

Stroke Support Group

358 North Pleasant Street, Amherst, MA 01002

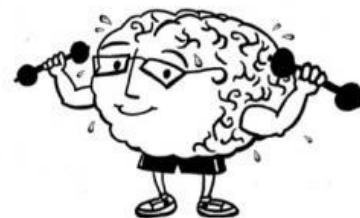
Second Saturday of every month, 10:30 am – 12:00 pm

Hello friends!

Our meeting this month was filled with discussion about all the ups and downs of stroke recovery, words of encouragement, and good news. A special welcome back to Polly who could join us once again! See you all next month!



Thoughts are with
John as his arm
continues to heal and
Steve as he fights the
infection in his leg! Get
Well Soon Fellas!



Upcoming Events

August 12

No Tech Talk

August SSG Meeting -
10:30 am

September 9



Potluck BBQ – 12:00
1141 South East St.
Amherst, MA

What is Art Therapy?

Art therapy is a form of treatment that uses art Media, the creative process, and the resulting Artwork to allow clients:

- Explore their feelings
- Reconcile emotional conflicts
- Foster self-awareness
- Manage behaviors and addictions
- Develop social skills
- Improve reality orientation
- Reduce anxiety
- Increase self-esteem.

Art therapy is effective for individuals who have experienced traumatic brain injuries or strokes.

Learn More About Art Therapy:

American Art Therapy Association
<https://arttherapy.org/about/>

Have a Voice!

Call our local representatives and let them know if you support or oppose the changes being made to the Health Care Bill.

Local Representatives can be reached at the Springfield Office:

Phone: (413) 785-0325

Disability Law Center,
Inc.

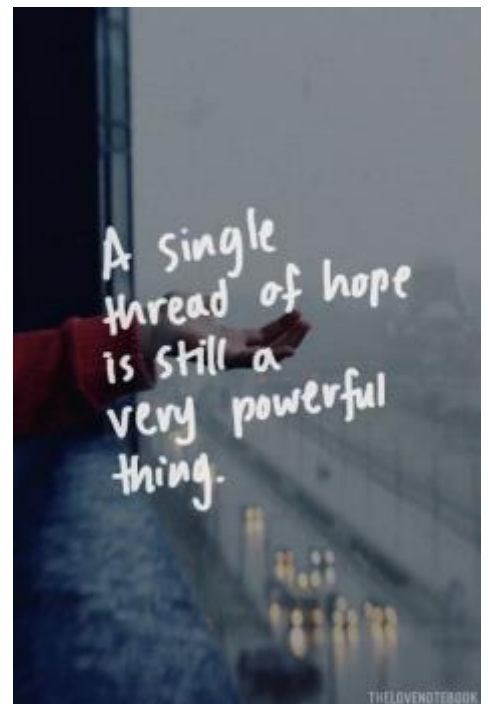
A non-profit organization responsible for providing protection and advocacy for the right of MA residents with disabilities.

Contact Nancy Murphy

Phone: 800-872-9992 Ext. 202

Email: nmurphy@dlc-ma.org

Website: www.dlc-ma.org



Acupuncture

Acupuncture originated thousands of years ago in China. This form of alternative therapy involves insertion of hair thin, solid, single-use, stainless steel needles into certain points on the body. Treatments are usually very relaxing and patients usually sit or lay with the needles for approximately 20-30 minutes.

Local Acupuncture Clinics:

Quabbin Valley Acupuncture

32 Park Street
Belchertown, MA
413-240-8550

Northampton Community Acupuncture

160 Main Street
Northampton, MA
413-586-8251

Whole Body Healing, Acupuncture and Chinese Medicine

30 N King Street
Northampton, MA
413-345-0800

The People's Acupuncture Clinic Inc.

228 Triangle Street
Amherst, MA
413-695-8123

Prescription

Advantage MA:

A prescription drug insurance plan available to all MA residents age 65 and older disabilities who meet income and employment guidelines.

Phone: (617) 727-7750

Progress is progress
no matter how
small.

