

BAY AREA STROKE EDUCATION SERIES

The Stroke Survivor Group at McLaren Bay Region proudly offers the Bay Area Stroke Education Series for new patients, caregivers and survivors. Join us for a presentation and time for questions & answers of a topic related to stroke. During this program, you are welcome to listen, ask questions, or participate if you desire. Guests are welcome to join you!

MEETING LOCATION:

All meetings will be held at the Center for Rehabilitation, 3190 E. Midland Road, located on McLaren Bay Region's West Campus.

RSVP by calling toll-free 1-877-411-2762 anytime or online at www.mclaren.org/BayClasses.

There is no cost to participate in any of these programs. If you would like to participate in any of these programs virtually, please let us know upon registration and Zoom information will be sent to you.

Annette Kata, LMSW, Social Worker/Case Manager for McLaren Bay Region's Inpatient Rehabilitation Unit, and Grace Rodriguez, RN, Stroke Program Coordinator, will be your hosts for the meetings and will be available to answer any individual questions you may have.



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WEDNESDAY, JANUARY 12, 2022 AT 3:00 P.M. IMPROVING BALANCE AFTER STROKE

Speaker: Kevin Wonch, Physical Therapist, McLaren Bay Region

A stroke can change the way your brain controls balance, and you could feel unsteady or uncoordinated. Weakness on one side of your body, loss of sensation, concentration problems, vision problems, spatial neglect, ataxia, perceptual problems, and vertigo are examples of how balance can be affected by stroke but there are things that you can do to improve your balance.

WEDNESDAY, FEBRUARY 9, 2022 AT 3:00 P.M. STROKE PREVENTION & FOLLOW-UP

Speaker: Janice Baker, Nurse Practitioner, McLaren Bay Neurology

Stroke patients have a 15-fold increased risk of a recurrence, and management of risk factors following stroke is key in preventing future episodes. This topic will review the risk factors for stroke, with a focus on secondary prevention in patients who have a history of transient ischemic attack (TIA) or ischemic stroke or are considered to have a high risk of ischemic stroke due to the presence of coronary heart disease or diabetes.

WEDNESDAY, MARCH 9, 2022 AT 3:00 P.M. SLEEP APNEA, AFIB AND STROKES: WHAT'S THE CONNECTION?

Speaker: Mary K. Taylor, RRT, RPSGT, CCSH, Supervisor & Sleep Educator, McLaren Bay Sleep Center

Atrial Fibrillation (AFib) is an abnormal heart rhythm that affects 2.5 million people in the U.S. Sleep apnea affects about 18 million U.S. citizens and 85% of cases go undiagnosed and occurs when breathing stops or becomes critically shallow during sleep. About half of patients with AFib also have sleep apnea. And, both AFib and sleep apnea are risk factors for stroke.

WEDNESDAY, APRIL 13, 2022 AT 3:00 P.M. HOW TO PRACTICE MINDFULNESS TO HELP REDUCE STRESS

Speaker: Crystal Waugh, Therapist, McLaren Partial Hospitalization Program

Mindfulness is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment. Practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress.