



MEMORIAL HOSPITAL  
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7601 Southcrest Parkway  
Southaven, MS 38671



## STROKE SYMPOSIUM: SURVIVING AND THRIVING

SATURDAY, MAY 2, 2009  
8 AM - 12 PM



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DESOTO ROOMS A, B, C



## Course Objectives

Participants in the stroke symposium will learn:

- What a stroke is
- The signs and symptoms of a stroke
- The primary causes of strokes and the possible sequelae based on the affected area of the brain
- The risk factors of strokes and ways to prevent them
- Nutritional factors in stroke prevention and recovery
- The benefits of current therapeutic interventions in stroke recovery, including VitalStim, the Baptist DeSoto Rehabilitation Garden, and the Nintendo Wii
- How psychologists help victims of stroke in their recovery
- How to access available resources in the community that may be helpful in stroke recovery

Participants will also have the opportunity to visit booths where they can get their blood pressure checked, see demonstrations of current therapeutic interventions, and learn about other resources available to aid in stroke recovery.

## Agenda

|       |  |  |
|-------|--|--|
| 8:00  | Sign-in; breakfast; visit booths                     |  |
| 8:30  | Welcome  | Brad Kennedy, PT,<br>director of rehabilitation for Baptist DeSoto |
| 8:30  | <i>Stroke Recovery: A Survivor's Perspective</i>     | Mr. Henry "Hank" Youd  |
| 8:45  | <i>Stroke Management from a Medical Standpoint</i>   | Mark L. Cunningham, MD   |
| 9:15  | <i>Stroke Prevention and Risk Factors</i>            | Melisa James, RN   |
| 9:30  | <i>Diet for Cardiovascular Health</i>                | Alyssa Villarrubia, MS, RD, LD                                     |
| 10:00 | Break  |  |
| 10:15 | <i>Current Therapeutic Interventions</i>             |  |
|       | VitalStim  | Dianne Hightower, SLP, CCC   |
|       | Rehabilitation Garden                                | Shannon Taylor, OTR/L  |
|       | Nintendo Wii   | Wes Williams, PT, GCS  |
| 10:45 | <i>Psychological Implications in Stroke Recovery</i> | Barry Vinick, PhD  |
| 11:15 | <i>Medical Social Work in Stroke Recovery</i>        | Laurie Billingsley, MSW  |
| 11:45 | <i>A Caregiver's Perspective</i>                     | Joan Cunningham  |
| Noon  | Booth time; tour of rehab garden                     |  |

Symposium is FREE but reservations must be made due to limited seating. To register or for more information, please call 662-772-2150 between the hours of 8:30 am – 4 pm.

## Who should attend

Stroke survivors and their caregivers  
 Physical therapists  
 Physical therapy assistants  
 Occupational therapists  
 Certified occupational therapy assistants  
 Speech therapists  
 Nurses  
 Social workers  
 Dietitians

Approved for 4.25 CEUs for physical therapy  
 Mississippi occupational therapy CEUs pending

Heart-healthy breakfast and snack items will be served.

Free blood pressure screenings for those who attend.

