2019 Annual Report

Stronger Together:
A Family Approach to Surviving Stroke

Rocky Mountain Stroke Center
Where recovery continues…
(303) 730-8800
www.strokecolorado.org

Alone we are strong…
Together we are stronger.
How RMSC Strengthens Families

Stroke is a life-changing event for not only the individual, but the entire family as a whole. RMSC provides a variety of services that benefit both stroke survivors and caregivers.

In 2019, RMSC offered several new services for family members, as well as increased the reach of existing programs to help more caregivers and stroke families in communities outside of Littleton.

**Stroke Awareness Month** presentation on Ambiguous Loss with Carly Lancaster, LSW at St. Anthony North Hospital

**Family Workshop** on Learning to Live with a Serious Illness with Jane Barton (AARP Caregiving Expert) at Littleton Hospital

**Caregiver Workshop** on Compassion Fatigue with Jane Barton at Good Samaritan Medical Center

**Caregiver Support Groups** led by social workers in Aurora, Lafayette, Lakewood, Littleton, and Parker

**Programs**

Aphasia- Book Club, Group Therapy, and Music Therapy, Cognitive Group Therapy, Neurological Music Therapy, Art Therapy, Chair Yoga, Gardening, Just Guys, Individual Sessions for Skill-building/Counseling, Physical Therapy, Pool Therapy, LiteGait, and Young Stroke Group

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"I went to my first support group and something magical happened that night. I wasn’t alone anymore. I found a new family of people who could relate to and understand me like no one else can."

Stronger Together: Hospital Partnerships

Through partnering with hospitals, RMSC has been able to strengthen families and communities by offering local stroke support services. These partnerships allow for a much greater reach in the metropolitan area than out of the original office location in Littleton. This coincides with our mission to help stroke families in the entire state of Colorado.

**University of Colorado Health:**
Aurora, CO (East)
Launched in November 2017
Active Members: 25, Total Reached: 87
- Survivor/Caregiver Groups weekly
- Counseling and Case Management
- Rehab Classes: Chair Yoga, Music Therapy

**Good Samaritan Medical Center:**
Lafayette, CO (North)
Launched in July 2016
- Active Members: 45, Total Reached: 185
- Survivor/Caregiver Groups twice monthly
- Counseling and Case Management

**Parker Adventist Hospital:**
Parker, CO (Southeast)
Launched May 2019
Active Members: 16, Total Reached: 40
- Survivor/Caregiver Groups once monthly
- Counseling and Case Management

**Lutheran Medical Center:**
Lakewood, CO (West)
Launched October 2019
Active Members: 12, Total Reached: 21
- Survivor/Caregiver Groups weekly
- Counseling and Case Management
- Rehab Classes: Chair Yoga, Aphasia Therapy, Music Therapy
- Annual Stroke Education Workshop

Photo (left): North Summer Picnic
Photo (below): UCH Holiday Party

Photo (left): Parker Support Group

*Our purpose*  
Give people the freedom to live their best life
2019 Board of Directors

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$397,000 Budget       5,893 Units of Service

Grants 30%       |       Rehab Fees 25%
Contributions 18% |       Events 12%
Donated Services 15%

Photo: Young Stroke Group Holiday Party

“At Rocky Mountain Stroke Center, there’s joy and encouragement and celebration of surviving stroke.”