



HEALTH HOPE NETWORKSM
A Commitment to Health, A Legacy of CareSM

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Healthy CONNECTIONS

HEALTHSOUTH

Health Hope Network and HealthSouth Rehabilitation Hospitals Stroke Survivor Newsletter

Spring 2009 Edition

Nintendo Wii[®] used for Stroke Rehabilitation



Thanks to a grant from the Allegheny-Kiski Health Foundation and matching funds from Health Hope Network Board member John Dick and his wife Tara

Branstad, the Springdale SSC group will be participating in a new exercise program using the Nintendo Wii[®] gaming system.

The Nintendo Wii[®] is a video game system which uses physical movement for its controls. So for example, to play tennis on the Wii[®], you hold the controller and move your

arms as if you are swinging a tennis racket. The games Health Hope Network has purchased for this program also include bowling, boxing, baseball, and a special fitness game that incorporates balance, aerobic, and strength exercises. Rehabilitation programs across the country are starting to use the Wii[®] because it is a fun and effective way to exercise.

The progress of the Springdale group members will be monitored to see if the Wii[®] exercise program is a good fit for stroke survivors. If the pilot program is successful, Health Hope Network will purchase more systems for other groups to use.

Upcoming Stroke Survivor & Caregiver Symposium May 9, 2009

On Saturday, May 9, Health Hope Network will host the Stroke Survivor and Caregiver Symposium, a day of educational speakers and interactive sessions for stroke survivors and caregivers. There are many symposiums on the subject of stroke, but ours is the only one that is targeted towards you. The Symposium will run from 8:30am to 3:30pm on Saturday, May 9 at the Embassy Suites Hotel in Coraopolis. Admission is \$10 per

person and includes lunch. Local vendors that offer goods and services for the stroke survivor will be presenting exhibits throughout the day. Speakers at the symposium include some of the area's foremost experts on stroke. Individual breakout sessions will cover subjects pertinent to living everyday life after a stroke.

For information on purchasing tickets for the symposium, please speak to your SSC group leader or call the Health Hope Network office at 412-904-3036 or go to our website at: www.healthhopenetwork.org



Stroke Survivor ConnectionSM

For more information about our programs call 412-904-3036
or visit our website at www.healthhopenetwork.org



MAY is National Stroke Awareness Month!

Please join us for a fundraiser
at Merante Gifts in Bloomfield
to help raise money for
Stroke Survivor Connection.
Shop, Eat and Drink Italian!
Thursday, May 7, 2009

6:00 pm — 9:00 pm



Two More Reasons To Demand Our Higher Level Of Stroke Rehabilitation

Did you know Healthsouth Harmarville Rehabilitation Hospital was the first hospital in the country certified by the Joint Commission on Accreditation of Healthcare Organizations with a Gold Seal of ApprovalSM and Disease-Specific Care Certification for stroke rehabilitation?

We are also recognized as a Stroke Rehabilitation Center of Excellence.

Though the effects of a stroke can be devastating, the choices you make for a rehabilitation hospital are critical to getting the fullest recovery possible.

WE ARE REHAB

Demand HEALTHSOUTH
Harmarville Rehabilitation Hospital
1.877.937.REHAB

OUTPATIENT LOCATIONS:
Harmarville
Monroeville
Sewickley

Two hummus recipes to get more beans in your diet !

My family has begun eating more beans, even my kids really like them. They can be used instead of a sour cream based dip. They can also be spread on sandwiches instead of mayonnaise.

Rosemary Hummus

One 10 -15 ounce can Cannellini Beans, drained

2 tsp. garlic powder

4 Tbl. olive oil

2 Tbl. Rosemary, chopped fine

1 lemon, juiced

¾ cup water (more or less to achieve a dip consistency)

Boil all ingredients together for 5 minutes. Allow to cool, then puree in a food processor until the mixture is smooth.

Spinach Hummus (From Dr. Neal Barnard's Program for Reversing Diabetes)

1 package (10 oz) frozen spinach, thawed (added last)

2 cups well cooked chick peas or one 19 ounce can

1/3 cup lemon juice (or a fresh lime)

1 Tbl. sesame tahini (ground sesame seeds)

4-6 cloves garlic

1 ½ tsp. salt (or salt substitute, or less salt)

1 tsp. ground cumin

½ tsp. cayenne pepper (this is optional, or only add ¼, unless you like things very spicy)

Blend the last 6 ingredients very smooth. Add the spinach last and don't blend so fine.

Linda Taylor, RN, MSN

Conway Stroke Group leader



Signs of Stroke

In general, stroke symptoms can be identified with the "F.A.S.T." system:

F — Face: Does it droop on one side? Can the patient smile and show all teeth?

A — Arms: Are they equally strong? Can the patient raise both arms and hold them up?

S — Speech: Is it slurred or garbled? Can the patient speak normal sentences?

T — Time: Don't waste it! If you or someone you love has any symptoms of stroke, call 9-1-1 immediately!

Think "F.A.S.T."

Announcement from the Dormont Group

The official name of the this group site is Dormont, but recently they have merged with the GreenTree Group. The result - they are calling themselves the "GreenDor" group, which means *A Door of Opportunity for All Stroke Survivors*.

The group meets on Tuesday's from 10:30 am - 1:30 pm at Dormont Presbyterian Church at Potomac and Espy Ave. Members are from various areas including: Scott, Southside, Brookline, Carrick, Nevillewood, McDonald,

Greentree & Dormont. Mary Louise Regan is the Group Leader 412-531-0669. New members are welcome!



Can eating beans lower cholesterol and decrease the risk of a second stroke?

According to an Arizona State University study (1), eating ½ cup of beans to the participants diet lowered their cholesterol by 6-8%. Eating ½ cup of carrots every day did not have the same cholesterol lowering effects. Three varieties of beans were tested and each time the results were similar. Pinto beans were the best, followed by vegetarian baked beans, and then black eyed peas.

What about causing gas and discomfort? When asked, about half of the people said they had some increase in

gas and discomfort at the start of the study, but after 2 weeks, the gas and discomfort were gone. Adding the beans gradually to your diet, maybe ¼ cup servings the first 2 weeks is likely to prevent this effect. A ½ cup serving is only about 1/3 of a 15 ounce can. Save the rest for another day by refrigerating or freezing them.

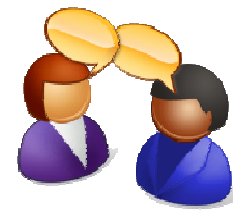
The study author concludes, "A diet that incorporates beans might be as productive as taking a statin drug." I would add, "And with less side effects" Of course this should

be monitored by your doctor and may be better started while you continue to take your statin drug if your doctor already started you on one.

What are some suggestions for adding beans to your diet? Serve beans instead of potatoes, add cold beans on a dinner salad, add them to soups or go British and try refried beans on toast.

¹ASU Research Magazine, Spring-Summer 2008, pp 12-15.

Linda Taylor, RN, MSN
Conway Stroke Group Leader



Let's Chat!

Hello Everybody!

I have a great Disability Awareness video for you to rent (I found it through NetFlix). "Seeker" is a Documentary by Evan Somers, who has a spinal cord injury. He begins a cross-country motorcycle quest that combines interviews from spinal cord injured people and Doctors with beautiful scenery of the

American West and an upbeat soundtrack.

It can be a challenge to discuss the similarities and differences between CVA (Stroke) and Spinal Cord Injury. Of course the common denominator is that both yield a life with a disability. One of the quotes I liked from the film said, "It expands your humanity to have (disabled people)

around". I don't want to give too many details away....

The stroke survivors I watched the film with were inspired by Evan and his adapted for a wheelchair motorcycle. Write in any comments you have on the film - I would be thrilled to place them in the next newsletter. ~NICOLE

