

UMass Stroke Support Group (SSG)

358 North Pleasant Street, Amherst, MA 01002

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

Hello friends!

On August 10th, members gathered to share knowledge and resources. We were delighted to welcome newcomers (Welcome/Bienvenue, Bob and Celine) and also to see familiar friends. We talked a lot about fatigue, a common side effect of stroke. All in all, it was an informative and insightful morning. We hope to see you next month at our annual potluck/BBQ!

Upcoming Events

Summer/Fall 2019

Saturday, Sep 14

Annual Potluck/BBQ
12-3pm at Jacquie & Polly's (see info below)

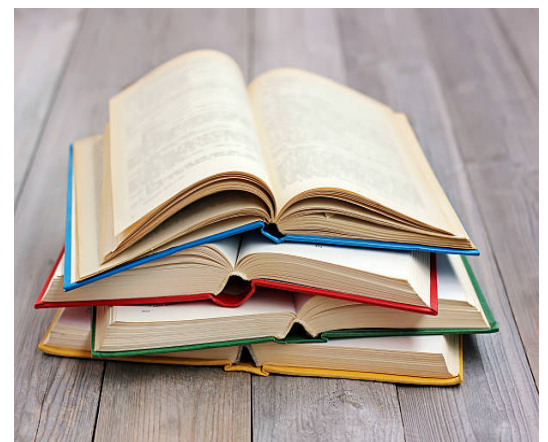
Saturday, Oct 12

Tech Talk Group-
9:30-10:30am

SSG Meeting-
10:30am-12pm

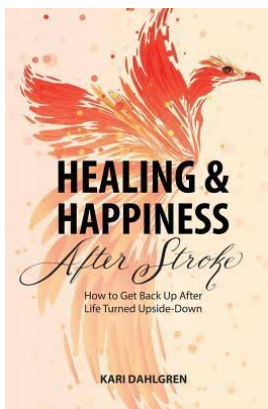
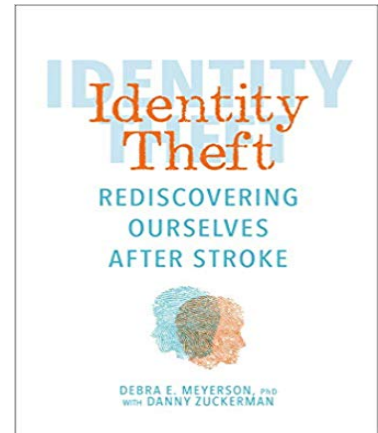
UMass SSG Book Club

We are starting up a **Book Club** in Fall 2019. We will probably begin by reading (and/or listening to) the book, *"Identity Theft: Rediscovering Ourselves after Stroke"*. If you expressed an interest at our meeting, we will contact you regarding best days/times to meet. If you missed the meeting and are interested, contact Polly at pestokes@comdis.umass.edu



Recommended Reading

Debra Meyerson was a very prominent academic at Stanford University until her life was turned upside down when she suffered a massive stroke that left her unable to speak. Her memoir chronicles her road to recovery. It vividly captures the emotional work that so many stroke survivors encounter on their journey. A must read – and the **first book on the Book Club's reading list**.



Dick B. recommended “*Healing & Happiness after Stroke*” by Kari Dahlgren. From the back cover: “You've been working on healing your brain since day one of rehab. But when results start to slow down or you start to feel stuck, then you may have overlooked an equally important part of recovery: Happiness.”

Theater Group anyone...?

We are starting up a **Theater Group** in Fall 2019. More information will follow. If you expressed an interest at our meeting, we will contact you regarding best days/times to meet. If you missed the meeting and are interested, contact Polly at pestokes@comdis.umass.edu



Healing Harmonies Choir

The Fall 2019 Healing Harmonies Choir will begin rehearsing on Mondays from 4:30-6pm at the Northampton Center for the Arts, at 33 Hawley St in Northampton. First choir rehearsal is Monday, September 23rd. For more information, contact Lisa Sommers (413) 545-4010 and/or [click this link](#).



Brain & Life, Neurology for Everyday Living

Jeannie shared a magazine with the group. **Brain&Life** is a magazine published by the American Academy of Neurology. It is "... the only magazine focused on the intersection of neurologic disease and brain health". For a free subscription to this magazine, [click here](#).

Medicare Informational Session in November

Michele Chmura is a SHINE (Serving Health Information Needs of Elders) advocate. If any of our group members need individual assistance with health insurance concerns, Michele is offering to see you at the Amherst Senior Center. *You don't need to be an Amherst resident to use the Senior Center.* She has also offered to come and give a talk to the group on Medicare, which we're trying to schedule in November. Stay tuned...

CONGRATULATIONS...

... to **John and Audete's daughter** and to **Joe and Linda's son** on their marriages this summer! We wish the two newlywed couples long and happy lives together...



National Aphasia Association announces “Aphasia Café”

These Zoom video chats are an aphasia-friendly online space for connecting and conversing with others, sharing your aphasia story, asking questions, seeking resources, etc. The first meeting will take place on Wednesday, August 14, noon-1pm Eastern Time. Register for the first meeting by Monday, August 12 as space is limited. To learn more about the video chats and how to join, [click here](#).

Don't miss the annual SSG POTLUCK BBQ!

Join us for an afternoon of food and friendship!

When: Saturday, September 14th, 12-3pm

Where: Jacquie and Polly's home,

1141 South East Street **

Amherst, MA



** We're on South East Street, just a few houses south of the South Amherst Commons; the first house on the right past the Longley Conservation area. If you see Andrews Greenhouse on your left, you've gone a few houses too far south. **See the map on the next page.**

Burgers and hotdogs, buns, condiments, and drinks will be provided. Please bring your favorite **appetizer, side dish** or **dessert** to share.

Parking Information: Driveway space is limited, and street parking isn't accessible. If you are able, please park at the nearby South Amherst Commons or church (about one block north).

MAPS to Jacquie & Polly's house:

