

Trinity Health Virtual Stroke Support Group

Virtual Stroke Education & Peer Support for Stroke Survivors

4TH WED OF MONTH	GROUP START ACROSS REGIONAL TIME ZONES				SURVIVORS, FAMILY & CAREGIVERS
	EASTERN	CENTRAL	MOUNTAIN	PACIFIC	MONTHLY TOPIC
WED, APR 26	3 - 4:30 PM	2 - 3:30 PM	1 - 2:30 PM	12 - 1:30 PM	Blood Pressure
WED, MAY 24	3 - 4:30 PM	2 - 3:30 PM	1 - 2:30 PM	12 - 1:30 PM	Signs Symptoms of Stroke
WED, JUN 28	3 - 4:30 PM	2 - 3:30 PM	1 - 2:30 PM	12 - 1:30 PM	Aphasia Awareness
WED, JUL 26	3 - 4:30 PM	2 - 3:30 PM	1 - 2:30 PM	12 - 1:30 PM	TBD
WED, AUG 23	3 - 4:30 PM	2 - 3:30 PM	1 - 2:30 PM	12 - 1:30 PM	Stroke Survivors
WED, SEP 27	3 - 4:30 PM	2 - 3:30 PM	1 - 2:30 PM	12 - 1:30 PM	Afib Awareness
WED, OCT 25	3 - 4:30 PM	2 - 3:30 PM	1 - 2:30 PM	12 - 1:30 PM	Sleep and Sleep Apnea
WED, NOV 22	3 - 4:30 PM	2 - 3:30 PM	1 - 2:30 PM	12 - 1:30 PM	Family Caregiver Awareness
WED, DEC 27	3 - 4:30 PM	2 - 3:30 PM	1 - 2:30 PM	12 - 1:30 PM	TBD

About this Group:

A collaborative group created by Trinity Health Stroke teams at hospitals across the US.

The primary focus of this group is both education and peer support. Stroke survivors, their family, friends, and caregivers are welcome to attend.

Education will focus on topics we know benefit stroke survivor recovery and reducing stroke risk factors. Peer connection for survivors and caregivers who want to connect with others who may have experienced the same experience they are having. This is an open supportive forum to connect with others.

All meetings are held virtually on Zoom. The link can be accessed via the following QR code below or use the Zoom info below.

Join Zoom Meeting
<https://us02web.zoom.us>
 Meeting ID: 835 4875 6289
 Passcode: 917405



Group Moderator(s):

Julie Hupcik, BSN, RN, CNRN, SCRN
 Neuroscience Nurse Navigator
 Trinity Health Michigan Grand Rapids

Joy Rainey, MSN, RN, ASC-BC, SCRN and Mirjana Djakovic MSN, RN
 Stroke Program Coordinators
 Loyola Medicine

Tammy Schultz
 Stroke Coordinator
 Mount Carmel Health System

Victoria Kark
 Stroke Coordinator
 Holy Cross Germantown Hospital

Susan Woolner, MS, CPXP
Group Tech Support
 Neuroscience Patient and Caregiver Support
 Trinity Health Michigan Grand Rapids

For phone assistance 616-685-5201
 or email susan.woolner@trinity-health.org