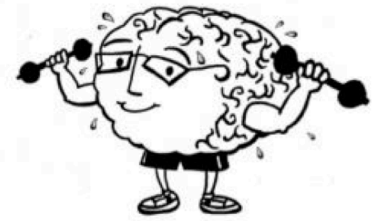


Stroke Support Group

358 North Pleasant Street, Amherst, MA 01002

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



Upcoming Events

November 12

Tech Talk - 9:30 am

November SSG
Meeting - 10:30 am

December 10

December SSG
Meeting

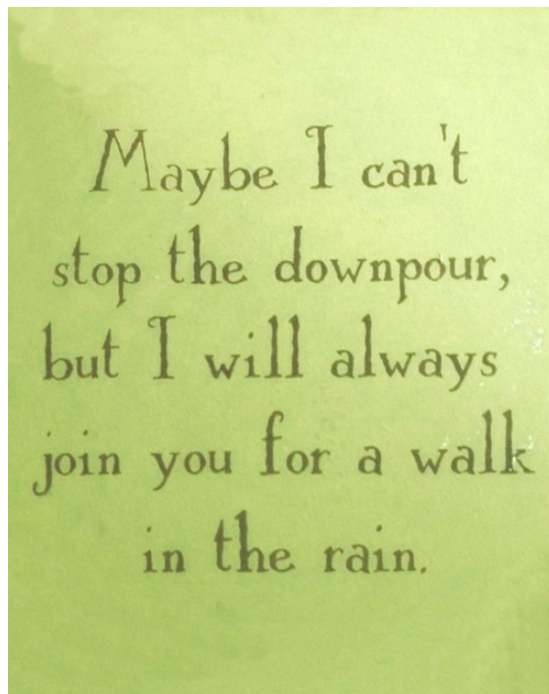
Hello everyone!

We were thrilled to welcome so many new and returning friends this month. One of our returning members put it best – “We are **all** here to support **everyone** here.”

With a Little Help from Our Friends...

Hearing from **Kwasi** and meeting two members of the Aphasia Pals project, **Kailyn** and **Morgan**, reminds us of the wonders that a strong support system can bring.

Staying connected to others encourages communication and connection, which may be as important as medicine and therapy!



Aphasia Pals Project

Many members of our group are already forming new relationships with students through the Aphasia Pals program. If you or your loved one with aphasia would enjoy opportunities to cook, shop, play a game, or just chat with a student once a week, let Jacquie know at jacquie@umass.edu

Get Involved at UMass!

Many students are starting outreach projects and would love your input and insight!

It Gets Better

This group's resilience and strength has been tremendously inspiring, and many of you expressed that you would be interested in sharing your hopeful messages with others through our It Gets Better video project. Let us know if you'd like to be part of it!

Tech Talk is Back!

Before each of the upcoming SSG meetings, a group of graduate students will host a Tech Talk. Bring your tablet and your questions!

Singing a Song...

Interested in music? A graduate student named Grace is creating a musical project to spread awareness of aphasia and would love your insight.



Aphasia Card or Medical Bracelet

During stressful or medical events, it's helpful to be able to let others around you know you or your loved one have aphasia. Ask us for an aphasia card or consider a medical bracelet for safety reasons.

Being a Proactive Patient

Many people expressed concerns and frustrations about doctors and medications. Three quick tips to have better appointments:

Be honest about your symptoms and side effects

Write down your questions in advance and bring them with you

Ask for written information to take home – that way you can think about it later!