STROKE & DEPRESSION: WOMAN'S STORY OF OVERCOMING

THE CHRONICLE

A recent study has found that depression prevents stroke survivors from returning to work almost as often as disability. The study, published in "Stroke: The Journal of the American Heart Assocation," found, "Of those working six months after stroke, 33 percent had post-stroke depression, compared with 45 percent of those who were not working."

Lucy Thompson didn't need a journal to tell her depression can accompany stroke. She learned that lesson the hard way.

"The depression is terrible," said the 61-year-old mother of four. "You battle depression every single day that you live. You go through hurt and pain and you have to learn how to deal with it."

Formerly an LPN, Thompson spent much of her career caring for patients who could not care for themselves. She never thought she would someday be one of them.

"I wasn't paying attention to my signs and symptoms," she confessed. "You don't think about being a victim ... because you're a nurse."

The year was 1997. Thompson was making her daily rounds at the Oak Summit Nursing Home, never suspecting that they would be her last. A persistent headache had plagued her for several days, and she says she began to feel peculiar.

"When I came out of one patient's room, the room sort of went sideways," she recalled. Attributing the strange occurrence to fatigue as she was nearing the end of her 12-hour shift, Thompson continued work-

"I started down the hall ... with my insulins in my hands, thinking about my patients, not thinking about me," she related. "One of the aides said, 'Somebody help Ms. Thompson!' I didn't realize I was falling; I couldn't feel my feet, I couldn't feel my hands.'

Already suffering from the disorientation of her impending stroke, Thompson went home to take a nap. When she awoke, there was no denying that something was seriously wrong. She called her daughter



Lucy Thompson suffered a stroke in 1997.

and the two rushed to the ER.

"When we got to the emergency room, I was full blown," she stated. "All of a sudden, I had become confused and disoriented, I didn't know where I was ... my speech was slurred ... I wasn't comprehending what was going on."

As the minutes wore by, Thompson became increasingly agitated. She tried to talk to her daughter but her words came out a garbled mess.

"I started crying for no reason," she said. "I didn't know what an MRI was and I'm a nurse."

Thompson would later discover she had suffered a brain stem stroke.

"They said those are the kind of strokes that you don't return from," she remarked. "I am a walking miracle."

Though she says she now appreciates every moment she spends on this earth, Thompson's road to recovery was far from smooth. She suffered from paralysis on the left side of her body, and says she sank into a deep depression.

"It was a miserable life and I would get

activities

ination. She was also nomi-

nated for an Emmy in 2000.

Since 2004, Grier has

appeared as a regular on

of Cinema recipients include

Cliff Robertson (2005) and

not on reading, writing, art-

work, and other sedentary

sible for dealing with their own

opportunities for healthy eating

choices and provided opportu-

nities to be active, children will

follow through with their

responsibility to eat healthier

and be more active in their own

time. Each child is unique in

their food choices and enjoy-

ment of different activities.

Keep up your end of the process and you will see

changes. It is important to trust

your child to make good choic-

es and support them when they

do so. Consider yourself the

coach rather than the judge for

this process. Cheer on the pos-

itive changes you see, rather than criticizing areas needing

Ellyn Satter's Division of

Responsibility with Feeding

and with Activity, read Your

Without Harming. For more

information on healthy family

For a further discussion of

Weight: Helping

improvement.

Child's

Once we've provided the

puter from the child's room

Previous RiverRun Master

Set limits on TV but

Remove TV and com

Make children respon-

Showtime's "The L Word."

mad and just throw things," she said. " was such a shell of the person I once was ... I secluded myself at home for about three months - I wouldn't go anywhere, I wouldn't say anything."

A subsequent stroke and the tragic death of her son in a car accident compounded Thompson's stuggle, but she continued her dogged pursuit of mental and physical well

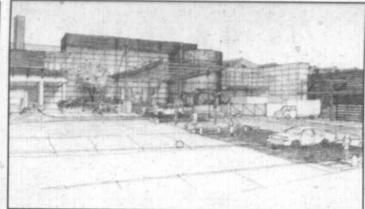
"I've atways been a fighter," she commented. "I've never been one to give up

Today, Thompson is an active American Stroke Association volunteer. She travels around the state, sharing her story of strength and surfival with others and working to raise awareness about the risk factors and warning signs of stroke. She credits her spirituality and the support of her family for carrying her through to a brighter day

"I look back on it, and I thank God that I went through it with Him - He brought me through," she declared. "I have a lot of work to do; I'm not ready to go yet, and I feel like He's not finished with me yet."

Ned Beatty (2006).

Tickets Pam Conversation with Grier" are \$15 each and are available, along with all other 2008 Festival tickets, at the Stevens Center box office (405 St.). Fourth www.riverrunfilm.com and over the phone at 336-721-1945.



A rendering of the HanesBrand Theatre.

Sawtooth from page A10

impressive and effective team. There is no doubt in my mind that we will achieve our goals and that this campaign will be considered a major milestone in the arts and cultural history of Winston-Salem and Forsyth County."

Janie and J.D. Wilson, of Excalibur Enterprises and civic leaders, are serving as co-chairs of the campaign. Honorary Co-Chairs are Bud Baker and Zanne Baker, Mayor Pro Tempore Vivian Burke, Copey Hanes and Earline King. Nearly 100 business people and civic and political leaders comprise the Campaign Cabinet. Aurelia Gray Eller and Redge Hanes are Co-Chairs of the Honorary Cabinet.

Hanesbrands CEO Richard A. Noll presented a \$2 million ceremonial check at the kickoff event on behalf of the company's 3,400 employees in Winston-Salem and Forsyth County.

"Hanesbrands is proud to support the performing arts in our community. Our company is a major charitable giver in the community, and our employees have a long history of supporting Arts Council programs," Noll said. "We are delighted to be able to add to our employees' generosity by making this pledge for the construction of the new the-

Noll pointed out that from 1911 to 1926, the Sawtooth building was the site of a Hanes Hosiery mill. Hanesbrands Theatre is expected to open in 2010, a century after the Sawtooth

building opened as a men's sock production plant.

"Hanesbrands Theatre will help keep Winston-Salem and Forsyth County as a national leader in the arts," Noll said. "We're pleased that our gift will make it possible for the Sawtooth Building to undergo a transformation that will extend its usefulness and contributions to the community for another century and beyond."

The main enfrance to the Downtown Center for the Arts will be relocated to the Spruce Street side of the building. A drive with covered portico will be located directly across the street from a parking area with about 150 spaces recently acquired by The Arts Council.

The west front of the new Downtown Center for the Arts will be covered with a dramatic glass "skin" that will contain stairwells, elevators and walkways. Space in the Sawtooth Building previously used for restaurants will be converted to a pottery and sculpting studio for Sawtooth School, and galleries and public areas will be greatly enhanced and expanded.

Mayor Allen described the campaign as "a major step forward for The City of the Arts." Joines said, 'As we work to promote Winston-Salem as a premier destination for arts and cultural activities, having an arts center in the midst of our revitalized downtown will be a tremendous boost. The campaign includes funds for an aggressive branding and marketing program that will benefit not only the arts community, but the entire economy of our area."

Grier from page A10

black action films such as "Foxy Brown" (1974),Baby" (1975),"Friday Foster" (1975) and "Greased Lightning" (1975).

Obesity from page A7

already! In order to encourage healthy eating and activity in our children, we need to consider how our parenting can impact these health behaviors. Let's discuss feeding and how to "make" our children eat in healthier ways.

You have probably already realized you cannot force a child to eat anything. some of the tips below and see if you see some changes. It is important to offer healthy options, but also to eat together as a family at a table with the TV turned off. Establish this ritual early and you will see your family grow healthier body and soul. Research shows this one step not only improves healthy eating, but strengthens family bonds that guide behavior choices in children and

One aspect of feeding children that is important to consider is Ellyn Satter's Division of Responsibility. Her concept clarifies that parents have the responsibility to "provide structure, support and opportu-Our children then nities". "choose how much and whether to eat from what the provide." parents Understanding that we are not in control of every bite that goes into our child's mouth is significant. We are to offer healthy options and the child selects what goes into their body. To say it again, Division of Responsibility means that "the parent is responsible for what, when, where. The child is responsible for how much and whether."

When feeding your family, also consider the 8 P's of feedchildren.

When parents follow these guidelines, children will adjust their eating habits over time:

Patience: Good habits take

Mount

from page A7

assess the NIH effort to reduce and ultimately eliminate health disparities. Mount is also a faculty affiliate in the Hypertension and Vascular Research Center at Wake Forest University School of Medicine and has an associate appointment in pathology in the Department of Comparative Medicine.

the best work of her career, the role earned her a Golden Globe and a SAG award nom-Persistence: Offer foods

over and over (sometimes up to

Then in 1997, she was tapped

by Quentin Tarantino to por-

tray the title character in his

Considered by many to be

movie "Jackie Brown."

15 times before the child will eat it regularly) Planning: Families are busy- use strategies like meal planning and making a grocery list to be prepared each week (80 percent of families don't know what they are having for dinner at 4 p.m. - that's why its easier to stop for fast food)

Peaceful Meals: times should be happy

Parents Prove it!: Parents model health eating- if you don't eat it, neither will your children

Proper Meals: All meals and snacks at set times, at the table, with the TV off!

Don't Push or Prohibit: Pushing food too much causes children to not want it- prohibiting too much makes them want it more.

My child eats well, but I can't get her away from the television or video games to exercise. How can I help her increase her activity level?

The same Division of Responsibility applies encouraging our children to move. Our job as parents is to "provide structure, safety and opportunities. Children choose how much and whether to move and the manner of moving." We focus on providing safe options for movement by finding fun, family activities and encouraging active play at home. Satter recommends: Supporting activity is good parenting. Parents' jobs include:

Develop judgment about normal commotion [Let kids be kids. Tolerate some movement and noise during play. This is the natural work of childhood.]

Provide safe places for activities the child enjoys

to experiment with group activ-

ities such as sports

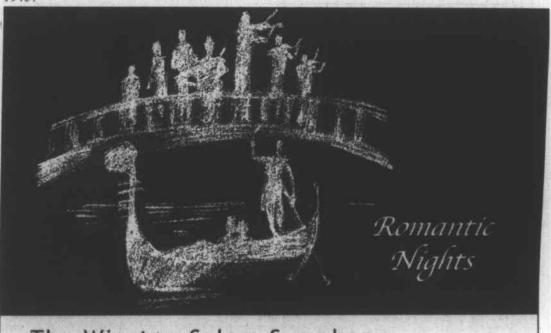
Find fun and rewarding family activities Provide opportunities meals and encouraging activity in children, BestHealth at Hanes Mall offers seminars and cooking classes on these topics. Please refer to their web site www.besthealth.com for a current schedule of opportunities.

- Contribution by Dara Garner-Edwards, MSW, LCSW, Brenner FIT Family Counselor

For further information, resources in your area, questions or comments about this article, call toll-free 1-877-530-1824. Or, for more information about the Maya Angelou Research Center on visit Minority Health, www.wfubmc.edu/minorityheal

Mount received his bachelor's degree from Alabama State University, Montgomery, Ala., and his master's and doctoral degrees in psychology from Argosy University, Atlanta.

Prior to completing his pre- and postdoctoral work at the University of Missouri, Columbia, Mo., Mount received neuropsychological training at Atlanta's Shepherd Center rehabilitation hospital and at the Cognitive and Behavioral Neurology Program at Emory University.



The Winston-Salem Symphony ROBERT MOODY, Music Director **PRESENTS**

Romantic Nights

Guest Artist

Carlos Rodriguez, Piano

It's spring and romance is in the air! To celebrate, the Winston-Salem Symphony presents a concert for lovers and lovers of romantic music, Enjoy this passionate performance with someone you love!

Danielpour Toward the Splendid City Nights in the Garden of Spain 9 Rachmaninoff Symphony no. 2 in E minor, op. 27

APRIL 12, 13, & 15, 2008 at the Stevens Center of the NC School of the Arts Saturday 7:30 p.m. Kicked-Back Classics Series Sunday 3:00 p.m., Tuesday 7:30 p.m. Classics Series

Tickets from \$15 to \$50 For more information, call 336-464-0145 (M-F, 10-4) or visit www.wssymphony.org.









MULLEN