Information for Patients and Caregivers

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!
• Presentations from speakers who provide education and open discussion on topics related to stroke.

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

Support Groups

At Bronson Methodist Hospital
Meets the third Thursday of the month from 11 a.m. until Noon (there are no meetings in July or August). Meetings are located at the Bronson Gilmore Center for Health Education, 601 John St., in Kalamazoo and are led by Jamie Warner, RN. Free parking is available in the Jasper Street Parking Ramp. For more information, call (269) 341-7500.

At YMCA of Battle Creek
Meets the third Thursday of the month from 1 to 2 p.m. (there are no meetings in July or August). Meetings are located at the YMCA of Battle Creek, 182 Capital Ave., in Battle Creek and led by Susan VanderWeide, RN. For more information, call (269) 441-0957.
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
- Obesity
- Smoking
- Lack of physical activity
- Alcohol
- Drug abuse
- Diabetes
- Age
- Family history
- AFib (irregular heartbeat)
- Gender (male)
- Race (African American)

Resources

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, visit strokeassociation.org.

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 (800) 787-6537 or visit stroke.org.