

STROKE WORKSHOP

July 15, 2005

St. Luke's Community Health Education Center
 3333 Squalicum Parkway, Bellingham, Washington

A workshop designed to educate the community on risk factors for stroke and to provide a range of activities and strategies for stroke patients and families.

Sponsored by the College of Humanities and Social Sciences, the Center for Healthy Living, the Department of Communication Sciences and Disorders, the Department of Anthropology, Western Washington University, the St. Luke's Foundation and the Whatcom Educational Credit Union.

SCHEDULE:

8:30 am Registration

9:00 am **Dr. Evelyn E. Ames, Ph.D., CHES, FAAHE: Know the Facts about Stroke.**

A review of major types of strokes, common warning signs, vulnerability of various populations groups, contributing risk factors that can be changed and factors that can't, what to do in case of a stroke, and importance of urgency of treatment.

9:45 am **Krista Herbert, MPT, NDTC: Physical Therapy Management of Adults Recovering from a Stroke.**

Explanation of Neuro-Dynamic Therapy Management post CVA ; characteristics of whole body use/function; the relationship between postural control, transitional movements and the continuum of functioning in postures ; and PT management guidelines.

10:30 am Break

10:45 am **Ken Eastham, MOT: Occupational Therapy Techniques in Facilitating Recovery from a Stroke.**

Identification of the impact of stroke/brain injury on the patient's life roles and the functional limitations interfering with resumption of roles. Importance of family and support, use of adaptive aids, and key concepts of rehabilitation.

11:30 am **Dr. Tedd Judd, ABB-CN, Diplomate in Clinical Neuropsychology, Mental Health Specialist**

Cognitive, Emotional, and Behavioral Effects of Stroke and Psychological Contributions to Recovery.

A review of major impacts on memory, attention, visual-spatial skills, self-awareness, and changes such as depression, anxiety, disinhibition, apathy, reflex crying, and impaired emotional communication. Management of problem behaviors and emotions, as well as family roles.

12:15 pm Lunch (Provided)

1:00 pm **Keynote: Dr. John Rosenbek, University of Florida, Gainesville, Florida**

An End to Nihilism about Stroke Rehabilitation.

Dr. Rosenbek's talk will emphasize the viability of nervous system plasticity, even in older adults, and will describe some treatment principles to maximize the nervous system's plasticity.



REGISTRATION: Please complete and return to the Center for Healthy Living (see reverse)

Early bird registration (*lunch is included*):

Indicate choice and provide contact information

Before July 6	\$25.00		<i>print</i> NAME(s):	
Seniors/Students	\$15.00		<i>Daytime phone</i>	()
<i>Lunch is included</i>			<i>Email</i>	
On site or after July 6	\$30.00			
Seniors/Students	\$20.00			

* Please print clearly *

Make checks payable to the WWU Foundation

Evelyn E. Ames, Ph.D., CHES., FAAH, Professor Emeritus, Health Education, Western Washington University, Bellingham, Washington. Dr. Ames holds a B.S. in Physical Education and Biological Sciences from the University of Nevada, Reno; M.S. in Physical Education from Washington State University; Ph.D. in Health Education from University of Maryland; and is a Certified Health Education Specialist. Dr. Ames was a faculty member for 38 years at Western Washington University where she developed and implemented the B.S. degree in Community Health and served as the Program Coordinator for Health Education in the Department of Physical Education, Health and Recreation. Dr. Ames specializes in program planning and methodology in health education. Evelyn currently serves as president of St. Joseph Hospital's Community Council; is a board member of both the Whatcom Healthy Communities Coalition and the North Puget Sound Arthritis Foundation; and a Fellow of the American Association for Health Education.

Krista Herbert, MPT, NDTC, St. Joseph Hospital, Bellingham, Washington. Ms Herbert holds a Bachelors degree in Human Kinetics from the University of British Columbia; a Masters in Physical Therapy from California State University, Long Beach; and NDT Certification from the Neuro-Dynamic Therapy Organization. She has clinical experience in neuro-rehabilitation at Rancho Los Amigos National Rehabilitation Centre in Los Angeles, California, and St Joseph's Inpatient Rehab unit in Bellingham, Washington. Ms Herbert is currently working as the Adult Neuro Clinical Specialist in the Outpatient Rehab Clinic at St. Joseph's Hospital.

Ken Eastham, B.S., MOT, St. Joseph's Hospital, Bellingham, Washington. Mr. Eastham holds a B.S. in Exercise & Sport Science from Western Washington University and a Master of Occupational Therapy from the University of Southern Maine. He has received the NEURO-INFRA certification in the treatment and management of CVA/Brain injury and has completed courses for Advanced Upper Extremity Function and Advanced Hand Function/Fine Motor Control. Mr. Eastham is currently a Clinical Neuro Specialist in the Outpatient Rehab Center, St. Joseph's Hospital

Tedd Judd, B.A., PhD, ABB-CN, Diplomate in Clinical Neuropsychology, Mental Health Specialist, Bellingham, Washington. Dr. Judd holds a B.A. in psychology from Princeton University; a PhD in psychology from Cornell University; and has neuropsychology training at Boston VA Medical Center and the University of Washington. Dr. Judd has 25 years of clinical experience in medical and mental health, inpatient and outpatient rehabilitation, and forensics. He specializes in cross-cultural neuropsychology, has taught in 16 countries, and has published numerous articles, book chapters, and one book: *Neuropsychotherapy and Community Integration: Brain Illness, Emotions, and Behavior.* (Judd, T., 1999) New York: Kluwer Academic/Plenum Publishers.

John Rosenbek, Ph.D., Clinical Professor, Chair for the Department of Communicative Disorders and Chief of the Speech Pathology Section at the University of Florida, Gainesville. Dr. Rosenbek is board certified in the area of neurogenic communication disorders and his clinical specialties include neurologic abnormalities of language, speech and swallowing. His research has concentrated on developing behavioral treatments and measures for determining their effectiveness and he is presently investigating treatments for deficits in emotional communication and for swallowing disorders following neurologic disease. He is coordinator for the graduate introductory course on rehabilitation science and for the Rehabilitation Science Doctorate in the department. Dr. Rosenbek is a Fellow in the Speech-Language Hearing Association and received both the Honors of the American Speech-Language Hearing Association and the Kleffner Career Clinical Award for 25 years of outstanding clinical service.

<p>Mail registration and fee to:</p> <p>Dr. Kathy Knutzen Center for Healthy Living Western Washington University 516 High Street Bellingham, WA 98225-9067</p>	<p>For more information contact:</p> <p>Dr. Kathy Knutzen Western Washington University 360.650.3055 or 650.3763 Kathy.Knutzen@wwu.edu</p>	<p>For information about</p> <p>The Center for Healthy Living</p> <p>visit /http://www.wwu.edu/depts/healthyliving</p>
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