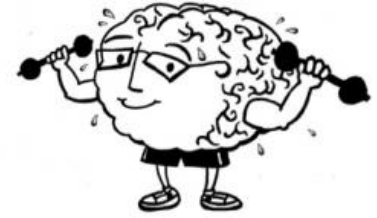


Stroke Support Group

358 North Pleasant Street, Amherst, MA 01002

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



Upcoming Events

December 9

Tech Talk – 9:30 am

December SSG
Meeting – 10:30 am

January 13

Tech Talk – 9:30 am

January SSG Meeting –
10:30 am

Hello friends!

Our meeting was filled with sharing of good news and resources for our group members. Because our meeting fell on Veteran's Day, we took a moment to recognize and thank those in the group that have served our country. See you all next month!



Gerry – Marine Corp
Jim – Served in Germany
Joe – Army

Tim – Marine Corp
Bob P. – NSA
Bob S. – Army

Good News and Updates

Congratulations
to **Tim's** family as
they welcomed a
new grandson!

Gerry has found
a new hobby in
pheasant
hunting!

Advice about Recovery

Bob S. and his wife, **Mary**, recently gave a presentation to the Masters of Occupational Therapy Students at Springfield College. Here is some advice for stroke survivors, caregivers, and future clinicians they shared:

Recovery requires a whole-picture perspective! Don't neglect the mental health and emotional aspects of recovery along with the clinical side of rehab. It's important to consider what family members are going through along with the stroke survivor!

Thank you for your wise words, Bob and Mary!

Would you like an Aphasia Card?

If you would like a new or updated Aphasia Card, let us know! During our next meeting we will be providing new and updated Aphasia cards to use as you please. All we need is the following information:

- Name
- Preferred Design
- Information you want on the card

Community Resource

Widow and Widower Support Group

This group is for those who have lost a spouse or a partner in the last year. If you are interested or would like to pre-register, please call Michele Chmura at **413-259-3038**.

Group Location:

Amherst Senior Center
70 Boltwood Walk, Amherst
Next Meeting – Nov. 28 at 10:30 a.m.



WE WISH YOU THANKSGIVING FILLED WITH FOOD AND FAMILY

HAPPY THANKSGIVING

