

About our Stroke Support Group

Capital Region Medical Center Stroke Support Group is available for survivors and others interested in increasing their understanding of the emotional, social and educational needs of stroke survivors. Research has shown that survivors who have a strong social support network have better long-term functional abilities! If you have someone interested in receiving this newsletter, please contact us!

Stroke Support Group Leader Team

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Email the leaders or call (573) 632-5418 if you have questions or want to be added to the mailing list.



this issue

Annual BBQ P.1

Member Spotlight P.2

Stroke Crossword Puzzle P.3

Annual Picnic Returns

In non-COVID years, we would do an annual BBQ to celebrate another year of strength, recovery, and perseverance. We are planning to re-implement this in 2022! Please join us at the Hibernia Station Park in Holts Summit on July 1, 2022, to help kick off the 4th of July weekend. This is located next to the police station in Holts Summit, MO. Accessible, close parking available. Bring a side dish or dessert to share. It is a covered pavilion, but it still might be hot and sunny. Wear your sunscreen and dress appropriately. Caregivers welcome!

Annual Stroke Support Group Picnic

Friday, July 1

11:30 am-1:00 pm

Hibernia Station Park, Holts Summit, MO

Bring a side dish or dessert to share.



Mark Your Calendars

Upcoming Meetings

First Friday of
each month

11:00 am-12:00 pm

- **July 1** (annual picnic)
Hibernia Station Park
Holts Summit, MO
- **August 5**
Tunnell/Wherritt Community
Conference Room
Capital Region Medical Center
- **September 2**
Tunnell/Wherritt Community
Conference Room
Capital Region Medical Center



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MEDICAL CENTER

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Return to work after having a stroke

You've had a stroke; now you wonder if it's safe to return to work.

Returning to work after having a stroke is a big decision. The American Stroke Association is here to help. Their website (see below for the link) has many resources to help you decide if returning to work is right for you and your health. These resources include an employment readiness checklist, a decision tree to help with informed decision-making, and a goal setting worksheet. Each of these is designed to help guide you to make the best decision for your recovery.

The research indicates that up to 55% of people who suffer a stroke return to work within a few months of the incident. They also found generally improved well-being, self-esteem, and life satisfaction. In the other half that does not return to work, stroke-related depression is a common symptom. This information makes a return to work helpful for livelihood and mental wellbeing.

Vocational rehabilitation can help by offering resources that may be helpful in return to work for those with disabilities due to their stroke. This is a state-funded program that helps with guidance and counseling, vocational rehabilitation, rehabilitation tech services, local job searches, self-employment, and telecommuting opportunities.

Missouri Central Office of Vocational Rehabilitation

3024 Dupont Circle
Jefferson City, MO
573-751-3251

American Stroke Association Return to Work Resources:

www.stroke.org/es/life-after-stroke/recovery/return-to-work

Surviving Stroke: Nancy Kammerich

Returning to work after a stroke

Five years ago on December 10, Nancy Kammerich came to work at Capital Region Medical Center like any other day, but it was different.

She usually eats breakfast, but not this day. She had a bad headache and despite working all day as an Environmental Service Technician, she missed some work tasks that she typically completed. Another staff member was sent to help and Nancy went home to rest. The next day, she knew something was wrong: her right leg felt heavy, she was putting ice into an imaginary cup, and was unable to write her name. Her friend said that she might be having a stroke, but she was not sure. Finally, she went to the ER and it was confirmed that she did have a stroke, caused by a clogged blood vessel. She later had surgery to clean up plaque that was present in her carotid arteries, or the vessels leading to the brain that carry oxygen and blood. Often, carotid artery disease can cause a stroke and Nancy had this surgery to reduce her risk of having another one.

During her rehabilitation, she put in a lot of hard work. She had to work on her range of motion, strength, and fine motor skills. She really wanted to be able to scratch a lottery ticket again.



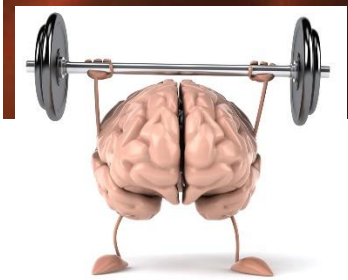
With her perseverance, she has accomplished this goal.

She also enjoys puzzles, which was something that was challenging for her after her stroke. She would work in speech therapy on hand-eye coordination and brain-boosting to improve this skill.

One month after her stroke, she was able to recover and return to work. Fast forward five years later, and she is still working. "So many people take that for granted. If I am able to work and do things on my own, I want to do them. I am proud of myself." At work, Nancy has to walk, and work a physically demanding job. Through her hard work, she has been able to keep up with job demands well. She helps keep the hospital clean and well maintained.

Nancy has overcome a lot of trials in her life. She is still smiling, still working, and not giving up.

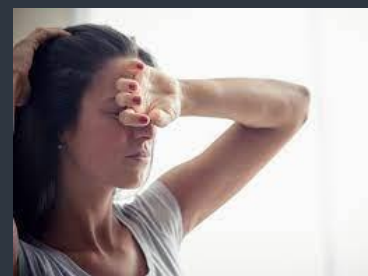
CRMC would like to thank Nancy for her dedication to return to work after her stroke. The effort to keep our hospital clean is much appreciated.



EYE ON IT

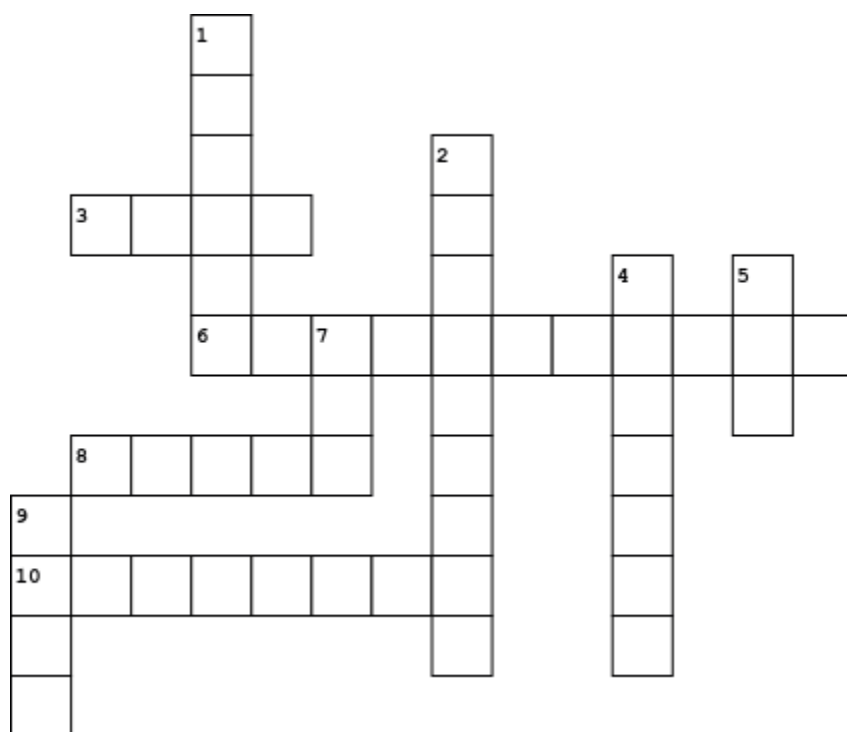
Current Industry Trends

Link between early menopause and increased stroke risk



Challenge Your Knowledge with Puzzles

Stroke Awareness Puzzle



Across

- 3. Decrease your risk of having a stroke by watching your _____
- 6. Type of stroke associated with a ruptured blood vessel in the brain
- 8. Recovery after a stroke is harder for this gender
- 10 Type of stroke associated with a blood clot in the brain's _____

Down

- 1. The S in FAST stands for this _____
- 2. Stroke or stroke symptoms is an _____
- 4 Common physical symptom _____ after having a stroke
- 5. Months after the stroke when the most recovery happens _____
- 7. Gender that is more likely to have a stroke _____

Recently, researchers found an interesting link between a women's age of menopause and stroke risk. For each year of "early" menopause (before age 40), the risk of having a stroke increased by 2%. Generally, women have a 4% elevated risk for having a stroke anyway; now this pushes their risk even further if early onset menopause happens. Conversely, this research project found that if menopause was delayed (after age 54), women had a LOWER risk for stroke by 2% each year. This is a curious link between menopause and risk for stroke and is likely linked to estrogen levels that affect cardiovascular fitness; however, more research needs to be completed.

To lower risk, doctors encourage getting plenty of sleep, maintaining a healthy weight and diet, keeping physically active, and stopping smoking.

Heart.org



Jefferson City Area Happenings

Get out and about in the Jefferson City area!

- **Salute to America**

July 3 & 4 | Downtown Jefferson City

Join the annual Salute to America celebration. Featuring the largest fireworks display in Central Missouri, this event fills the city's downtown festival district with carnival rides, a parade, concerts, beer gardens, and more. Check www.salutetoamerica.org for more details.

- **Battle of the Brews**

July 23 | 4 pm | Capital Region MU Healthcare Amphitheater

Sip, sip, hooray! The Battle of the Brews is back for another round. Enjoy food trucks and samples from multiple commercial and home brewers, all for a good cause. Proceeds for the event will benefit local nonprofit organizations.

- **Tour de Jeff City Moonlight Bike Ride**

2:00 am, Hy-Vee, W. Truman Blvd.

Sponsored by JC Parks and Ride Wheel Bike Shop, the Tour de Jeff City is a free 15-mile non-competitive bike ride for all ages. The route is carefully chosen to avoid most major hills. The bike ride starts and ends at Hy-Vee. 2022 Route Map will be posted at the beginning of August.

- **Southside Market**

4th Saturday of the month through September | 9:00 am - 2:00 pm

A monthly open-air market on East Dunklin Street, Jefferson City, MO.

Vintage/swap/flea/antique, crafters, farmers market, food trucks, pickers of all types (guitar/banjo and otherwise), and info booths.

- **8th Annual Super Hero Bocce Ball Tournament**

September 10 | 10 am

Join the 8th annual Super Hero Bocce Ball Tournament! Each time will be joined by a Special Olympics of Missouri Super Hero athlete! All proceeds will benefit the Special Olympics Missouri State Outdoor Games. \$120 per team of four.

Stroke Support Quarterly Issue 04 July 2022



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