



"where recovery continues"



Main Office

Rocky Mountain Stroke
Association
5666 South Bannock
Littleton, CO 80120
303-730-8800
www.strokecolorado.org

Pool Therapy

Buck Recreation Center
2004 W. Powers Ave
Littleton, CO 80120

Denver Aphasia Group

Washington Street
Community Center
809 S. Washington St
Denver, CO 80209

North Metro Aphasia Group

Arvada Methodist Church
(Meets in Chapel)
6750 Carr St
Arvada, CO 80004

StrokeLink

Rocky Mountain Stroke Center (Association)

www.strokecolorado.org

March/April 2010

NEWSLETTER CONTENT

RMSC News:

- North Satellite to include PT
- New Aphasia software and Wii Fitness Now Available

Stroke Support Group and Community News

- Littleton Hospital Aphasia Support Group
- YESS Support Group for Young Stroke Survivors
- Feature: Easter Seals Day Program
- Care Giving Ideas

RMSC NEWS

NORTH AREA PHYSICAL THERAPY CLASS

Physical therapy class is scheduled to begin again on April 7th for North area stroke survivors. The **new location** is the Arvada Methodist Church at 6750 Carr Street in Arvada. Michele Harrison, PT will provide therapy to a small group of survivors in an individualized class from 10:00-11:00 on Wednesday mornings. If interested in joining this class, please call Jenni at 303-730-8800 to schedule an individual assessment before attending. The fee for this opportunity to continue with recovery is \$25 per class and \$55 for the initial evaluation.

RMSC HAS GONE HIGH TECH !

For several years, RMSC has offered Bungalow software assistance in the Littleton office for those wishing to work on language losses due to stroke. We are happy now to offer expanded Bungalow programs and have purchased a Wii Fitness program with money awarded through a community grant from Wells Fargo. This month's RMSC website, <http://www.strokecolorado.org>, features an article on brain fitness, and plans are in place to offer Posit Science's Brain Fitness program as soon as grant funding becomes available.

Please contact Jenni at the RMSC office if interested in scheduling time on any of these programs. Computer assistance fee is \$15 per session.





RMSC Offers...

Aphasia Support Groups

Art Class

Caregiver Support Group

Computer Speech Lab

Men's Therapy Group Individual Therapy

Neurologic Music Therapy

Occupational Therapy

Physical Therapy Classes

Pool Therapy Class

Recovery Kits

Writing Class

Adaptive Yoga Class

Yoga DVD for Stroke Survivors

Young Stroke Survivors Group

STROKE SUPPORT AND COMMUNITY NEWS

NEW APHASIA SUPPORT GROUP

Thursday mornings 10:30-11:30 am
Littleton Adventist Hospital (Mineral and Broadway)
Family Life Conference Room (Off Main Lobby)
Connie Carson , Speech and Language Pathologist, PhD

For questions or more information, contact:
Janet Carlson, RN, Stroke Program Coordinator,
Littleton Adventist Hospital 303 734-8694
janetcarlson@centura.org

YESS SUPPORT GROUP

The Young Stroke Support Group is alive and well and growing as the word gets out that a group meets twice a month at the RMSC office in Littleton. YESS meets on the first and third Tuesday evenings at 6:30-8:00; the first meeting of the month for discussion and support and the second meeting for an activity which might include bowling, a speaker, or a movie. The group is open to young survivors ages 20-50ish and their caregivers who also benefit from breakout sessions.

For more information contact Emily at emily@strokecolorado.org or phone 303-730-8800

Incidents of Stroke Rise in Younger People

Feb 25, 2010 Elizabeth Batt

Researchers at the [University of Cincinnati Neuroscience Institute](#) have concluded a study showing that strokes in the young are on the rise. Cerebrovascular accidents (CVAs) are often seen to be events that occur in the later stages of life, but new research now contradicts that theory, showing trends changing over a period of several years.

Statistics for Strokes: 1993-2005

The University of Cincinnati reported the following findings at the American Stroke Association's (ASA) International Stroke Conference 2010:

- In 1993, CVAs were at 4.5% in people 45-years and younger
- In 2005, that figure had risen to 7.3%
- In 1993, the average age for a stroke was 72 years
- In 2005, that figure had lowered to 68 years

Read more at Suite101: [Incidents of Stroke Rise in Younger People: A New Study Details Grim Future for CVA Candidates](#)

Stroke Topics

RECOGNIZE

[Warning Signs](#)
[The Wonders
of Your Brain](#)
[Women & Stroke](#)

RESPOND

[Prevent Stroke](#)
[Give me 5 for stroke](#)
[Get Answers](#)

RECOVER

[Programs for Stroke](#)
[Survivors](#)
[Caregiving](#)
[Rehab:](#)
[A Road Map](#)
[Support Groups](#)
[Useful Links](#)
[Yoga DVD](#)
[Archived Articles](#)

If you no longer wish to receive this e-newsletter, please click on the below address and write

"Please remove me from your StrokeLink mailing list" in the body of the e-mail

amy.diller@strokecolorado.org

EASTER SEALS DAY PROGRAM 1755 Dover Street , Lakewood, CO 80215

Greetings! My name is John and I suffered a stroke on January 13, 2009. At the time of my stroke I had been self-employed and had no health insurance. After a brief hospitalization I was sent home to receive outpatient therapy. I had paralysis on my right side and used a wheelchair to move about. I had no idea how I would take care of myself, get meals, go to therapy or manage my affairs. My daughters both live out of town, but came to Denver briefly to help me cope with my loss of mobility and independence. Through an internet search, my daughters found the Rehabilitation Services & Stroke Day Program at **Easter Seals Colorado**. When I entered the program in February I was using a walker and needed assistance with personal care, dressing, making meals, and transportation. I have attended the program three days per week over the past year, participated in the physical, occupational and warm water therapy, and have received assistance in accessing community resources. The therapeutic activities at the **Easter Seals Colorado** Rehabilitation Services & Stroke Day Program have enabled me to begin walking without a cane, become independent in dressing, personal care, making meals and driving short distances on my own. An unexpected benefit of the program has been the building of new friendships with others who are also on their rehabilitation journey.

Are you looking for a way to rebuild skills and take a more active role in your life? Spouses or caregivers, are you trying to find meaningful therapeutic and social interactions for your family member? **Easter Seals Colorado** Rehabilitation Services & Stroke Day Program provides a full day of restorative activities for participants, as well as respite for caregivers. Program components include Physical, Occupational, Speech, Warm Water Therapy, Cognitive Retraining, Social Work and Case Management Services. Program participants have realized improved mobility, greater independence, sharpened cognitive skills, adaptive life skills, self-confidence and camaraderie. The program hours are 9:00am–3:00pm, Mon. Wed. Fri. For information about attendance and program fees, visit the website at www.eastersealscolorado.org or call Carolyn Hassett 303-274-5415.





Rocky Mountain Stroke Center has developed a Stroke Recovery Kit that contains valuable information in the form of community resources, guides, fact sheets, visuals and even low-fat recipes that will be useful to anyone impacted by stroke, whether your stroke event occurred recently or you are post-stroke for many years.

A sampling of what is included in our Stroke Recovery Kit:

- Stroke Support Group List
- Stroke / Caregiver Websites
- Transportation Guides
- "How Stroke Affects Behavior"
- How to communicate with someone with aphasia
- Community Resources
- and More...

There is no charge for the Stroke Recovery Kit for survivors, but a \$10 donation to Rocky Mountain Stroke Association will help with printing and postage.

When requesting a Stroke Recovery Kit, please provide us with your complete mailing address. New Kits will be available in April and allow 2 weeks for delivery.

Hospital stroke programs and clinics interested in a bulk rates for large quantities please contact Yvonne Baca at: Yvonne.baca@strokecolorado.org 303-730-8800

CAREGIVING IDEAS



"What can I do to help?"

Lotsa Helping Hands is a private, web-based caregiving coordination service that allows family, friends, neighbors, and colleagues to create a community to assist a family caregiver with the daily tasks that become a challenge during times of medical crisis, caregiver exhaustion, or when caring for an elderly parent.

Each community includes an intuitive group calendar for scheduling tasks such as meals delivery and rides, a platform for securely sharing vital medical, financial, and legal information with designated family members, and customizable sections for posting photos, well wishes, blogs, journals, and messages.

<http://stroke.lotsahelpinghands.com/caregiving/home/>

In partnership with [National Stroke Association](#)



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More than 6 million people in the United States today have survived a stroke, affecting 4 out of 5 American families.

Caring for a stroke survivor can be stressful.

You may be concerned that:

- ❖ your loved one will have another stroke
- ❖ you or your loved one won't be able to accept the changes caused by the stroke
- ❖ the stroke survivor in your life might be placed in a nursing home
- ❖ you aren't prepared to face the responsibility of caring for a stroke survivor
- ❖ friends and family will abandon you

You are not alone! These concerns are common to many stroke survivors and their caregivers.