

## 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!

Many of our members gathered on November 9th. We shared some sad news about the sudden passing of Joseph LeCours. Joe and his wife Bev will be missed by all.

We had less time for catching up due to two guests. Michele Chmura shared her wisdom regarding Medicare. Also Ivan Lee and Hee-Tae Jung shared information on their motor recovery study. More info is attached about both of these.

We look forward to seeing you at our annual holiday potluck / meeting on Saturday, Dec. 14<sup>th</sup>.

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### Upcoming Events

#### Fall 2019

##### **Monday, Dec 2**

Healing Harmonies Choir  
(Last rehearsal this fall)  
4:30-6pm

##### **Saturday, Dec 14**

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

##### **SSG Annual Holiday**

##### **POT LUCK / meeting**

10:30am-12pm

##### **Sunday, Dec 15**

SSG Book Club-  
(Last meeting this fall)  
12:30-1:30pm

### **Joseph N. LeCours (1933 – 2019)**

The UMass Amherst Stroke Support Group sends heartfelt condolences to the family of Joe LeCours who passed away October 30 with his family by his side. Joe loved life and never let his stroke define him. We thank his wife, Bev, and daughter, Darlene, for directing donations in lieu of flowers to the Stroke Support Group.



## Healing Harmonies Choir

The **Spring 2020 Healing Harmonies Choir schedule** is out! They will continue rehearsing on Mondays from 4:30-6pm at the Northampton Center for the Arts, at 33 Hawley St in Northampton. The first Spring semester choir rehearsal is Monday, Feb 3<sup>rd</sup>. For more information, contact Lisa Sommers (413) 545-4010.



## Medicare Informational Session – THANK YOU, Michele!

Michele Chmura is a social worker and SHINE (Serving Health Information Needs of Elders) advocate, who shared essentials of “Medicare 101” at the November meeting. If you missed the meeting or would like to meet one-on-one with Michele to get more information, you can reach her at the Amherst Senior Center/Council on Aging in Bangs Community Center, 70 Boltwood Walk in Amherst. Phone: (413) 259-3038 Email: [chmuram@amherstma.gov](mailto:chmuram@amherstma.gov)

## Seeking Participants for a Mobile Health Study on Achieving Optimal Motor Function in Stroke Survivors



Drs. Ivan Lee and Hee-Tae Jung of the UMass Department of Computer Science are seeking participants at least 12 months post-stroke to wear a ring sensor that will monitor arm movements in affected/unaffected limbs. For more info, contact Hee-Tae: (413) 835-5135 or [hjung@cs.umass.edu](mailto:hjung@cs.umass.edu)