

What is the ICOR Stroke Club?

We are a support group for stroke survivors and their families to help improve the quality of life. Our goals are to help members regain confidence, increase self-esteem, and share ideas on ways to cope with individual problems experienced by the stroke survivor and caregiver.

We are here to provide each person with an opportunity to support each other as they strive to rebuild their lives. We are committed to providing accurate information for group education that promotes a better understanding of issues that affect stroke survivors and their families. We are focused on providing each stroke survivor and their families and caregivers an open and supportive environment to share similar challenges and experiences.

We want you to feel comfortable and understood in our stroke support group, and we encourage positive interactions in the group, but each person may share as much or as little as they choose. We believe that with sound education and friendly social contact with those who can truly understand, the stroke survivor and loved ones need not feel alone and without emotional support.

Meetings

ICOR's Stroke Club meets from 10:30 a.m. - 12 p.m. on the second Thursday of the month, every other month (February, April, June, August, October, and December). Our focus is educating and providing support to as many people as possible within the community who have been affected by stroke.

The informal meetings reflect members sharing their ideas and tips. Some meetings feature a speaker on an educational topic, others may be more social and support group oriented.

The group is guided by Tracy Van Schepen, Care Coordinator, and Janine Alfirevic, Speech and Language Pathologist, both on staff at Ingalls Center for Outpatient Rehabilitation.

Caregivers Support

Our group offers support to caregivers, as well as the stroke survivor. Coping and other issues are often addressed at the meetings. We also offer a separate caregiver-only support group to provide support and resources for caregivers on the first Wednesday of every month from 12 - 1 p.m.

For More Information

Please call Tracy Van Schepen, **708.915.4739**, or Janine Alfirevic, **708.915.4726**, for more information or for a schedule of upcoming meetings. We would be happy to include you in our mailings.

REHABILITATION
SERVICES

*We are here
for each other...*



Center for Outpatient Rehabilitation

www.ingallshealthsystem.org

1551 Huntington Drive • Calumet City, Illinois 60409

**Stroke
Club**



Center for Outpatient Rehabilitation