

## UMass Stroke Support Group (SSG)

358 North Pleasant Street, Amherst, MA 01002

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

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### Hello friends!

On October 12th, members gathered to share knowledge and resources. We were delighted to see familiar friends and to welcome newcomers - Joan and Roxanne (and Pam & Debbie). Among other things, we discussed the pros and cons of writing up and/or sharing stroke stories with others, including how difficult it can be reliving the past. As usual, members shared insightful feelings of resilience in their stroke journeys. We look forward to seeing you next month!

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## UMass SSG Book Club

The first meeting of the **SSG Book Club** will be Sunday, October 20, 12:30-1:30 in the same location where we usually meet. The first book we will be reading (and/or listening to) is "*Identity Theft: Rediscovering Ourselves after Stroke*" by Debra Meyerson, a stroke survivor. For more information on the Book Club, see the attached flyer or contact Bre Saloio: [bsaloio@umass.edu](mailto:bsaloio@umass.edu)

## Upcoming Events

### Fall 2019

#### Sunday, Oct 20

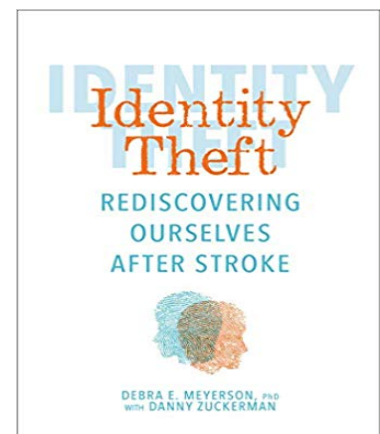
SSG Book Club-  
12:30-1:30pm

#### Monday, Oct 21

Healing Harmonies  
Choir- 4:30-6pm

**Saturday, Nov 9**  
Tech Talk Group-  
9:30-10:30am

SSG Meeting-  
10:30am-12pm



## ***Healing Harmonies Choir***

The Fall 2019 Healing Harmonies Choir started rehearsing on Mondays from 4:30-6pm at the Northampton Center for the Arts, at 33 Hawley St in Northampton. The next choir rehearsal is Monday, October 21<sup>st</sup>. For more information, contact Lisa Sommers (413) 545-4010.



## ***Medicare Informational Session – November 9th***

Michele Chmura is a SHINE (Serving Health Information Needs of Elders) advocate, who will be giving a talk to the group during the second half of the November meeting on “Medicare 101”.

## ***Grad Students to hold fundraiser at Outback Steakhouse in Enfield, CT***

Two students in the graduate program in Speech Language Pathology are coordinating an event that will raise awareness of stroke/aphasia and also raise funds for the SSG. More details on the date/place will follow. In the meantime, the students would like to survey members regarding their post-stroke experiences when dining out, in order to create educational materials for the restaurant staff. Please take a moment to fill out a brief survey (attached) and send it to Julie Rotatori: [jrotatori@umass.edu](mailto:jrotatori@umass.edu)

## ***UMass Department of Communication Disorders undergoing re-accreditation of our M.A. program in Speech-Language Pathology***

As part of the accreditation of our graduate program, visitors from our professional organization will be visiting UMass this week. An hour has been set aside on Thursday, October 17<sup>th</sup> (3:30-4:30pm) to hear from the public - for example from YOU! If you'd like to put in a good word for our program, our department, and/or the SSG, stop by the ComDis conference room during this hour to advocate on our behalf.