ReFocus Nov.





ORIGINAL ART
By Jim Scanlon

A REPORT OF THE CLEVELAND STROKE CLUB Nov. 2026

Cleveland Stroke Club
c/o Geri Pitts
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Seville, OH 44273
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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, Nov. 4th, 2026, 6:30-8:30 PM
Menu: Chicken Paprikash with Noodles, Vegetarian Pot Pie, Salads, & Dessert
***At 7:30 Survivor Meeting will also be available in Zoom**

General Meeting
Wednesday, Nov. 18th , 2026, 6:30-8:30 PM
Menu: Traditional Thanksgiving Dinner with Pies from the Board
Program: Patrick Panichi from Motis Nova, "Hand and Foot Systems

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
Frank Nisenboum

Executive Director Emeritae
Geri Pitts
Dorothy Norton

Other Board Members

Membership Chair
Kay Exl

Volunteer Coordinator
Shirley Patterson

Assistant to the Board
Bonnie Morris

Phone Caller
Linda Pfeffer

ReFocus & Web Editor
Deb Felt

Caregiver/Survivor Meeting Facilitators
Jean Nisenboum
Sue Sheridan

FROM THE DESK OF THE NEW EXEC. DIRECTOR

By Frank Nisenboum



Hi everyone, as you are aware Geri has retired as the Exec. Director of the Cleveland Stroke Club. As she mentioned last month, she will continue to host Zoom games. As of November 1st, I will be assuming the role of Exec. Director with the intention of following the groundbreaking work that Geri and all of you have done to make the club the awesome organization that it is.

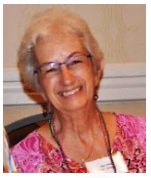
I want to use this month to introduce myself to those that don't know me, and to give those that do a bit more about my background and history. First, I am Jean Nisenboum's husband. As most of you know Jean has worked with the club facilitating the survivors' group for decades! I started to accompany Jean to the Stroke Club meetings a few years ago and found myself drawn to the organization and all the members and caregivers. The stroke survivors and caregivers I have been able to meet and get to know are some of the most inspiring people I have ever met. For that reason, I started to attend meetings regularly and joined the board last year. With Geri retiring I felt that the time was right for me to step up and become the next Exec. Director. While no one can fill Geri's shoes I hope to continue the work that she and Bill began. We have a great board and officers that work diligently for the club, and I can't wait to work with them in the coming year.

With my background in finance and accounting I am going to focus on helping the club grow and explore ways to raise money to make sure we can deliver on the things all of you need and want. With that said, my email is **frankn57@yahoo.com** and my cell number is 440-821-2377. Feel free to email or text me and thoughts, questions or concerns.

To close, I hope you all are enjoying this beautiful fall weather, and I look forward to seeing everyone at a meeting soon.

FROM THE DESK OF THE OUTGOING EXEC. DIRECTOR

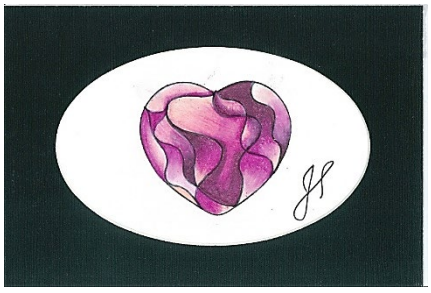
By Geri Pitts



I'm giving the reins to Frank Nisenboum. He has more energy and ideas and he will serve you well. It's been a pleasure to be a part of your lives, and I hope you continue to thrive.

I'll still be around. Visit me on Thursday nights during Zoom Bingo.

Happy trails to you until we meet again.
Happy trails to you, keep smiling until then.
Happy trails to you 'til we meet again.



Original art by
Jim Scanlon

NOV. HOLIDAYS

- 1 Daylight Savings Time
- 3 Election Day
- 8 Diwali
- 11 Veterans Day
- 14 Nat'l Pickle Day
- 16 Nat'l Fast Food Day
- 18 Mickey Mouse Day
- 19 Great Am. Smoke Out
- 23 Natl Expresso Day
- 25 Nat'l Jukebox Day
- 26 Thanksgiving Day
- 27 Black Friday
- 28 Nat'l French Toast Day
- 28 Small Business Sat.
- 29 Advent Begins
- 30 Cyber Monday

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

NOV. WISHES

Happy Birthday

Patricia Albeny	11/4
Verena Eicher	11/9
Roberta Wallace	11/9
Bethany Chos	11/10
Delores Boff	11/12
Fran Kemelhar	11/16
Jagdish Mude	11/19
Carla Moore	11/20
Cathi Ellsworth	11/21
Marv Goldstein	11/21
Kay Exl	11/24
Anthony Jackson	11/24
Alma Streeter	11/27
James Rhodes	11/28

Happy Anniversary

Dave & Sue Zabo
11/11/1989

Arlene & John Beinhardt
11/25/1967

Pam & Marv Goldstein
11/28

Get Well Soon

Jarmellia Armwood
Jon Colston
Cathi Ellsworth
Rita Perna

THIS MONTH'S MEETING CALENDAR

By Geri Pitts

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

11/4	**Caregiver/Survivor**	**6:30 – 8:30**	**1st Wed. at Select Medical Fairhill** 11900 Fairhill Blvd., CLE 44120
11/4	**Survivor Breakout**	**7:30 – 8:30**	**1st Wed. on Zoom**
11/5	**Bingo**	**7:00 – 8:00**	**Every Thurs. on Zoom**
11/10	**Family Feud**	**7:00 – 8:00**	**2nd Tues. on Zoom**
11/12	**Bingo**	**7:00 – 8:00**	**Every Thurs. on Zoom**
11/14	**Board Meeting**	**10:00 – 11:00**	**2nd Sat. on Zoom**
11/18	**General Meeting**	**6:30 – 8:30**	**3rd Wed., Disciples Christin Church** 3663 Mayfield Rd. CLE Heights. Traditional Thanksgiving Dinner.
11/19	**Bingo**	**7:00 – 8:00**	**Every Thurs. on Zoom**
11/25	**Bingo**	**7:00 – 8:00**	**Wed. Night—Due to Thanksgiving**

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 want to thank everyone who came to the outing in October at **Mavis Public House**. I had a nice birthday toast. That will be our last outing of the year because of the holidays in Nov. and Dec. During the winter months, we do not schedule big outings because of the weather – we do not want to strand people. But we want to encourage people to get together in smaller groups, on nice days. If you want help organizing smaller group gatherings, contact me or Deb.

I also want to thank everyone who came to the **Metro Stroke Conference on October 30th**. It was a great conference; I especially liked the keynote speaker who talked about the importance of family and friends to his recovery. Kudos to Metro Health for supporting stroke survivors and our families. I am glad that we had a table: we gave away lots of handouts. I especially want to thank our members who helped at our table: **Rick, Judi, Deena, Joyce, Lurelean, Delores and her daughter.**

Notes about our Nov. calendar: **On Nov. 18th** we will host a traditional Thanksgiving dinner: turkey and gravy, stuffing, mashed potatoes, sweet potato casserole, green beans, rolls, and pies brought from our board! We will have a speaker demonstrate new rehab tools. **On Wed, 11/25** Geri will host Bingo on the eve of Thanksgiving.

We will have our **2027 Fundraiser Picture Calendar available** at our November General Meeting and at our December meetings. Suggested price is $10.

We want to thank **Geri Pitts and Frank Nisenboum** for a smooth leadership transition. We love both of you, to the moon and back.

LAST MONTH'S CAREGIVER/SURVIVOR MEETING

Our October Caregiver/Survivor meeting was great. We celebrated Octoberfest and served Chicken Kielbasa in buns with the fixings (sauerkraut, onions and peppers and condiments). We also served vegetarian stir fry, salads, and great desserts—brought by **Linda Davis**. **George and Linda Pfeffer** made the announcements. **John Pumper** and **David Zabo** collected money. About 40 attended. Special thanks to **Shirley**, **Linda D.**, **Joyce**, **George and Nelly**, and **Kay** who came early for set-up and the **Jones family, 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 facilitated a conversation about post-stroke fatigue. We all said we had experienced fatigue. Linda D. said she has learned not to schedule more than one activity in a day.

Jean shared some medical information about post-stroke fatigue.

What is Post-Stroke Fatigue? Am I just lazy?

- Post-stroke fatigue is an overwhelming, persistent exhaustion that does not simply go away with rest.
- It affects up to 70% of stroke survivors and can last for weeks, months, or even years.
- It is not laziness. Survivors often describe it as "hitting the wall" suddenly, and standard sleep does not lift the exhaustion. It is deep physical and mental weariness where everyday tasks like talking, walking, or focusing require an exhausting amount of cognitive energy. We all said that we experienced fatigue and were learning how to manage it. Linda D. said that she is learning not to schedule two activities in a day – otherwise she will pay for it the next day. (Jean's handout is online **www.clevelandstrokeclub.org;** select "Link to Newsletters, Calendars, and Flyers.") All of us said we have experienced post-stroke fatigue.

Common Causes of Fatigue

- Brain healing and neuroplastic inefficiency can cause fatigue because after a stroke the brain works much harder to reroute signals and perform actions that used to be automatic.
- Sleep Disorders like sleep apnea, insomnia, or daytime sleepiness can cause fatigue.
- Emotional factors like depression, anxiety and frustration can cause fatigue.
- Medications and physical toll. Side effects from drugs, chronic pain, or muscle weakness increase energy expenditure and can cause fatigue.
- Post-Stroke Therapies. It is common for people to feel fatigue and see a worsening of symptoms for a brief period after therapy. Common reasons are cognitive and motor overload and also stress and frustration. See the handout for more explanation.

Management and Coping Strategies for Fatigue

- Energy Conservation: Pace demanding activities throughout the day and plan scheduled rest breaks before becoming totally depleted.
- Track triggers: Use daily journal to note when energy crashes happen and adjust your routine accordingly.
- Improve sleep hygiene: Keep a consistent sleep schedule and limit screens, caffeine, and alcohol before bedtime.
- Multidisciplinary care: Consult your doctor to review medications, evaluate sleep issues, and design an approved physical activity plan. Tell your therapists if you experience fatigue.

You are not lazy BUT you do need to listen to your body and take responsibility for adjusting to and reporting these changes! Post Stroke Fatigue can and should be managed by you and your team.

LAST MONTH'S CAREGIVER/SURVIVOR MEETING, Continued

Caregiver Breakout Session. Sue Sheridan facilitated. **Jackie** kindly shared her notes.
Kay said she was shopping at Kohl's to buy a sweatshirt and noticed that Kohl's has an adaptive section in the store. The sweatpants have zippers on the legs! They also have belt loops and drawstrings on the waist.

Ernie stated that his wife had problems with her legs and back. His wife had a stimulator implanted. It stimulates the spine to help reduce the pain and to improve her walking. They think it is helping.

Mike stated that his wife is supposed to have a Botox injection that is supposed to help with pain also.

A member asked if someone in the group can recommend a blood pressure machine that's more accurate. When she went to the doctor the blood pressure was close to normal. The machine at home showed much higher blood pressure. (Editor's note: many blood pressure machines can be recalibrated. Bring the machine with you to the doctor's office and they may be able to calibrate it. The pharmacist may also be able to calibrate it.) Someone suggested that she purchase a blood pressure reader that you can place on your finger.

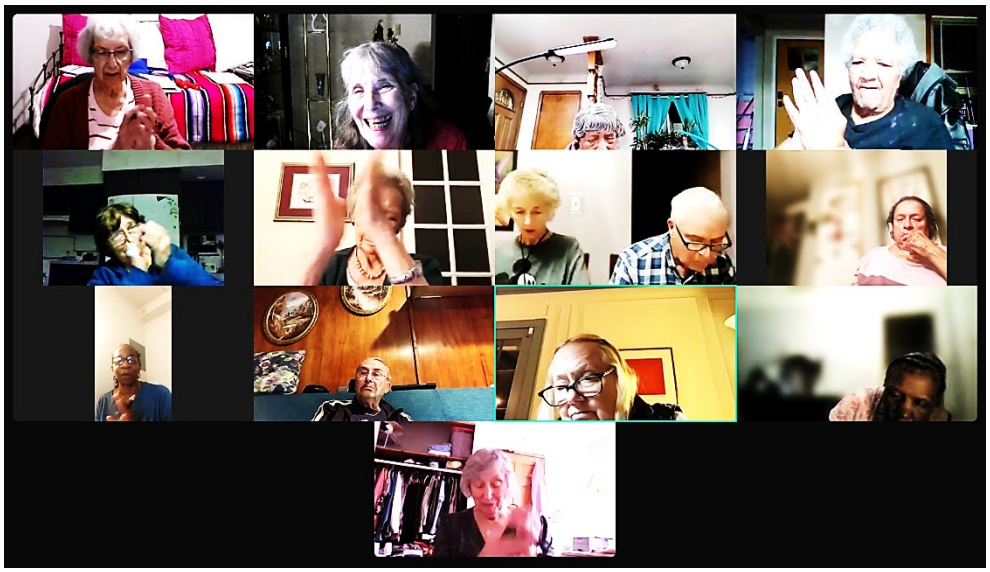
Deena stated that it's difficult to balance your medications The doctor should be able to determine what medications should not be taken together. **Neerja** stated that she takes MSM to help with arthritic pain. **Sue** stated that some pharmacies are starting to look at all of your medications to determine how they interact with each other. **Frank** stated that a pharmacist may not recommend what medications you should not take. They may be able to review the medicine that you are taking to explain some of the possible side effects.

A member stated that her husband wants to control his own medication and she isn't sure that it's being taken correctly.

LAST MONTH'S ZOOM MEETINGS

BINGO – every Thursday on Zoom

Geri kindly shared her notes. We continued our Thursday night bingo games in October with enthusiasm. There's always things to talk about and glitches to smooth out. Come sometime and see for yourselves. October's bingo winners were: Paulette, Rick, Peggie, Vinita, Raj, Arlene, Carlotta, Gary, Linda, Vivien, Evelyn, George, Harsha, Delores, Rick, and Louise. Thanks to Linda, Kay, Arlene, and Rick for helping. We couldn't have done it without you.



LAST MONTH'S GENERAL MEETING: TALENT NIGHT

It was another exciting Talent Night! To keep with tradition, we served Jet's Pizza, with salads provided by Susie and Joyce. Susie gave us her recipe, and we posted it on our website (go to: www.clevelandstrokeclub.org and select the recipe tab). We want to thank **Linda Davis, Vinita, and Kay** for helping us organize our dining room. We want to thank **Christine Kiplinger** for coming early to help us set up and keeping track of the pizzas and ovens and replenishing the serving table. **Arlene** came early to make our tasty iced tea. **Deena Barrett** brought fall decorations, organized the presenters, and was our fun MC for the night. **Vinita Saggar** was our excellent photographer. **Mary Pumper** kindly assisted our presenters with their slide shows. We want to thank everyone for participating in the presentations. Everyone helped with clean-up. It was a night to remember.



Talent Night Presenters

Dr. Roger shared his Grapefruit Pulpin' Ale even though he could not attend. We enjoyed sampling his brew of last season. A perfect beer for Octoberfest.



Delores brought her to-die-for lemon bundt cake. Thank you, thank you, thank you.

Harsha and Shirish showed a film of Indian Dance Presentations that Harsha choreographed and Shirish assisted. Harsha won many awards. Wow! Wonderful!





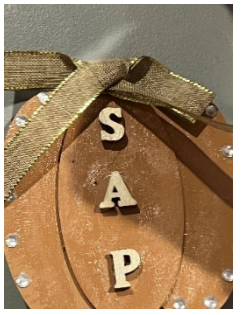


Shirley shared her Fall Crafts for Kids.









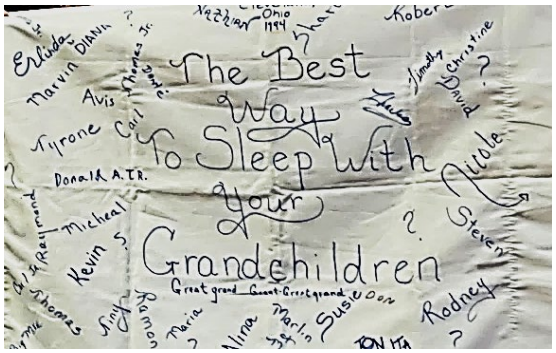
LAST MONTH'S GENDERAL MEETING: TALENT NIGHT, Continued

Neerja is a very talented Occupational Therapist who is a creative craftswoman who also makes adaptive equipment that she offered to our members.

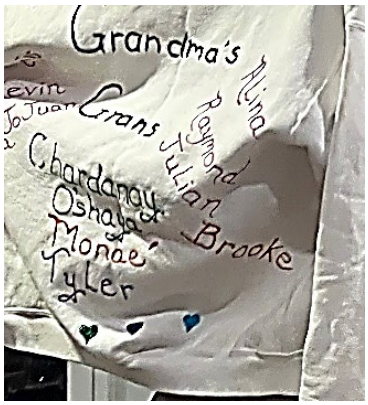




Susie is a wonderful craftswoman who likes to make personalized gifts.















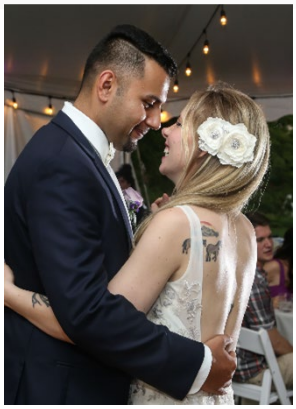
LAST MONTH'S GENERAL MEETING: TALENT NIGHT, Continued

John presented an excellent power point presentation about his family. Here are just a few pictures.









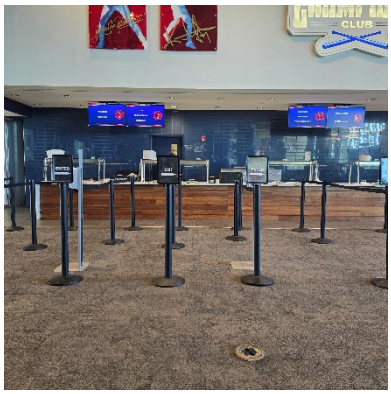
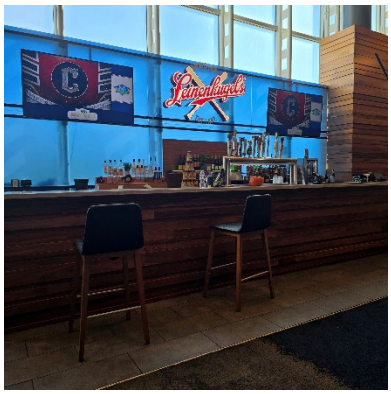




Linda D. works for the Guardian's Team. She made an excellent presentation about the backstage and front-stage preparations of hosting a game. The Guardians work hard to be accessible. Thanks, Linda!







BOOK CORNER



By Carolyn D.

People vs. Alex Cross
By James Patterson

The book is set in modern times. If you know the history of Alex Cross, he is a policeman who is on trial for murder because he is accused of unnecessarily killing someone who was innocent. It ties into what is going on today. He goes on trial and eventually is found not guilty. It's really two stories in one and that all ties together in the end. I recommend it. It's excellent, excellent. I talked to one of the nurses here, and she said it is a good read and it really is. It's one of his better books. The cover said he thinks this is his best book, but I think that some of his others are also good.

BEER CORNER, ETC.



By Dr. Roger Gulbranson

I will be making another beer this winter, Pauwel Kwak. I've made it before.

TOE TIPS



By Jenifer Vanek RN
Reliable Nurse Foot Care (www.RNfootcare.com, 216-956-0293)

When trying on new shoes, make sure to try them on at the end of the day. Feet swell as the day goes on, because they are below the heart level. Feet can swell more based on variables such as chronic condition management (high blood pressure, heart failure, kidney conditions, and many others), medications, and dietary choices. Make sure the toes have room to wiggle. Why not try on a half size bigger or a wider width shoe? Feet stretch as we age!

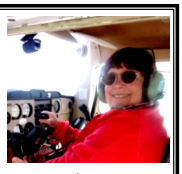
MUSIC: SOUND BATH



By Beth Friedman-Romell PhD, MT-BC, LPMT, NMT®
Different Drum (https://www.differentdrum.net/, 216-260-5525)

Greetings! For many of us, the pace begins to pick up during this season. Give yourself the gift of a calming sound bath to recharge your energy. This month's sound bath will be held on **Sunday, November 15 from 2-3 pm** at Healing with the Horses in Chesterland. Our theme will be "gratitude and abundance." The fee is $25.

BENJAMIN ROSE MUSIC STUDY: VOLUNTEERS WANTED



By Kay Exl

About the Study: Benjamin Rose is studying how older adult volunteers can lead a group music program for people living with dementia in assisted living and nursing homes. As a volunteer, you will complete a training course and guide the group activity one-to-two times per week for six weeks. No experience needed, just a love for music.

Training: Volunteers will complete an online training course to learn how to facilitate the music sessions and gain knowledge about dementia. Afterwards, you will be asked about what you have learned and give feedback that will help make improvements to the program. A stipend is available for your feedback.

Time commitment: 3-hour online training + One 90 Minute Session once per week, for 6 weeks.
Eligibility: individuals 55 and older and who have email.

If interested, contact Benjamin Rose by phone: 800-343-7617 or email: musicstudy@benrose.org

"Thank you for your service!"

By Jocelyn Brown James



"Veteran's Day is a federal holiday observed every year on November 11 to honor all people who have served in the U.S.military." (AI Overview)

Recently my Seaman great-niece came to visit me before her upcoming 9-month deployment. Making my day beyond special, we parted with a feeling of family pride after seeing her obvious military confidence and preparation.

Naturally, I watched back-to-back Navy life presentations on social media. The comprehensive documentaries launched deep concerns for me, paired with moments of solid respect. The flood of tears shed during my self-education were uncontrollable, as the days before her departure were fast approaching.

After observing the various shipyard family goodbyes on streaming platforms, a prayer was inspired:

Heavenly Father, Our Lord!

We, humbly "thank you" for your presence and unlimited gifts of love, patience and faithfulness covering the service personnel in all military branches. Father have mercy on the evidence of an unforgiveness nature; breathe on us your grace, mercy and divine sentiments. As hundreds of military families say "hurtful goodbye" to their loved ones, we collectively ask for peace of mind, your specialized protection and wellness on land and sea.

Grant safety in waterway navigation and ship operational systems. Oversee all hands-on duty skill execution. Let the members on board never know personal and emotional challenges during their anticipated missions while under way. Please provide life sustaining care and individual supplies whenever needed.

Father, as we understand that there will be days of unexpected military activities and fear, bless them in all ways. Please grant our loved ones the confidence; commitment and teamwork values to perform their roles as commanded in real time.

May the leadership be covered with your vision regarding the strategies deemed necessary in securing guardianship and peace. We pray without ceasing for the battery of critical decisions made by government and military heads.

With open hearts 💕 in great expectation of a safe return in thanksgiving, we seek your majesty, scripture fulfillment and touch, humbly submitted.

Amen



US



Evelyn, Tonita in Church



Gerald and his son



Harsha with her BFFs



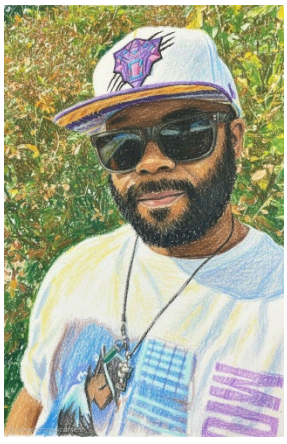
John and Mary's Anniversary



Katie and her daughter



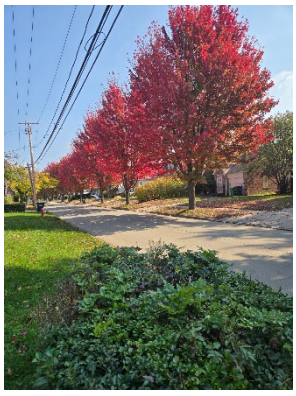
Linda D. with cousins



DeLorian's Portrait



George and his daughter

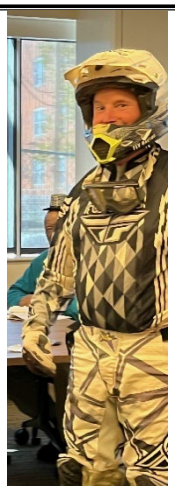


Nancy's Neighborhood

SPEAK EASY HALLOWEEN PICTURES By Vinita



























WORD PUZZLE

National Mickey Mouse Day – November 18th

By Brenda Koos



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G M R N Q G C E T R C C I A J
O I O Y O I P A I O Z A O I Y
D Q B U C I O Q P N X P R S Y
T M G I S B T Y E A N O B A C
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K Y D W C O O C A I J M Q C U
Q S S B S M Y R A Y E K C I M
F D T Z R B Y L C N B P R U V
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(Use every letter and word only once.)

Animation
Copyright
Disney
Fantasia
HOTDOG
Mickey
Minnie
Mortimer
Mouseketeer
OHBOY
Steamboat

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

Gary and Paulette at Majestic Meadows and …



















Ramseyer Farms