



*"where recovery continues"*



### Main Office

Rocky Mountain Stroke Center  
5666 South Bannock  
Littleton, CO 80120  
303-730-8800  
[www.strokecolorado.org](http://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](http://www.strokecolorado.org)



May 2010

May is National Stroke Awareness Month.

## **NEWSLETTER CONTENT**

### RMSC News:

- LiteGait has arrived
- Gardening Class
- Riding for Rehab

### Stroke Support Group and Community News

- Littleton Hospital Free Stroke Seminar
- Easter Seals Day Program to Accept Medicaid
- Golf 4 Fun
- Free stroke materials from Genentech

## **RMSC NEWS**

### LiteGait

### **Partial-Weight-Bearing Gait Therapy Device now at RMSC**



Thanks to a generous grant from Arapahoe County Housing and Community Development Services, RMSC is now the proud owner of a LiteGait.

LiteGait® is a gait training device that simultaneously controls weight bearing, posture, and balance over a treadmill. This therapy device provides proper posture, reduces weight bearing, eliminates concerns for balance, and facilitates the training of coordinated lower extremity movement. Its unique

harness design not only permits unilateral or bilateral support allowing progression of the weight bearing load from non to full weight bearing, but also allows the clinician to manually assist the legs and pelvis to achieve proper gait patterns.

Therapy sessions with Michele Harrison, PT, are now being offered and can be scheduled by calling Jenni at 303-730-8800. Fees are \$40 per session. Scholarships are available based on income



## **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***

## **“Everything’s Coming Up Tomatoes” Gardening Class for stroke survivors to Begin May 7th**

We are once again fortunate to have Janet Kester, trained in therapeutic horticulture, as our gardening class instructor. The class will meet on Thursday mornings from 10:00 -11:30 through August. If digging in the dirt, decorating bird houses or watching plants grow is up your alley, you might enjoy this fun summer class. Call Jenni to register. 303-730-8800



Excerpted from

## **“The road to stroke recovery includes Rocky Mountain Stroke Center”**

By Kathryn Arbour

April 9, 12:20 PM - [Denver Disability Examiner](#) -

.....RMSC announced this week their second annual "Riding for Rehab" fundraiser, scheduled to unfold over the next few months with a series of related activities. "Riding for Rehab" centers around cycling enthusiast, Mary Kay Engel, whose sister, Kathy, suffered a stroke a number of years ago. Kathy, a young stroke survivor, is a client of RMSC. Two years ago, Engel decided to combine her passion for cycling and her commitment to helping her sister and others like her by riding across the U.S., successfully raising thousands of dollars. This year, Engel and RMSC, decided to renew the effort on a much larger scale.

Engel's ride this year from Maine to Florida begins in August. Between now and then, a number of cycling related events will take place, including a "bike-a-thon" at [Mountainside Fitness Centers](#) in Westminster and Lone Tree, using spinning bikes, stationary bikes and recumbent bikes. *Mountainside Fitness* is donating the use of space and equipment for the events. Stroke survivors, their families, friends and hosts of others will commit to riding for a certain amount of time at these centers in July and solicit pledges as part of the fundraising effort designed to help scores of people access RMSC programming. Contact [Jenni](#) for more details. RMSC is currently soliciting sponsorships for this high profile activity.

"Riding for Rehab" sponsors benefit not only from major exposure through targeted marketing efforts throughout metro Denver, but also become identified as key supporters of stroke recovery.

Stroke is the third leading cause of death, and the number one

# 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

[getanswers@strokecolorado.org](mailto:getanswers@strokecolorado.org)

leading reason for nursing home and assisted care in the U.S.

Engel will blog during each of the twenty-five days of her East Coast ride, tracking her experiences and fundraising goals. RMSC will highlight a different stroke survivor on each of those days, too. Esther Fretz, Ph.D., Executive Director of RMSC, noted that “The many faces of stroke help us all realize and appreciate the hard work of those individuals who survive and can thrive after experiencing one of life’s most serious medical emergencies. We encourage lots of community participation in this very fun and satisfying series of events. Ours is truly one of the most important life-changing causes to support. [Consult](#) Rocky Mountain Stroke Center for updated information regarding ways to sponsor, donate and participate in the July “bike-a-thon” events.

Kathryn Arbour writes and speaks about [disabilities](#), [mobility and independence](#), [healthy aging](#) and [caregiving](#) in a number of venues. Many of her contributions can be found at [www.examiner.com](http://www.examiner.com) [Contact](#) for inquiries and to suggest future topics. Select “subscribe” to receive Kathryn’s articles on a regular basis at no charge.

## STROKE SUPPORT AND COMMUNITY NEWS

### Littleton Hospital - Free Stroke Seminar

Wednesday, May 12, 2010

Join us for a special Stroke event with speakers Haven Moses, former Denver Bronco and a stroke survivor, and Christopher Nichols, MD, neurologist. [To watch Haven's Story click here.](#)

Littleton Adventist Hospital  
7700 S Broadway,  
Littleton, CO 80122

8 – 8:30 a.m. Screenings with free lipid panels  
(For best results please fast)

8:30 – 9 a.m. Photo opportunity with Haven Moses  
9 – 10 a.m. Presentation  
Seating is limited so please RSVP to 303-777-6877

### Easter Seals Day Program to Accept Medicaid

Easter Seals Day program is now officially certified to accept Medicaid payments for the Day Program and will be ready to accept Medicaid clients as of June 1. A Certified Nursing Assistant and a Licensed Practical Nurse will be on board. Individuals who can come to the program under Medicaid are those who are referred by their Medicaid case manager and must have an authorization prior to attending.

For more Information contact Carolyn Hassett at  
[chassett@eastersealscolorado.org](mailto:chassett@eastersealscolorado.org)  
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](mailto:Yvonne.baca@strokecolorado.org) 303-730-8800



Golf 4 Fun's primary mission is to make the game of golf more accessible to the disabled community. Golf 4 Fun accomplishes this by providing adaptive equipment, which enables disabled golfers to access golf courses and to play the game. Golf 4 Fun then provides instruction in the game of golf with or without the use of any aids. Golf 4 Fun promotes the use of the single-rider golf cart, which enables a disabled individual to golf on their own from a sitting position or with very little assistance. Golf 4 Fun is a non-profit organization.

**Classes start June 1<sup>st</sup> - For Information:**

<http://www.golf4fun.org/index.html>

Offered	Contact	Phone
Denver	Frank Martorella	303-579-7927
Boulder	Cory Lasher	303-413-7269x1
Colorado Springs	Diane Redderhoff	719-385-6958
Fort Collins	Renee Lee	970-224-6027

**MAKE A DIFFERENCE.  
Educate before stroke strikes.  
May is Stroke Awareness Month.**

These resources can help you in your efforts to educate your facility and community about the signs, symptoms, risk factors, and urgency of stroke



[Order the Stroke Awareness Toolkit](#)

an easy-to-use guide containing educational materials and helpful tools

- Identify risk factors
- Promote stroke symptom recognition and response
- Raise public awareness about stroke

**ORDER HERE** (Limited quantities) »

**Let's mobilize to raise stroke awareness**  
[StrokeAwareness.com](http://StrokeAwareness.com) »

StrokeAwareness.com is a professional resource that can help you spread the word, promote stroke education, and prepare yourself, your team, and your community to be proactive about stroke.

**TAKE ME THERE** »