



Bronson Stroke Survivor Support Group

Information for Patients & Caregivers

Welcome

Join us to learn more about the effects of stroke, tools for coping and resources for survivors and caregivers. We encourage stroke survivors, their families and caregivers to attend to receive information and support in a relaxed environment.

What to Expect:

- You will find someone who understands what you've been through.
- You are not alone in this recovery process. Many people of all ages have traveled this road.
- Know that we will also learn something valuable from you!

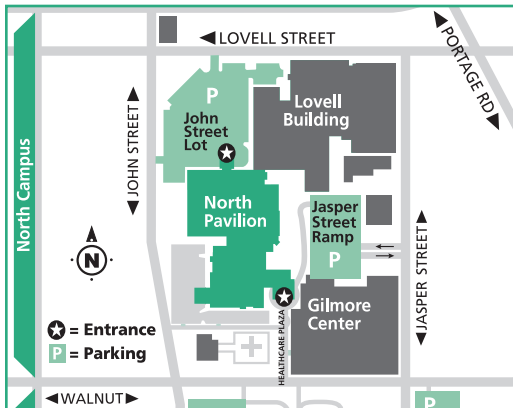
Please join us as we all support, encourage and learn from one another.

Time

We meet on the third Thursday of the month from 11 a.m. to Noon (no meetings in July or August).

Location

Meetings are located at the Bronson Gilmore Center for Health Education, 601 John Street, Kalamazoo. Parking is available in the Jasper Street Parking Ramp.



View from a Stroke Survivor

In February 2009, I had an ischemic stroke that led to my hospitalization at Bronson



Methodist Hospital for treatment and rehabilitation. Fortunately, I was able to recover most, if not all, of my prior abilities, but only after a period of faithfully following the recommendations of my medical providers. It's a miracle what modern medicine can do today to treat stroke and improve recovery.

I feel so fortunate for the speed and expertise of the entire Bronson stroke team. As a former rehabilitation nurse and current nurse manager for Bronson Vicksburg Hospital, I volunteer my time to talk to stroke survivors about the warning signs and risk factors associated with stroke, and share my personal experiences.

I strongly urge you to consider attending the Bronson Stroke Survivors Support Group at Bronson Methodist Hospital. The support group will enable stroke survivors to share their experiences, to encourage one another and to help them each learn to continue leading productive lives.

Cindy K – Stroke Survivor

Resources for the Stroke Survivor and Caregivers

LOCAL

Stroke Support Group at Bronson Methodist Hospital.

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STATE OF MICHIGAN

American Heart Association/American Stroke Association (ASA)

The ASA can provide stroke resources, pamphlets, and information on other support groups in your area. For more information, call (616) 285-1888.

NATIONAL

National Stroke Association (NSA)

The NSA provides resources for stroke survivors and families, including the newsletter "Be Stroke Smart". For more information, contact the NSA at 1 (800) 787-6537.

For more information about the Bronson Stroke Survivor Support Group at Bronson Methodist Hospital, please call (269) 341-7500 or go to bronsonhealth.com/stroke.

Act F.A.S.T. to recognize and respond to stroke symptoms.

F = Face

Ask the person to smile. Does one side of the face droop?

A = Arm

Ask the person to raise both arms. Does one of them drift?

S = Speech

Ask the person to repeat simple phrases. Does the speech sound slurred or strange?

T = Time

If you observe any of these signs it's time to call 9-1-1.

Stroke Risk Factors

- High blood pressure
- High cholesterol
- Heart disease
- Obesity
- Smoking
- Lack of physical activity
- Alcohol
- Drug abuse
- Stress
- Diabetes
- Diet
- Age
- Family history