



Stroke New Years Resolutions

Quick recap

The meeting focused on reviewing the Young Stroke Group's 2025 activities and planning for 2026. Susan presented data on meeting categories from 2025 and discussed upcoming presentations for 2026, including topics like headache, neuropsychology, and medication management. Members suggested additional topics such as nutrition, accessible locations, and a glossary of healthcare providers. Crystal shared her plans to present on bilateral exercises and music therapy. The group discussed the need for new partnerships and funding to support their activities. Susan emphasized the importance of volunteer positions and encouraged members to get involved in education and other roles. The conversation ended with a brief overview of the next presentation featuring Janine Greenberg, who will discuss med rhythms in tandem.

Stroke Leadership Council 2025 Categories

The meeting focused on reviewing the 2025 meeting categories for the Stroke Leadership Council, which included eight categories such as stroke and brain health, practical resources, social connections, and medication management. Susan noted that certain areas like medication management and nutrition needed more attention, and she invited input from the group for potential speakers. Michelle offered to provide a contact for medication management expertise, and the group discussed the need for more presentations on nutrition and healthy living.

Future Presentation Planning Discussion

The group discussed plans for future presentations and educational sessions. Michelle offered to organize a presentation with her boss, who is a skilled



presenter. Susan inquired about the content of upcoming sessions, particularly regarding medication management. The group clarified the difference between presentations by healthcare professionals (middle four circles) and those by group members (practical resources and advice). Kimia mentioned that interviews with stroke survivors often provide valuable insights. Layli expressed interest in alternative therapies and clinical interventions, noting that the group had already hosted five sessions on this topic. The group agreed to aim for more presentations on alternative therapies in the coming year.

Stroke Support Group Presentation Updates

The group discussed past and upcoming presentations for their stroke support group. Susan shared that recordings of past sessions are available through the website, with full recordings available upon request. They reviewed upcoming presentations, including one on headaches with Sherry, and a neuropsychology session with Dr. Argonovich. McKayla mentioned she would be having neuropsych testing in April, and the group discussed the purpose and benefits of neuropsych evaluations, including identifying strengths, gaps, and potential accommodations in both school and work settings.

Stroke Education and Funding Planning

The meeting focused on planning educational sessions for stroke survivors, with discussions about mental health, adaptive sports, and workplace accommodations. Susan announced that the organization would no longer receive county funding and was seeking partnerships with companies to generate revenue for future activities, including a potential patient conference. Participants suggested topics for upcoming sessions, including nutrition, mental health, and social connections, with Yo offering to connect the group with a dietitian and lifestyle medicine expert. The group also discussed the need for volunteers in educational roles and planned to revisit the allocation of funds in a later meeting.