

**The Start!
Heart/Stroke Walk is
the American Heart
Association's premiere
fund-raising event.**

This event is designed to promote physical activity and heart-healthy living in an environment that's fun for the whole family.

This year, more than 1 million walkers will participate in more than 450 events, raising funds to save lives from this country's #1 and #3 killers - -- heart disease and stroke.

Walk with friends, family, co-workers or strangers you'll bond with along the way.

Anyway you choose to do it, your heart will thank you for it!



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



September/October
2009 NEWSLETTER

**Please join us for the 2009 American
Heart/Stroke Walk on
Saturday, September 19, 2009,
at Franke Park.**

**There will be health screenings,
handouts, and a location for donations
at 8:30 a.m.**

**followed by opening ceremonies and
the walk beginning at 9:30 a.m.**

**If you would like to be a member of our
team or to support our team,
please call Julie Wolfe at 435-6136.**

We would love to have you!

How Stroke Affects the Brain

The brain is an extremely complex organ that controls various body functions. If a stroke occurs and blood flow can't reach the region that controls a particular body function that part of the body won't work as it should.

If the stroke occurs toward the back of the brain, for instance, it's likely that some disability involving vision will result. The effects of a stroke depend primarily on the location of the obstruction and the extent of brain tissue affected.

Right Brain

The effects of a stroke depend on several factors, including the location of the obstruction and how much brain tissue is affected. However, because one side of the brain controls the opposite side of the body, a stroke affecting one side will result in neurological complications on the side of the body it affects. For example, if the stroke occurs in the brain's right side, the left side of the body will be affected, which could produce any or all of the following:

- Paralysis on the left side of the body
- Vision problems
- Quick, inquisitive behavioral style
- Memory loss

Left Brain

If the stroke occurs in the left side of the brain, the right side of the body will be affected, producing some or all of the following:

- Paralysis on the right side of the body
- Speech/language problems
- Slow, cautious behavioral style
- Memory loss

SPECIAL EVENTS CALENDAR – September/October 2009

Saturday, September 19th	<u>2009 Northeast Indiana Heart/Stroke Walk:</u> Franke Park. Pre Walk Activities at 8:30 a.m. Walk Begins at 9:30 a.m.
Tuesday, October 6	<u>Stroke Support Group Meeting:</u> 6:30-8:00 p.m. at the Rehabilitation Hospital of Fort Wayne, Special Functions Room 2. “Differences Between a Right and Left Brain Stroke”
Tuesday, October 20	Newsletter Folding at 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. Park near the southeast side entrance (past the loading dock) and enter at the blue awning to the Special Functions Room 2.

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

Please contact Julie Wolfe at (260) 435-6136 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

The Stroke Support Group Meeting on Tuesday, October 6th will discuss the “**Differences Between a Right and Left Brain Stroke**” as well as the effects of the stroke. More specific details will be given related to swallowing and speech/ language and cognition following a stroke.

Please feel free to bring questions, thoughts and experiences to share with the group.

It is our intent to support, educate and encourage each other through and beyond the journey of recovering from a stroke.

