Strides Against Stroke

Depression…Positive Thinking Changes Everything

“When you realize that the human body is nourished not only by the foods we eat, but also by the thoughts we think… it changes everything…” Dr. Tony O’Donnell, ND., PsyD

Laguna Woods City Hall
Thursday, November 12, 2015 2:00 – 4:00 PM
Stroke, Diet & Exercise
Guest Speaker: Laguna Woods City Hall
24264 El Toro Road Laguna Woods, CA 92637
Free: Carotid Artery, Cholesterol/Glucose & Blood Pressure Screenings

Florence Sylvester Memorial Center
Tuesday, December 15, 2015 1:00-3:00 PM
Stroke and Diabetes
Guest Speaker: Florence Sylvester Memorial Senior Center
23721 Moulton Parkway
Laguna Hills, CA 92653
Free: Cholesterol/Glucose & Blood Pressure Screenings

Reservations are required for all screenings.
Visit our website to register at www.rthfoundation.org
Or call: 888-794-9466

Our Mission
The primary mission of the RTH Stroke Foundation is to prevent stroke. We do this in two ways:
• Conducting community education seminars and screenings
• Providing stroke survivors and their families with education and support

Our Vision
We are driven to eradicate strokes as much as is humanly possible and to improve the quality of life of stroke survivors by doing all we can to mitigate the after-effects of strokes.

At 6 foot 2, 250 pounds, Marty was an awesome presence, a natural leader and one of the kindest, most upbeat and loyal friends I know. When difficult financial times hit a while back, he lost his job selling boat insurance and simultaneously lost his confidence and belief in himself. Devastated by his inability to provide the kind of life he wanted for himself and his wife, he spiraled into a vicious cycle of self-doubt, negativity, depression and agoraphobia....cont.pg 5

Dr. Neil F. Neimark, M.D.
Stroke Survivor Recovery Program

“Because there is Life After”

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The RTH Stroke Foundation has seen a need and has developed the SSRP – Stroke Survivor Recovery Program. This is a free service available to stroke survivors and their families who are looking for help after stroke. The SSRP program offers referrals to Physical, Speech, and Occupational therapists who specialize in stroke recovery. Listed are just a few other resources and referrals the SSRP program has to offer.

If you or your loved one is in need of assistance following a stroke, Please call the RTH Stroke Foundation at 888-794-9466

Eating During The Holidays

It’s the holidays and for most Americans, that means eating – lots of eating – followed by weight gain and a New Year’s resolution to lose weight. But why not take a healthier approach to what we eat during this holiday season and beyond? According to a recent website survey, about 18 percent of people say it’s hard for them to eat healthy because they don’t want to stop eating their favorite foods.

The good news is you don’t have to. You can still enjoy your favorite occasional indulgences, but in moderation. It’s all about being mindful of what you eat.

Mindless Eating — “Is a kind of involuntary reflex that takes hold of some people whenever tasty snacks are within reach...”

Mindless eating is consuming food just because it’s there. It’s eating while distracted – watching TV, working at a computer or texting on our smartphones. It’s eating for emotional comfort instead of for hunger. Simply put, it’s not paying attention to what we eat which can lead to being overweight and even obesity. “Mindless eating has always been an issue,” said Riska Platt, M.S., a registered dietitian and certified nutritionist for the Cardiac Rehabilitation Center at Mt. Sinai Medical Center in New York.

Play an aggressive offense — “Have a tasty but healthy snack before you leave home so you don’t arrive famished.”

Don’t go on an empty stomach... Have a tasty but healthy snack before you leave home so you don’t arrive famished. This kind of offensive scheme will leave less room in your stomach for those opposing line men disguised as brie and cheese balls.

Don’t end up...... around the buffet table with the most calories, that is. You know — the one with the big bowls of creamy dip and slabs of European cheeses. Count to one.....Not ten, but one. As in one piece of pizza, one slider or one sliver of dessert.

Call a timeout...... from food. After you’ve nibbled for a bit, drink a generous portion of club soda, a soft drink, iced tea or coffee. Besides taking you away from the solid calories, it also leaves less room for them in your stomach.

Blow the whistle on eating.... Stop when you’re satisfied. Not when the plate is empty or when the food is all gone or when you’ve had more than enough, but when you’ve had just enough. If you must empty your plate, use a smaller plate.

Remember, no excuses — “If you must empty your plate, use a smaller plate.”

We’ve all heard people say — or maybe we’ve said it ourselves — “It’s so hard to eat right during the holidays.” But, hang on a minute, there are only two holidays, Thanksgiving and, depending upon your religious persuasion, either Hanukah or Christmas. So cut yourself some slack those two days, but for the rest of the holiday season be a Mindful Eater.
This simple test will help you detect stroke symptoms and Act FAST.

Few Americans know the symptoms of stroke. Learning them - and acting fast when they occur - could save your life or the life of a loved one.

F = FACE Ask the person to smile. Does one side of the face droop?

A = ARM Ask the person to raise both arms. Does one arm drift downward?

S = SPEECH Ask the person to repeat a simple sentence. Does the speech sound slurred or strange?

T = TIME If you observe any of these signs, it's time to call 9-1-1 or get to the nearest Stroke Center or hospital.

Chicken and Green Bean Salad

American Heart Association's Simple Cooking with Heart ® Program

Simple Cooking with a Heart recipe is an easy, no-cook, one-dish, American dinner that you can whip together in about 15 minutes!

Dressing

1 Tbsp. Dijon mustard or spicy brown mustard OR 1 tsp. ground mustard and mix with 2 teaspoons water 2 Tbsp. extra virgin olive oil or canola oil 2 Tbsp. lemon juice or vinegar 1/4 tsp. dried thyme 1/4 tsp. ground pepper

Chicken and Green Bean Salad

2 cup shredded chicken (from half of a rotisserie chicken) OR 20 oz. canned, salt-free white meat chicken, drained 31 oz. canned, no-salt-added or low-sodium green beans, drained, rinsed 3 stalk celery, chopped 3 Tbsp. chopped, unsalted, unroiled almonds (or any nut on sale)

Preparation

Dressing

Add mustard, olive oil, lemon juice, thyme and pepper to a small bowl. Use a fork or whisk to combine.

Chicken and Green Bean Salad

Add ingredients into a large bowl and mix together. Add dressing to salad, tossing to combine.

Additional Tips

Get the Kids Involved: Kids can help crush the almonds! Just put in a sealed plastic bag and let them gently smash with a rolling pin or the back of a small pan. Keep it Healthy: Seeds like hulled unsalted pumpkin seeds or unsalted sunflower seeds can be used instead of nuts in any recipe. They are just as nutritious!

Tips: Instead of celery, a 12-ounce package of shredded cabbage or shredded carrots can be used. Or, even a chopped cucumber! Just look at what is on sale and what you like to eat.

Our Support Groups

South Orange County Stroke Support Group

Laguna Hills

Held: 2nd & 4th Tuesday of every month

Where: 23382 Mill Creek Dr. Suite 130

Laguna Hills, CA 92653

Session #1: 1:00-1:30pm

Session #2: 1:30-3:00pm

North Orange County Stroke Support Group

St. Jude Medical Center

Held: 1st & 3rd Mondays of every month

Where: Community Services Bldg.

130W. Bastanchury Road

Fullerton, CA 92835

Time: 1:30pm – 3:00pm

Please call our office for further information and to make a reservation.

888-794-9466 or www.rthfoundation.org

Reservations Requested

Please join us and get the help you need today!

Cost: FREE! Refreshments to be served!
The RTH Stroke Foundation held its annual “ Strikes Against Stroke” fundraising event, “Night at the Races,” on Saturday, September 26th. With your support, the event raised more than $23,000 for Stroke education. This event enabled us to bring special significance as we move forward with our goal to eradicate stroke as much is humanly possible.

We would like to extend our warmest thanks to all of you for embracing the vision of the RTH Stroke Foundation and making it a vision of your own. This event could not be possible without the support of our supporters, sponsors, and auction donors. We thank you and treasure our relationship with each of you.

The generosity and support of everyone is genuinely appreciated. You make a significant difference in preventing strokes and improving the lives of so many stroke survivors. The dollars we raised will have a direct and lasting impact on many people.

Thank you,
Guy Navarro
Executive Director

Roxanna Todd Hodges is the founder of our Foundation. Roxanna passed away peacefully in 2011. If she would have known the warning signs and the risk factors, things may have been very different for her. When Roxanna suffered 3 major strokes, her understanding of the critical need for Stroke ‘brain attack’ awareness and treatment advances led her to establish the Roxanna Todd Hodges Foundation. Her wish was to inform the public on Stroke Awareness. Today, the RTH Stroke Foundation provides free prevention screenings and seminars to local area hospitals, senior centers, and churches. Her last words spoken were: “Strike out Stroke”

Warning Signs for Stroke
- Sudden numbness or weakness of the face, arm, leg. One side of the body
- Sudden confusion or trouble understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

Risk Factors for Stroke
- High Blood Pressure
- Heart Disease
- Diabetes
- High Cholesterol
- Sleep Apnea
- Poor Diet
- Lack of Exercise
- TIA's
- Prior Stroke
- Excessive Alcohol Use
- Stress and Depression
- Cigarette Smoking

Dr. Neil F. Neimark, M.D. (cont.)
How could such an outgoing, natural leader and optimist be reduced-in such a short period of time-to be a prisoner of his own negative thinking? The answer lies in understanding the nature of the human stress response—also known as the “fight or flight” response. When repeated stress, struggle, illness or pain throw our nervous system into “fight or flight”—everything around us becomes the enemy. We can only see potential harm not potential good. We can only see the negative, not the positive. Because our attitudes and beliefs are the lens through which we see the world, our negative attitudes and beliefs become like a muddied windshield-preventing us from seeing the blessings, joy, hope and opportunity that often exist right in front of us.

To help Marty clean off his windshield so that he could once again see all that was good and positive in his life, we began a program of emotional support, nutritional changes and psychological counseling. As Marty continues to make positive changes in his attitude, he inevitably as we all tend to do, shifted back to negative thoughts and fears, which is really the default position for the human mind. For this reason, I will always take the time at every office visit to remind Marty of his remarkable charterer strengths and God given gifts of leadership and loyalty that make him so unique and wonderful. As Marty continues to challenge his own negative thinking, he knows how important it is to surround himself with supportive friends and healthcare professionals who support his growth. He is slowly and surely coming out of his funk, overcoming his depression and building a new, positive life for himself. Attitudes and beliefs have everything to do with how we experience life, both in adversity and in joyous times. They are the lens through which we see the world. Stress, struggle, illness, and pain can overwhelm us emotionally, predisposing us to develop “bad” attitudes and negative beliefs that muck up the lens and prevent us from seeing clearly. Challenging our negative thinking is like taking a fresh sheet of lens paper and wiping clean the smudges so that we can once again see the blessings in our life. When it comes to incorporating the science of positive thinking into our lives some people have the mistaken idea that being positive means ignoring the negative but nothing could be further from the truth. Here is a fundamental principle of positive thinking: we should not make things better than they are, but we should not make them worse than they are, either. This is why, when we talk about positive thinking, we are not talking about pretending to feel happy or upbeat. We are referring to a mature positivity that derives from realizing that even in the midst of the sadness, pain and loss inherent in a full and vital life we have the ability to think positively and clearly and choose our attitudes and beliefs and rely on choices, and not just our feelings to determine how we will react or respond in any given situation.

Neil F. Neimark, M.D.  (Dr. Neimark's Book: "Mastering Stress Series" is available on Amazon).