

Stroke Support Group

358 North Pleasant Street, Amherst, MA 01002

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

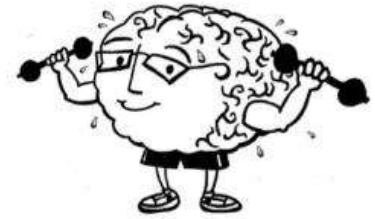
Hello everyone!

It was wonderful to come together with new and old friends this month. There are always uncertainties and shadows in life – political, personal, medical, and professional issues- but the hope and strength we draw from each other allows us all to, in **Stu's** powerful words, "Lift, walk, talk, see, carry and **live all that you can.**"

Hooray for Babies!

Sending a big congratulations to **Joe** and **Linda** on the arrival of their newest grandchild. The little guy arrived on Halloween, and is sweeter than any candy!

Congrats are also in order for one of our newest members **Eric**, whose first little one is just four months old. Here's hoping the first time parents get some sleep!



Upcoming Events

December 10

Tech Talk - 9:30 am

SSG December Pot Luck - 10:30 am

January 14

Tech Talk - 9:30 am

January SSG Meeting - 10:30 am



December Pot Luck!

Our end of the year pot luck is on the way! Bring your favorite dish and join us at the December meeting to **eat, drink, and be merry!**

November is National Family Caregivers Month!

During National Family Caregivers Month, we remind family caregivers that to be strong enough to care for your loved one, you must...

Take Care to Give Care!

Online Resources for Caregivers

Paula's site, Flight Paths for Caregivers

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

<https://www.facebook.com/FlightPathsforCaregivers>

UMass Aphasia Connections Page

<https://blogs.umass.edu/aphasia/>

Caregiver Action Network

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

National Aphasia Association

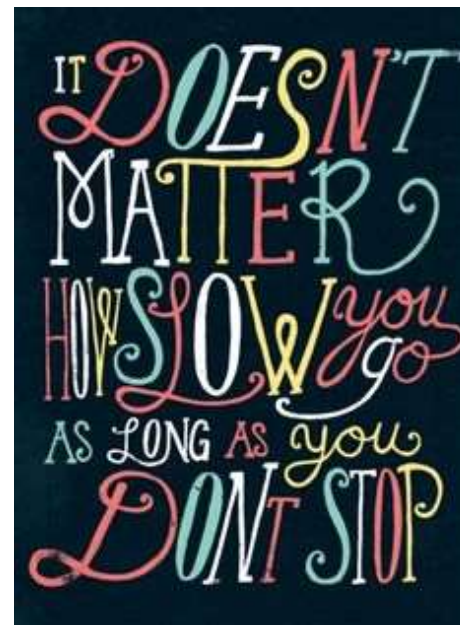
<http://www.aphasia.org/category/i-am-a-caregiver/>

Spring Aphasia Awareness Concert

We'll be hosting an aphasia awareness concert in April, and would love your help! If you would like to sing, dance, play an instrument, or participate in our **It Gets Better** videos, please let us know!

Tech Talk Reminder!

Graduate students will be around before our monthly meetings to help you with any of your electronic devices like laptops, iPhones, iPads, and other gizmos and gadgets. Come chat with us if you have questions!



Medical Alert Systems

There are many medical alert systems we briefly talked about today. The link below is a good comparison of many of the systems available. The article is a little confusing – let us know if you want help with it!

<http://tinyurl.com/mcksp9u>

Jacquie's Lab Page

<https://blogs.umass.edu/jacquie/>