

Delaware Stroke Support Group

Delaware Stroke Initiative's *Thumbs Up Stroke Support Group* 2006-2007 Calendar of Event For Educational Program

September 14, 2006

Topic: Members Supporting Each Other
Location: Newark Senior Center
200 White Chapel Dr.
Newark, DE 19711
1:00 p.m.

Recovering from a stroke is challenge for survivors and caregivers. Group members will share tips for emotionally adjusting to the changes and offer tips for success

September 28, 2006

Topic: Emotional Adjustment after Stroke
Speaker: Dr. Christopher King or Kathy Gehlert Occupational Therapy
Location: Newark Senior Center
200 White Chapel Dr.
Newark, DE 19711
1:00 p.m.

Recovering from a stroke is emotional as well as challenging. The group will discuss adjustments and provide tips to group for success.

October 12, 2006

Topic: Diabetes and Stroke Education
Speaker: Tau Eta Chapter of Chi Eta Phi Sorority, Inc
Location: Newark Senior Center
200 White Chapel Dr.
Newark, DE 19711
1:00 p.m.

Tau Eta chapter is a organization of professional Registered Nurses who provide community outreach and education in stroke risk assessments. Free screenings to identify individuals at risk for stroke.

October 26, 2006

Topic: Home Care options for Stroke Survivors
Speaker: Michael Weldon CEO of Visiting Angels
Location: Newark Senior Center
200 White Chapel Dr.
Newark, DE 19711
1:00 p.m.

November 9, 2006

Topic: Members Supporting Each Other
Location: Newark Senior Center
200 White Chapel Dr.
Newark, DE 19711
1:00 p.m.

Delaware Stroke Support Group

December 14, 2006

Topic: **HOLIDAY CELEBRATION**

Location: Newark Senior Center
200 White Chapel Dr.
Newark, DE 19711
1:00 p.m.

Invite friends and family to join in celebrating life.

January 11, 2007

Topic: Stroke Risk Assessments

Speakers: Tau Eta Chapter of Chi Eta Phi Sorority, Inc.

Location: Newark Senior Center
200 White Chapel Dr.
Newark, DE 19711
1:00 p.m.

January 25, 2007

Topic: Fall Prevention

Speaker: Staci Larkin, Professor of Physical Therapy & Students

Location: Newark Senior Center
200 White Chapel Dr.
Newark, DE 19711
1:00 p.m.

February 8, 2007

Topic: Nutrition as a Healthy Lifestyle

Speaker:

Location: Newark Senior Center
200 White Chapel Dr.
Newark, DE 19711
1:00 p.m.

The speaker will teach the group about focusing on healthy nutrition as a lifestyle.

February 22, 2007

Topic: Assistive Technology

Speaker: TBA

Location: Newark Senior Center
200 White Chapel Dr.
Newark, DE 19711
1:00 p.m.

March 8, 2007

Topic: Handling Stress & Coping With Changes

Speaker: Priscilla Murphy Founder of NyLex Educational & Counseling Services

Location: Newark Senior Center
200 White Chapel Dr.
Newark, DE 19711
1:00 p.m.

March 22, 2007

Topic: Fall Prevention

Delaware Stroke Support Group

Speaker: TBA
Location: Newark Senior Center
200 White Chapel Dr.
Newark, DE 19711
1:00 p.m.

April 12, 2007

Topic: Stroke Screening for Stroke Prevention (Bring a family member)
Speaker: Tau Eta Chapter of Chi Eta Phi Sorority, Inc.
Location: Newark Senior Center
200 White Chapel Dr.
Newark, DE 19711
1:00 p.m.

April 26, 2007

Topic: Members Supporting Members
Location: Newark Senior Center
200 White Chapel Dr.
Newark, DE 19711
1:00 p.m.

May 10, 2007

Topic: The Role of Neurologist in the Prevention & Treatment of Stroke
Speaker: Dr. Dresser Delaware Stroke Initiative
Location: Newark Senior Center
200 White Chapel Dr.
Newark, DE 19711
1:00 p.m.

May 24, 2007

Topic: Osteoporosis
Speaker: TBA
Location: Newark Senior Center
200 White Chapel Dr.
Newark, DE 19711
1:00 p.m.

June 14, 2007

Topic:
Location: Newark Senior Center
200 White Chapel Dr.
Newark, DE 19711
1:00 p.m.

June 21, 2007 Last Group Until September

Topic: Members Supporting m Members
Location: Newark Senior Center
200 White Chapel Dr.
Newark, DE 19711
1:00 p.m.