

Surviving and Thriving After Stroke



Local & State Resources



Transportation

Budget Taxi: Wheelchair accessible transportation 24 hours/day.
541-393-2858

Express Care Mobility: Wheelchair and stretcher transportation,
EMT & CNA drivers. 541-726-2010 www.expresscaremobility.com

Lane Transit District (LTD): 541-687-5555 www.ltd.org

Mid-Valley Ambulance: Non-emergency and scheduled
wheelchair and ambulance transportation. 541-747-4025
www.mvambulance.com

RideSource: Transportation service for seniors and people living
with disabilities. 541-682-5566 www.ltd.org/ridesource

South Lane Wheels: Wheelchair accessible transport within
South Lane County and to the Eugene/Springfield area.
541-942-0456 www.southlanetransit.com

Alternative Work Concepts: Helps with learning the bus system
and/or can help with creating your RideShare eligibility.
541-345-3043 www.alternativeworkconcepts.org

Medical Records

To request copies of your medical records:



Call: 360-729-1300. Our Customer Service team is
available daily 7:00 a.m.-10:00 p.m. PST



Email: releaseofinfo@peacehealth.org



Fax: 360-527-9383



Visit: www.peacehealth.org. Hover over the "For
Patients" link and click "Medical Records"

Supervised Exercise Program

An expert staff of clinical exercise physiologists, respiratory therapists, registered dietitians and fitness instructors is available to members.

The Oregon Heart & Vascular Institute (OHVI) offers a medically supervised program, which includes access to:

- exercise activities
- cardio and strength training equipment
- an indoor walking track
- locker rooms and showers
- nutrition consultations with a registered dietitian
- group exercise classes (yoga, tai chi, Pilates and cycling)

WHO CAN JOIN

Membership is available to anyone with a referral from their health care provider.

COST

There is a membership cost.

HOW TO ENROLL

Call 541-222-7216 to start the process.

ORIENTATION

Once we have your signed referral, we will call you to set up a one-hour orientation appointment. During this time a staff member will review your medical history, discuss your wellness goals and orient you to the gym.

PARTICIPATE

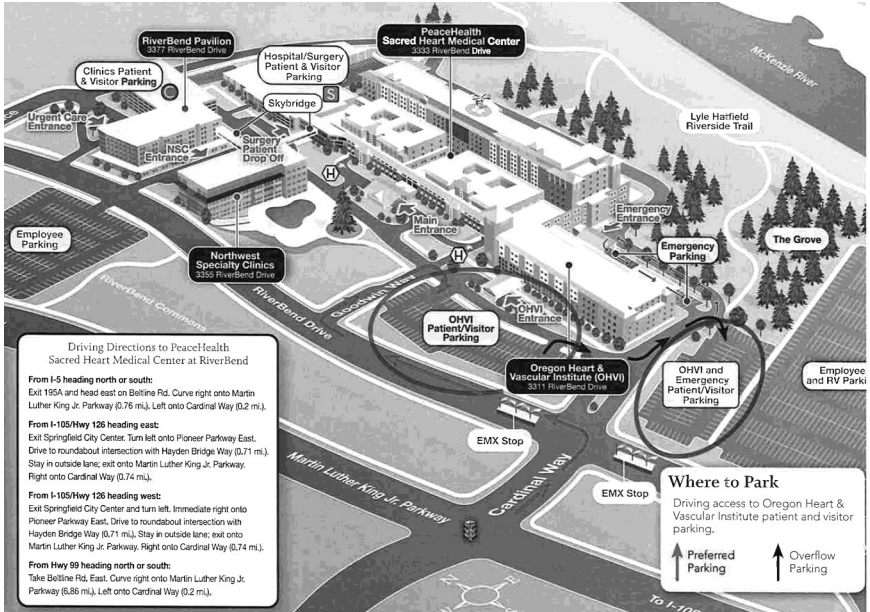
Once you are oriented and registered, you can come as often as you like during regular hours, Monday-Friday, 7:00 a.m.-7:00 p.m. A staff member will always be here to help you as needed.

Supervised Exercise Program

HOW TO FIND US

Oregon Heart & Vascular Institute
3311 Riverbend Drive
Springfield, OR 97477
541-222-7216

www.ohvi.org



Parking at Oregon Heart & Vascular Institute is free. Please park in one of the two parking lots adjacent to the Oregon Heart & Vascular Institute building (circled on map).

The American Stroke Association Patient Education Materials

The American Stroke Association offers magazines, fact sheets, brochures and other stroke-related information through the Stroke Family "Warmline."

1-888-4-STROKE (1-888-478-7653)

www.stroke.org

Stroke Resources

Cornerstone Services

www.oregoncsi.com

Guardianship, trusts, and case management. For more information, call 541-988-3678



ElderCare Resources

www.eldercare-eugene.com

Healthcare management, advocacy, and guardianship. For more information, call 541-344-7712

Full Life Programs

Care coaching, training, group activities, and referral to other services. For more information, call 541-221-6962

Head Banger Social Group

A

Potluck social group for adult and youth brain injury survivors.

Meets 3rd Tuesday of February, April, June, July, August, October, December, 5:30 p.m.-8:00 p.m.

Monte Loma Mobile Home Rec Center

2150 Laura Street, Springfield, OR 97477

For more information, contact Guy or Paco at 541-741-0675

Lane County Legal Aid and Advocacy Center

376 East 11th Avenue, Eugene, OR

For more information, call 541-485-1017

Lane Independent Living Alliance

www.lilaoregon.org

Assists people with any kind of disability to maintain independence. Can help with applying for disability. For more information, call 541-607-7020

Stroke Resources

Live Able Home Solutions

www.liveablehomesolutions.com

Home modification, home safety assessment, fall prevention.

For more information, call 541-915-5133

Senior Resource Advisors, Inc.

Professional RN care management providing assessment, planning and referrals, and insurance expertise. For more information, call 541-968-9380

Senior & Disability Services

www.sdslane.org

Provides services, information, and assistance to Lane County's older adult population, adults with physical disabilities, and their caregivers. Offers assistance with:

- Information on other agencies that may be helpful
- Meal programs
- Setting up in-home care
- Help with placement into higher level of care
- Caregiving
- Financial assistance

For more information, call 541-682-3353

Swallowing Disorders Support Group

Open to all adults with swallowing difficulties and their caregivers.

Bi-monthly meetings, 5:15 p.m.-7:15 p.m. (dates, room number, and directions will be sent to registered participants).

University of Oregon

HEDCO Education Building

1655 Alder Street, Eugene, OR (free parking available)

For more information, contact Samantha Shune PhD, CCC-SLP at 541-346-7494 or sshune@uoregon.edu

Art and Activities

Eugene Family YMCA 541-686-9622

www.eugeneymca.org

Exercise classes for all levels, pool, gym, tennis

Willamalane

www.willamalane.org

Exercise classes, art classes and other activities for all levels

Bob Keefer Center 541-736-4544

Adult Activity Center 541-736-4544

City of Eugene Recreation 541-682-5333

Hilyard Community Center Adaptive Recreation 541-682-5311

Campbell Community Center 541-682-5318

Classes, activities, weekly social groups, presentations, support groups and special events for adults

City of Eugene Public Library 541-682-5450

Springfield Public Library 541-726-3766

Maude Kern Art Center 541-345-1571

Art classes and art exhibitions

Emerald Art Center 541-726-8595

Art classes and art exhibitions

OSLP Arts and Culture 541-343-4196

Classes for all abilities

Eugene Saturday Market 541-686-8885

First Friday Art Walk—Eugene 541-485-2278

Downtown Springfield Second Friday Art Walk 541-345-7106

RiverBend Stroke Support Group

Life after stroke can be challenging. Talking to others who have been through a stroke may help. We offer a support group at PeaceHealth Sacred Heart Medical Center at RiverBend.



TWO OPTIONS TO SERVE YOU:

1st Wednesday of every month:

This meeting offers a talk about stroke from an expert with a discussion to follow.

2:00 pm-3:30 pm

*In person

3rd Wednesday of every month:

A social gathering with sharing of stories by stroke survivors and caregivers.

10:30 am -12:00 pm

*Zoom

Please contact us at 541-222-8461

StrokeCenter@peacehealth.org

What is the purpose of the group? To provide a supportive environment for stroke survivors and caregivers to work toward the most healthy, fulfilling, and successful adjustments to their new lives.

Who can join? Membership is open to anyone who has an interest in stroke recovery.

Do I have to participate? There is no pressure to share, and you may leave at any time if you are feeling, tired or uncomfortable.

Do I need to RSVP? No, But we need your email address to send you the link to our virtual meetings. There is an audio only option as well, you don't need a computer to join the meeting. You can call in with your phone.

Is there a cost? Nope, this support group is free.