

# Stroke Newsletter

 Delaware Valley Stroke Council DVSC



## A Message from Our Co-Presidents

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What is most interesting about stroke, as opposed to many other afflictions, is that many strokes are preventable and if you are unfortunate enough to suffer a stroke, the chances of suffering serious detrimental after-effects can be reduced if treated not only properly but **TIMELY**. The only way prevention becomes a viable option is through awareness. It is important to be aware as to the causes of stroke and what can be done to reduce your chances of having a stroke. As to reducing the severe after effects of stroke, it is also important to know the symptoms of stroke, where the nearest hospital stroke centers are, the treatments available, and the time within which certain treatments must be administered. This is where the Delaware Valley Stroke Council and the work of all those involved with this organization comes into play. The

money we raise, through programs like the "Stars for Stroke" Gala and the Dr. Howard Mazer Memorial "Strides for Stroke" Race, allows us to go into our communities in the tri-state area to educate people on stroke prevention and the devastating effects of stroke. We also use our resources to educate EMS personnel, as first responders, on how best to handle stroke patients they encounter and to educate the caregivers at home and elsewhere.

We have a heart warming group of volunteers that dedicate their time to assisting in the preparation and execution of our events and in the presentation of our programs to the community. Our effectiveness in getting the message out depends on these volunteers. Some volunteers also participate as committee and/or board members. In July, we thanked

all our volunteers for their efforts and contributions at a volunteer appreciation dinner.

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**Delaware Valley Stroke Council**

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## Delaware Valley Stroke Council's Mission

The mission of the Delaware Valley Stroke Council is to reduce the incidence and impact of stroke through: heightened public awareness, continuing professional education, and legislative and patient advocacy.

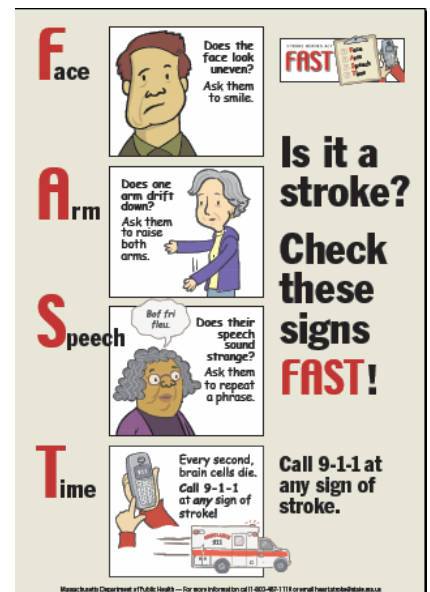
Our guiding principles are: ensuring the best quality of care regardless of race, religion, gender or socioeconomic status; speaking for those who

cannot speak for themselves; informing our decision-making through the collection of comparative data and outcome tracking, and collaborating with others to ensure state-of-the-art stroke care.

We envision a reduction in the incidence and impact of stroke through: a lay community that values stroke prevention strategies and has

the knowledge to act upon the signs and symptoms of stroke; and a medical community that delivers state-of-the-art stroke care.

The Delaware Valley Stroke Council will be a recognized leader in improving stroke care and outcomes.



## News from "Strides" 2007

*Article by Kathy Tsai*



This year's "Strides For Stroke" 5K Race was a success from all aspects – the number of attendees, execution of the event, and the funds raised. From dawn, the staff of Delaware Valley Stroke Council and volunteers started setting up for the race. The weather was just right, the grass was dry, and it was going to be a bright day.

By 7 AM, registration for runners/walkers and volunteers was set up and soon everyone started to arrive. Vendors Alley was a great success with free blood pressure screening, free food, and free gifts for all. The race began at 9:07 AM. The first runner and overall winner for the race, Wil Cramer, age 23, came in with a time of 16:46. Captain Kathy Flamm courageously completed the race for all participants and for all stroke survivors. Here are the significant breakdowns of the race this year:

\*Extra care and planning was put into Vendors Alley so that it would be a gathering place for participants and provide community education. Vendors included Jefferson, Marlton, Juice Plus, DVSC, Bryn Mawr Rehab and Bravo by Elderhealth. Participants took advantage of the free blood pressure screening, sampled the health food from Whole Foods Bare Naked, reviewed and collected the materials about stroke symptoms, risk factors and prevention.

\*Special thanks to stroke survivors and their families for they became a key part of the event. The number of stroke survivors and their teams increased significantly from last year. The visibility of the broad range of survivors was evident at this year's event.

\*Pre-planning and coordination of volunteers and assignments enhanced the flow of race day activities. Database of potential volunteers increased.

\*Non-monetary donations such as food, music, and services increased.

\*Monetary corporate sponsorships increased.

\*Total number of teams increased.

\*Publicity was provided prior to the race and day of race by three major media outlets. This includes KYW NEWSRADIO 1060, KYW (Channel 3) and NBC (Channel 10). This helped bolster the event and the organization's recognition.

Our two co-presidents Jason Feuerman and Ira Mazer along with Director Bunny Hare presented the awards ceremony. Awards were given out for fastest time per category including team and overall male and female. Congratulations to the largest family team this year - the Ott Family. Captain of the team, Jason Ott stated that, "The Strides For Stroke event is a great motivator for survivors and their families to look forward to every year. It makes people feel good to participate." The largest corporate team was Bryn Mawr Rehab. "The employees of Bryn Mawr Rehab Hospital are privileged each year to participate as a team in this remarkable event and we often have stroke survivors on our team as well as those who were treated at our hospital. Everyone enjoys the event," Cynthia Atwood, Public Relations Coordinator of Bryn Mawr Rehab stated. Congratulations to everyone who participated in this year's race. EVERYONE HAD A GREAT TIME FOR A GREAT CAUSE.

**"The Strides For Stroke event is a great motivator for survivors and their families to look forward to every year. It makes people feel good to participate."**

**-Jason Ott, Team Captain of Ott Family Team**





## "Stars for Stroke" 2007 ~ Upcoming Gala

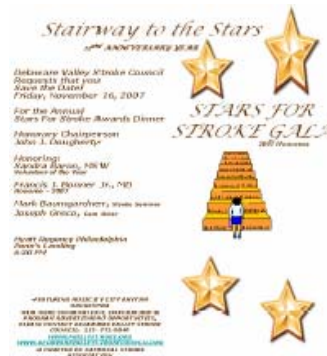
Delaware Valley Stroke Council's "Stars for Stroke" Black Tie Gala will be Friday, November 16, 2007. We are again returning to the Hyatt Regency at Penn's Landing for a night of tribute to our honorees, professional staff, stroke survivors, volunteers, family and friends of the Delaware Valley Stroke Council. We want to thank this year's Gala chair people, Deborah August and LaRue and Nick Freeman, whose efforts have helped to make this year very exciting.

This year's Honorees are Sandra Baron, MSW, Volunteer of the Year, Francis J. Bonner, MD, Honoree, and Mark Baumgardner and Joseph Greco,

Stroke Survivor and Care Giver. Our returning Honorary Chairperson is John J. Dougherty, Business Manager for IBEW Local No. 98 and our Master of Ceremonies will be Stu Weitz.

We will again have a fabulous Silent Auction, which will have more than 100 items available to purchase. We expect to have items ranging from the \$25 gift certificate all the way up to and including a fur coat. The Gala Ad Book has continuously grown into a large publication where our honorees are acknowledged and the hospitals and corporate partners come together to show their support for DVSC. Please contact the office to

obtain information regarding volunteering or attending our Anniversary Gala extravaganza – an event not to be missed (215-772-9040) or [www.phillystroke.org](http://www.phillystroke.org) [www.delawarevalleystrokecouncil.org](http://www.delawarevalleystrokecouncil.org)



## Marie Penn Shares her Personal Journey

Marie Penn, an exceptional woman, has come a long way since her stroke on November 6, 1993. Initially, she was unable to walk and talk. She received her rehabilitation at Moss Rehab. At first, her doctor and Marie's aunt were not able to understand her speech. Then, she started reading everything out loud to practice her speech. With practice, her speech became recognizable. Today, Marie speaks beautifully and uses Mercedes, her wheelchair, while building her strength to walk.

On a typical day, Marie wakes up around dawn, takes a bath, drinks tea, and waits for her assistant to arrive at 9 AM. The assistant tends to chores and chops up all the ingredients for Marie to prepare her wonderful dishes. Marie happily caters large family reunions. She is a true "Martha Stewart" who regained her ability to cook nearly three years after her stroke.

Marie has been the President of The Stroke Club of Magee Rehab since 1999 and a member since 1997. A few years ago, Bunny Hare, Director of DVSC, spoke at a Stroke Club meeting.

Bunny invited Marie to volunteer for Delaware Valley Stroke Council. One can always spot Marie with her smile and sporting her fashionable hat and attire at a community outreach, such as the Men's and Women's Health Fair at the New Covenant Church. Marie brings to us 25 years of customer service as a former employee of Sears. Marie personifies DVSC's mission because she advocates for all stroke survivors and carries the message of stroke prevention in all her community outreach activities.

This September, Marie will step down as President from The Stroke Club. She will remain active in The Stroke Club and Moss Alumni meetings. She will continue volunteering for DVSC, and also pursue volunteer work at Liberty Resource, an independent living facility and assistance center for disabled people. Marie also dedicates her time to senior medical students at Thomas Jefferson University by giving a lecture and demonstration of her daily activities. Marie says, "The more I learn from the outside, the more I can bring back to The Stroke Club."

Article by Kathy Tsai

Marie understands the hardships that stroke survivors go through, such as experiencing insensitivity from all types of people in society. She states, "It is very hard for people to accept the disabled; the disabled get taken advantage of; people look down on us." Despite this, Marie does not let anyone bring her down because she has a positive outlook on life. When it comes to dealing with stroke survivors, Marie says, "Just because one has had a stroke, it does not mean that they can not do anything. Let them find their capabilities. Once they find them out, let them do it. Don't do everything for them." In the future, Marie envisions herself out of her wheelchair and walking again. She would like to find a job working in an office that could utilize her love of people and customer service skills.

**"Your life is not over because you had a stroke. You may talk and walk a little differently, but you make the best of what you have and move forward. It is not where you've been, it is how far you want to move. This is my motto."**

**-Marie Penn**

MARIE LOVES HER VOLUNTEER WORK.





## Delaware Valley Stroke Council DVSC

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**Please join Delaware Valley Stroke Council and help make a difference?  
Please leave us your information, and we will contact you.**

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
Phone: Home \_\_\_\_\_ Work \_\_\_\_\_  
E-MAIL ADDRESS \_\_\_\_\_

**In these days of information overload, we can communicate with you most efficiently by getting your e-mail information.**

**We encourage you to ask your family and friends for their e-mail address, so we can send information to the community.**

**Every minute counts.**



## Community Education from DVSC

*Article by Toby Mazer and Kathy Tsai*

I am extremely delighted and moved to see the tremendous level of support for the efforts of the Delaware Valley Stroke Council. Since our inception in 1995, our mission to help reduce the incidence and impact of stroke in our community is greatly enhanced by the efforts of our dedicated staff, Board of Directors, Medical Advisory Board, and our countless volunteers.

Delaware Valley Stroke Council has participated in a number of health fairs within the community as of this year. They are as follows:

\* Caregiver Academy on April 3 and 18 at Magee Rehabilitation Hospital, May 6 at Bryn Mawr Presbyterian Church, May 10 at Wellspouse Association, and June 5 at the Jewish Community Center. Caregiver Academy is a program that helps caregivers deal with the social, financial, and

medical issues of a stroke.

\* The Senior Citizen Expo was held on April 13. 350 participants and 55 vendors were present. DVSC provided information brochures and T-shirts for senior citizens.

\* NBC Fit Fest was held on April 14 and 15.

\* Stroke Alert Day was May 8 and DVSC participated at Thomas Jefferson University Hospital. NBC News was there to cover the story. This was an area wide program. A proclamation was presented during this day.

\* A Cardiovascular Stroke Seminar was also held at Thomas Jefferson University Hospital with 300 attendees. This seminar was held from March 29-30.

\* The 4<sup>th</sup> Annual Hip Hop for Cherry Hill

High School was held on April 24.

\* Career Wardrobe was a seminar for women returnees to the workforce. This was the 3<sup>rd</sup> time DVSC held a workshop presentation there for stroke education.

\* Michele Miller, Board and Education Committee member, gave a presentation on stroke at the Gloucester County Women's Health Summit.

DVSC is looking forward to participating in the following Education/Health events. Please check our calendar and contact us if you would like to volunteer for our Fairs-Seminars this fall:

New Covenant Church - Sept. 8, Oct. 15

Annual Senior Citizens Expo - Sept. 13

Virtua Camden County Day - Sept. 22

Cherry Hill Senior Festival - Sept. 28

Gloucester County Annual Women's Health Summit - Oct. 20

Cherry Hill's Harvest Festival - Oct. 28

Stroke still remains the third leading cause of death and the number one cause of adult disability. The need for ongoing stroke prevention education remains critically high. In the 2007-2008 new programming year, we will look forward to developing a new program dealing with the A.B.C.D's of stroke.

