

Stroke INSPIRE



For nearly 25 years, the Stroke INSPIRE program has been the community leader in providing support, activity, and educational programming to stroke survivors and their care partners. Stroke can cause speech, cognitive, physical and visual impairments. Recovery takes months to years of intensive rehabilitation to restore and improve the impact of the injury. However, the formal rehabilitation process often does not address the emotional impact of the injury, which can include depression, loss of employment, changed relationships, loss of independence and isolation. Stroke INSPIRE works closely with survivors and their care partners to support their emotional adjustments and ultimately providing a level of holistic support for everyone impacted by a stroke. But, the vital care of a person's emotional life is traditionally not covered through insurance. Stroke INSPIRE is made possible by our generous donors and volunteers.

What our members are saying:



Rich H.

INSPIRE has given me a chance to hear people to open up about their difficulties. It'll be nothing like you expected; it'll be more of an outgoing group than you'd ever anticipated.



Paul W.

My favorite part about INSPIRE is getting together with people, we all have the same things in common as far as our disabilities, whether it's speech or swallowing or memory etc.

What your Gift Means to Ron

One of the things that makes our Stroke INSPIRE program so special is the personal perspective from INSPIRE Mentor volunteers like Ron, a stroke survivor himself.



Ron, stroke survivor, INSPIRE mentor and Earl Dresser Award Recipient

Stroke INSPIRE programs helped Ron rebuild his life after his stroke. Grateful for the support and motivated to give back, today he volunteers as a Park Nicollet Stroke INSPIRE Mentor, providing inspiration and encouragement to other stroke survivors and their caregivers. "I visit patients recovering from a stroke, working to give back just a little bit of what I have received as a stroke survivor. It is hard work to rebuild your life after a stroke, Stroke INSPIRE was there when I needed it," he said.

Leading with his head and heart as he reaches out to patients and their families, Ron doesn't just educate and support—he inspires. "I have faced several challenges myself, but each one of them has only strengthened me to make me the person I am today," he says.

Ron appreciates each patient as a unique human being who should be treated with respect and dignity. And according to nurses, patients and patient families, he brings much-needed relief and hope. "Volunteering provides me with a unique opportunity to share compassion, kindness and understanding to others wherever they are in their stroke survivor journey," he shares.

A positive outlook can make all the difference when recovering from a stroke, and Ron's attitude is infectious. "You should never give up—even if you're convinced that it's all over," he believes. "There's a song I like that says, 'All of my good days outweigh my bad days, I won't complain.'"

214

peer visits completed since Jan 2023

8

INSPIRE Mentors at Regions & Methodist Hospital

45

Stroke Survivor masks hung during "Unmasking Event" in May

\$850

raised by Team HealthPartners Stroke INSPIRE, for MN Stroke Association *Strides for Stroke*

25

active volunteers, as of May 2023

Thanks to donor and volunteer generosity in 2022, Park Nicollet Stroke INSPIRE gave stroke survivors and their families inspiration, education and support.

2022 Impact Report of Generosity

Patient & Family Experience

Conducted up to 10 different class offerings and support groups completing 145 hours of programming between Fall of 2022 and Spring 2023. Sessions included: Virtual and In-person survivor support groups, Mindful Meditation, Virtual and In-person Caregiver Support Groups, INSPIRED Voices Music Group as well as Educational and Guest Speaker Groups to support the emotional and physical recovery of a stroke survivor and their care partners.

Innovation & Research

INSPIRE Impact Survey

A collaborative effort between Stroke INSPIRE and the Minnesota Department of Health to combine efforts to measure the impact of the Stroke INSPIRE support programming. Research survey will assess the benefits of support programming for stroke survivors and their caregivers as it relates to quality of life and general affect compared to individuals who don't receive stroke support programming. The survey will also measure the timing for when stroke survivors or caregivers are most likely to join support group programming as well as common barriers to joining such as transportation, housing, medical needs etc.

INSPIRE Mentors

INSPIRE Peer Mentors keep detailed logs of frequently discussed topics during their visits with new stroke survivors. This enables care teams and partners to analyze trends such as patient and family needs, concerns, motivating factors, and questions which are frequently discussed during hospitalizations immediately following stroke. For example, today 49% of our visits occurred with individuals who have communication deficits, and 79% report having physical deficits such as weakness, numbness, and impaired mobility.

INSPIRE Newsletter

The INSPIRE Newsletter is the primary means of communication for members and community members involved in our programming. The newsletter has been updated, with support from the Park Nicollet Foundation, to include more interactive material, an improved general appearance, as well as improved standardized accessibility features such as alternative text for images, and voice over options for our users who benefit from auditory information rather than written text.

Community Partnership

Team HealthPartners Stroke INSPIRE Strides for Stroke

The annual MN Stroke Association Strides for Stroke event was held in May 2023 in three locations across MN raising over \$18,000. Team HealthPartners Stroke INSPIRE included over 40 Stroke Survivors and HealthPartners and Park Nicollet Staff members who came together to walk, or roll, to support stroke programming in our state. Team HealthPartners INSPIRE raised \$850 through our collaborative efforts.

Methodist Hospital Unmasking Event

Methodist Hospital is hosted a special exhibit in partnership with the Stroke INSPIRE Program, the Minnesota Brain Injury Alliance and Park Nicollet Foundation. During the entire month of May, over 40 decorative masks handmade by local stroke survivors were displayed along the hallways of our campus. "Unmasking Brain Injury in Minnesota" aims to promote brain injury awareness by giving individuals a creative outlet to show others what it is like to live with a brain injury such as stroke. Through these masks, participants shared their stories, illustrated their perspectives, and engaged in an emotional dialogue with their communities.

Educational Outreach

Stroke INSPIRE has supported broad system stroke work and community outreach initiatives by participating in over five community based educational and promotional opportunities to audiences including senior citizens, school nurses, stroke survivors, healthcare professionals, and community members.

What our members are saying:



Randy Lynn

Just do it, just come. Try it three times, you'll love it, we all do.



Nancy P.

No one else will understand you as well as other stroke survivors. When I came to INSPIRE, everyone was having fun, laughing and talking about stuff.



To learn more about the impact of your support, visit: parknicollet.com/impact

Park Nicollet Foundation is a 501(c)3 organization. Your gift to the Foundation is tax deductible as allowable by law.

