

# Stroke Support Group

358 North Pleasant Street, Amherst, MA 01002

Second Saturday of every month, 10:30 am – 12:00 pm

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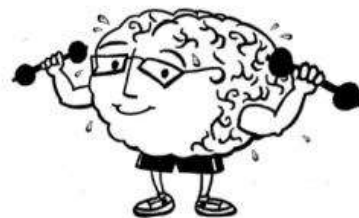
## Hello everyone!

In our last meeting of the year, our group shared lots of laughter, music, and **SO MUCH** delicious food at our annual pot luck. Wishing everyone safe travels and a wonderful holiday. See you in 2017!

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## Happy Anniversary Bob and Mary!

**Bob** and **Mary** just celebrated their **50<sup>th</sup>** wedding anniversary! They took a fantastic trip to Maine to celebrate with family. Cheers to one of our favorite couples!



## Upcoming Events

### January 14

Tech Talk - 9:30 am

January SSG Meeting -  
10:30 am

### February 11

Tech Talk - 9:30 am

February SSG Meeting  
- 10:30 am

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## Next Month's Tech Talk: Get on Facebook

If you want to join **Paula's** Facebook page for our group, but don't have Facebook, the team at next month's **Tech Talk** will be ready to help you. Bring your laptop, smartphone, or iPad, and they are happy to help!

## Stew and Jeannie's Songs by Grace!

Graduate student **Grace** was inspired to write two beautiful songs after conversations with **Stew** and **Jeannie**. Below are the lyrics.

### "This Hand" (Stew)

You made the world around you  
like music played  
And just to get the sound  
You made the troubles fade  
But one day pushed aside,  
it's a battle won  
to say it's shocking now  
This new thing that's begun  
Who's in your past  
They have to grieve  
And find the person left  
that you can't leave

You'll get that drive  
and see that view  
and at this point don't really know  
what this hand can do  
You'll figure out  
Who's this new you  
And soon enough, you will see  
what this hand can do  
and show me too

A new starting point is  
a whole other game  
your hypercriticism  
won't let things stay the same  
your questions, "What's your purpose?"  
Answer in time  
Determination's worth it  
in making up your mind



### Holiday Stress? Take a Breath!

With the whirlwind of holiday social events and shopping comes stress, especially if you or your loved one has any difficulty communicating. Many studies have shown the benefits of meditation for people who have had strokes. Click on the link below for an article sharing some great reasons to start meditating and tips on how to begin.

<http://tinyurl.com/za82u3w>

You picked it up  
Then put it down  
But it's improving still  
And will turn around

You'll get that drive  
and see that view  
and at this point don't really know  
what this hand can do  
You'll figure out  
Who's this new you  
And soon enough, you will see  
what this hand can do  
and show me too

### **"Change of Plan" (Jeannie)**

You're my right hand man  
Share my everything  
And I want the best in this  
change of plan  
And now you take on me  
Responsibility

I can see you see me  
And it's hard to be  
the one who's strong  
when you're feeling weak  
What's stronger is our bond  
We help to carry on

And all those years  
you kept my fears at bay  
Since you've become  
such a compassionate  
person

Well I proved them wrong  
But you only proved me right  
We all have learned to stay  
strong  
And never give up now  
I'll tell my tale somehow