

For our stroke patients: Where to turn for help

The staff at NHRMC Rehabilitation Hospital understands that patients and their loved ones have many questions and concerns as they adjust to different challenges resulting from a stroke. We are here to help answer those questions and address your concerns, so you can concentrate on the most important part of your journey – healing. Combining highly skilled clinical resources with an integrated course of rehabilitation treatment, NHRMC Rehabilitation Hospital is well-equipped and prepared to help you return to your daily life. To further assist you, we have compiled the following list of community and online resources available to stroke patients and their families.

Stroke Support Groups

NHRMC Rehabilitation Hospital hosts stroke support meetings on the 3rd Tuesday of the month in February, April, June, August, October, and December. Meetings are held in the first floor classroom, 2:00 – 3:30 p.m. For more information, please call **Pam Davis at 910.667.5617** or email **pam.davis@nhrmc.org** or **Sarah Bentley 910.667.5206** or email **sarah.bentley@nhrmc.org**

Stroke Education Information

American Stroke Association
800.478.7653
www.strokeassociation.org

American Heart Association
800.242.8721
www.heart.org/HEARTORG

The Stroke Network
www.strokenetwork.org

National Stroke Association
1.800.STROKES
www.stroke.org

NC Care Link
www.nccarelink.gov

Start With Your Heart
www.startwithyourheart.com

NC Public Health
www.ncpublichealth.com

Local, Regional and National Resources

Disability Resource Center
140 Cinema Drive, Suite C
Wilmington, NC 28403
910.815.6618
www.drcwilmington.org

Disabled American Veterans
4601 Park Ave.
Wilmington, NC 28403
910.313.2190
www.dav.org

NC 211
*This service helps users
find community health &
human services resources.*
Dial 211
www.unitedwaync.org/nc-2-1-1

**North Carolina Assistive
Technology Program**
910.251.7078
www.ncatp.org

**North Carolina Division of
Vocational Rehabilitation
Services**
910.251.5710
www.ncdhhs.gov/dvrs/

National Institutes of Health
301.496.4000
www.nih.gov

**Department of Health and
Human Services**
877.696.6775
www.dhhs.gov

Transportation

WAVE Transit – Wilmington
910.343.0106
www.wavetransit.com

Brunswick Transit
910.253.7800
www.brunswicktransit.org

Pender Transit System
910.259.9199
[www.penderpas.com/
transportation.php](http://www.penderpas.com/transportation.php)

Onslow Transit System
910.436.2998
[www.onslowunitedtransit.org/
welcome.html](http://www.onslowunitedtransit.org/welcome.html)

**Bladen Area Rural
Transportation System
(BARTS)**
910.862.6930

**Columbus County
Transportation**
910.642.7201

Pender Transport
910.675.9127
www.penderems.com/pts.htm

**Ivory's Accessible Transport
Service Inc.**
910.264.9329
www.ivorystransport.com

Maintaining Health and Wellness

**Ability Garden/New Hanover
County Arboretum**
Heather Kelejain, Horticultural Therapist
910.798.7677

Wilmington YMCA
Aileen Sutton, Healthy Living Director
910.251.9622
www.wilmingtonfamilyymca.org

**ACCESS of Wilmington /
Miracle League of Wilmington**
Haley Sink, Exe. Director
910.508.6788
Kayla Jakubczak, Program Coord.
910-685-1550
www.miracleleaguewilmington.org

**Oleander Rehabilitation
Community User Program (CUP)**
910.667.8659

The Community User Program is a wellness program for people to maintain health and fitness. We offer a heated pool (88°F-92°F) salt water pool. Easy to use resistance, cardio equipment, personal training and instructor led pool and chair classes.

Wilmington Disabled Athletic Association
Timothy Corbett
910.264.9329

Disabled Sports USA
www.dsusa.org

**American Association of Adapted Sports
Programs, Inc.**
www.aaasp.org

Greater Wilmington Tennis Association
Todd Coxx
703.887.3921
www.wilmingtontennis.com

Stroke Support Group

You are invited to join the Stroke Support Group. Please sign up for our notification list if you would like information on our programs and activities.

The group meets during the months of February, April, June, August, October and December on the third Tuesdays from 2-3:30 pm in the NHRMC Rehabilitation Hospital classroom, next to the front lobby. Family is also welcome!

Please contact Pam Davis at 667-5617 or Sarah Bentley at 667-5206. We look forward to seeing you!

Name _____

Address _____

City _____ State _____ Zip _____

Phone Number _____

Email address _____

Topics you are interested in:
