



4th Annual UT Health Stomp Out Stroke Festival

Presented by
Memorial Hermann Mischer Neuroscience Institute

Saturday, May 14, 2016
10am-5pm
The Water Works, Buffalo Bayou Park
105 Sabine Street 77007



 **UTHealth**[®]
The University of Texas
Health Science Center at Houston



UTHealth
Stroke Team

CENTRAL ZONE

9:30 am-11:30 am

Strolling Children's Characters

10:00 am- 12:00 pm

Street style magic by Jaime Salinas and other Houston magicians.

Onsite Registration Booth 1

Onsite registration opens **9am**.

Check-in Booth 2

UTHealth Participants check-in.

Check-in Booth 3 Volunteers, exhibitors, media check in.

Memory Screen Booth 4

UTHealth Neurology

Memory loss? Forgetful?
Memory screening for adults age ≥ 45 .

Medical Station Booth 5

Acadian Ambulance/

SETRAC- Providing BLS level emergency medical support within the Mobile Medical Unit.

Electrocardiogram (EKG)

Booth 5 SETRAC Detects problems with electrical activity of your heart & irregular heartbeat. Adults >45 years old.

Cooling Station Booth 6

SETRAC Cool down and enjoy the AC. Bottled water available.

St. Joseph Medical Center Angioscreen Mobile Health Unit Booth 7 Carotid Doppler,

Abdominal Aortic Aneurysm and Ankle Brachial Index screenings.

Mobile Stroke Unit Team

Booth 8 First emergency vehicle designed to treat stroke patients in the US!

Girl Scouts: Talk to a First Responder SETRAC Booth 9

Girl Scouts only. What is a first responder? Tips about staying safe and how to use first aid. **10am-12:30pm**

Alzheimer's Association

Booth 9 Learn about AD and services for those affected by the disease. **1pm-5pm**

Rock Climbing Wall

UTHealth Booth AA Enjoy adventure and fitness. Children must be age ≥ 8 yo and accompanied by an adult.

Adult Vision Screen

UTHealth Ophthalmology

Booth 10 Check your vision. How high blood pressure can affect your eyes. **10am-2pm**

Heart Disease/ Atrial Fibrillation (AF) Booth 11 Pharmtrust Pharmacy.

What is heart disease? What is AF? Check your blood pressure and cholesterol (fasting required for best results). **10am-2pm**

Girl Scouts: How and when to call 911 SETRAC Booth 12

Girl Scouts only. What is an emergency? What to say when you call 911? **10am-1230pm**

Fit Foods

Booth 12

Meet our nutrition coach. Learn about meal planning, get coupons and samples.

1pm-5pm

Sickle Cell Disease

Sickle Cell Association of

Houston Booth 13

Supporting sickle cell awareness through education, treatment information & research updates.

Snow Cone Angel Food

Truck Snow cones made from all organic fruit.

1pm-5pm

Green Catering Food Truck

Food music life food truck, specializing in farm, fresh food.

11am-5pm

It's a Wrap Food Truck

Fusion of the world's most savory flavors formed into individual Wraps. **11am-3pm**

HEALTHY BRAIN ZONE

11:00 am Henderson J. Smith

Tai Chi Demo (Lawn)

1:30 pm Chef Tim Sadler

Blood Pressure (BP)

UT Physicians Booth 15

Check your BP. Why high BP is the silent killer.

Bone Density Booth 16

UT Physicians Osteoporosis, reducing risk and causes of

bone loss. Heel bone density screen.

Carotid Ultrasound

UTHealth Cardiovascular

Surgery Booth 17

Measures blood flow through the carotid arteries which supply blood to the brain. Assesses blood flow and detects blockages.

University of Houston

Brain-Computer Interface

Systems Booth 18

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

Cholesterol & Glucose

Walgreen's Booth 19

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

Carotid Ultrasound

UTHealth Stroke Team

Booth 20

Measures blood flow through the carotid arteries which supply blood to the brain. Assesses blood flow and detects blockages.

Boom 92 Booth BB

Meet our team who will be passing out goodies from **10am – Noon.**

Cornerstone Healthcare

Group Booth 21

Specializes in treating medically complex patients who require individualized, interdisciplinary

acute care for an extended recovery time.

Origami Booth 22 Meet Kyle Fu, Master Origami Artist and learn about the art of origami.

Cosmetic Dentists of Houston Booth 23 Oral cancer screenings, education on how oral conditions relate to stroke and systemic diseases.

Ask the Dietician! Booth 24 Memorial Hermann-TMC Nutrition Dept. Learn about healthy eating. Check your BMI and body fat percentage.

Diabetes Prevention Program Booth 25 YMCA of Greater Houston Are you at risk for diabetes? Get screened for pre-diabetes.

Houston Area Parkinson Society Booth 26 Reaching people with Parkinson's in the Houston community through exercise, outreach and advocacy. **10am-2pm**

Rest Stop Booth 26 Rest and cool down. Bottled water (while supplies last). **2pm-5pm**

American Heart Association Booth 27 Stop to get Stroke, High Blood Pressure and Heart360 information. Enjoy "Cooking Healthy with Chef Tim Sadler", Demo at 1:30pm

Bariatrics - Memorial Hermann Memorial City Medical Center Booth 28

Surgical options for weight loss. Get your BMI.

Seizures Booth 29 Texas Comprehensive Epilepsy Program UTHealth & Memorial Hermann TMC What is a seizure? Epilepsy? Treatment options?

Mo City Fitness 30 Meet Team Strength Body and Mind (SBM) dedicated to helping our clients achieve personal fitness goals.

The Music Therapy Center of Houston Booth CC Non-profit center that educates the community about music therapy through outreach and in-services. Provides grants and scholarships to families and facilities to start or continue MT services with board-certified music therapists. **10am-2pm**

FitMix Yoga & Latin Studio By Yuri Perez Booth CC FitMix Houston is fun, energy and balance. Learn about our Zumba, yoga and fitness classes **2pm-5pm.**

Crystal Wall's Mixfitz Studios Booth 31 Our motto is "Leave It On the Floor." Instructors are supportive and highly trained in their style of fitness. Class are designed to suit all fitness levels.

MPOWER Expert Fitness & Nutrition Booth 32 Provides result-driven fitness

and nutrition solutions with a focus on body fat reduction

STAGE ZONE

10:30 am Welcome Dr. Noser & Lady MaCallan Bertina

10:50 am Lion Dance Team

11:20 am MixFitz TurnUp Demo with Crystal Wall

12:15 pm The Tomes

1:25 pm Stefani Vara

2:00 pm Otenki

3:00 pm Collective Sound Cloggers

3:25 pm Lee-Lonn

3:50 pm "Rock Your Brain" Judges Choice

4:00 pm Children of pop

Volunteer Booth 33

Volunteers drop by, take a break & pick up a few goodies.

VIP Booth 34 Requires a yellow VIP wristband.

Door Prizes Booth 35

UTHealth Drawings every 30 minutes. **10am-1pm**

DJ Booth 35 Music provided by local Kenneth John Armstrong.

Houston Fire Fighters

Booth 36 Taking pictures, signing, and selling calendars to benefit Houston Firefighter Burned Children's Fund. **10am-1pm**

Door Prizes Booth 36

UTHealth Drawings every 30 minutes. **1pm-5pm**

Rock Your Brain Judges

Booth 37 Judges will choose a "Rock Your Brain" judges choice.

STROKE RECOVERY ZONE

Ask the Stroke Doctor!

UTHealth Stroke

Team Booth 38 Stroke prevention and treatment. Signs of stroke., lowering stroke risk? Check your stroke risk.

Memorial Hermann Mischer Neuroscience

Institute Booth 39 A team of world-class clinicians, researchers and educators whose insights and research are transforming the field of neuroscience. A 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.

Houston Texans Booth 40

Cheerleaders Meet these lovely cheerleaders. Take a pic, get an autograph. **10am-4pm**

iDoc Telehealth Solutions

Booth 41 A telemedicine physician services company, dedicated to providing high-quality telemedicine services for physicians, hospitals and other healthcare organizations.

Mentis Neuro Rehabilitation

Booth 42 Providing the highest quality post-acute neurorehabilitation to persons

who have sustained an acquired brain injury.

NIKKO Dermatology

Booth 43 Skin cancer screenings. Houston's premier destination for skin care, as well as skin cancer prevention and treatment.

Houston Aphasia Recovery Center Booth 44

Wellness program and support services for persons with aphasia, their families and the medical community. Try an interactive activity and experience having aphasia.

Ask the Pharmacist! Booth 45 Memorial Hermann-TMC Pharmacy Services

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

10am-3pm

Healthy Brain Aging Booth 46

UTHealth Geriatrics Promote a healthy brain as you age.

Brain Injury Association

Booth 47 Largest brain injury advocacy group in the US focused on brain injury prevention, research, treatment and education.

Communication Sciences & Disorders- University of Houston Booth 48

Do you have a language or hearing problem? Learn about our research & clinical services.

Fall Risk Booth 49

Memorial Hermann-TMC Rehabilitation Services Fall prevention, fall risk and reducing fall risk. Take the Timed Get up and Go Test.

Care Givers- Who is Caring For you? Kindred Healthcare

Booth 50 The hardest job you never applied for. Drop by and pick up information on available resources. Leave a message on our Stroke Heroes Wall!

Obstructive Sleep Apnea

Booth 52 St. Joseph Medical Center What is OSA? Does OSA relate to stroke? Take the Stop Bang screen.

Stroke Warriors Booth 53

Local stroke support group, welcoming new members.

Acquired Brain Injury

Office of Acquired Brain Injury- HHSC Booth 54

Texas' premier resource for brain injury (BI) education, awareness, prevention and service referrals. We serve BI survivors, families, caregivers, service providers, veterans and other agencies.

Depression- HCA Booth 55

Do you have intense feelings of sadness, emptiness or hopelessness? Take a quick depression screen.

CHILDREN'S ZONE

Texas Medical Association's Hard Hats for Little Heads

Booth 56 Properly fitting helmets can prevent head injuries. Learn how to fit your child's bike helmet. Get a bike helmet while supplies last.

Signs of Stroke Booth 56

UTHealth Tell us what FAST means to get your free mardis gras beads (while supplies last).
1pm-5pm

Sports & Concussions

UTHealth Booth 57

Learn the signs of a concussion & what to do for suspected concussion.

BubbleLick Booth 59

Create your own flavored bubbles from your favorite beverage. Free Samples.

Face Painting Booth 60

The Houston Zombie Walk

Free face painting with fun, cool designs!

Ring Toss Game Booth 61

See Tim Sell Ring a bottle to win a prize. Must be age ≥ 3 to play. Meet our mascot, Big Tim.

Brain on Drugs Booth 62
Center for Neurobehavioral Research on Addiction,
Dept. Psychiatry & Behavioral Sciences

UTHealth Kids learn the effects of different drugs on the brain. Spin our "Quiz Wheel" to show your drug awareness and win a prize. **10am-1pm**

Brain Food- Booth 63
Memorial Hermann

Southwest Clinical

Nutrition Brain power food. Water- Does the body good! Healthy snacks. See our Sugar Shocker Display.

United HealthCare

Community Plan Booth 64

Does your child qualify for the United HealthCare community plan. Meet Dr. Healthy Hound.
10am-2pm

Balloon Twister Booth 65

UTHealth Free balloon art.
1030am-430pm

Kids Migraines – Booth 66

THINK- The Houston

Institute of Neurology for

Kids Does your child complain of frequent headaches?

Diagnosis and treatment of migraines in kids.

Kids Vision Screen

Eye Care For Kids- Booth 67

Check your child's vision. Testing visual acuity and general eye health examination.

The Health Museum- Booth

68 Presents an interactive presentation with a hands-on sheep brain dissection at **1pm and 1:45 pm.**

Girl Scouts: Make a First Aid

Kit UTHealth Booth 69

Girl Scouts only. What goes into a first aid kit? Make your own kit.
10am-1230pm

Toon into Yourself

Caricatures by Bridgett D.

Luevano Booth 69 Bridgett

creates portraits, caricatures, paintings and custom artwork. Drop by for a free caricature.
1pm-4pm

Girl Scouts: How to Treat Minor Injuries UTHealth Booth 70 Girl Scouts only. How to use a first aid kit to treat minor injuries.
10am -1230pm

Kids Characters Booth 70 UTHealth Meet & take pics with a favorite kid's cartoon character. **1pm-5pm**

Girl Scouts: Outdoor Injuries UTHealth Booth 71 Girl Scouts only. How to avoid and treat common outdoor injuries. **10am -1230pm**

Kids Character Booth 71 UTHealth Meet & take pics with a favorite kid's cartoon character. **1pm-5pm**

AmeriBrain Exhibit 72 Walk through an inflatable brain exhibit. See the Brain Stem, cerebellum and areas of the brain for movement, hearing, touch and personality.

#iSawTheBrain Booth 73 American Heart Association Take a photo with FAST sign-upload to Facebook, twitter or Instagram using the hashtag **#isawthebrain.**

HulaHoop Fitness 74 UTHealth Exercise for the entire family. Free hula

hoops (while supplies last).
10am-2pm

Stomp Out Stroke UTHealth Booth 75 Learn the signs of stroke and why time is brain. Kids take the FAST quiz.

Nexus Health Systems Booth 76 Providing post-acute, transitional and vocational rehabilitation services to individuals who suffer from traumatic brain injuries.

Kids Fitness Booth 77 Healthbridge Children's Hospital How much physical activity should your child be do daily? Kids check your BMI.

Kids Dental Screen Booth 78 ABC Dental Education on oral health and oral hygiene- how to keep your teeth healthy.

Moonwalk- ABC Dental Booth 79 Kids have fun in the moonwalk. Must be 5 years of age or > and a parent present.

Total Fitness 4 Kids Booth 80 Obstacle Course Kids overcome an obstacle course.

Parachute Fun Booth 81 Pretty Tough Chicks Kids have fun and fitness with this giant parachute.

Music and the Brain

Music and the brain have a complex relationship. Music lights up almost every area of the brain, which shouldn't be a surprise since it makes us tap our feet, evokes vivid memories and has the potential to lighten our mood or make us sad. We don't know why different types of music activate different areas of the brain. We don't know why someone likes rap music while someone else may like classical music.

During the past two decades, new brain imaging and electrical recording techniques reshaped our view of music in therapy and education. These techniques allowed us for the first time to watch the living human brain while people were performing complex cognitive and motor tasks. Brain imaging research shows the networks that process music also process other functions and music learning changes the brain. These findings led to a rapid development of music in rehabilitation.

Music therapy is the therapeutic use of music to help patients physically and psychologically recover from a variety of medical conditions, including stroke and brain injury. Music Therapy has been shown to improve communication, cognition, movement, mood, speech and language.

Drop by the Music Therapy Center Booth in the Stroke Recovery Zone to learn more about music therapy and how it can facilitate recovery for stroke and brain injury survivors.

Enjoy the afternoon "Rock your Brain" musical performances sponsored by iDoc TeleHealth Solutions and see which singer or band activates your brain!

A Judges Choice will be announced on Stage @ 3:50pm!

\$1,000 prize will be provided by iDoc TeleHealth Solutions

“Rock Your Brain” Performances
Sponsored by
iDoc TeleHealth Solutions

The Tomes A jam band from Houston, TX. Recently receiving positive reviews from The Houston Press, Independent Clauses, and the Jukebox Podcast, they have been described as 'an epic, eclectic adventure in poetry and sound.' Artful songwriting meets jam band spontaneity.

Stefani Vara A recording artist and entertainment personality. With fashion ad campaigns, red carpet appearances, and hit independent music singles ("Middle Of The Night", "Mentira", "All Alone") hitting the dance charts Stefani Vara is doing music on her own terms.

Otenki Local Houston Rock band composed of friends who enjoy playing music. Meet The Band, German Alexander – Vocals, Enoma Kingsley – Guitar and "Sneaky" Josh Tenorio – Bass.

Lee-Lonn A local Houston songwriter who believes innovation is rare but easily accessible. Lee-Lonn has done notable works for national artists and has also performed on national TV shows. Experience jubilation at it's finest.

Meet the Rock Your Brain Judges

Yvonne Guidry A Texan native, bilingual, beauty, fashion, entertainment and mommy influencer behind SpoiledLatina. She uses her platforms as a way to express her own opinions and reminds every woman that life is too short to not spoil yourself.

Ruben Jimenez DJ'd in Houston for 20+ years, he has recently co-founded Roologic Records which provides international distribution and a platform for local Houston acts as wells as local visual artists.

Khris Harding Radio Host at Punkstar Full Throttle Radio and performing artist. Khris has taken an active role in the Houston music community.

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