

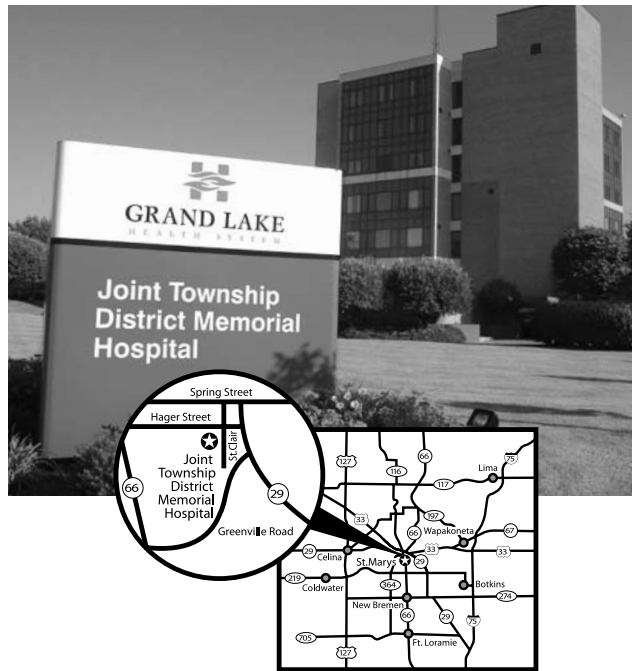


## SPEAKER SERIES

Knowledge gives you the power to make decisions, to improve you or your loved one's quality of life, to renew your inner strength with coping strategies, to have healthier living, to reconnect with society and trust in yourself to overcome limitations.

Several times a year we will have a speaker that will focus on related topics such as:

- types of strokes
- prevention
- nutrition
- well being
- exercise
- obesity prevention
- tobacco cessation
- rehabilitation
- living a healthy life style
- depression ...and more.



## OUR MISSION

To optimize the health status of those we serve by providing the highest quality, value and service while remaining financially strong.

For more information contact:  
Community Outreach: 419-394-6132



**JOINT TOWNSHIP DISTRICT  
MEMORIAL HOSPITAL™**

AN AFFILIATE OF GRAND LAKE HEALTH SYSTEM

200 St. Clair Street  
St. Marys, Ohio 45885-2400  
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[www.grandlakehealth.org](http://www.grandlakehealth.org)

## STROKE SUPPORT GROUP



SUPPORT FOR STROKE SURVIVORS  
AND THEIR FAMILIES



AUGLAIZE COUNTY COUNCIL ON AGING



**JOINT TOWNSHIP DISTRICT  
MEMORIAL HOSPITAL™**

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## STROKE SUPPORT GROUP MISSION

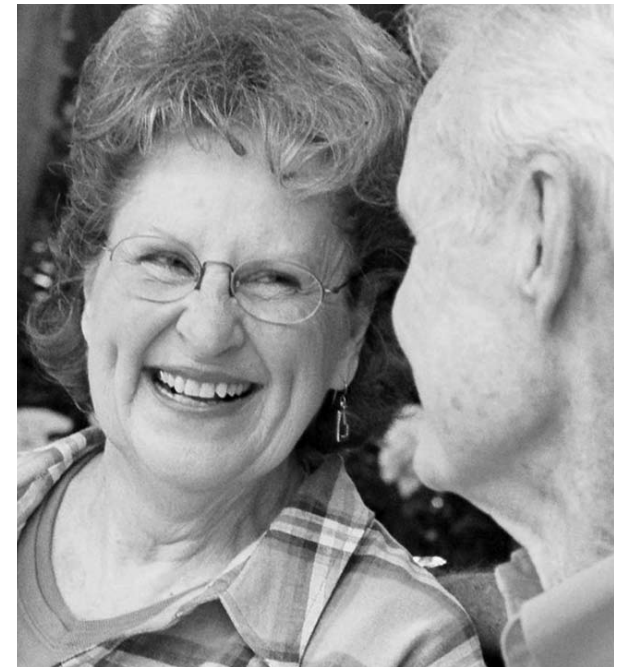
*is to provide support to stroke survivors, family, and friends with education, resources, and friendship. To expand knowledge that will nurture a positive outcome of both a physical and emotional nature, and to make long lasting friendships that are supportive of those with similar situations. To promote lifestyle changes that reduce the risk for strokes and to promote a healthy, meaningful life.*



## STROKE SUPPORT GROUP GOALS

1. To promote a wellness orientation to rehabilitation that goes along with the standard cognitive and physical goals established by the acute rehabilitation interdisciplinary team.
2. To encourage survivors and their families to focus on their internal resources and establish realistic expectations for self-care.
3. To provide stroke survivors and families with a supportive environment that encourages healthy acceptance of a new and changed realistic goal setting for the future.

*Have a  
“Healthy Awareness”:  
Cardiovascular  
Diseases are still  
the No. 1  
cause of Death.*



4. To clarify misconceptions about strokes, answer questions, and provide professional guidance in identifying appropriate resources.
5. To provide an opportunity to share feelings, experiences and coping strategies with others in a similar situation as a way of assigning meaning to life after stroke.
6. To provide a simple, uniform format for meetings that can be adapted in all types of community settings.
7. To provide a balanced mix of physical, mental, emotional, and spiritual stimulation that fosters adaptation and growth.