

# Support Group

*Join our support group for information and help in coping with the effects of a stroke.*

**Next Meeting  
Tuesday, March 11**

**Speaker:**  
Robert Fisher

**Topic:**  
AirMed Care Network

**When:**  
11:30 a.m. to 12:30 p.m

**Where:**  
Medical Plaza South  
Conference Room 1  
(across from the Community Pharmacy)

If you can't make it in person next month, join the Stroke Support Group by listening on your phone or by downloading the Zoom Meeting app onto your phone or computer. <https://www.zoom.us/download>

**Join Zoom meeting**  
[https://RNHN.zoom.us/j/92721301514?](https://RNHN.zoom.us/j/92721301514?pwd=suBS9p9eZjrgy2MP9yCxxMn4tzqiaa.1)  
[us/j/92721301514?](https://RNHN.zoom.us/j/92721301514?pwd=suBS9p9eZjrgy2MP9yCxxMn4tzqiaa.1)  
[pwd=suBS9p9eZjrgy2MP9](https://RNHN.zoom.us/j/92721301514?pwd=suBS9p9eZjrgy2MP9yCxxMn4tzqiaa.1)  
[yCxxMn4tzqiaa.1](https://RNHN.zoom.us/j/92721301514?pwd=suBS9p9eZjrgy2MP9yCxxMn4tzqiaa.1)

Meeting ID: 927 2130 1514  
Passcode: 244660

Recap of February meeting

## Stoke and a Person's Memory

Our presenter for February was Lea Hendrickson, SLP. She shared information about how the effects of a stroke can affect a person's memory. A stroke can lead to memory loss and impair reasoning due to the damage to certain parts of the brain, which can present with a number of different problems. For example, a stroke in the frontal lobe may affect decision making abilities, while a stroke affecting the occipital lobe may have an impact on visual perception and memory.

Memory loss after a stroke is estimated to affect about one-third of people with a stroke diagnosis. Signs of memory loss can include a change in an ability to concentrate or having difficulty with problem solving or planning. It can be seen as confusion or difficulty with recognition.

Working to improve memory can include both internal and external memory strategies. Examples for internal memory strategies include rehearsing to improve recall, or using other approaches such as creating a mental picture or using mnemonics cues. External strategies may include prompts or reminders such as using daily schedules, setting alarms, or written notes.

If you are having difficulty with your memory, please visit with your physician or provider to correctly diagnosis the problem. Consider requesting therapy with a speech and language pathologist (SLP) to work on these concerns.

Questions? Contact Gene McDowell at 308-630-1440 or [Gene.Mcdowell@rwhs.org](mailto:Gene.Mcdowell@rwhs.org).