

## **The Stroke Recovery Group at UCLA Westwood**



There have been major advances in stroke treatment and what survivors and families can do to get better.

The weekly group educates, supports, inspires and empowers participants to achieve optimal physical, functional, psychological and social recovery.

In the group, survivors and families:

1. Are empowered to restore functioning, independence, quality of life.
2. Know that recovery can be continuous with commitment and effort
3. Select impaired functions they want restore and practice them daily
4. Connect with others and share courage, hope, optimism and progress
5. Move from powerlessness to empowerment, disability to capability
6. Gradually restore functioning, capabilities, independence, self-identity
7. Proactively seek medical care and follow directions to protect health
8. Practice self-care; make changes in lifestyle; manage stroke risk factors
9. Use community resources to support and enrich our recovery and lives
10. Enjoy life and the portion of the glass that is filled

**Mondays, 2:00 PM – 3:30 PM**  
**UCLA Medical Plaza, 300 Building**  
**Leif Conference Room, 3<sup>rd</sup> Floor**

Please call to confirm meeting time and location  
(310) 575-1699 • [recovery@strokesocal.org](mailto:recovery@strokesocal.org)

## Valuable Community Resources Empower Stroke Survivors and Families



### Acquired Brain Injury Program Overview

#### Santa Monica College

- **Assessment course** offered twice per year; designed to provide feedback on academic readiness and cognitive skills as well as physical access to classes and associated materials
- **“For Credit”** classes
  - Students enroll in fee-based class to earn academic credit towards a degree/certificate or for continued personal development
  - Ongoing assistance and problem solving through individual and/or group sessions
  - Guidance provided in educational planning to meet academic/personal goals
- **“Non-Credit”** classes (free)
  - ABI Connections – to promote community and lifestyle skills, as well as provide instruction for personal development
  - *Adult Education classes in development*

#### Emeritus College

- Free education classes designed for adults over age 50
- **Pathfinders Program** for individuals who have had an acquired brain injury and completed a course of rehabilitative therapy (ages 18+)
  - *Exercise class* – to promote wellness and physical fitness
  - *Communication class* – to support speech and language skills with group interaction and computer-based activity
  - *Cognitive class in development*
  - Classes are offered year-round & taught by rehabilitation professionals

#### How to Enroll

- Complete department application & meet with the ABI specialist
- Provide medical documentation to verify non-progressive, acquired brain injury sustained after age 13
- Demonstrate sufficient self-help skills to manage within the college environment
- Return application and medical verification to:

*Stephanie Lewis, ABI Specialist/Faculty  
Disabled Student Program and Services  
1900 Pico Blvd., Santa Monica, CA 90405  
Phone (310) 434-4442, Fax (310) 434-4272  
lewis\_stephanie@smc.edu*

## **The Stroke Recovery Groups at Rancho** **Empowerment after Stroke**



Stroke can affect every aspect of life. The stroke groups at the wellness center empower survivors and families to restore their functioning, speech, thinking, emotions, relationships; energy and motivation; interests; purpose and meaning; and quality of life.

There are two separate stroke groups, so patients who have therapy in the morning can attend the afternoon group, and those who have therapy in the afternoon can attend the morning group.

The stroke recovery groups and the many resources of Rancho Los Amigos enable survivors and family members to attain optimal physical, psychological and social recovery.

**Don Knabe Wellness Center, Room #110**  
**Wednesdays, 11 am to Noon, 1 pm to 2 pm**  
**Rancho Los Amigos National Rehabilitation Center**  
**7601 Imperial Highway, Downey, CA 90242**  
**(310) 575-1699 • [recovery@strokesocal.org](mailto:recovery@strokesocal.org)**

## **The Don Knabe Wellness Center**

### **Empowerment after Stroke**



After inpatient and outpatient rehabilitation, recovery from stroke can be continue with frequent practice and support. Stroke survivors and families participate in wellness activities at the Don Knabe Wellness Center to restore functioning and quality of life.

Adaptive classes at the wellness center include a gym, a pool, trainers; movement, dance, yoga, Tai Chi; art, performance; activities to improve cognition, communication, social connection; meditation, relaxation, recreation; assistance with benefits, finances, housing, caregiving; volunteer opportunities; and stroke recovery groups.

**The Don Knabe Wellness Center**  
**Monday – Friday, 7:00 am – 6:00 pm**  
**Rancho Los Amigos National Rehabilitation Center**  
**7601 Imperial Highway, Downey, CA 90242**  
**(562) 385-6600 • [RLAWellness@dhs.lacounty.gov](mailto:RLAWellness@dhs.lacounty.gov)**



## **The Stroke Recovery Group at the South Pasadena Senior Center**



There have been major advances in stroke treatment and what survivors and families can do to get better.

The weekly stroke group educates, supports, inspires and empowers participants to achieve optimal physical, psychological, social and functional recovery.

In the group, survivors and families:

1. Are empowered to restore functioning, independence, quality of life.
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**Location:**

South Pasadena Senior Center  
1102 Oxley Street  
South Pasadena, CA 91030

**Time:**

Tues. from 11 AM to 12:30 PM.  
On the 2nd Tues. of the month, we  
meet at Huntington Hospital

# Valuable Community Resources Empower Stroke Survivors and Families



## LINEAGE PERFORMING ARTS CENTER

RAISING SUPPORT • CREATING AWARENESS • BUILDING COMMUNITY THROUGH THE ARTS

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## Enjoy Wellness with Lineage

Parkinson's Disease Stroke TBI MS

### ∞ Dance for Joy Wednesday at 2pm - Saturday at Noon - FREE

A specialized dance class for adults with neurological challenges designed to focus your mind and body to move with purpose, creativity, musicality & grace. Classes provide a joyous experience that enhances one's balance, while simultaneously developing control and freedom of the participant's movement.

### ∞ Out Loud Wednesday at 1pm- \$5 Donation suggested

Breathe, Talk, and then Sing! This class focuses on the fundamentals of each while improving pulmonary function, projection, and articulation.

### ∞ Foundations/Tackling Everyday Movement Tues & Thurs at 1pm- FREE

The Foundations Class lays a base for people who face movement challenges. This class will be spent rigorously practicing specific exercises that target foundational motor skills like walking, sidestepping, turning, and reaching.

| Sunday | Monday | Tuesday  | Wednesday                                  | Thursday   | Friday | Saturday              |
|--------|--------|--|--|--|--------|-----------------------|
|        |        | 1pm<br>Foundations<br>- Tackling<br>Everyday<br>Movement | 1pm<br>Out Loud<br>2pm<br>Dance for<br>Joy | 1pm<br>Foundations<br>- Tackling<br>Everyday<br>Movement |        | Noon<br>Dance for Joy |

### All Classes Are Open to All Abilities – Work Seated or Standing

For more information email [amybuilds@gmail.com](mailto:amybuilds@gmail.com)

Lineage is dedicated to making the arts accessible to all, regardless of age, ability or background. We are a non-profit 501c3 and this programming is supported in part by the Tournament of Roses Foundation.

If you appreciate this programming and would like to support its future, click the "Donate to Lineage" button at the bottom of this page.



Lineage / 89 S. Fair Oaks Ave. / Pasadena, CA 91105 / 626-844-7008

Through funds raised by Moving Day Los Angeles, A Walk for Parkinson's, Dance For Joy classes are free to the public! Lineage is grateful to the Parkinson's Foundation for their support!



626-844-7008  
Fair Oaks Ave. / Pasadena, CA 91105

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