



# 5<sup>th</sup> Annual UTHealth Stomp Out Stroke Festival

Presented by

Memorial Hermann Mischer Neuroscience Institute

Saturday, May 6, 2017  
9:00am - 3:30pm  
Jones Lawn, Discovery Green  
1500 McKinney St 77010



 **UTHealth**<sup>®</sup>  
The University of Texas  
Health Science Center at Houston



**UTHealth**  
Stroke Team

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## CENTRAL ZONE

Registration opens @ **8:00am**

### **AmeriBrain Exhibit**

**UTHealth Station 1** Inflatable brain exhibit. See the brain stem, cerebellum and areas of the brain for hearing, touch movement and personality.

### **#iSawTheBrain Sign**

**American Heart Association Station 1** Take a pic- upload to facebook, twitter or instagram with hashtag #isawthebrain. Tag @ahahouston in your post!

### **Registered Guest Check**

**Station 2** Guests who registered online, check-in here.

### **Brain Parts & Cranial Nerves**

**UTHealth Neurology Residents Station 3** Learn about the parts and function of the brain. See our brain models.

### **Brain on Drugs Center for Neurobehavioral Research on Addiction, UTHealth**

**Station 4** Learn the effects of different drugs on the brain. Spin our "Quiz Wheel" on drug awareness and win a prize.

### **Toon Into Yourself by Luna**

**D. Lobos Station 5** Free caricatures 9am-12pm

### **University of Houston**

**Station 6 Brain-Computer Interface Systems** Dedicated

to engineering of the brain, design of non-invasive brain-machine interface and robotic systems for repair of the motor system. See robotic demos.

### **Crystal Wall's MixFitz**

**Studios Station 7** Instructors are supportive and highly trained in their style of fitness. For all fitness levels.

### **HulaHoop Fitness**

**UTHealth Station 8** Exercise for the entire family. Free hula hoops while supplies last.

### **Onsite Registration**

**Station 9** For walk ins or those who have not registered online.

### **Healthy Brain Aging Station**

**UTHealth Geriatrics Station 10** Steps to promote a healthy brain as you age.

### **Brain Imaging- UTHealth Dept. of Diagnostic & Interventional Imaging**

**Station 11** Brain imaging used to see the structure and function of the brain: CT, MRI, and fMRI.

### **Carotid Ultrasound**

### **UTHealth Stroke Team**

**Station 12** Measures blood flow through the carotid arteries which supply blood to the brain. Assesses blood flow and detects

blockages. For adults aged  $\geq 55$  years + stroke risk factor.

### **Girl Scouts Station 13**

Girl Scout troops check-in.  
8am-9:30am

### **Girl Scouts: Talk to a First Responder**

#### **UTHealth/ SETRAC**

**Station 13** What is a first responder? Staying safe and using first aid.  
9am-12:45pm

### **Miss Moo Station 13**

Provided by the Houston Livestock Show and Rodeo™ Pics and hugs Noon-2:30pm.

### **Registered Guest Check**

**Station 14** Guests who registered online, check-in here.

### **Volunteer/ Exhibitor Check-**

**in Station 15** Volunteers, exhibitors and media check-in.

### **Mobile Stroke Unit**

**Station 16** First emergency vehicle designed to treat stroke patients in the US!

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## **STAGE ZONE**

### **Medical & Cooling Station**

**SETRAC Station 17** Providing onsite BLS level emergency medical support or drop by to cool down.

## **Guest Speaker & Emcee, José Griñan Co-Emcee, Lady MaCallan**

## **STAGE SCHEDULE**

9:00 am DJ PANCAKE  
10:00 am Dance of Asian America  
10:35 am Hula Hoop Show  
10:50 am Welcome Remarks,  
Dr. Louise McCullough,  
Chair Neurology Dept.  
McGovern Medical School  
José Griñan, Guest Speaker  
11:15 am Collective Sound Cloggers  
11:50 am Ballet Folklorico Azteca de Houston  
12:30 pm MixFitz TurnUp Fitness by Crystal Wall  
1:40 pm Toni Hickman  
2:15 pm Reverend Butter's Live Ice Sculpting

### **DJ PANCAKE Station 18**

Music provided by Houston's own DJ PANCAKE with Pinto Productions Entertainment.

### **Volunteer & Door Prizes**

**Station 19** Volunteers stop by for a quick break. Door prizes every 30 minutes. Must be present to win.

### **MPOWER Expert Fitness &**

### **Nutrition Station 20**

Results driven fitness and nutrition solutions with a focus on body fat reduction.

### **HealthSouth Rehabilitation Hospital of Humble Station**

**21** One of the nation's largest rehabilitation providers. Get info on rehabilitation services, programs and technology. Onsite therapists will

demonstrate rehabilitation technologies such as Bioness equipment.

**Fitness Education & Obesity Houston Area Nurse Practitioners Station 22**

How much should you exercise daily? What is BMI? Know your goal BMI.

**Ask the Pharmacist Memorial Hermann-TMC Pharmacy Services**

**Station 23** Ask drug related questions, review medications, ask about generic drugs or pharmacy services.

**Ask the Dietician! Memorial Hermann-TMC Nutrition Dept. Station 24** Tips for healthy eating. Check BMI and body fat percentage.

**Tobacco Prevention MD Anderson Cancer Center Station 25** Tobacco prevention and cessation. 9am-1pm

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**HEALTHY BRAIN ZONE**  
10:00 am – 11:00 am CLUTCH  
1:30 pm- 2:30 pm TORO

**Memory Screen Station 26**  
**UTHealth Neurology** Memory loss? Forgetful? Memory screen for adults age  $\geq$  45.

**The “Big 3” Stroke Risk Factors CHI St. Luke’s Health Station 27** Learn about

high blood pressure, high cholesterol and diabetes and how each relates to stroke.

**Cholesterol, Glucose and Blood Pressure Screenings HEB Pharmacy Station 28**

Check your cholesterol- no fasting required. Glucose- fasting required for accuracy. Review results & Q&A with pharmacists.

**Bone Density UT Physicians Station 29** Back pain, a stooped posture or fracture history, maybe signs of osteoporosis. Check your heel bone density screen.

**Blood Pressure (BP) UT Physicians Station 30**  
BP check. Review results with a health care provider. Why is high BP the silent killer?

**Popcorn Pick-up**  
**UTHealth Station 31** Free snack, while supplies last.

**My Life Check- Life’s Simple 7 American Heart Association Station 32**  
Assess your current cardiovascular health.

**“Cooking Healthy with Chef Tim Sadler” Station 32**  
Demo with samples @ 11:30 am & 1:30 pm sponsored by the American Heart Association.

**Type Matters Gulf Coast  
Regional Blood Center  
Station BB** Free blood typing.

**Adult Vision Screen- Prevent  
Blindness Texas Station 33**  
Check your vision. 9am- noon

**Atrial Fibrillation (AF)  
Memorial Hermann  
Memorial City Station 34**  
What is AF? How does AF relate  
to stroke? Afib treatment.

**Memorial Hermann  
Mischer Neuroscience  
Institute Station 35** World-  
class clinicians, researchers and  
educators whose insights and  
research are transforming the  
field of neuroscience. Leader in  
clinical quality and patient  
safety. Patients come from  
around the world for treatment  
of rare and common diseases of  
the brain and spinal cord.

**Ask the Stroke Doctor!  
UTHealth Stroke Team  
Station 36** Stroke prevention,  
treatment and signs of stroke  
(FAST) Check your stroke risk.

**When the Eyes Fool the  
Brain: Optical Illusions  
UTHealth Medical Students  
Station 37** What is an optical  
illusion? See some illusions and  
discover how tricky it can be for  
the brain to accurately interpret  
images from the eyes.

**Texas Heart Institute's  
Center for Women's Heart  
& Vascular Health Station  
38** Everything we do to reduce  
heart attack risk, reduces stroke  
risk—yet women don't perceive  
themselves at risk for stroke.  
Prompt diagnosis and treatment  
maybe the difference between  
life or death. Drop by at  
11:10am & 2pm for "Do You  
Know Your Risk?" with  
Dr. Stephanie Coulter & Dr. Karla  
Campos (En español).

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## STROKE RECOVERY ZONE

**Mentis Neuro Health  
Station 39** Providing the  
highest quality post-acute  
neurorehabilitation to persons  
who have sustained an acquired  
brain injury.

**Fall Risk Mentis Neuro  
Health Station 40**  
Fall prevention, fall risk and  
reducing fall risk. Take the  
Timed Get up and Go Test.

**Houston Aphasia Recovery  
Center Station 41** Wellness  
program and support services  
for persons with aphasia and  
their families.

**Texas Snakes  
Station 42** Meet several  
species of nonvenomous  
snakes. Guests may touch, hold  
or take a pic with safe, friendly  
snakes 9am-2pm.

**Water Station Ariana The Realtor Station 43** Free bottled water (while supplies last). While cooling down, take a financial literacy quiz and enter your name for a FitBit drawing, pick-up money-saving tip sheets.

**Brain Injury Association Station 44** Largest brain injury advocacy group in the US focused on brain injury prevention, research, treatment and education.

**Communication Sciences & Disorders- University of Houston Station 45**  
Do you have a language or hearing problem? Learn about our research & clinical services.

**Stroke Warriors Station 46**  
Local stroke support group, welcoming new members.

**National Stroke Association Station 47** Providing stroke education and programs to stroke survivors, caregivers, and healthcare professionals.

**Sports & Concussions UTHealth Station 48**  
Learn the signs and treatment for a concussion.

**Obstructive Sleep Apnea (OSA) St. Joseph Medical Center Station 49** What is OSA? OSA and stroke risk. Take the Stop Bang screen.

**Origami Station 50** Meet Kyle Fu, Master Origami Artist and learn about the art of origami.

**Mega 101 Station 51** Meet our team who will be passing out goodies from 9am – Noon

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## CHILDREN'S ZONE

**Texas Heart Institute's Project Heart Station 52**  
Learn about anatomy of the heart and circulatory system. Why making healthy eating choices and physical activity is important to the circulation system. Earn a Cool-E badge.

**Brain Basics UTHealth Neuroscience Research Center Station 53** Learn brain facts and how the brain works. Build a nerve cell with pipe cleaners.

**The Health Museum Station 54** Presents an interactive presentation with a hands-on sheep brain dissection @ 12:40 pm and 1:15 pm.

**Brain Food Memorial Hermann Southwest Clinical Nutrition Station 55** Brain power food. Healthy snacks. See our Sugar Shocker Display.

**Girl Scouts: How to Treat Minor Injuries UTHealth Station 56** Girl Scouts only.

How to use a first aid kit to treat minor injuries. 9am-12:45pm

**Too Cool to Smoke Puppet Show MD Anderson Cancer Center Station 56** Kids enjoy a 30-minute puppet show that educates children, kindergarten to 4<sup>th</sup> grade on the dangers of smoking. 1pm-1:30pm

**Bubble Fun UTHealth Station 57** Drop by to blow bubbles. Free bubble bottle while supplies last.

**Balloon Twister UTHealth Station 57** Free balloon art.

**Girl Scouts: How and when to call 911 UTHealth STATION 58** What is an emergency? What to say when you call 911? 9am-12:45pm

**Texas Medical Association's Hard Hats for Little Heads Michael E. DeBaKey Veterans Affairs Medical Center in Houston Station 59** Properly fitting helmets can prevent head injuries. Learn helmet safety and fitting. Free bike helmet while supplies last.

**Girl Scouts: Outdoor Injuries UTHealth Station 60** Girl Scouts only. How to avoid & treat common outdoor injuries. 9am-12:45pm

**Pediatric Stroke & Seizures Child Neurology & Stroke of Houston Station 61** Causes of stroke in children? What is a seizure? Why kids have seizures?

**Parachute Fun College of Health Care Professions Station 62** Fun and fitness with this giant parachute.

**Station CC Kids Jump Rope for Fitness UT Physicians** Kids show off jump roping skills & learn health benefits of jumping rope. Compete in a jump rope contest for a grand prize. Ages  $\geq 5$  years old

**Girl Scouts: Make a First Aid Kit UTHealth Station 63** What goes into a first aid kit? Make your own kit. 9am-12:45pm

**Kids First Aid and First Aid Kits UTHealth Station 63** 30 minute educational session on first aid and first aid kits. Receive a travel size First Aid Kit. 1:45pm, 2:45pm, (Limit 20 children per session)

**D-Sho Fitness Station 64 Obstacle Course** Kids overcome an obstacle course.

**Kids Vision Screen Eye Care For Kids Station 65** Check your child's vision. Testing visual acuity and general eye health examination.

**Kids Think FAST Memorial Hermann Southwest Station 66** Kids learn the signs of stroke, think FAST and why time is brain. Take the FAST quiz & get a ribbon.

**Face Painting Houston Zombie Walk Station 67** Free face painting with fun, cool designs!

**Kids Characters UHealth & Houston Zombie Walk Station 67** Meet & take pic's with a favorite kid's cartoon character.

**Kids Dental Screen Summit Dental center Station 68** How to keep your teeth healthy? Dental screening provided.

**Stroke and Brain Injury Education Nexus Health Systems Station 69** Providing post-acute, transitional and vocational rehabilitation services to individuals who suffer from traumatic brain injuries.

**Kids Fitness Healthbridge of Nexus Health Systems Station 70** How much physical activity should your child do daily? Kids check your BMI.

**Sickle Cell Disease Texas Children's Hematology Center Station 71** Learn about sickle cell

disease. Facts, symptoms and preventing complications.

**Kids Migraines THINK- The Houston Institute of Neurology for Kids Station 72** Does your child complain of frequent headaches? Diagnosis and treatment of migraines in kids.

**Moonwalk UHealth Station 73** Kid fun! Must be  $\geq$  5 years old & a parent present.

**Basketball Hoop Game UHealth Station 74** Take a shot and win a prize.

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## LAMAR STREET

**St. Joseph Medical Center Angioscreen Mobile Health Unit Station 75** Carotid Doppler, abdominal aortic aneurysm and ankle brachial index screenings.

**Diabetes Awareness and Wellness Network (DAWN) Houston DHHS Station 76** Providing diabetes risk assessments and health coaching.

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## Special Thanks to our Emcees

**José Griñan:** Anchors FOX 26 Morning and Midday Newscasts for the past 20+ years. He previously hosted "Hola Houston" and continues to host, "The Black Voice", two weekly public affairs programs. Jose stays active in the community, volunteering his time for a number of non-profit and cultural, educational and social service organizations. His career choice has allowed him to be an eyewitness to both triumph and tragedy in today's world. Jose is married to Kathryn Griffin, and they are the proud parents of five adult daughters.

**Lady MaCallan:** Houston's own red headed powerhouse. She is a model, emcee and community advocate, with over 15 years of experience serving as a volunteer and board member of local nonprofit organizations. Lady is a proud mother and recently founded The Fancy Hat Society, a networking and empowerment group for women.

## Thanks to our Generous Sponsors & Supporters!

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