STROKE CENTER HOURS CUT

Supplemental program to launch in the fall

By KIMBERLY WHITE
kimwhite@santacruzsentinel.com

APTOUS — It’s been a slow pro-
cess, but Chat Wilber spent the
last two years in recovery from
lymphoma and mobility skills, in-
cluding the strokes she suffered in
2018 and 2020.

SOMETHING TOLLER to her now is a
spinal infection that left her a paraplegic, unable to move her
legs.

Both were among a group of about a dozen students in a group counseling session at Cabrillo College’s Stroke and Disability Learning Center’s last Thursday morning.

Strokes, amputations, traumatic brain injuries and other con-
tingencies have left them dis-
bled in various ways, and other
stroke survivors often accept their disabilities, adhere to their
programs, and have stories about grief, stress and other mental
health issues.

We’re treated as the individu-
als we are,” rather than just num-
bers or statistics, Wilber said.

In other cases, physical and
occupational therapists guide
their students through exercises
to help strengthen their physical and cognitive abilities, including
exercises on balance and speech, reading and comprehen-
sion.

The center opened its doors in
2013 and sees about 35 students.

At its height, it had a staff of
12, according to facility man-
ager, a a remarkable and the center’s
administrative director.

But the state’s budget crisis is tak-
ing its toll.

In the bill, the center’s hours will
be cut from 30 hours a week to 17,
and several full-time staff will lose
more than 17 hours a week.

To supplement those cuts, a
private foundation and the state’s
Adult and Independent Living Pro-
gram, sponsored through Cabrillo’s
extension program, will be start-
ing up in the fall.

The two, eight-
week courses are geared toward
students who have already com-
pleted two years of the core pro-
gram at the center, and students
are registered through August, said Robe
Perez, the center’s direc-
tor.

Courses offered at the Stroke and Disability Learning Center are par-
tially subsidized by the state, but
much of the funding comes from
endowment, smiling thanks to
students.

The first class costs $85, and each subse-
cquent class costs $50 — signif-
icantly higher than the roughly
$600 students now pay to take one
of center’s three, semester-long
courses.

Now, recently re-sized to appeal
to donors everyone associate-
with the center, hope to recei-
v a scholarship fund for people
in the program.

“Most people don’t realize how
many people the skills to main-
tain engagement with daily life,”

WBI

Mary Ameo works with survivors at the Cabrillo College Stroke and Disability Learning Center on Thursday as she registers her disability following a stroke and loss of movement from her arthritis.

STROKE CENTER

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we were in her room, whether
we’re able to offer the actual
architects in the fall,” she said.

A series of large canvases paint-
ing him in one color

was history, by a

in various ways, and other

stroke survivors often accept their disabilities, adhere to their
programs, and have stories about grief, stress and other mental
health issues.

Language impairment.

And the improvements are often
complimented by the thera-
pists. They feel that their
work has more impacts. Is that
something you don’t notice
as before?

“We take the day by day for
granted, but when you become dis-
babled, you can’t necessarily do the same things that we do in
daily life,” Bowe said.

“Simply being able to tie
your shoe, being able to open
your milk carton, being able to
pour your cereal, in your
leaves, suddenly become big
things. You can notice that
people have the skills to main-
tain engagement with daily life.”

Mary Asimo works with survivors at the Cabrillo College Stroke and Disability Learning Center on Thursday as she registers her disability following a stroke and loss of movement from her arthritis.