

ReFocus^{Oct.}



ORIGINAL ART
By Jim Scanlon

A REPORT OF THE CLEVELAND STROKE CLUB

Oct. 2026

Cleveland Stroke Club
c/o Geri Pitts
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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, Oct. 7th, 2026, 6:30-8:30 PM
Menu: Kielbasa, Sides, Salads, & Dessert
***At 7:30 Survivor Meeting will also be available in Zoom**

General Meeting
Wednesday, Oct. 21st, 2026, 6:30-8:30 PM
Menu: Pizza, Salad, & Dessert
Program: Talent and Interest Night

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 Nisenbom

ReFocus & Web Editor
Deb Felt

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

FROM THE DESK OF THE EXEC. DIRECTOR

By Geri Pitt



Already we're in the Fall season, wondering where the Summer went. I hope we've kept you busy and in touch with each other.

Thank you all who have contributed time and energy to ensure that the Cleveland Stroke Club remains a viable entity. **October is my final month with you as your Executive Director.** After that I will become a volunteer, just like you. I'll continue hosting Zoom games, along with the help of my crew (Kay, Linda, Arlene and Rick) and we'll continue to have fun every Thursday night. We'll also continue to have Zoom Family Feud games once a month, as long as people show up.

Our annual Talent and Interest Night will be on October 21st and we have lined up these talented people to wow us with their presentations*:

Roger Gulbranson

Delores Jones

Shirish and Harsha

Shirley Patterson

Neerja Bhushan

Susie Hyche

Michael Kaltenstein

John Pumper

Linda Davis

Beer Tasting

Lemon Cake Tasting

Vacation Pictures

Arts and Crafts

Needlework or OT

Arts and Crafts

Adaptive Skiing

Family and Pictures

My Work at the Guardians

*Subject to change

Thank you,
Cleveland Clinic Cerebrovascular Center
For your generous donation from your September
30 Day Step Challenge

Save the Date:**Metro Stroke Conference will be on Friday, October 30, 2026**

Registration starts at 8:30,

Programs: 9:30 a.m. 1:30 p.m.

MetroHealth Main Campus Alfred F. Connors, Jr., MD

Learning Center (R170)

2500 MetroHealth Drive

Cleveland, OH 44109

To Register: <https://fs26.formsite.com/8dBVlg/vp38nezrte/index>
or call 326-957-3379

Flyer is on page 13 and posted at www.clevelandstrokeclub.org

OCT. HOLIDAYS

- * 2 Name Your Cat Day
- * 3 Natl. Boyfriend Day
- * 4 World Animal Day
- * 5 World Teachers Day
- * 6 German American Day
- * 6 Nat'l Taco Day
- * 8 World Sight Day
- * 12 Columbus Day
- * 14 Nat'l Dessert Day
- * 17 Nat'l Pasta Day
- * 21 Pronouns Day
- * 26 Nat'l Pumpkin Day
- * 28 Nat'l Chocolate Day
- * 29 World Stroke Day
- * 30 Nat'l Candy Corn Day
- * 31 Halloween

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

OCT. WISHES**Happy Birthday**

George Borodi	10/01
George Jenkins	10/05
Janie Racer	10/05
Sue Lefler	10/12
ShilpaKedar	10/12
Belinda Beverly	10/13
Gary Eilrich	10/14
Raymond Roberts	10/15
Michael Merritt	10/19
Laura Ferjutz	10/20
Berenice Kleiman	10/22
Myrna Moats	10/22
Donna Donohoe	10/24
Bettye Hayes	10/24
Tom Marmash	10/27
Jennifer Roberts	10/27
Donna Pastor	10/28
Linda Davis	10/30

Happy Anniversary

Mary & John Pumper	10/6/1984
Gay & Tom Marmash	10/12/1968
Paula & Jon Colston	10/21/2000
Donna & Mark Donohoe	10/31/2020

THIS MONTH'S MEETING CALENDAR

By Geri Pitts

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

10/1	Bingo	7:00 – 8:00	Every Thurs. on Zoom
10/7	Caregiver/Survivor	6:30 – 8:30	1 st Wed. at Select Medical Fairhill 11900 Fairhill Blvd., CLE 44120
10/7	Survivor Breakout	7:30 – 8:30	1 st Wed. on Zoom
10/8	Bingo	7:00 – 8:00	Every Thurs. on Zoom
10/13	Family Feud	7:00 – 8:00	2 nd Tues. on Zoom
10/14	Board Meeting	5:00 – 6:00	2 nd Wed. on Zoom
10/15	Bingo	7:00 – 8:00	Every Thurs. on Zoom
10/21	General Meeting	6:30 – 8:30	Third Wed. at Disciples C. Church 3663 Mayfield Rd. CLE Heights
10/22	Bingo	7:00 – 8:00	Every Thurs. on Zoom
10/28	Outing: Mavis Public	11:30-2:00	Mavis Public House 6025 Kruse Drive Solon, OH 44139
10/29	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 hope everyone can get out and enjoy the fall colors. Also, Go Guardians!

We have a great month planned for October.

On Wed. October 7th at our **Caregiver/Survivor Meeting** we will celebrate Oktoberfest, with Kielbasa and the fixings (sauerkraut, sweet peppers and onions), salads, and dessert.

On Wed. October 21st at our **General Meeting** we will have pizzas from Jets, salads, and dessert and celebrate our members' Talents and Interest.

On Wed. October 28th we will meet for lunch at **11:30 at Mavis Public House**. It is in a mall at **6065 Kruse Drive, Solon, OH 44139**. It is accessible. Paratransit stops there. (Note: the doors open at 11:30.) Here is a link to the menu and a map: <https://mavispublichouse.com/> You do not have to RSVP. We made reservations. If you want to coordinate, call or text Deb (440-289-9192).

On Friday, October 30th, Metro Health will host The 2026 Stroke Forum.

Registration begins at 8:30, and presentations are from 9:30 am – 1:30 pm. (lunch is provided). It is located at MetroHealth Main Campus, Learning Center (R170), 2500 MetroHealth Dr., 44109. Please help them plan this excellent event by registering online: <https://fs26.formsite.com/8dBVlg/vp38nezrte/index> or by calling Hope at 216-957-3379. Our Club will have a table, there; stop by and share your experience with others. We will help you in any way.

LAST MONTH'S CAREGIVER/SURVIVOR MEETING

Our September Caregiver/Survivor meeting was great. We ate Chicken Parm and Vegetable Parm from Food for Thought, vegetables and salad, rolls, and desserts by **Katie Kern-Pilch** and **Kay**. **George Pfeffer** made the announcements. **John Pumper** and **David Zabo** collected money. About 41 attended. Special thanks to **Joyce, George and Nelly**, and **Kay** who came early for set-up and the **Jones, Sue, and Kay** who helped with break-down.

Survivor Breakout Session. Jean kindly facilitated. We went around the room updating each other on our lives. Jean answered questions about Speak Easy and Speak Easy Choir. These are two programs that she started and facilitates, along with her graduate students at CASE. To learn more, contact Jean at jmn13@case.edu. We have posted the Speak Easy schedule on our website: www.clevelandstrokeclub.org; select the link to Newsletters, Calendars, and Flyers. Jean also answered questions about stroke, therapy, and recovery.

Caregiver Breakout Session. Sue Sheridan facilitated. Unfortunately, Jackie was out-of-town and we did not reassign taking notes. God is not done with us.

LAST MONTH'S GENERAL MEETING

Our September General Meeting was wonderful. We ate lasagna (meat and vegetarian) from Food for Thought, rolls, salads by **Jackie Patterson and Gary and Paulette**, and **Kay** brought dessert. **David Zabo** collected money and **Sue Zabo** handled raffle tickets. Special thanks to **Arlene, Vivien, George and Nelly** who came early to set up and everyone who helped to break-down, especially **Linda P., Paulette, Vivien and Kay**.

Deena introduced the speakers, **Hallie Oldham** and her father, from the Better Business Bureau of Greater Cleveland (which serves Ashtabula, Cuyahoga, Geauga, Lake, and Lorain counties), spoke on scams and frauds.

Types of Scams

Sweepstakes Scams: The caller (via phone, email, text, FB) impersonates well-known sweepstakes and lotteries. The winner is told to pay taxes and fees before the prize can be awarded.

Emergency Scams: A young person will call and ask for money ASAP.

Home Improvement Scams: Criminals will show up at your home uninvited offering to make repairs. They do shoddy work for high prices and arrange financing through predatory lenders.

Phishing and Tech Scams: Links found in unsolicited emails or on social media can be unsafe. The links can access personal information. Also fraudulent callers can claim to be tech support workers.

Medical Quackery: Fraudsters will pose as government workers to get your Medicare, Medicaid, and Insurance accounts and steal your identity and submit fake medical charges. Scammers can also target adults for medical products and miracle cures.

Sweetheart Swindles: Romance scammers charge you and ask for money.

If you have been scammed: Contact the fraud departments of the three major credit bureaus, remove fraudulent info from your credit report, add a fraud alert and freeze your credit report, close accounts that have been compromised, file a police report, change passwords, file a report at IdentityTheft.gov or call 1-877-438-4338.

We posted, "How to STOP Unwanted Calls" on www.clevelandstrokeclub.org, select the link to "Newsletters, Calendars, and Flyers."

LAST MONTH'S GENERAL MEETING CONT.

How to Stop Unwanted Calls

- * **Who's Calling?** Don't rely solely on your caller ID Alone. Do NOT answer calls from anyone you do not know.
- * **Contact Your Provider.** Contact your home phone or mobile service provider to see what call-blocking and/or call-labeling services they offer.
- * **Do Not Call Registry.** Register your home or mobile phone on the Do Not Call Registry. You can do this for free at www.donotcall.gov or by calling 1-888-382-1222. If you are still receiving calls after 31 days, report it to the FTC.
- * **Install a Call Blocker.** Call blocking allows you to block incoming calls from specific telephone numbers. You can purchase a device that connects to your landline.
- * **Sign up for NOMOROBO.** NOMOROBO is a free service that intercepts calls on your landline, after the first ring and blocks those on a FTC assisted blacklist. NOMOROBO is also available for mobile phones for a fee. To see if your phone supports this visit www.Nomorobo.com Sign up by entering your phone carrier and email address. The website will provide you a step-by-step instruction based on your carrier.

If you have questions or get scammed, call the CLE Better Business Bureau: 216-241-7678 or visit their website: <https://www.bbb.org/local-bbb/bbb-serving-greater-cleveland>

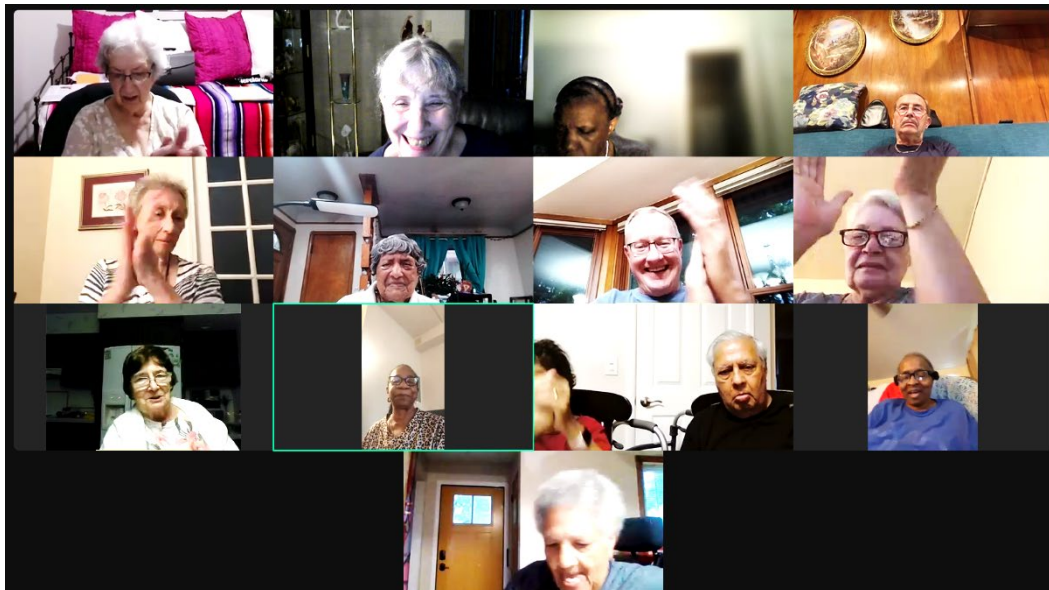
LAST MONTH'S ZOOM MEETINGS

Family Feud – second Tuesday on Zoom

Last month only 3 members came and we caught up. It was a wonderful conversation.

BINGO – every Thursday on Zoom

Zoom Bingo continues to be a drawing card for keeping in touch with our members. We usually average fifteen people per week, Sure, we get the same group of people more or less. It's like a bingo club. To run the games, we had help from Kay, Linda, Deb, Arlene and Rick. Here are the bingo winners from September: **Paulette, Peggie, Arlene, George, Vinita, Harsha, Delores, Evelyn, Carlotta, Joyce, Vivien, Rick, Linda, Gary, Vinita, Raj,**



BOOK CORNER

By Carolyn D.

Deadly Decisions

By Cathy Reichs

She's a forensic anthropologist (study of bones) and she helps the police solve cases. It's set in French Canada. She's trying to help police solve a murder that happened years ago. It takes her to many cities and through many different phases. She goes through a lot. I was really surprised. I think it's a really good book. I would give it 3 stars.

**BEER CORNER, ETC.**

By Dr. Roger Gulbranson

Come to Talent Night and taste my newest beer.

**LIVING ALONE WITH MOMENTS OF LONELINESS**

By Jocelyn Brown James

Thanks that the scope of social media support groups for stroke survivors are available. The posts on Facebook speak to issues of aloneness. During the first years of acceptance and recovery, I didn't have time to ponder my emotions on being alone or lonely. People were all around, as concerned willing spirits. I was concurrently learning my new normal and acceptance and lifestyle practice absorbed most of my free time. I can't paint a detailed picture that would satisfy the loss of independence creation in my senior life. I recall where there were promotions and outings for annual events, senior bus trips, family and seasonal gatherings and cultural exhibits offered and "I" couldn't go!!! 😞.

It was then that my entertainment became "anything" YouTube. My #1 nephew gifted me with a larger, smarter television for my wellness enhancement. The insightful things I have learned was stimulating in 24/7 unlimited offerings. But there is nothing like first-hand - 3D exposure. It was the sensory overload that helped lock in those priceless memorables.

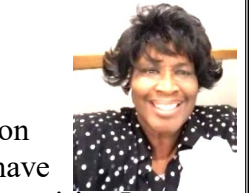
My peace of mind is more valuable than being understood in this recovery situationship. Social distance has gotten somewhat easier. Being nearly six-years at home; that is where the loneliness reality can take over by fueling bouts of varied anxiety.

Talk about painful, coping with absences while existing in a forced quiet space. If you had an active social life, transportation options and a love for connectivity with friends and associates, the non-ringing phone, low volume friend emails and text messages and missed purpose are normals quickly noticed.

As we get older family, friends and cherished colleagues will also leave this earthly trial. I have missed memorials and I have newfound appreciation for livestream service delivery. These opportunities are recurring common shares on social media platforms.

Therefore, if someone living in recovery or in a solo state ever comes to mind, try to reach out in some way. Live plant deliveries foster atmospheric wellness. The simple act of unplanned kindness may be needed more than you know.

Heartfelt smiles will follow 💕.



70 Things to Declutter and Let Go of This Year (Part 1)

By Pat Hill

Courtney Carver

June 14, 2025



Moving slowly and thoughtfully decluttering for a few minutes each day will help you build momentum while you protect your time and energy. Each of these categories and recommendations involve several items so by the end of the year, you'll declutter and let go of hundreds of things, maybe thousands. You'll be surprised how much lighter your home and your heart feel after each decluttering session!

Closet Items: you can reduce a significant amount of stress simply by eliminating items from your wardrobe.

We don't realize how much of our emotional energy is attached to our physical clutter. When I started dressing with less, I noticed that there were so many things in my closet that made me feel bad. For instance, clothes that didn't fit, things I paid too much for or things I got on sale that I never wore.

- 1. Duplicate items.**
- 2. Anything with tags still hanging.**
- 3. Clothes that don't fit.**
- 4. Shoes that hurt your feet.** Life is too short for uncomfortable shoes.
- 5. Things (gifts) people gave you that you don't like to wear.**
- 6. Things you haven't worn in more than three years.**
- 7. Formal attire you'll never wear again.**
- 8. Clothes you are saving for your children.**
- 9. Expensive things.** Just because you spent a lot on it doesn't mean you have to keep it forever.
- 10. Cheap things.** If the best thing about the item in your closet is the price, you probably don't wear it.
- 11. Aspirational items.** Things you bought for a life you don't have, and don't want anymore. You may not notice the emotional weight the things in your closet carry until you get them out of sight. Declutter and let go or simply hide the excess so you can experience the relief that comes along with it. Eliminate the physical clutter, and the mental clutter goes with it. For more support and inspiration to dress with less, read *Project 333*.

Digital Clutter: declutter and let go of the stuff on your phone, tablet and computer. Even though you can't see digital clutter, you know it's there because you are paying for additional storage or having trouble finding things you've saved. These items are only taking up space. In my experience, we pull things out of digital folders as often as we take them out of physical folders or filing cabinets.

12. Digital photos. If you spend way too much time trying to organize your digital photos, consider my approach. The only organization I do is by year so every photo I saved in 2024 lives in a folder called 2024. Every photo I took in 2023 lives in a folder called 2023. Many storage systems have tagging or other categorizations available but unless you are a professional photographer, this is probably enough. You can easily delete duplicates and photos (like screenshots along the way). Don't just simplify your photos, simplify your process.

13. Screen time. Spend less time on screens by setting boundaries around when and where you use screens.

Continued on the next page.

70 Things, Cont.

14. Remove email from your phone.

15. Remove apps from your home screen.

16. Clean up desktops.

17. Delete podcasts you don't listen to.

18. Delete downloaded music you don't enjoy anymore.

19. Email. For a daily approach to email (to keep email clutter at bay), I recommend opening your inbox 1–3 times a day, clicking “select all” and then, at a glance, unselect anything you want to keep. Delete the rest. This will save you so much time and energy. If you are starting with hundreds or thousands of emails, you can try this approach and spend a few minutes each day on the older emails or you can declare email bankruptcy and “Select all. Delete.”

Declutter and let go of kitchen stuff. The kitchen is often the gathering spot of a home. When you declutter and let go in the kitchen, you make more space to connect, to create and to enjoy what is often the heart of your house.

20. Small appliances that never see the light of day.

21. Food in cabinets, refrigerator and freezer that you'll never eat.

22. Duplicates (wire whisks, wooden spoons, can openers, measuring cups and spoons).

23. Decor that isn't useful and gets in the way.

24. Food storage containers you thought you'd use and never use.

25. Things that have passed down to you that you are never going to use.

26. The good dishes (or start using these and get rid of the others).

27. Spices, sauces and condiments you never use.

28. Coffee mugs (you always use your favorite one anyway).

Declutter photos and paper. With paper and photos, it's not about getting organized. It's about saving less. Most of these things to declutter are things that feel important but also things you never revisit.

29. Children's artwork and homework (save some but not all).

30. Bills, statements and receipts you can get online.

31. Files and folders. All of that stuff in your filing cabinet you never look at.

32. Photos: declutter and let go of blurry photos, duplicate photos and photos of things you don't remember or don't want to remember.

33. Old newspapers and magazines.

34. Anything you've ever ripped out of old magazines.

35. Coupons or mailers you aren't using.

36. Tax records you don't legally have to save anymore (check with a local accountant).

Saving photos and paper has become a secret hoarding project for most of us.

Continued on the next page

7 Things, Cont.



Declutter and let go of journals and sentimental items.

37. Journals. If you use your journals for anything other than memory keeping (like venting, processing, etc.) shred or burn them on a regular basis. Definitely let go if you wouldn't want someone else reading them.

38. Sentimental items. Don't start your decluttering journey here, but when it's time, unless you are enjoying your sentimental items, release them. If it helps, take a picture of the item first, then let go. Less doesn't mean nothing, so if there are sentimental items you can enjoy, display or actually use, try that too.

39. Your children's sentimental items. You may save report cards, artwork, and other childhood milestones that your children can enjoy as an adult. That said, they may not want it. Give it to them at the appropriate age and honor their decisions.

Source:  courtneycarver.substack.com/p/70-things-to-declutter-and-let-go

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

MOVIE CORNER

By Damon Smith



The Odyssey

The Odyssey is a 2026 epic action fantasy film written and directed by Christopher Nolan, who produced it with his wife Emma Thomas. An adaptation of Homer's ancient Greek epic poem the Odyssey, stars an ensemble cast including Matt Damon, Tom Holland, Anne Hathaway, Robert Pattinson, Lupita Nyong'o, Samantha Morton, Zendaya, and Charlize Theron. In the film, Odysseus (Damon), the Greek king of Ithaca, undergoes a long and perilous journey home after the Trojan War and encounters mythical beings as he attempts to reunite with his wife Penelope (Hathaway).

This movie has many highs and lows. And a tear jerker (tears of joy for some). I definitely give this 2 thumbs up.



TOE TIPS

By Jenifer Vanek RN

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



Some foot issues should not be ignored, especially if these issues come up suddenly. Wounds that are slow to heal, sudden significant changes in the toenails or skin of the feet, or numbness or tingling in the foot should be reported to your doctor. These changes and more could indicate a larger issue.

ONE-HANDED ROCKER KNIVES

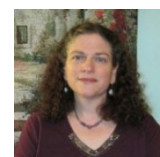
We have been bringing one-handed knives to our meetings. You can buy them on Amazon.com for \$14.99. They are called, DMI Verti-Grip Curved Knife. We like them because they are stainless steel, so they can be sharpened and put in the dish washer. Here is an Amazon link:

<https://tinyurl.com/2mkarxpd> . If you want to see other adaptive knives, search "rocker knives."



MUSIC: Help for Your Voice

By Beth Friedman-Romell PhD, MT-BC, LPMT, NMT®



Would you like to improve the clarity of your voice and reduce strain on your vocal cords? You may be familiar with SOVT, or semi-occluded vocal tract exercises. These exercises intentionally narrow the vocal tract, thereby focusing the voice toward the front of the face, in the lips and/or nose. The goal is to reduce vocal tension and strain.

SOVTs are surprisingly simple. You can:

- * hum up and down a scale
- * "buzz" your lips while gliding your voice up and down a scale
- * purse your lips and make an "oo" sound
- * blow into a straw while humming
- * blow into a straw while humming, in a glass partially filled with water

If you find your voice is hoarse, rough-sounding, or tires easily, try incorporating these exercises into your daily routine. They really work!

To learn more about my Sound Bath sessions Oct. 11th and 26th, see my website: <https://www.differentdrum.net/> or send me an email: beth@differentdrum.net or call: [216.260.5525](tel:216.260.5525)

RESEARCH STUDY on LANGUAGE & COGNITION: Boston University

Participants Needed for Study Investigating Language and Cognition

The Aphasia Research Laboratory at Boston University is looking for adult volunteers to participate in a research study using brain imaging.

Who do we need?

- * Participants older than 18 years old
- * Speak English as your first language
- * Must be right-handed
- * Be in good general health with no history of neurologic or psychiatric illness or
- * Have aphasia due to left hemisphere stroke

Dates and times for participating are flexible. For more info see: <https://www.bu.edu/aphasiaresearch/>

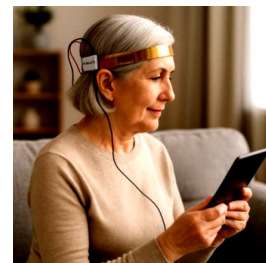
Compensation for participation and travel expenses will be provided.

Contact for more information: Phone: 617-353-2706 Email: brainrec@bu.edu

Research Study on Language Recovery After Stroke

Researchers at the Boston University Center for Brain Recovery are conducting a study to test a new **home-based language therapy** combined with **non-invasive brain stimulation**.

- * What does the study involve?
- * A virtual screening and language evaluation
- * An in-person visit to learn how to use the therapy tablet and brain stimulation device
- * Daily home-based language therapy and brain stimulation sessions (Monday–Friday for 3 weeks)
- * Two virtual follow-up assessments, one week and one month after the intervention
- * Sessions are supervised remotely by a research team member via videoconference
- * Participants will be compensated up to \$125



Contact us to learn more: Phone: 617-353-2706 , Email: brainrec@bu.edu , Website: <https://www.bu.edu/cbr/>
Boston University Center for Brain Recovery 111 Cummington Mall, Boston, MA

US



Ms. Evelyn



John & Arlene's Grandson



Joyce and Jolyon at CLE Orchestra Concert



Diondre with his kids ↑ ↓



Raj and Vinita at the Airshow

WORD PUZZLE: Pasta Perfection for National Pasta Day – Oct 17

By Brenda Koos



(Use every letter and word only once.)

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

Bucatini
Cavatelli
Fusilli
Macaroni
Ravioli
Spaghetti

Campanelli
Farfalle
Garganelli
Pappardelle
Rotini
Tagliatelle

Capellini
Fettuccini
Linguini
Penne
Rotini
Vermicelli

Make your own puzzle here:

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

Gary and Paulette at Barberton Mum Festival & Holden Arboretum (where 14 skeletons are exhibited)





MetroHealth

The 2026 Stroke Forum

Life Beyond Stroke: Resources, Relationships, and Recovery

Friday, October 30, 2026

9:30 a.m. – 1:30 p.m.

MetroHealth Main Campus – Alfred F. Connors, Jr., MD

Learning Center (R170)

2500 MetroHealth Drive

Cleveland, OH 44109

Registration begins at 8:30 a.m.

Free event for stroke survivors and their caregivers. Lunch will be provided.

Join us for a morning of education, support, and connection.

Keynote Speaker: Hear from a stroke survivor who will share his personal story of recovery, resilience, and finding a new path forward after stroke.

- Secondary stroke prevention
- Vagus nerve stimulation therapy and improving arm and hand movement
- Coping with life after stroke
- Learn about local programs, services, and resources that can help you stay healthy, independent, and connected.
- Connect with our therapy team and our network of rehabilitation psychologists, physicians, nutritionists, social workers and vendors.

Register by scanning the QR code:



Questions regarding registration please contact, Hope (PM&R Department) 216-957-3379

To register go to: <https://fs26.formsite.com/8dBVlg/vp38nezrte/index>

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