

# 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!

Our April meeting was jam-packed with new faces and lots of news and information. We were fortunate to have two doctoral students from the UMass Nutrition Department visit to share great information and answer questions. Read on for some highlights of our discussion and for some pictures from our Shine a Light awareness event!

### Always Moving Forward!

We are so excited that **Joe** has been cleared to drive within a couple months!

Also, April marks one year since **Susan** had her stroke. She has made such remarkable progress and continues to improve every day!

We are thrilled to celebrate all of your successes and accomplishments!

**Congratulations!**



## Upcoming Events

### May 13

Tech Talk - 9:30 am  
May SSG Meeting –  
Disability Lawyer  
10:30 am

### June 10

Tech Talk - 9:30 am  
June SSG Meeting –  
10:30 am

## Welcome New Friends!

In the last few months we have been so lucky to have so many new faces join our group. We welcome all of you!

## Nutrition Discussion

A big thank you to Carolyn and Sharmin, the two Nutrition department doctoral students who spoke with us! They shared SO much with us, but here are some brief highlights!

### What to Ask Your Doctor About:

Many people had concerns about not being able to eat green vegetables and getting enough vitamins while on Coumadin. Two options to talk with your doctor are:

- Switching to a different anticoagulant
- Taking Vitamin K – you may have to up your Coumadin level, but it would ensure you get enough of this important vitamin

Other important things to consider bringing up:

- Taking CoQ10
- Any acid reflux symptoms (burning in throat/chest)
- Testing Vitamin D levels

Remember, you have the right to ask your doctor as many questions you need to!

## Nutrition Resources

These are some of the resources that came up during our discussion!

Dropping Acid by Jamie A. Koufman

Eat Right: Academy of Nutrition and Dietetics Website:

<http://www.eatright.org/>

Life Extension Website

<http://www.lifeextension.com/>

This supplement company also offers nutrition and health related news to the public.



## Nutrition Advice continued:

### What you can do RIGHT now:

Carolyn and Sharmin had some recommendations that work for everyone, such as:

- Take Vitamin D supplements
- Add Magnesium supplements, or switch your calcium tablet to a calcium + magnesium tablet
- Consider a Mediterranean diet. For more info:

<http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/mediterranean-diet/art-20047801>

- **Gradually** reduce/eliminate the following foods in your diet:
  - Soda and carbonated beverages
  - Salt – use spices and herbs for flavor
  - Sugar alcohols and refined sugar
  - Unnatural trans fat
  - Processed/packaged foods

**Here's to good health!**

## StrokeSmart

Jeannie reminded us of the great, free magazine StrokeSmart. Sign up to receive a copy below:

[www.strokesmart.org](http://www.strokesmart.org)

### Disability Law Center Visit Next Month

At our May meeting, a lawyer from the Disability Law Center will be giving a presentation. The Disability Law Center is a non-profit agency that advocates for and protects the rights of Massachusetts residents with disabilities.

Website:  
<http://www.dlc-ma.org>

Phone: (800) 872-9992

## Shine a Light was a Success!

Our annual awareness event was a complete success! Not only did we have amazing musical and dance performances, but we filled the house and really spread the word.



Graduate student Grace performing a song she wrote for **Jeannie**



The Parkinson's Chorus came all the way from Shrewsbury to join us!

## Pioneer Valley Stroke Survivors and Caregivers Forum

The American Stroke Association is hosting an open forum to connect stroke survivors and their caregivers with the network of resources available.

May 3, 2017

9:00 am – 2:00 pm

The Log Cabin in Holyoke

For more information and to register:

<https://tinyurl.com/lp6636c>

Contact: Katherine Bolt

Phone: 203-303-3373

Email:

Kat.Bolt@heart.org.

**FYI: May is American Stroke Awareness Month!**



**Stew** channeling his inner Hendrix



Standing room only!

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***The true beauty of music is  
that it connects people***

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**Ron's** rendition of "Amazing Grace"  
brought tears to the audience's eyes



Graduate student Amanda performed a beautiful piece she chose especially for this event called "Pretty Bird"