11, 2026, Cleveland Stroke Club played their 69th on-line Zoom Family Feud game with 9 people came - **Arlene, Carlotta, Debbie, Gary, Linda, Paulette, Raj, Rick, and Vinita.**

While walking outside, Raj would avoid splashing in the puddles, Rick would watch out for deer droppings, Arlene would try to avoid doggy doo-doo, and Gary would never "Step on a Crack" (His mother's back thanks him!)

For a fun Sunday, Linda would go to church, Rick would visit friends and family, Carolotta would go to a movie, Vinita would go for a long drive. Gary would sleep in and watch sports.

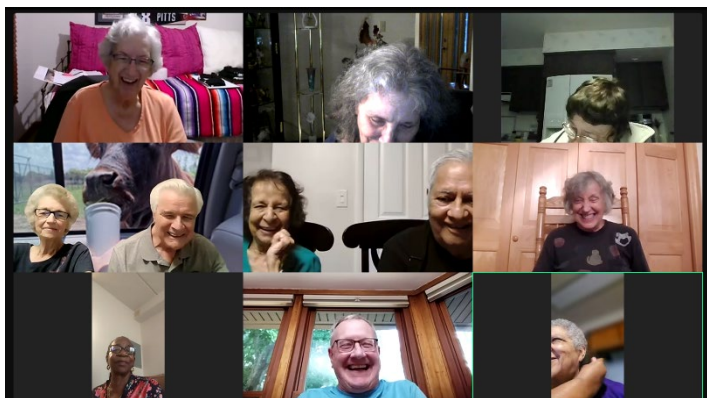
As we each watched the evening news before joining zoom, the Powerball jackpot had reached ONE BILLION dollars, so everyone had considered what they would do with the money if they won. Arlene and Vinita would buy a vacation home. Linda and Paulette would take an elaborate vacation. Rick would pay bills and give money to his kids. Carlotta would donate some to charity, and Gary would invest it, PS – None of us won the 1.04-billion-dollar payout !

Another interesting question "Name someone you would seek advice from. Paulette would check with her lawyer, Gary would call his doctor, Carlotta would confer with a friend. Debbie would sit down and talk with Roger's CAT!

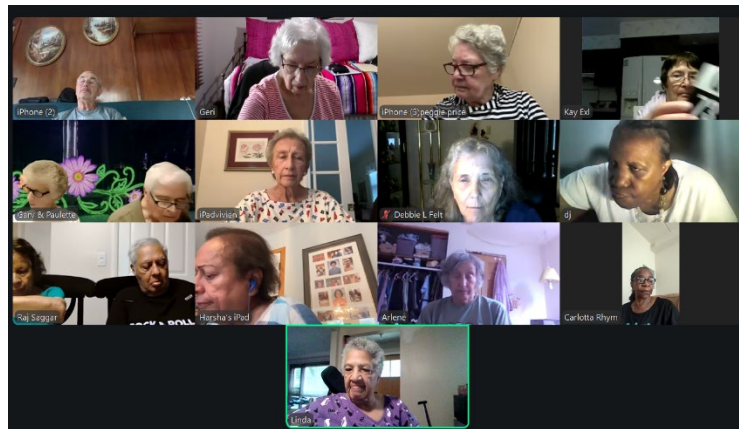
We sure do have a good time Join us on September 8 (The second Tuesday of the month) for our next exciting and entertaining game of Family Feud.

BINGO – every Thursday on Zoom

Thanks to Kay, Linda D. and Arlene we held another 4 bingo Thursdays, bringing up the consecutive bingo Thursday nights to 329. Here are July's winners: **Paulette, Carlotta, Arlene, Rick, Peggie, Evelyn, Delores, Gary, George, Harsha, Louise, Vivien, Vinita, and Raj.**



Zoom Family Feud



Zoom Bingo

SUMMER Word Scramble

- 1 DNAALSS
- 2 ALXER.....
- 3 OLPO.....
- 4 MWSI.....
- 5 NODAEELM.....
- 6 HECAB.....

SUMMER Word Scramble Cont.

- 7 HSSNEIUN
- 8 WOLET.....
- 9 MLNOEAERTW.....
- 10 SPLCSEIPO.....
- 11 ECI MECAR.....
- 12 EALSSNGUSS.....

BOOK CORNER

By Carolyn D.

The Quickie

By James Patterson and Michael Ledwidge

It is just like it sounds. A wife has an affair and finds out that her husband also had an affair. It was very good. Lots of twists and turns...a lot. Just when you think you know what is going to happen there's another twist. It's a page turner. I give it 3 out of 4 stars.

**BEER CORNER, ETC.**

By Dr. Roger Gulbranson

I think that I've decided on two beers that I am making this winter: **Lime Tree Lager** and **Chill Factor Cold IPA**. You can look them up on www.northernbrewer.com.

Also, I'm going to serve beer at Talent Night, you should come.

**SAVE THE PLANET ONE PRODUCT AT A TIME**

By Jocelyn Brown James

I remember being taught about saving the planet over sixty years ago. Today, the list of actions that are topic associated are used in real time. I have been able to review my sensibilities on stroke recovery disposal practices and consider new purchases. The medical facilities were excellent role models for this effort. Trash disposal and thorough clean-up can be a daily concern. Not being agile, with diminishing hand strength, my primary thoughts are on having my supplies needed, practical in purpose; making my trash management easy for anyone willing or able to assist me.

I took the time recently to look at the definitions that were assigned to sustainable rated products. According to Amazon descriptions 2026. "Products with sustainability features, organic content, energy efficiency or safer chemicals are identified by a green leaf on eligible products and packaging." Clearly communicating fifty or more third party certifying agencies that approve social and environmental standards established for sourcing, manufacturing and daily use.

Now it's our turn to shop respectfully.

Since before the Covid19 outbreak, I would dispose weekly: corrugated boxes, glass, plastics, shipping bags and for this sharing - paper towels. Three-ply paper towels purchased by the case were wastefully convenient for every setting, cloth substitution and seemingly in short supply on popular rolls.

Today, I have found some tear-off towel products that are washable. They are visually appealing decorative and in lots of colors. The microfiber feature provides added texture for scrubbing, lint free outcome and chemical management. This idea paired with environmental safety and reusability puts ME back in the earth responsible and awareness game 🌍.



Truly Mature People Don't Try to Change Difficult People: 7 Rules

By Pat Hill



Hidden Psychology

July 17, 2026

Have you ever met someone who seems determined to drain your energy? A colleague who always criticizes. A family member who never apologizes. A friend who only contacts you when they need something. A partner who turns every conversation into an argument.

You explain yourself. You try to be patient. You choose better words. You hope that one day they will finally understand. But months — sometimes years — pass. And nothing changes. The painful truth is this:

Many people are exhausted not because difficult people exist, but because they keep fighting a battle they were never meant to win.

They believe: *“If I explain better, they will understand.” “If I love them enough, they will change.” “If I prove I’m right, they will finally admit it.”*

But Japanese wisdom offers a radically different perspective: **A mature person does not spend their life trying to control another person’s mind. They learn how to protect their own peace.**

This idea connects deeply with Japanese concepts such as **“ma” (the power of space), “wa” (harmony), and “gaman” (quiet endurance and emotional discipline).**

It is not about becoming passive. It is not about allowing people to hurt you.

It is about realizing something most people discover too late: You **cannot control the behavior of difficult people — but you can control how much access they have to your inner world.** Here are 7 rules that reveal how emotionally mature people handle difficult relationships.

Rule 1: Stop Trying to Fix People Who Don’t Want to Change

One of the biggest psychological traps humans fall into is the **“change fantasy.”** We imagine: “If I say the right thing, they will finally see.” “If I give them enough kindness, they will become kinder.” “If I show them enough evidence, they will admit they are wrong.”

But psychologists have repeatedly found that human beings often resist information that threatens their identity. A person who sees themselves as “always right” does not experience correction as help. They experience it as an attack. This is why arguments with certain people never end. You are not discussing facts. You are defending your realities.

Japanese philosophy has a powerful lesson: **A river does not argue with a rock. It simply finds another path.** The mature person asks: “Is this conversation creating understanding, or only creating exhaustion?” Sometimes wisdom is knowing when to stop knocking on a door that will never open.

Rule 2: Master the Art of Emotional Distance

Many people confuse kindness with unlimited access. They think: “If I create distance, I am being cruel.” But Japanese culture understands something subtle:

Distance is not rejection. Sometimes distance is respect.

Continued on the next page.

7 RULES, Cont.



The Japanese concept of “ma” teaches that empty space is not emptiness. Space creates balance. A flower needs space to grow. A song needs silence to become beautiful. A relationship also needs boundaries to remain healthy. Psychologically, emotional distance allows your nervous system to recover. Constant exposure to criticism, negativity, and conflict keeps your brain in a state of threat.

You become constantly alert, emotionally exhausted, afraid of the next interaction. The question is not: “How can I make this person stop?” The better question is: “How much access should this person have to my peace?”

Rule 3: Never Let Someone Else Control Your Emotional Weather

A difficult person’s greatest power is not their words. It is their ability to control your emotional state.

Think about it: Someone says something rude. Hours later, you are still replaying the conversation. You are angry in the shower. You are arguing with them inside your head. You are losing sleep. But they are probably living normally. This is the hidden cost of emotional dependence: **You allow someone who does not protect your happiness to control your happiness.**

Ancient Japanese warriors practiced a similar principle: A calm mind is stronger than a reactive mind. The person who controls your emotions controls you. The person who controls their emotions controls themselves.

Rule 4: Don’t Explain Yourself to People Committed to Misunderstanding You

This is one of the hardest lessons to learn. Good people often over-explain. They write long messages. They provide endless explanations. They try to make everyone understand their intentions. But there is a painful truth: **Some people do not misunderstand you because they lack information. They misunderstand you because it benefits them.**

No explanation can defeat someone who has already decided your role in their story. Japanese wisdom values simplicity. Sometimes the strongest response is not a perfect argument. It is quiet confidence. You do not need everyone to approve of you. You only need to remain aligned with yourself.

Rule 5: Protect Your Energy Like a Valuable Resource

Most people protect their money better than their energy. They carefully manage their bank accounts. But they give unlimited access to their attention, emotions, and time. Why? Because energy feels invisible.

But psychology tells us: Your attention shapes your thoughts. Your thoughts shape your emotions. Your emotions shape your life. A person who constantly consumes your emotional energy is not just affecting your mood. They are affecting your future. Ask yourself: “After spending time with this person, do I feel stronger or smaller?” Your body often knows the answer before your mind accepts it.

Rule 6: Choose Peace Over Winning

One of the greatest signs of maturity is realizing: **Not every battle deserves your participation.** Immature people ask: “How can I prove I am right?” Mature people ask: “Is this worth my peace?” Winning an argument can feel satisfying for five minutes. But losing your inner calm can cost you days.

The Japanese philosophy of harmony does not mean avoiding truth. It means understanding timing, intention, and consequence. A sword is powerful because it stays still until necessary. A wise person does not react to every provocation.

Continued on the next page

7 RULES, Cont.**Rule 7: Accept This Difficult Truth — Some People Are Lessons, Not Lifelong Connections**

Perhaps the hardest realization: Not everyone who enters your life is meant to stay. Some people come to teach you: boundaries, self-respect, courage, emotional independence. We often suffer because we keep asking: “Why can’t this person be different?” But a more powerful question is: “What is this relationship teaching me?”

Carl Jung once wrote about the importance of confronting the parts of ourselves we avoid. Sometimes difficult people reveal our own unfinished work: Our need for approval. Our fear of rejection. Our inability to say no. The difficult person may not be your punishment. They may be your teacher.

The Final Lesson: Peace Is Not Found by Changing the World Around You

Many people spend their lives trying to create a perfect environment: Perfect relationships. Perfect people. Perfect circumstances. But wisdom comes when you understand: **Peace is not created when everyone behaves the way you want. Peace is created when you stop giving everyone the power to disturb you.**

The strongest people are not those who have eliminated difficult people from their lives. They are those who have learned: who deserves their energy, where to place boundaries, when to walk away, when silence is more powerful than explanation.

Japanese wisdom reminds us: A tree does not fight the wind. It bends. It adapts. And because it knows when to move, it survives storms that break stronger-looking things.

A Final Question for You: Think about the most difficult person in your life. Now ask yourself: **“Am I trying to change them because they need to change — or because I cannot accept that they may never change?”** That single question can transform the way you experience relationships. Because sometimes the greatest freedom is not making someone finally understand you. **Your peace is one of the most valuable things you will ever own. Don’t give it away cheaply.**

hiddenpsychology.substack.com/p/japanese-psychology-reveals-truly

July 17, 2026

Science-backed insights on psychology, neuroscience, aging, habits, and human behavior. Learn why we think, feel, and act the way we do—and how small shifts can transform the trajectory of your life.

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

MOVIE CORNER

By Damon Smith

**Spider-Man (Brand New Day)**

Daniel Cretton. It follows a forgotten Peter Parker living alone and working full-time as Spider-Man in a world that no longer remembers him. As the pressure mounts and his old friends move on, a dangerous internal change and an invisible, powerful new enemy emerge to threaten the city. This is a great movie and very interesting. I gave it 2 🍷 🍷 up.

FALL 2026 SPEAK EASY SCHEDULE IS ON THE WEB

The fall schedule is on our website: www.clevelandstrokeclub.org.
Select the link to the Newsletters, Calendars, and Flyers.

TRI-C PHYSICAL THERAPY AND WELLNESS PROGRAMS

By David Zabo



Tri-C offers stroke survivors (and others) very low-cost physical and occupational therapy and wellness programs, which also give therapy students an opportunity to practice their skills. Our members love these programs. **Evaluations start on Sept. 8th**. You can learn more and even register online. Go to:

<https://www.tri-c.edu/community/community-services/community-health/preventative-care-center/index.html>

SAVE THE DATE: OCTOBER 21st

By Deena Barrett



This is the date of our annual Talent/Interest Night when you bring your talents and interests to showcase what you can do and enjoy doing. We need six people to volunteer to share your skills and stories with us. Call Deena (216-410-2306) and ask her to save a spot for you.

TOE TIPS

By Jenifer Vanek RN

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



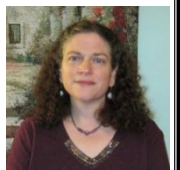
Check those feet for the “warning signs”! Redness, cracked skin, numbness or sensory issues can lead to larger foot issues. Have your doctor check feet routinely and note any sudden changes in the appearance or sensation of feet. Call your doctor for any foot changes promptly to prevent worsening conditions.

Answers to Summer Word Scramble

- | | | | | | |
|-------------|----------|---------------|---------------|---------------|----------------|
| 1. Sandals | 2. Relax | 3. Pool | 4. Swim | 5. Lemonade | 6. Beach |
| 7. Sunshine | 8. Towel | 9. Watermelon | 10. Popsicles | 11. Ice Cream | 12. Sunglasses |

MUSIC

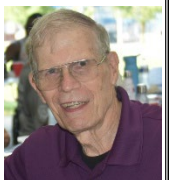
By Beth Friedman-Romell



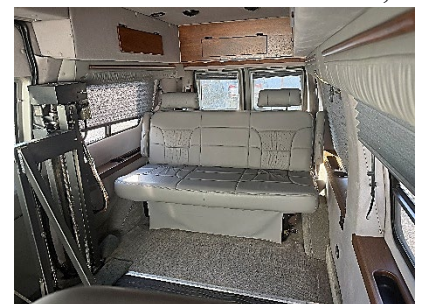
See my website: <https://www.differentdrum.net/> to learn about my music therapy sessions or send me an email: beth@differentdrum.net.

OLD BUT EXCEPTIONAL 2001 FORD WHEELCHAIR VAN FOR SALE

By Ralph Seymour



Power stroke diesel 108k miles in storage in SC since 2017. New battery. No rust has been rust proofed. Power side entry and driver seat. It's a highly top Tuscany extended custom. Heavy duty with tow pkg. Dealer buddy says it's worth \$30k. Looking to get \$26k or best offer. Contact: ReCarNation, Matt Sorboro +1 (303) 807-6734. More photos are available.

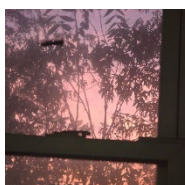




US



Evelyn's Church group: wearing mask.....and taking them off.



Linda D. pics
Moon Eclipse and Sunset



Raj & Vinita at Kite Show at Edgewater



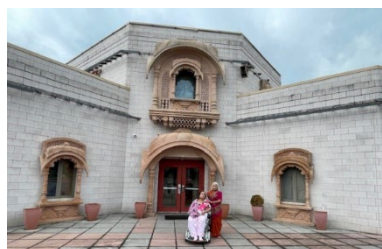
Linda P: Celebrating 3 birthdays



New Guardian's game pics



Linda Davis Recognized at the Guardian's game.



Shirish and Harsha with friends to visit Vraj Temple in PA with a senior group.

WORD PUZZLE: A Spud by Any Other Name

September is National Potato Month

By Brenda Koos



(Use every letter and word only once.)

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

Arrowroot
 Jalap
 Rhizome
 Solanum
 Swede
 Tattie
 Tuberosum

Bulb
 Murphy
 Root
 Spud
 Sweet
 Tayto
 Yam

Earthapple
 Pratie
 Skins
 Starch
 Tater
 Tuber

Make your own puzzle here:

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

Gary and Paulette: Day Trippin'



Still celebrating our 60th Anniversary



Lego Convention in Youngstown

YOU ARE THE STAR

WHAT: YOU'VE GOT TALENT/INTERESTS NIGHT

WHEN: OCTOBER 21, 2026

DINNER BEGINS AT 6:30

TALENT/INTEREST NIGHT – 7:30-8:30 p.m.

WHAT YOU NEED TO DO: SIGN UP TODAY!

SIGN-UP DEADLINE IS OCTOBER 14

Plan a 5-8 minute presentation to tell your friends at the Cleveland Stroke Club how you spend your free time.

NOTE: IF YOU WANT TO SHOW PHOTOS OR HAVE US MAKE COPIES OF HANDOUTS, YOU NEED TO SEND THEM TO DEB (debbie@gulbranson.com) BY OCTOBER 14.

DEENA BARRETT – 216-410-2306