



Involvement in Your Community

Quick recap

The meeting opened with introductions and administrative updates, including a new rule for electronic hand-raising and information about peer support volunteers. Layli presented on community engagement strategies for stroke survivors, highlighting both in-person and virtual opportunities for connection and support. The discussion concluded with participants sharing personal experiences of community re-engagement after stroke or disability, emphasizing the importance of gradual participation and support systems.

Summary

Community Engagement for Stroke Recovery

Layli presented on community engagement for stroke survivors, highlighting its benefits including stress relief, reduced loneliness, and brain-stimulating effects that support recovery. She shared three engagement strategies: adaptive sports, volunteer opportunities, and joining local groups, while also emphasizing that community connection can be maintained from home through virtual support groups and other online activities. The presentation concluded with an invitation for Kellee and Shelli to share their experiences with community engagement.

Community Engagement After Disability

The group discussed community engagement and volunteering after stroke or disability. Kellee shared her experience volunteering with the American Legion Auxiliary, which supports veterans and first responders. Shelli described her journey of re-engaging with her community through online Spanish classes, a volunteer mentoring program, and teaching Spanish part-time at a private school. The group discussed strategies for re-entering community activities,



including starting small, asking for accommodations, and leveraging online opportunities. They agreed on the importance of community support for recovery and suggested that participants could take time to heal and gradually reconnect with their communities.