

*“Bringing the Joy of
Expression into the
Community”*

*Fort Wayne Dance Collective
has served this community for
more than 29 years and has
developed and perfected a
blend of multi-arts and
multicultural outreach
programs designed to fit the
needs and interests of
children, youth and adults.
Further classes include
Movement & Dance, Multi-
Arts, and Specialty classes.*



For more information:

Fort Wayne Dance Collective |
437 E. Berry St. Fort Wayne, Ind. 46802 |
(260) 424-6574 | info@fwdc.org

The Fort Wayne Dance Collective is funded in part
by Arts United of Greater Fort Wayne, the Indiana
Arts Commission, the National Endowment for the
Arts, a federal Agency, and many other generous
funders.

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



STROKE SUPPORT GROUP

Sponsored by the Rehabilitation Hospital of Fort Wayne



March/April
2009 NEWSLETTER

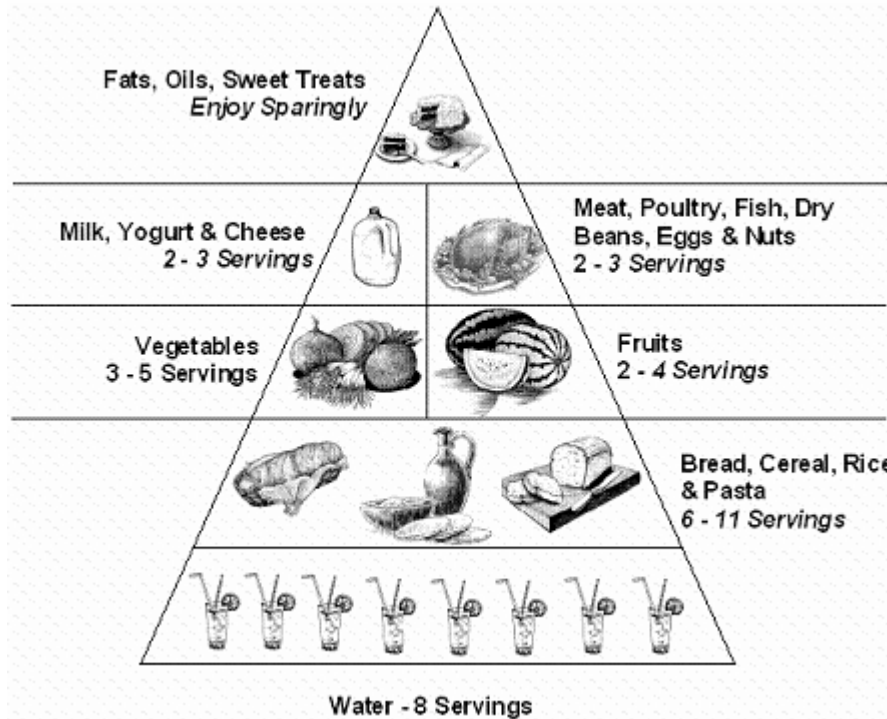
On Tuesday, March 3rd we are pleased to have
Liz Monnier, Artistic Director for the Fort Wayne
Dance Collective speaking and teaching Tai Chi.
Liz will lead us to relaxation and stress reduction
through movement and education.

Please dress comfortably to participate in basic
movements to learn and add to your current stress
reduction routine.

For our April 7th meeting, Colleen Incremona,
Registered Dietician, will be speaking about Carb
counting related to diabetic diets, and Vitamin K and
how it affects Coumadin therapy.

Bring questions for Colleen as she is highly
experienced with working with stroke patients and
heart healthy diets.

Check out this food pyramid and see where you can improve your nutritional intake!



Words of Wisdom

By:

Bob (a stroke support group member)

Life was never supposed to be like it is. But rather the way that we make it. So...give it your best shot!

SPECIAL EVENTS CALENDAR – March/April 2009

Tuesday, March 3	<u>Stroke Support Group Meeting:</u> 6:30-8:00 p.m. at the Rehabilitation Hospital of Fort Wayne, Special Functions Room 2. Speaker: Fort Wayne Dance Collective: Tai Chi
Tuesday, April 7	<u>Stroke Support Group Meeting:</u> 6:30-8:00 p.m. at the Rehabilitation Hospital of Fort Wayne, Special Functions Room 2. Speaker: Colleen Incremona, Registered Dietician
Tuesday, April 21	Newsletter Folding at 1p.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, make your first right. The second building on your right is the Rehabilitation Hospital. Park near the southeast side entrance. Enter from the long overhang to Special Functions Room 2.

If you would enter through the front lobby there will be signs directing you but the walk will be long from this direction.

Please contact Julie Wolfe at 435-6136 for further information.



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

Researchers at **Kent State University** in Ohio are currently recruiting for a National Institutes of Health funded research program designed to help female caregivers and male stroke survivors who face difficult challenges following a stroke. In this program, caregivers get online access to critical support, information and education.

The study will primarily analyze female caregivers, but survivors will also participate in the trial. Caregivers will take part through an Online CARE for Stroke website over a 10-week period. Caregivers and stroke survivors will also complete three brief telephone interviews, allowing all participants to enjoy benefits of this program without leaving the comfort of home. Participants will receive health information and education that will help to facilitate stroke survivors' physical and emotional recovery and to reduce caregivers' feelings of strain or burden. The study's researchers are particularly seeking caregivers and stroke survivors who are experiencing depressive or anxiety symptoms.

For more information about the study and incentives, call toll-free **1-866-300-6657**.