MAKE MAY A MONTH WITH I.M.P.A.C.T.

Maybe you have been thinking of doing something proactive, maybe you have dreams of getting back to an activity you have given up since your stroke. Maybe you want to take more control of your health and maybe you just don’t know what more you can do.

Don’t let the month of May pass with a list of unrealized maybes. It’s spring, the weather is beautiful and you have every reason to make this month a productive time. Maybe you have already gotten into the garden as we suggested in last month’s newsletter. Or maybe you have another favorite outdoor activity that energizes you, gives you pleasure and gets your affected arm/hand moving.

Whatever you like to do--Do It! Don’t dismay if you can’t think of new, fun, interesting or productive activities. Here’s and idea--visit your local public library. during the month of May.

Go to the library. Browse the stacks. Pull books off the shelf and flip through them. Make a stack on a library table of the books that caught your eye. When you finish looking at them, put them back where they came from. Of course use your more affected hand as much as possible.

Maybe you can hold a book in your weaker hand, maybe not. Maybe your weaker hand can be a helper to your stronger hand as you reach for books on subjects ranging from Maypole celebrations, to the Mayflower’s crossing of the Atlantic, to recipes with creative uses of mayonnaise. Too obscure for your tastes? How about checking out a book on the complete works of the poet Maya Angelou?

We think you get the picture. Don’t let inactivity cause mayhem in your recovery. Keep moving, keep reaching, keep learning. Keep your I.M.P.A.C.T. training on your agenda in the month of May and throughout the year.
We need your help! People who have participated in The Stroke I.M.P.A.C.T. Study know that we are not permitted to recruit potential subjects directly. Subjects learn about us from doctors, physical therapists, exercise trainers, internet searches and other I.M.P.A.C.T. participants.

We are currently in the second year of a five year study which will include more than 100 stroke survivors across our three research sites. We are always interested in hearing from new people who might benefit from our research. And you can help! Here’s how: wear your I.M.P.A.C.T. t-shirt when it can be seen by potential study participants (the gym, stroke support groups, physical/occupational therapy, etc.). If someone asks you about your shirt tell them about your experience, refer them to our website, and/or provide them with the phone number of the I.M.P.A.C.T. site nearest them.