

Sky Cliff Stroke Victors & Caregivers Newsletter
February 2026

Stroke Facilitator-Sue Parson, RN

Stroke Secretary-Paula Schmidt, RN

Sky Cliff Center Executive Director-Dan Novak

Newsletter Created by-Paula Schmidt, RN



Sky Cliff Support Meetings:

February 11 2026-Christ Life Church at 10AM

February 25, 2026-Christ Life Church at 10AM

Snacks & Coffee-10AM

Caregiver Split Off-11:00 AM

Lunch-12:00-1:00PM

(Lunch will be provided. Guests are welcome. Please let Marla know so we have enough food for all.)

Sky Ridge Support Meetings:

February 18, 2026

New Location Evergreen Building-Rehab Conference Room Main Floor

Handicapped Parking, Valet Parking and Covered Parking is available

10101 Ridge Gate Parkway, Lone Tree, CO 80124

10AM-12 Noon Coffee, juice and treats provided



Pikes Peak, Colorado

February 2026

African American History, American Heart and Cancer Prevention Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Groundhog Day	3	4	5	6	7
8 Superbowl	9	10	11 Stroke Victors @ Christ Life Church	12 Abraham Lincoln Birthday	13	14 Valentine's Day
15	16 President's Day	17	18 Stroke Victors @ Sky Ridge Hospital	19	20	21
22	23	24	25 Stroke Victors @ Christ Life	26	27	28

February comes from the Latin word *februa*, which means to cleanse. It was named after Februalia, the Roman festival of purification, which was a month-long festival of purification and atonement that took place this time of year.

February 2026 Holidays to Add to Your 2026 Calendar [February Holidays and Observances For Your 2026 Calendar](#)

In this issue: [Initiating, Planning, Organizing with a Brain Injury](#), [Caregiver Burnout](#) and [How to Cope, How Art Therapy Fuels Neuroplasticity](#).



Patient Education Rehabilitation Medicine
University of Washington Medical Center
Harborview Medical Center
UW Medicine-a passion for life
University of Washington
Traumatic Brain Injury
Model System:
www.tbi.washington.edu

Initiation, Planning, Organization, and Brain Injury

This handout describes how brain injury may affect:

- **Initiation** – the ability to start doing something.
- **Planning** – the ability to choose how to do a task.
- **Organization** – the ability to put the steps of a task in the correct order. A list of resources is included.

What is initiation?

“Initiation” is the ability to start doing something. It requires seeing what needs to be done, making a plan about how to start doing it, and putting the plan into action. For example, if a person wants to get dressed they must first recognize the need to get dressed, plan what they will wear, and begin gathering clothing.

What is planning?

“Planning” is the ability to choose how to do a task, and to list all the steps of the task. Planning also requires the person to decide what they will need to do the task and estimate how long it will take them to complete it. For example, if a person wants to cook a meal they must decide what they will cook, what ingredients they will need, where they can get the ingredients, what time to start cooking, and how much to cook.

What is organization?

“Organization” is the ability to put all the steps of a task (or many tasks) in the correct order. It also includes changing the order of the steps, as needed, so the task can be completed. Organization is also the ability to create logical places to store items and information so that you can find them later.

Why does a brain injury affect the ability to initiate, plan, and organize?

Initiation, planning, and organization are thought of as “higher level thinking processes” because they require a lot of brain power. To initiate, plan, and organize, a person needs to be able to think ahead, concentrate, remember things, gather and sort information, and set priorities.

If you have damage to the front of your brain, you are more likely to

have problems with initiation, planning, or organization. This is because the front of the brain is the part most involved in planning, organizing, and problem solving.

What happens with initiation, planning, and organization problems?

When you have problems with initiation, planning, or organization, other people may think you are unmotivated or lazy. You may also:

- Have a hard time starting or finishing things you try to do.
- Have a hard time with tasks that used to be easy, such as getting dressed or finishing a work assignment.
- Stop doing favorite activities.
- Have a hard time trying new ways of doing things.
- Only be able to do one thing at a time, where before your injury you may have been able to do many things at once.

What makes initiation, planning, and organization worse?

- Fatigue and lack of sleep.
- Stress or illness.
- Too much information to sort through.
- Trying to do too many things at one time.
- A distracting environment.
- Doing something unfamiliar that is not already well organized or clear.

When should I ask for help with initiation, planning, or organization?

Talk with your health care provider if:

- Your problems with initiation, planning, or organization are interfering with your ability to care for yourself or your family.
- You feel like you are having a harder time than usual initiating things, planning, or organizing.

What can I do to help myself initiate, plan, and organize?

Minimize distractions:

- Focus on one thing at a time. For example, if you are cooking, do not listen to music at the same time.
- Put things away when you are done with them.
- When you are doing a task, bring out only the things you are going to use. Put away everything else in your work space.
- Get rid of things you don't need, want, or use.

Follow a routine:

- Set a specific time each day to focus on planning and organizing for the next day.
- Look at your schedule often during the day, so you don't forget to do things.
- Set a specific day for each of your household chores. For example, do the laundry on Mondays, go grocery shopping on Tuesdays, and clean the bathroom on Wednesdays.
- Set a timer or alarm to remind you of important things to do in the day, such as starting to cook a meal.
- Do things that require the most initiation, planning, or organization early in the morning, when you are the least tired.
- Set a reasonable number of goals for yourself.
- Take breaks during the day.

Use organizers:

- Put all important information in ONE book or an electronic organizer. Include:
 - A monthly planner, where you write down appointments, events, and your daily schedule.
 - A short “to-do” list of 3 to 5 items. Check off items as you complete them.
 - Shopping lists.

- A list of your medicines, including how much you take of each medicine, and when to take each one.
- Phone numbers and addresses of medical providers, friends, and family.
- Goals you are working on.
- Make a place for everything in your home, and label the location so you know where everything goes.
- Break down complex tasks into small steps.
- Have other people verbally remind you to start tasks.

Where can I learn more about initiation, planning, and organization?

Ask a professional:

- Your doctor or health care provider.
- Your psychologist.
- A speech and language pathologist or occupational therapist.

Production of this patient information brochure was funded in part by the National Institute for Disability and Rehabilitation Research, Grant #H133A070032.

Check out these resources:

Brain Injury Association of America

www.biausa.org/

8201 Greensboro Drive, Suite 611, McLean, VA 22102

703-761-0750

Brain Injury Information Hotline: 800-444-6443

Brain Injury Association of Washington

www.biawa.org/

3516 S. 47th Street, Suite 100, Tacoma, WA 98409

253-238-6085

Helpline: 800-523-5438

E-mail: info@biawa.org

Multiple Sclerosis Association of America

www.msaa.com

706 Haddonfield Road, Cherry Hill, NJ 08002

856-488-4500

National Brain Tumor Foundation

www.braintumor.org

22 Battery Street, Suite 612, San Francisco, CA 94111

Patient Line: 800-934-2873

E-mail: nbt@braintumor.org

National Multiple Sclerosis Society

<http://was.nationalmssociety.org>

Greater Washington Chapter

192 Nickerson St., Suite 100

Seattle, WA 98109

800-344-4867

E-mail: greaterWAinfo@nmsswas.org

National Stroke Association

www.stroke.org

9707 E. Easter Lane, Englewood, CO 80112

800-STROKES (800-787-6537)

Alzheimer's Association

www.alz.org

225 N. Michigan Ave., Fl. 17, Chicago, IL 60601

Helpline: 800-272-3900

National Parkinson Foundation

www.parkinson.org

1501 N.W. 9th Avenue, Miami, FL 33136-1494

800-327-4545

9 Signs of Caregiver Burnout (and how to cope)

[9 signs of caregiver burnout \(and how to cope\) — Calm Blog](#)

From emotional exhaustion to physical fatigue, caregiver burnout is real. Discover 10 tips to protect your energy while caring for someone you love.

- What is caregiver burnout?
- 9 common signs and symptoms of caregiver burnout
- What causes caregiver burnout?
- How to cope with (and prevent) caregiver burnout: 10 self-care tips
- Caregiver burnout FAQs
-

Being a full-time caregiver requires a lot of time and energy. On top of your own responsibilities, you're cooking someone's meals, keeping track of their appointments, and [taking on the mental load](#) of their daily needs. But without adequate rest and recovery, "a lot" can morph into "too much," and you may find yourself struggling with caregiver [burnout](#).

Caregiver burnout—a specific type of exhaustion that impacts caregivers—can be complicated. You may feel guilty because you want a break, or worry that admitting how hard it is means you don't care. Or maybe you're just resentful and frustrated.

All of these feelings are valid and more common than you may realize. After all, your body and mind have been carrying more than one person can, or should, hold alone.

Here's everything you need to know about caregiver burnout, including what makes it different from everyday stress, and practical steps to recover.

What is caregiver burnout?

Caregiver burnout is a state of physical, emotional, and mental exhaustion that happens when caregiving demands consistently outweigh your ability to rest and recover. This type of burnout is not just tiredness after a long day. It's a deeper depletion that leaves you running on empty, with no clear way to recharge.

Burnout is common for many caregivers, primarily because the job often comes from a place of love and duty. And when your focus is always on someone else's needs, it's easy to overlook your own.

Caregiver stress vs caregiver burnout

Distinguishing between caregiver stress and caregiver burnout is important because, while they may feel similar, they often require different responses.

- **Caregiver stress:** This is what happens when the day-to-day demands feel heavy. You could feel rushed, worried, or emotionally stretched thin. But with rest and support, you can start to feel better.
- **Caregiver burnout:** Burnout happens when stress goes unchecked for too long. In this state, you could begin to feel numb, resentful, and disconnected from the person you're caring for.
-

9 common signs and symptoms of caregiver burnout

In most cases, burnout builds in small ways until suddenly, you're running on empty. To help you recognize what's happening before it takes a bigger toll, here are nine of the most common symptoms caregivers tend to experience:

1. Constant fatigue: Even after a full night's sleep, you wake up tired. Nothing seems to help, and your energy stays flat all day.

2. Irritability or mood swings: You find yourself snapping over small things, crying unexpectedly, or feeling on edge. Or, you may just feel numb and unable to connect with others.

3. Withdrawal from social life: You don't reach out to friends, and when they try to make plans, you get overwhelmed. It's easier for you to stay home, even if you know you'd feel better with company.

4. Changes in appetite or weight: Stress can throw eating patterns off. You might start grazing or stress-eating late at night or lose your appetite altogether.

5. Frequent headaches, body aches, or stomach issues: You might experience tight shoulders, recurring headaches, and digestive issues that seem to come out of nowhere.

6. Difficulty concentrating or remembering things: When you feel stretched thin, it can be harder to keep track of details. You might forget appointments, lose your train of thought, or struggle to focus on simple tasks.

7. Feelings of helplessness or hopelessness: If you find yourself thinking, “Nothing I do is enough” or “I can’t keep going like this,” your reserves might be depleted.

8. Overwhelming guilt: Many caregivers feel guilty for needing rest or wishing for a break. This can keep you trapped in the cycle of burnout.

9. Getting sick more often: Are you catching colds or other illnesses more frequently? Stress weakens your immune system, and your body can only run on high alert for so long before it starts to break down.

What causes caregiver burnout?

Burnout is a reflection of how demanding caregiving can be. Typically, the causes are layered and build up over time, creating conditions that make exhaustion almost inevitable.

You might experience emotional strain from watching a loved one decline, a lack of support, and unrealistic expectations that leave no space for rest. It can also be caused by financial stress, isolation, and physical demands like lifting or being on call all night.

Remember that caregiver burnout is not a sign of personal failure, and taking care of yourself throughout this process is important.

How to cope with (and prevent) caregiver burnout: 10 self-care tips

Caring for others can be deeply rewarding, but it can also leave you mentally, physically, and emotionally drained. To help you protect your energy and wellbeing, here are 10 self-care tips.

1. Build a small care team

If possible, ask friends and family members for help, and be specific about your requests. For example, you might try asking, “Can you cover Tuesday mornings so I can rest?”

Joining a support group can also serve as a reminder that you’re not alone.

Related read: [How to ask for help when you need it: 7 tips to gain confidence](#)

2. Plan for regular respite

Schedule predictable breaks, even if it's just for a couple of hours a week. Remember that rest doesn't need to be earned. It's essential for sustaining your energy long-term.

 [Take a Break](#) with Jay Shetty is an important reminder that taking time to reset is critical.

3. Organize caregiving tasks

Structure can relieve a lot of mental strain, so try organizing a weekly 15-minute “care huddle” to review appointments, errands, and responsibilities. You could also keep a one-page “care sheet” with diagnoses, medications, and contacts so it’s easier for others to pitch in.

4. Protect your rest

To make sure you get the recovery time you need, create a wind-down routine. Choose a consistent wake time, dim lights in the last hour before bed, and hold a regular sleep window, even if it’s broken into smaller chunks.

If your nights are frequently disrupted, [consider napping](#) when coverage is available or rotating shifts with a helper.

Related read: [10 sleep hygiene tips and practices for better sleep](#)

5. Care for your body

Move your body when and how you can. You might try going for a short walk, doing gentle stretches, or using resistance bands.

Also, keep easy-to-grab, [nourishing foods](#) around like yogurt, nuts, and pre-cut fruit.

Related read: [7 simple movement exercises to boost your mental health](#)

6. Use tools that make caregiving easier

Simplify your routines where you can. Ask pharmacists about automatic refills and synced pickup days and consider technology like medication dispensers or telehealth if it eases your load.

Also, protect your back by learning safe lifting and transfer techniques from a nurse or physical therapist.

7. Prepare for the money and paperwork side

Caregiving often comes [with financial stress](#) and endless forms. Try to stay ahead of things by gathering essential documents, such as insurance cards, advance directives, and powers of attorney. Store them in one folder at home with a digital copy on your phone. Doing this early can reduce [decision fatigue](#) later.

8. Set boundaries with compassion

[Boundaries](#) protect your energy and relationships. They're guidelines that keep caregiving sustainable and also give others a clear map for how to support you.

Two boundaries you could set are, “I’m available until 6pm but not overnight,” or “I can’t host visitors without notice.”

Heart [Boundaries](#) with Tamara Levitt can reinforce the importance of setting limits.

9. Face guilt directly

[Guilt](#) can creep in when you start to resent the situation you’re in. If this feeling is debilitating or constant, consider talking with a counselor or joining a support group. Naming guilt for what it is, and not letting it run the show, is a powerful act of self-care.

10. Know the red flags

It’s time to seek professional help if you’re experiencing [persistent sleep loss](#), worsening health, or increased illness.

And if you ever feel like you might harm yourself, treat it as urgent. Dial or text 988 to connect with the Suicide & Crisis Lifeline. (If outside the U.S., use your local emergency number.)

Caregiver burnout FAQs

What are the first signs of caregiver burnout?

Early signs of caregiver burnout are typically [fatigue](#) that doesn’t lift with rest, irritability over small things, and emotional detachment.

Some caregivers notice they stop returning calls or [lose interest in hobbies](#) they once loved. Others describe being on autopilot. Experiencing changes like this is usually a sign that your mind and body need recovery time.

How do you recover from caregiver burnout?

Recovery usually takes a combination of [rest](#), support, and structural change. In the short term, this could mean taking a break, asking family to step in, or blocking out protected time to rest. It could also mean setting boundaries around what you can realistically provide, sharing responsibilities where you can, and staying connected to your own needs.

Many caregivers also benefit from counseling or joining a support group, where they can process the emotional toll and get validation from others who understand.

How can I manage caregiver guilt?

A good way to manage caregiver guilt is to reframe the idea that caring for yourself is selfish. It's not. In fact, it's what allows you to continue caring for your loved one.

Support groups and therapy can also help you untangle guilt from responsibility. It may also be helpful to remind yourself regularly that you're doing the best you can with the resources you have at your disposal right now.

Can caregiver burnout make you emotionally exhausted?

Emotional exhaustion is one of the hallmark symptoms of caregiver burnout.

Many people who experience this feel as though they have nothing left to give emotionally, or that they're moving through their days in a fog. Others experience irritability or sadness.

If you're currently experiencing caregiver burnout, it means that your inner reserves are depleted and need replenishing.

What's the difference between stress and burnout for caregivers?

Stress and burnout share some overlap, but they're different. Stress is the body's natural alarm system. It shows up as worry, tension, or irritability, but it usually eases with rest and short breaks.

On the other hand, burnout develops when you don't get enough relief from stress. Instead of bouncing back, you feel constantly exhausted, even when opportunities to rest come up.

In short, stress is the warning light, and burnout is what happens when the warning goes unanswered for too long.

Art is beneficial for Stroke Survivors

How Art Therapy Fuels Neuroplasticity

Sep 18

By Sherraine Miller, LPC, ATR-P



How Art Therapy Fuels Neuroplasticity

Sherraine Miller, LPC, ATR-P

Healing comes in many shapes and sizes. Often, when we think of healing it's the mind or body that's thought of first. Yet, another form of healing can also mean reshaping the brain itself by strengthening pathways, rewiring connections, and literally building new neural architecture. This is where the intersection of art therapy and neuroplasticity comes alive.

What Is Neuroplasticity?

Neuroplasticity is the brain's remarkable ability to adapt and change throughout life—forming new neural connections, reorganizing existing ones, and compensating for challenges. Previously, it was thought that neuroplasticity declined sharply after childhood. However, the brain actually retains flexibility well into adulthood through structured training and rich experiences. Our ability to do things such as cultivate resilience, manage our mental health, or recover from trauma are all due to this adaptability. And art therapy has emerged as a powerful catalyst for these plastic changes.

How Art Therapy Activates Neuroplastic Change

Art therapy is such a rich medium that isn't only about emotional expression—it's also a neurological workout. Consider this: finding and exploring new ways to communicate and engage with the world can happen through any type of creative expression. This engagement encourages flexibility and changeability in our brains, or in other words, neuroplasticity.

Sensory-Motor Engagement

When someone engages in creative tasks like drawing, sculpting, or painting, it activates both the motor and sensory circuits. This stimulates fine motor skills, visual processing, and our emotional centers simultaneously.

Cognitive Flexibility & Synaptic Growth

Divergent thinking, problem solving, and novel connections are all sparked through creative expression. Neuroscience research indicates that creativity correlates with genes tied to synaptic plasticity and neural reorganization.

Stress Relief & Reward Activation

Art-making has shown its ability to lower cortisol and similar stress hormones while also stimulating reward-related areas like our medial frontal cortex, which helps regulate emotions and support positive neural adaptations.

Functional and Structural Brain Changes

Through visual art therapy, art-making has been shown to improve visuospatial skills and motor functions. Art making can also help in increasing our brains functional connectivity in visual networks, suggesting real neural reorganization.

Safe Emotional Processing

When we're emotionally processing or in need of calming a dysregulated state, participating in art therapy can help to externalize and regulate intense emotions by activating prefrontal and limbic structures.

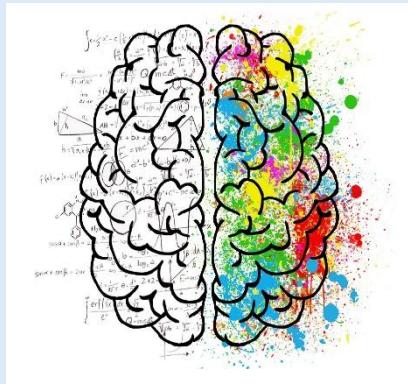
Why This Matters for Trauma Recovery & Development

The tools that art therapy can offer for rebuilding the brain in both trauma and developmental contexts are potent. When someone experiences trauma it disrupts the brain's regulation system. When dysregulated, we need help coming back to a calm state. Creative expression offers a non-verbal way to process the distressing experiences. This engages emotional and regulatory pathways that rebuild stability and resilience.

When we're younger, art therapy can support cognitive flexibility, emotional literacy, and creative confidence. In adults and older adults, art therapy helps to sustain cognitive function, emotional well-being, and even slows down age-related decline through continuous neural engagement. From beginning to end, creative expression can provide lifelong cognitive development.

By engaging our sensory, emotional, and cognitive systems, creative practices work to literally help our brains rewire itself for growth, healing, and resilience. Art can transcend self-expression and work as a neurological intervention. Each brushstroke, crochet loop, cut magazine image or collage is not just art, but neural rewiring in action.

How Art Therapy Fuels Neuroplasticity and Healing





Marla is a true blessing. She plans, prepares and brings us some fantastic meals. I don't believe that I have ever eaten a meal that wasn't delicious.

She takes time to go grocery shopping, and if you're anything like me, shopping is not a good time. It can be chaotic and let's face it the cost of groceries has gone up. That in itself is stressful. Thank you, Marla for braving the grocery store.

Marla sends out a text to everyone well in advance of our meeting so she can plan the menu. Please be kind and reply to her texts, and remember to let Marla know right away when something comes up and you know that you will not be joining us.

Thank you, Marla for all that you do for us. You are appreciated.

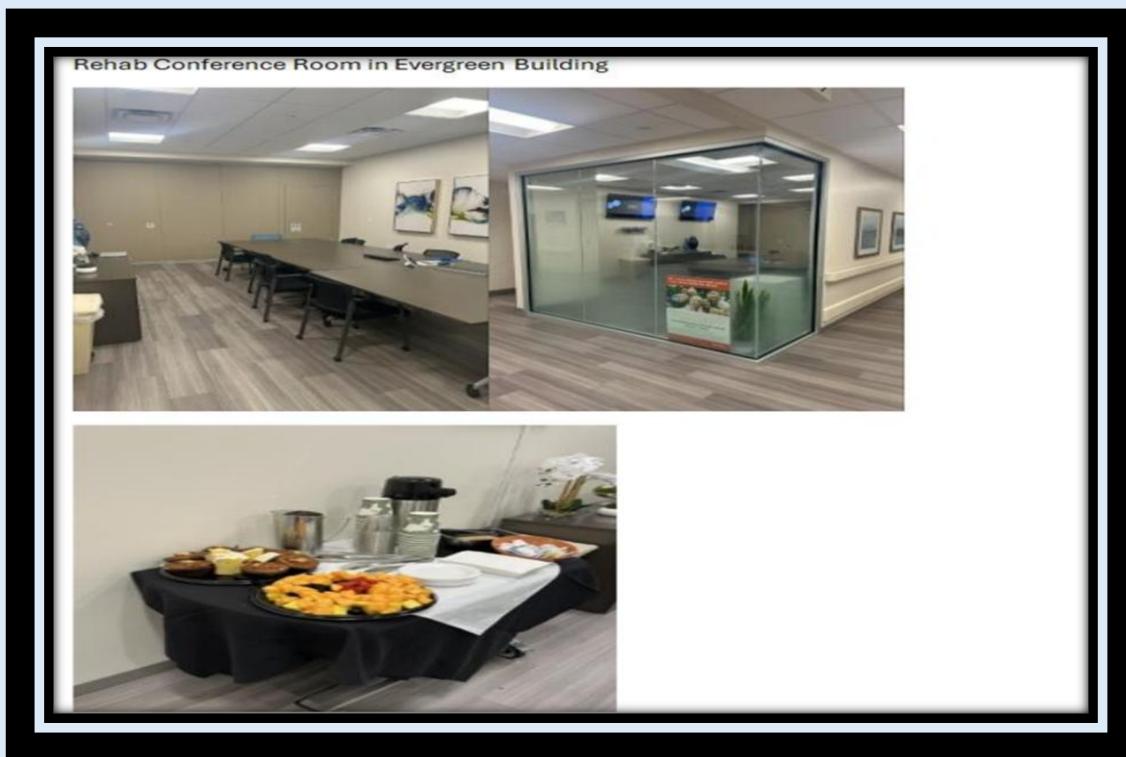


**Michelle Bol BSN, RN, CEN, CFRN,
EMT-P**

Stroke Coordinator

My name is Michelle Bol, I am a stroke coordinator at HCA Sky Ridge.

I would like to invite you to check out our stroke support group located in our Evergreen Building on the northeast corner of our campus next to the Women's Hospital entrance. We are excited to provide a location that is easier to access with valet parking located at the Sarah Cannon entrance on the east side of Aspen Building directly across from Evergreen Building. Once you enter the building our Rehabilitation Center entrance is to your left on the main floor. We will meet in the rehab conference room with food for snacking on and bathrooms close by for our attendees. We look forward to hosting you.





[**Events | Castle Rock, CO - Official Website \(crgov.com\)**](http://crgov.com)



[**Calendar • Town of Parker • CivicEngage \(parkerco.gov\)**](http://parkerco.gov)



NEW website with some familiar faces.:

[yourbrave.net | Stroke recovery support Traumatic brain injury \(TBI\) Support, and Caregiver Resources](http://yourbrave.net)

Colorado Disability Resources, Programs & Services

Colorado Disability Resources, Programs & Services | Disability Resources

Disability services in Colorado are designed to support individuals with disabilities in leading fulfilling and independent lives. Colorado offers a broad spectrum of services that cater to the diverse needs of its residents, ensuring that everyone has access to essential resources such as healthcare, education, employment, and housing. These services are vital for enhancing the quality of life for people with disabilities, allowing them to participate fully in the community and live with dignity

Colorado Disability Resources, Programs and Services:

- **Colorado Disability Employment Services**
- **Colorado Independent Living Services**
- **Colorado Rehabilitation Services**
- **Colorado Assistive Technology Services**
- **Colorado Disability Financial Assistance Services**
- **Colorado Disability Transportation Services**
- **Colorado Disability Childcare Services**
- **Colorado Disability Recreational Services**
- **Colorado Disability Rights & Legal Services**
- **Colorado Support Groups for People with Disabilities**
- **Colorado Disability Housing Assistance**
- **Colorado Disability Education Services**

- **Colorado Disability Healthcare Services**
- **Colorado Vocational Training for People with Disabilities**
- **Colorado Mental Health Services for People with Disabilities**
- **Colorado Vision Services for People with Disabilities**
- **Colorado Hearing Services for People with Disabilities**
- **Colorado Speech & Language Services for People with Disabilities**

SOCIAL MEDIA

CAREGIVER ACTION NETWORK
COMMUNITY-CAREGIVER ACTION
NETWORK IS A COMMUNITY FOR
ALL CAREGIVERS. [Caregiver Action
Network Community | Facebook](#)

NEW***STROKE ENGINE For
Patients and Families –
[Strokengine](#) Follow them on
Facebook and X- (Twitter)
Stroke Engine was built with
bridging the gap in knowledge
translation between research

COMMUNITY RESOURCES

Find resources in your community
from transportation, money, work,
education, legal assistance, veterans
assistance, home, healthcare and
more. Enter your zip code and click
on the icons on the page to search
for the assistance you need.
[findhelp.org by find help - Search
and Connect to Social Care](#)

Know Before You Go. Be prepared. Traveler Advice-Health, outbreaks,
vaccinations, weather, medication and much more to help you as you
plan your trip. [Traveler Advice | Travelers' Health | CDC](#)

COVID, FLU, RSV: Centers for Disease Control

Continue to wash your hands, cover your cough and if you are ill, stay
home to protect yourself and others.

[https://www.cdc.gov/respiratory-viruses/data-
research/dashboard/activity-levels.html](https://www.cdc.gov/respiratory-viruses/data-research/dashboard/activity-levels.html). Protect yourself from
COVID-19, Flu, and RSV (cdc.gov)

Events - National Aphasia Association

Neurological care at Sky Ridge Medical Center

The Sky Ridge Medical Center neurology program brings together a team of neurosurgeons and staff in South Denver who have extensive experience treating nearly all forms of neurological disease. Our care teams take time to understand each patient's unique concerns and any challenges they may be facing. We combine a patient-centered approach with advanced technologies to provide neurological and neurosurgical services in both inpatient and outpatient settings. This type of comprehensive care makes us one of the premier neuroscience centers in south Denver.

Advanced stroke care

We have been recognized nationally for stroke care. Our emergency care physicians and neurologists work hand-in-hand to provide fast, lifesaving treatment.

The American Heart Association recognized us with the [Get with the Guidelines-Stroke Gold Plus Honor Roll Elite Award](#).

[The Joint Commission designated our hospital as the first Thrombectomy-Capable Stroke Center in Colorado.](#) Patients who undergo this procedure quickly enough after a stroke begins often recover with little to no long-term damage.

The average time from diagnostic testing to completion of an endovascular thrombectomy is less than one hour at our hospital. This means we are able to have a blocked artery open in less than 20 minutes, with patients only needing light sedation.

Stroke symptoms

Knowing the warning signs of a stroke can help save lives. Being able to identify a stroke is one of the most proactive steps you can take toward combating it. Remember the acronym "F.A.S.T." when looking for the warning signs of stroke:

- Face: Is one side of the face drooping?
- Arms: Can they raise both arms? Does one drift downward?
- Speech: Are words slurred? Can they repeat back a simple sentence?
- Time: Time is crucial. If you notice any of these symptoms, call 911, immediately.

Stroke Alert Program

We are proud to participate in the **Stroke Alert Program**, a program developed in partnership with local emergency medical services (EMS). Stroke Alert allows our physicians and EMS agencies to work together to provide seamless stroke care.

Stroke telemedicine

We use advanced telemedicine technology in our [emergency room](#) (ER) to allow you to be assessed almost instantly by a neurologist who specializes in stroke care. As a result, our

ER physicians are able to work quickly to treat you if you arrive at our hospital with stroke symptoms, reducing the long-term impacts of stroke.

Sky Ridge Medical Center is designated as a [Blue Distinction Center for Spine Surgery](#) by Blue Cross Blue Shield and we were named to Becker's list of [101 Hospitals with Great Spine and Neurosurgery Programs](#).

Additionally, [The Joint Commission](#) recognized our spine surgery program and designated our hospital as the first Thrombectomy-Capable Stroke Center in Colorado.

The American Heart Association recognized us with the [Get with the Guidelines-Stroke Gold Plus Honor Roll Elite Award](#).

For more information about the Swedish Neuro Network at Sky Ridge Medical Center, please call [\(720\) 225-5362](#).

[**Neurologists in South Denver | HealthONE \(healthonecares.com\)**](#)



SKY CLIFF STROKE SUPPORT GROUP at SKY RIDGE



This group is comprised of stroke survivors, Sky Ridge stroke team members and community partners to provide you with support, compassion and information during your journey to recovery.

Third Wednesday of each month
10 a.m.- Noon

HCA HealthONE Sky Ridge
10107 RidgeGate Parkway • Lone Tree, Colorado
Evergreen Building, Inpatient Rehab Center Conference Room
(Enter on the west side of the Evergreen Building)

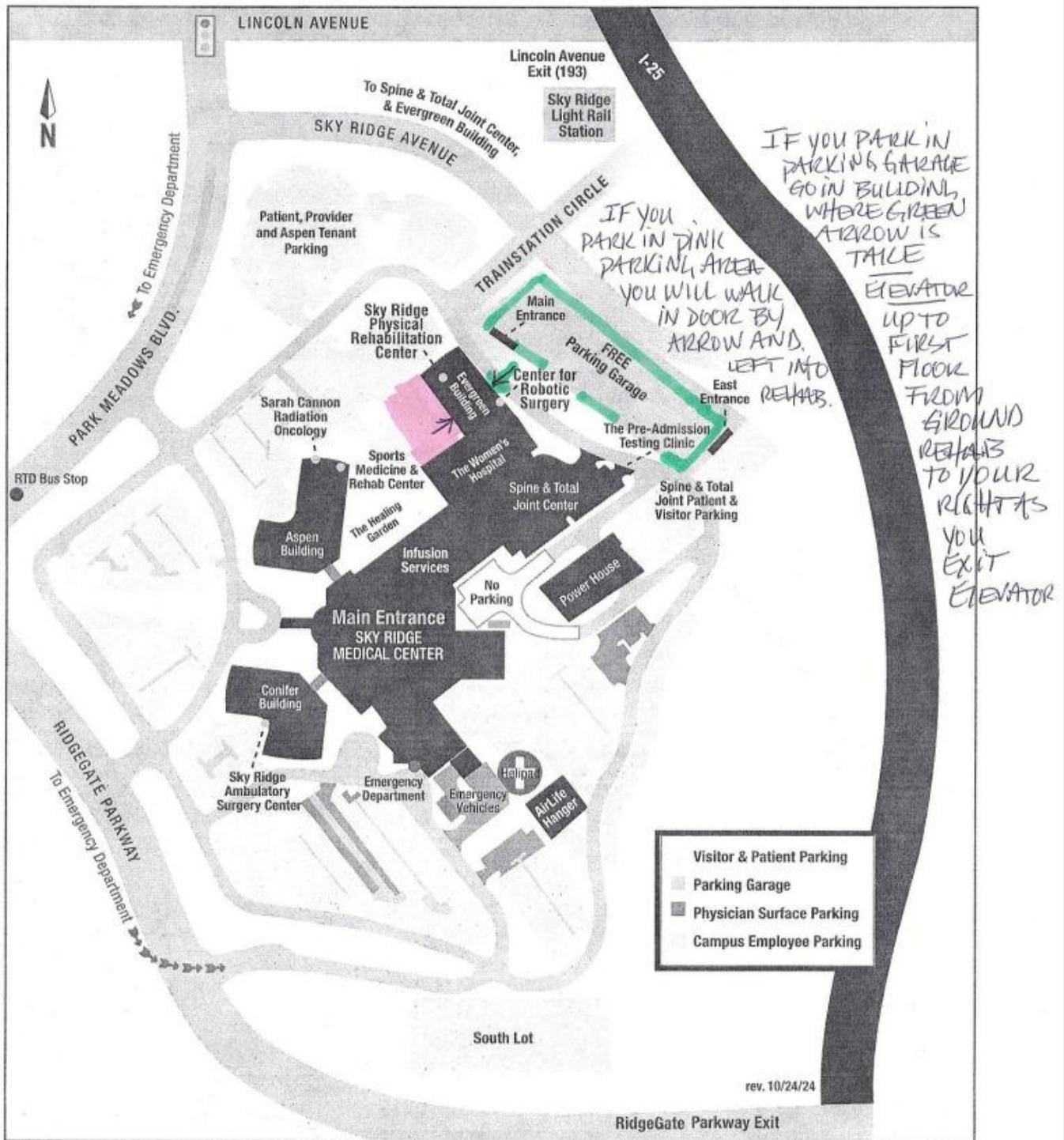
For questions about stroke at Sky Ridge call **720-225-1855**.
For support group questions call Sky Cliff at **303-814-2863**.





HCA HealthONE Sky Ridge
10101 RidgeGate Parkway
Lone Tree, CO 80124
720-225-1000

Aspen Building
10103 RidgeGate Parkway
Conifer Building
10099 RidgeGate Parkway
Evergreen Building
10107 RidgeGate Parkway





Sky Cliff Center

Adult Day Care & Stroke Support Group

Stroke Support Group

Sky Cliff Center was founded in 1984 by Rev. K.M Ludvigsen. After having a stroke himself, he discovered that there was a lack of support for stroke survivors in Douglas County. He learned through the support group that the stroke victims were not victims; they were "stroke victors". The Stroke Support Group at Sky Cliff Center gives "Stroke Victors" the opportunity to see that life is not over, due to their stroke.

Our "Stroke Victors" and their caregivers have the opportunity to share their stories, struggles, and successes in a safe and non-judgmental environment. During stroke recovery, we believe interacting with others going through the same situation is extremely therapeutic.

For Stroke Victors and Caregivers