

MAY 2012

# The Brain Buzz

A UAMS NEWSLETTER FOR STROKE SURVIVORS AND  
THEIR CAREGIVERS

## We Hope You'll Join Us!

### Support Group

The UAMS Stroke Support Group meets on the third Thursday of each month.

**NEXT MEETING:**  
May 17, 2012

**TIME:**  
11 a.m. - Noon

**LOCATION:**  
UAMS Family Home  
4300 W. Markham  
Little Rock, Arkansas  
72205

Feel free to bring your lunch. Dessert and drinks will be provided.

To register or for further information, contact (501) 686-7791 or email [smithdanam@uams.edu](mailto:smithdanam@uams.edu).

We are excited about our upcoming events at our stroke support group meetings this summer! We have several guest speakers coming for our meetings including art and pet therapy! I want to personally invite you all to come to our meetings. We meet on the 3rd Thursday of each month from 11 a.m. -12 noon. Our location is right across the street from UAMS at the **UAMS Family Home** (parking is **FREE** and really close!!) If you have any questions call (501) 686-7791. Also, **feel free to bring family and friends.** We would love to have any new members.

Thank you,  
Dana K Lawrence, RN, BSN, BC  
RN Unit H8 Neurology/Neurosurgery  
[dksmith@uams.edu](mailto:dksmith@uams.edu)

### **May 17, 2012 Meeting Topic: Speech**

**Speaker: Amy Chandler, Speech Language Pathologist**

Strokes can be devastating experiences that require extensive physical, occupational and speech therapy. According to the Patient Education Institute, rehabilitation exercises are meant to retrain the brain to direct speech, thought, movement, cognition and sensation.

Aphasia is the partial or total loss of the capability to use words. This is a symptom of a stroke that can cause one or more of the following: the person cannot speak, speaks the wrong words, does not understand words, cannot read, or cannot write. Speech Therapy assists with the rehabilitation of communication as a result of a stroke.

### **June 21, 2012 Meeting Topic: Possible Visit to Stroke Patients on H8**

We will begin our patient visiting program, in which other survivors could visit the new stroke patients to cheer them up, let them know that they are not alone, and give them support and helpful information that they have learned in their own rehabilitation process.

### **July 19, 2012 Meeting Topic: Art Therapy**

**Speaker: Mindy Lacefield**

The art developed during Art Therapy can help communicate feelings and experiences that may be difficult to verbalize after a stroke. This can help to grieve for losses, emotions and fears. Art Therapy can improve physical abilities through the creation of art. This can help reduce depression, which can hinder rehabilitation. Stroke survivors that attend this meeting will get the opportunity to practice art therapy during the session.



# UAMS

UNIVERSITY OF ARKANSAS  
FOR MEDICAL SCIENCES

## Emotions After a Stroke

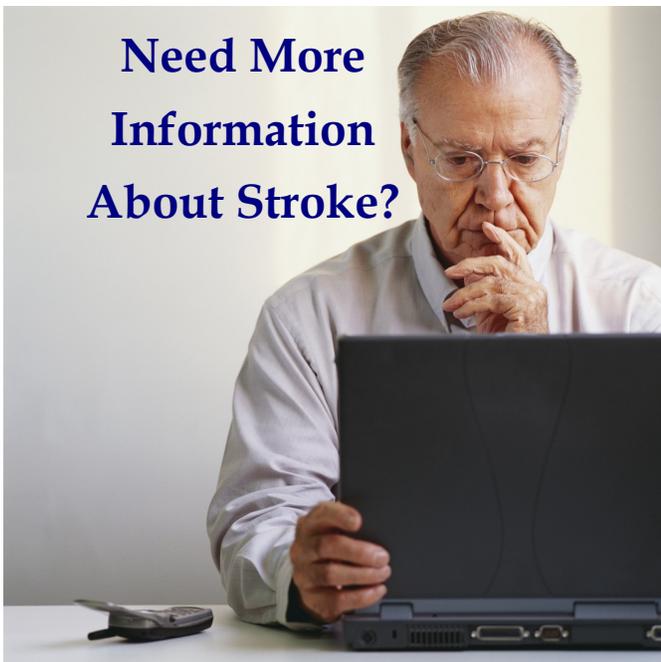
Immediately after a stroke, a survivor may respond one way, yet weeks later respond differently. Some survivors may react with understandable sadness; others may be amazingly cheerful. These emotional reactions may occur because of biological or psychological causes due to stroke. These changes may vary with time and can interfere with rehabilitation.



- Tell yourself that your feelings aren't "good" or "bad." Let yourself cope without feeling guilty about your emotions.
- Find people who understand what you're feeling. Ask about a support group.
- Get enough exercise and do enjoyable activities.
- Give yourself credit for the progress you've made. Celebrate the large and small gains.
- Learn to "talk" to yourself in a positive way.
- Allow yourself to make mistakes.
- Ask your doctor for help. Ask for a referral to a mental health specialist for psychological counseling or antidepressant medication if needed for depression.
- Make sure you get enough sleep at night. Sometimes lack of sleep can cause emotional changes.

\*Source: American Stroke Association, 2012

**Need More  
Information  
About Stroke?**



**National Stroke Association**

1-800-STROKES (787-6537)

[www.stroke.org](http://www.stroke.org)

**American Stroke Association**

1-888-4-STROKE (478-7653)

[www.strokeassociation.org](http://www.strokeassociation.org)

**UAMS Neurology Department**

501-686-5838

<http://neurology.uams.edu/>