



Committed to Assisting with Recovery after Stroke

January 2007

Volume 2 Issue 2

Surviving Stroke: The Journey Toward Wellness

Plans for Houston's 2nd annual stroke survivor conference are well underway. The conference will again be held at the Gulf Coast United Way facility at 50 Waugh Drive in Houston from 8:00 to 4:00 on Friday, March 23, 2007. This year's theme, **Surviving Stroke: The Journey Toward Wellness**, will offer a myriad of educational experiences for the participants.

The day will start off with an update on stroke and its treatment from the internationally recognized expert in stroke care, Dr. James Grotta, a Professor of Neurology and Director of the Stroke Program at the University of Texas Medical School. Last year's keynote speaker, Dr. Judi Johnson, a 15-year stroke survivor and international educator and consultant, will return to share more of her strategies for living with stroke. Her presentation, **Beyond Surviving to Thriving**, will focus on self care and advocacy for stroke survivors. The day will end with a presentation on healing from within by Dr. James Duffy, the President/CEO of the Institute of Religion and Health and the Medical Director of the Institute for Palliative Medicine at The Methodist Hospital. Educated internationally, Dr. Duffy trained in neuropsychiatry and has special interests in disorders of motivation and finding meaning in life. The day will also include special presentations on aphasia and pain management and a demonstration of Tai Chi, a very popular feature of last year's conference which is back by special demand.

A new feature of this year's conference is **Lunch 'n Learn** — a series of presentations during lunch. Participants are asked to choose one topic when they register for the conference. The **Lunch 'n Learn** sessions will be informal discussions lead by experts in each field. Choices include: 1) Acupuncture, 2) Aphasia, 3) Life Story, 4) Nutrition, 5) Physical Fitness, 6) Spasticity.

The cost of the conference has been kept low to encourage participation (\$25 for stroke survivors, family members, students, and the general public). A stroke survivor and one family member will save \$5.00 with a registration fee of only \$45. Once again, the **Isla Carroll Turner Friendship Trust** is offering full scholarships of \$25 per person for stroke survivors and family members with financial need. For more information, contact **Joyce Randolph at 713/500-9167**. Professionals are also invited to register, and applications for CEUs are being completed. The registration form is included in this issue of *Recovery Journal*. Please complete and return for early registration. An application form can also be downloaded from the Center on Aging website www.uthcoa.org

2007 Stroke Conference Registration Form

Name: _____ Phone: _____
 Organization: _____ FAX: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 E-mail Address: _____

Registration: \$25: Stroke survivor Family member Student General public \$45: Couple \$75: Professional

Please indicate discipline for CEUs *: Nursing Social Work Physical Therapy Speech Therapy

Please indicate your lunch meal preference: Standard Vegetarian

Please indicate your Lunch 'n Learn choice: Acupuncture Aphasia Life Story Nutrition Physical Fitness Spasticity

Payment Options: Check (payable to UTHSC-H) MasterCard VISA *ONLY credit cards accepted

Return completed registration form with payment to:
 Joyce Randolph, UTHSC-H School of Nursing, Center on Aging,
 6901 Bertner Avenue, SONSCC #632, Houston, TX 77030

Account #: _____
 Expiration Date: ____ / ____ / 20____
 Billing Address Zip Code: _____
 3-Digit Security #: _____ (located on back - signature area)

*A Certificate of Attendance will be available for all attendees.



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CAREs Spotlight

The spotlight for this month is on Celia Schulz, who just completed her dissertation, *Collaboration and Adaptation: Insights Into the Experiences of Persons with Disabilities*, and will receive her PhD in occupational therapy at Texas Woman's University this month. CONGRATULATIONS, CELIA! During her four years with the CAREs research team, she recruited most of the 160 couples who participated in the study.

Celia grew up in New Jersey and graduated from Cornell University with an undergraduate degree in medieval studies and later from Tufts University with a MA in occupational therapy. She moved to Texas to obtain her PhD in occupational therapy at Texas Woman's University in 1997. Celia joined the CAREs research team as the participant recruiter in the summer of 2001. However, in September, she was diagnosed with an acoustic neuroma, a benign tumor growing on the 8th cranial nerve on the right side of her brain. Following a long, involved surgery and a 3-month medical leave, she returned to the CAREs study.

Celia's own experiences with neurological problems after her surgery (balance and coordination, hearing and vision losses, fatigue, and facial paralysis) allowed her to establish a special bond with many of the stroke survivors because of the similarities to their losses. Celia says, "The most therapeutic part of recruiting for CAREs was my interactions with clients. The interactions with them were very helpful to me in my recovery and healing process."

Thanks Celia, for your commitment to the CAREs research study, and for your advocacy for everyone with a disability, regardless of the cause. An article describing the CAREs experience with recruitment and retention of study participants has just been published.

Schulz, C. Wasserman, J., Ostwald, S.K. (2006). Recruitment and Retention of Stroke Survivors: The CAREs Experience. *Physical and Occupational Therapy in Geriatrics*, Vol. 25(1) 2006. It is available online at <http://www.haworthpress.com/web/POTG>

A Word from Dr. Sharon...



In this issue of the Recovery Journal, we are providing a preview of the **2007 Stroke Survivor Conference**. For early registration, tear off the registration form in this newsletter and send it to **Joyce Randolph** at the return address. Once again, through the generosity of the **Isla Carroll Turner Friendship Trust**, we will offer scholarships to pay for the cost of the conference for stroke survivors and their family members who are in financial need. Over 40 people took advantage of this offer last year. To request a scholarship for the **March 23, 2007** conference, please call **Joyce** at **713/500-9167**.

We have just updated the **CAREs** section of the **Center on Aging** website in an attempt to keep you better informed about CAREs-related presentations, publications, conferences, and other information. To keep current, go to <http://uthcoa.org>

All of us in the Center on Aging, wish you and your family:



**A Happy
&
Healthy
2007!**

The RECOVERY JOURNAL is produced by the CAREs Research Staff in the Center on Aging, The University of Texas, School of Nursing at Houston, with generous support from the Isla Carroll Turner Friendship Trust, Houston, Texas

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