

HOPE for STROKE

Survivor and Caregiver Support Group

We Welcome You!

We invite stroke survivors and caregivers to attend our monthly sessions and be empowered with the tools necessary to resume their quality of life after stroke.

Date: Fourth Wednesday of each Month
[Except for December]

Time: 2:30-4:00 PM

Place: NYP/Weill Cornell Medical Center
525 E. 68th Street, New York, NY 10065

Meeting Location - F 610 Neurology

Use F or K Elevator to the 6th Floor

To Register- email: shd9072@nyp.org or
call: 212 746-4231

For more information contact:
212 746-2036

Join us in supporting and encouraging
one another

Sheila DaSilva, RN, BSN
Manager, Stroke Center

Deborah Ginsburg, LMSW
Social Worker, Stroke Center

Greta Strong MPA., MSc., HS-BCP
Stroke Advocate

New York Presbyterian/Weill Cornell
Attn: Sheila DaSilva - Stroke Center Manager
525 E 68th Street, F-610
New York, NY 10065



HOPE for STROKE

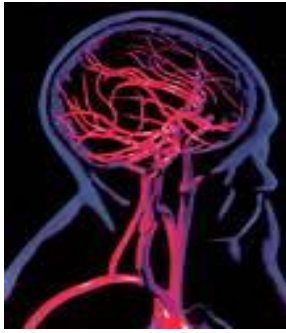
Survivor and Caregiver Support Group

 **New York-Presbyterian**
Comprehensive Stroke Care

Weill Cornell Medical Center
525 East 68th Street
New York, NY 10065



AMAZING THINGS HAPPEN HERE



Hope for Stroke

Survivor and Caregiver Support Group

We are committed to providing knowledge and investing time with patients and their families, in order to benefit stroke survivors and future generations of people who may be affected by stroke. We want to provide a warm environment for people to learn more about stroke share their experiences and become inspired to move forward after their stroke.

OUR VALUES

RESPECT

Every person counts

RESPONSIBILITY

Honoring our past, Ensuring our future

EMPATHY

Listen, Understand and Respond

PLEASE SAVE THE DATES
2014: Sessions Offered
4th Wednesday of Each Month
2:30- 4:00 PM/ F-610 Neurology

January 22	July 23
February 26	August -No Meeting
March 26	September 24
April 23	October 22
May 28	November- No Meeting
June 25	December 3

Stroke Prevention Tips

▪ **Control your blood pressure**

The most important action you can take to reduce your risk is to control your blood pressure. A blood pressure reading less than 120/80 is considered normal for adults.

▪ **Manage your cholesterol and diabetes**

Work with your healthcare provider to manage your blood sugar and cholesterol levels and develop a nutritional plan to reduce your risk for stroke.

▪ **Do not smoke**

Make a decision to quit and stick to it. Talk to your health care provider about ways to quit.

▪ **Exercise regularly**

Physical activity helps you lose weight, control blood pressure and increase your good cholesterol.

▪ **Get your heart checked**

Having heart disease increases your risk for stroke. Ask your doctor if Aspirin or other heart-healthy medicines are right for you.



TIME IS BRAIN

Stroke is a medical emergency.

If you experience these symptoms call **911** and get immediate treatment.

Stroke Warning Signs



FACE

Look for an uneven smile



ARM

Check if one arm is weak



SPEECH

Listen for slurred speech



TIME

Call 911 at the first sign

Other Symptoms

- **Dizziness**
- **Trouble walking and loss of balance and coordination**
- **Changes in vision**
- **Sudden severe headache**