

# OCTOBER NEWSLETTER

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## MEETING SUMMARY

The first Fall 2018 meeting was full of laughter, doughnuts, and updates from friends. From adaptive bike rides to weddings, members of the Stroke Support Group have been busy.

Several group members are involved in physical therapy or language studies at Springfield College. We had an important discussion about allowing researchers to come to meetings. Many people enjoy contributing to research about strokes. However, members of the group also shared that they prefer meeting time to be for catching up. A possible solution is that outside researchers may be invited to present their studies *after* the regular meetings.

UMASS STROKE SUPPORT GROUP  
358 North Pleasant Street, Amherst, MA 01002  
Second Saturday of every month, 10:30 am – 12:00 pm

## Events and Resources

- **Healing Harmonies Choir**

- This choir is for individuals who are experiencing problems with their voice, language, or speech.
- Meets from 6 - 7:30 pm at Friends Church in Leverett (194 Long Plain Road – Route 63)
- Dates: 10/17, 10/24, 10/31, 11/14, 11/28
- For more information, contact Lisa Sommers at: 413-545-4010.

- **All Out Adventures**

- Outdoor recreation for people with disabilities
- Offer adaptive bike riding, kayaking, and camping
- In Stew's words, a great way to find that "exhilaration"
- Contact: 413-584-2052, [info@alloutadventures.org](mailto:info@alloutadventures.org)

- **Facebook groups**

- Flightpaths for Caregivers:  
<https://www.facebook.com/FlightPathsforCaregiver>
- UMASS Stroke Support Group: If you have a Facebook account, send a request to [phbehnken@gmail.com](mailto:phbehnken@gmail.com) to join the UMass Stroke Support Group private page on FB. Paula, the site admin, will approve your participation and send you a link. After that, you can access the page anytime you want.

*Hope to see you at our next meeting:*

November 10

9:30 for Tech Talk

10:30-12 for General Meeting