

BLACK HILLS STROKE SUPPORT GROUP

After the stroke comes the rest of your life!

STROKE SUPPORT
GROUP MEETS THE
1ST SATURDAY OF
EVERY MONTH

OCTOBER-JUNE
10AM-Noon @
Rapid City Regional
Hospital Rehab 1

**Topics covered
generally during the
first part of the group
meeting.**



FOR MORE
INFORMATION CALL:

Barb Timperley 605-388-8444

Georgia McFarland
605-718-9852

Judy Donahue 605-484-2260
(facilitator)

Jago Kahl 605-393-2301

Nola Reber 605-721-0610

Hot Topics!

October

Kay Lehmann, ST from Regional Rehab. Communication and swallowing issues - long term issues that can occur and how to manage such issues.

November

Katie Hayes RPH: Drug and Food interactions. Supplements and other remedies as vitamins, red yeast, fish oil, and calcium.

December

Winter Social

January

Julie Poppe, RN, Cardiac Services: Cardiac Connection and stroke

February

Bernie Boland: Caregivers, family, friends - how to assist each person affected by the stroke event. How can caregivers assist and remain healthy.

March

Rebecca Holso, RN - A Stroke Survivor's Story; Kathy Hill, RN Stroke Center Coordinator - What is happening in Regional Health with response to strokes; What is the meaning of Stroke Center?

April

April guest speaker is Jessica Foster, PT from Regional Rehab. Topic: Vertigo - relation to stroke; causes; what can be done to prevent/treat; How is it same/different than dizziness.

May

May guest speaker: Dr. T. Hastings, Neuropsychologist, Regional Rehab. Topic: Depression, anxiety, stress - how is stroke affected (can it make old symptoms worse?). How can one respond when he/she knows he/she is reacting to stress?

June

Summer Social