

United Way Day of Caring



A fun time was had by all 155 attendants at this year's event

held at FunFest. Breakfast and lunch were appreciated and followed by "Smiley Cookies". As usual, the bowling was most popular with at least a few strikes being made! Bingo is always a big crowd pleaser, as others enjoyed the craft activity, games and pool table. Jeff from the Plum Group told me how joining the group saved his life - a story we have heard before. Thank you to the FunFest Staff. To the Duquesne Light Volunteers: We appreciate your helpful smiling faces and feel like we could not do this without you -Thanks!

Bioness Event:

COMMUNITY SCREENING
Wednesday Nov. 12th 1-5pm
HealthSouth Harmarville
320 Guys Run Rd., Pgh 15238
RSVP 412-826-2707

Getting To Know You....

Here it goes, the year was 1961, I was one of two individual human beings in the womb of my mother. I came out first, 20 minutes before my brother Karl. I am Kurt Ahlers & I am a stroke SURVIVOR!!! To begin with I am one of nine children, the most accident prone of all. As a child, I was in an auto accident, where I might have weakened the lining of my left carotid artery. (The subsequent cause of my stroke in July of 2004.) When I woke up one morning my

entire left side felt numb, but I went to work for ARAMARK Facilities Services, contractor for the USC school district. As we walked, my fellow co-worker noticed that I kept drifting into him on my left. I thought nothing of it. After going through the whole day not quite feeling myself, I started surfing the internet with my symptoms and kept coming up with stroke! When I finally got home, I called my Doctor He told me to go to the ER. The ER Doctor didn't seem too concerned. The Doctor thought I had some sort of brain tumor. They also checked my blood vessels for clots. The pressure of this forced my childhood injury in my carotid artery to close off. This caused further signs of CVA; Facial droop, difficulty seeing, and slurred speech. I was immediately life-flighted to AGH. During rehab, at HealthSouth Harmarville, I was diagnosed with high cholesterol, high blood pressure and an acute liver issue. I had severe balance issues. Rehab was long and grueling. My left side was very weak and my left arm completely useless (flaccid). So began my journey to recovery! Even today, I continually thank God for neuroplasticity because, little by little I am recovering the use of all parts of my body that I had originally lost.

*In Memory of Stroke Survivors:
Emma Turner
Sally Stevenson*

NEW INNOVATIONS IN STROKE REHABILITATION



NESS L 300™ Foot Drop assists with your walking gate. The device uses e-stim to the lower leg to assist with a walking motion. A sensory component gages “your foot position, terrain as it changes, and your walking speed.”



The NESS H200® Hand Rehabilitation System assists the lower arm in performing ADL's, such as brushing teeth or hand writing. A separate control unit initiates the electrical stimulation that is sent to strategically placed muscles operating the hand. This device allows for a stable e-stim site on the thenar eminence (the muscle below the thumb on the palm of the hand). This further encourages a grasping movement.

Both devices are designed to decrease atrophy & increase neuroplasticity. Both Bioness Systems are currently being used by HSH OT & PT therapists. Contact HSH out-patient department @ 412-826-2717 for an evaluation.

Thank you to Sandy in OT for showing the H200 model.

Healthy Connections Contact

Health Hope Network
 Stroke Survivor Connection
 Carol Glock, M.Ed.
 Education & Marketing Director
 Phone: 412-904-3036
info@healthhopenetwork.org

Health Hope Network



LET'S CHAT

Tim, 68 years old, 12 year Stroke Survivor Bethel Park Group- Is interested in when people had their CVA's & what improvements have they made. Tim initially had right-side paralysis. He recovered arm movement & the ability to walk. An ADL improvement= writing. Currently he is trying to decrease his foot drop by exercise at home and at the gym.

Barbara, 70 years old, 1 yr. Stroke Survivor Bethel Park Group -Barbara initially had speech difficulty and right-side paralysis. She can walk and talk & is working on improving them both with he Bethel Park Group r take home PT exercises. Her husband encourages her to close her eyes & refocus her thoughts when her words do not come out right. She is walking at least 4 times around the indoor track!

Tony, 77 years old, 1 year Stroke Survivor Monaca Group-Tony initially had speech & cognitive difficulties. He has improved on his conversational skills of which he is very proud. He continues to work on his speech & cognitive issues by participating in research studies at the VA.



Please send in your brief stories for our newsletter to help encourage Tim and others.

“We Are Each Other's Best Resource”-
 Nicole Glass, Editor of “Healthy Connections”

nlglass@peoplepc.com

Assisted by: Kurt Ahlers, SS

