

## Know the warning signs of STROKE:

- ❖ Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- ❖ Sudden confusion, trouble speaking or understanding
- ❖ Sudden trouble seeing in one or both eyes
- ❖ Sudden trouble walking, dizziness, loss of balance or coordination
- ❖ Sudden, severe headache with no known cause

If you experience some or all of these warning signs, don't wait.

Call 9-1-1 right away.



## STROKE SUPPORT GROUP

Sponsored by the Rehabilitation Hospital of Fort Wayne

*March / April 2010*

### Keep in mind the National Stroke Association's Guidelines to Prevent Stroke:

You have control over many stroke risk factors. NSA and its panel of stroke experts have developed ten simple guidelines to help you reduce your risk for stroke.

1. Know your blood pressure. If it is elevated, work with your doctor to keep it under control. A normal blood pressure reading is considered less than 140/90.
2. Find out if you have atrial fibrillation, which is an irregular heartbeat rhythm (also called AF). If you have AF, work with your doctor to manage it.
3. If you smoke, stop.
4. If you drink alcohol, do so in moderation.
5. Know your cholesterol number. If it is high, work with your doctor to control it.
6. If you are diabetic, follow your doctor's recommendations carefully to control your diabetes.
7. Include exercise in the activities you enjoy in your daily routine.
8. Enjoy a lower sodium (salt), lower fat diet.
9. Ask your doctor if you have circulation problems that increase your risk for stroke. If so, work with your doctor to control them.
10. If you have any stroke symptoms, seek immediate medical attention.

**Source** *HOPE - The Stroke Recovery Guide. Part 3. Preventing Another Stroke. National Stroke Association (NSA).*

Rehabilitation Hospital of Fort Wayne  
7970 W. Jefferson Blvd  
Fort Wayne IN 46804-4140  
RETURN SERVICE REQUESTED

## Free Games for the Brain

1. [www.internet4classrooms.com/grade\\_level\\_help.htm](http://www.internet4classrooms.com/grade_level_help.htm)
2. [www.factmonster.com/games](http://www.factmonster.com/games)
3. [www.funbrain.com/brain/SweepsBrain/sweepsbrain.html](http://www.funbrain.com/brain/SweepsBrain/sweepsbrain.html)
4. [www.iknowthat.com](http://www.iknowthat.com)
5. [www.gamesforthebrain.com](http://www.gamesforthebrain.com)
6. [www.miniclip.com](http://www.miniclip.com)
7. [www.popcap.com](http://www.popcap.com)
8. [www.motorarcade.com](http://www.motorarcade.com)
9. <http://sparksofgenius.wordpress.com/gamezone/>

These are only some of the websites that are available if you are interested in further exploring Brain Fitness.

If you have a favorite website to share, please bring the address with you to stroke support group and what thinking skills you feel it addresses.



### SPECIAL EVENTS CALENDAR – March/April 2010

Tuesday, March 2	<b><u>Stroke Support Group Meeting:</u></b> 6:30 – 8:00 p.m. Rehabilitation Hospital of Fort Wayne- Special Functions Room 1 Guest Speaker from: Senior Health Insurance Program
Tuesday, April 6	<b><u>Stroke Support Group Meeting:</u></b> 6:30-8:00 p.m. Rehabilitation Hospital of Fort Wayne – Special Functions Room 1 Brain Fitness & Stroke
Tuesday, April 20	<b><u>Newsletter Folding:</u></b> 1:00 p.m. in the Board Room of the Rehab Hospital of Fort Wayne.

#### Directions:

The Rehabilitation Hospital of Fort Wayne is located on the Lutheran Hospital Campus. Enter the campus off U.S. 24/ Jefferson Boulevard. As soon as you come into the campus, turn right at the first intersection. The second building on your right is the Rehabilitation Hospital.

**\*Please note that we are changing our meeting room beginning in February.** Entering through the front lobby, there will be signs directing you to the Special Functions Room 1 (in the back of the dining room). Please contact Julie Wolfe at (260) 435-6136 or at [jwolfe@lutheran-hosp.com](mailto:jwolfe@lutheran-hosp.com) for further information.



If you no longer wish to receive the newsletter, please call Cheri Umphrey, Executive Assistant, at (260) 435-6105 or send an email to [cumphrey@lutheran-hosp.com](mailto:cumphrey@lutheran-hosp.com)

## What is Brain Fitness?

The term **brain fitness** reflects a hypothesis that cognitive abilities can be maintained or improved by exercising the brain, in analogy to the way physical fitness is improved by exercising the body.

Although there is strong evidence that aspects of brain structure remain plastic throughout life, and that high levels of mental activity are associated with reduced risks of age-related dementia, scientific support for the concept of "brain fitness" is limited.

The term is virtually never used in the scientific literature, but is commonly used in the context of self-help books and commercial products