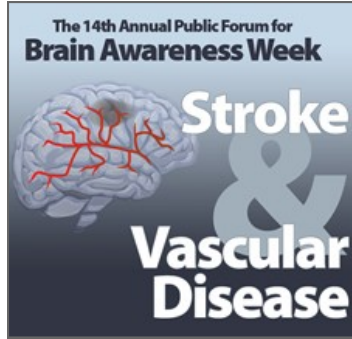




# CAREs Spotlight



A forum entitled "Stroke & Vascular Disease" will be held on Saturday, March 7, 2009 at 10:30 a.m. in the UT-Houston Medical School Building, Room 3.001 (the Main Auditorium).

A panel of experts will discuss new surgical and technological advances in stroke diagnosis and treatment. The following topics will also be discussed: the emotional, physical, social and caregiver burden of stroke, how (and why) stroke risk varies in different ethnic groups, and how stroke can best be prevented.

For more information or to register for this free event, call the NRC at 713.500.5540, or e-mail [nba-nrc@uth.tmc.edu](mailto:nba-nrc@uth.tmc.edu).

The UT-Houston Medical School is located at 6431 Fannin, Houston, TX 77030



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# Recovery Journal

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# CARES presents RECOVERY JOURNAL



*Committed to Assisting with Recovery after Stroke*

March 2009

Volume 4 Issue 1



## Dr. Sharon says...

The Month of March offers several excellent opportunities for stroke survivors and their families to increase their understanding of stroke. On March 7th, the UT Medical School hosts a FREE seminar on stroke which includes a panel moderated by Dr. James Grotto and includes Dr. Nicole Gonzales and me.

The next Saturday, March 14th, the Memorial Hermann Wellness Center (site of our 2008 stroke conference) is hosting a FREE event with screenings and vendors with the latest in equipment to make life easier for those with disabilities.

Finally, Jill Bolte Taylor is going to be in Houston speaking at a fund-raising luncheon for the UT School of Nursing on March 23rd. Hope to see you at one of these events. Happy Spring!

## Dr. Jill Bolte Taylor

Honored as one of TIME Magazine's "100 Most Influential in People in The World," Dr. Jill Bolte Taylor is a Harvard-trained neuroanatomist and renowned author. One morning, at the age of 37, she suffered a hemorrhagic stroke. From this traumatic experience came enlightenment and self-discovery. Dr. Bolte Taylor has since written a *New York Times* Bestseller entitled *My Stroke Of Insight*. She also appeared recently on the Oprah Winfrey show and the Technology Entertainment Design (TED) Conference—an annual gathering of "the world's most fascinating thinkers and doers."



Herald Times Online©

Her appearance on Oprah can be viewed at [http://www.oprah.com/slideshow/health/diseases/20080904\\_tows\\_stroke](http://www.oprah.com/slideshow/health/diseases/20080904_tows_stroke)

Her powerful 18-minute TED presentation is available at <http://www.youtube.com/watch?v=UyyjU8fzEYU>

## PARTNERS Luncheon

Dr. Jill Bolte Taylor will be in Houston speaking at the PARTNERS Luncheon on **March 23<sup>rd</sup> from 11:30** at the Hilton Americas Hotel Downtown.

Tickets to the PARTNERS Luncheon are \$125. For tickets contact Nicole Tate at 713-500-2095.

## The HARC Aphasia Conversation Group

Through the dedicated efforts of Drs. Blair and Rita Justice, the Houston Aphasia Recovery Center (HARC) hosts a "Drop-in" conversation group at the University of Houston's (UH) Speech, Language, and Hearing Clinic. Director Dr. Lynn Maher welcomes all stroke survivors with aphasia.

**Meetings are held Mondays, 10-11:30am  
January 26 – April 21, 2009**

Fee: \$10.00 per person

Location: 4505 Cullen Blvd  
Houston, TX

For more information, call  
Jeremy Lunsford at 713-743-2898



Memorial Hermann  
Southwest Hospital  
and the Memorial  
Hermann Wellness

Center invite you to "Know Your Risk," a FREE health fair designed to educate the community about heart and stroke risk factors and to screen individuals who may be at risk.

**Saturday, March 14, 2009 9 am to 1 pm**