How Do I Enroll?

Students must contact Sandi Burnett, at (310) 434-4442 or burnett_sandra@smc.edu prior to class attendance. Waiting lists are common for most classes. Classes are offered free of charge.

The Pathfinders Program is offered through The Emeritus College Program for Older Adults sponsored by Santa Monica College. Offices are located at:

1227 Second St., Santa Monica, CA 90401
(310) 434-4306 or www.smc.edu/emeritus.

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**Purpose**

* To promote effective coping with common life changes that follow a stroke.
* To promote a sense of wellness, empowerment and self-satisfaction.
* To promote physical fitness, flexibility, strength, endurance and balance through exercise.
* To promote communication.

**PATHFINDERS**

**Program Activities**

* Communication Skills Classes
* Physical Exercise Classes
* Computer based Speech Classes

**Is PATHFINDERS for me?**

PATHFINDERS is designed for mature adults who have had a stroke and have completed their hospital therapy. Individuals must meet the following conditions.

* Have a medically verifiable, post-stroke impairment.
* Demonstrate sufficient self-help skills to manage basic bodily functions or provide own attendant care.
* Have sufficient language comprehension skills to benefit from the education program.
* Consistently refrain from behaviors which deny the personal rights or safety of others.
* Have the potential to benefit from instruction in a group setting.

**Program Information**

**Program Schedule - Fall and Spring semesters, Winter & Summer sessions**

* Communication & Speech classes: Mondays (3 levels of skill) Wednesdays (computer based)
* Physical Exercise classes: Mondays, Tuesdays, Thursdays, and Fridays

**Places**

* Emeritus College classrooms, 1227 2nd Street, Santa Monica
* Madison Campus, Rm. 101 11th and Santa Monica Blvd.

**Instructors**

* Certified Speech Pathologists: Louise Feinberg, Lolly Krissman, and Vivian Sheehan
* Registered Occupational Therapists: Jami Evans, Jeanne Adams, Jiane Li, and Bonnie Nakasuji