

SSEEO NEWS

Our mission is to provide advocacy, support, education & resources for stroke survivors and their families.

Making an Impact in Illinois

Stroke Survivors Empowering Each Other, Inc. (SSEEO) offers support but isn't your traditional stroke support group. Founded in 2004 by survivors, caregivers and other stroke stakeholders as a patient-support advocacy group, SSEEO has grown into a nonprofit that provides advocacy, support, education and resources to stroke families.



[Read more](#)

Enjoy Summertime Fun

The summer months are a great time to be outdoors enjoying sunshine, friends and family. To make it more enjoyable and safe, consider some of these safety tips.

Stay Cool

- Stay in air-conditioned buildings as much as possible.
- Do not rely on a fan as your primary cooling device.
- Avoid direct sunlight.
- Wear lightweight, light-colored clothing.
- Take cool showers or baths.
- Check on those most at-risk twice a day.



Hydrate

- Drink more water than usual. Keep a bottle handy.
- Don't wait until you're thirsty to drink more fluids.
- Avoid alcohol or liquids containing high amounts of sugar.
- Remind others to drink enough water.

For more information visit <http://www.cdc.gov/extremeheat>

Disabilities and Traveling

During the summer months' millions of people take to the roads, skies and water for vacation time. Having a disability or caring for someone with one does not mean travel vacations should be avoided.

Open Doors Organization has a number of tips on how to prepare for a stress free vacation.

- For air travel consider booking non-stop flights.
- At hotels request rooms on the ground floor.
- When cruising notify your room attendant that you may need additional assistance.



For more great travel tips please visit Open Doors Organization at <http://opendoorsnfp.org>

SSEEQ also has an audio tutorial available "**How to Plan a Vacation if You Have a Disability.**" To listen visit <http://www.sseeo.org/lunch---learn.html>.

Survivor's Corner...

Speechless No More! Phyllis Weiss

by Jessica Young

Though her words are slow and deliberate, there is a lilting, lyrical quality to her voice. The words sometimes come intermittently, perhaps with fewer inflections and more pauses than most everyday conversations, but there is beauty in the imperfections.

For Phyllis Weiss, a 65-year-old survivor from Winthrop Harbor, Illinois, each sound she painstakingly - but patiently - forms is a triumph. In her quiet, halting delivery is an underlying strength and vitality. Qualities that carried her through an entire year of silence.



"I felt like a prisoner in my own body," Phyllis said. "Not to say a single word ... for weeks and months on end. Imagine not being able to speak your own son's name or tell your husband you love him while your mind is completely intact and functioning just fine."

[Read more](#)

Are You Prepared?

Emergencies and disasters can happen at a moment's notice and without any warning. The key to handling these emergencies is being prepared.



SSEEQ and Northwestern Lake Forest Hospital invites you to join them for a regional educational event on August 9th, 2016. The American Red Cross will be sharing ideas on how to get informed, make an emergency response plan, assemble a preparedness kit and how to maintain and your plan and kit. In addition to emergency preparedness SSEEQ and Northwestern Lake Forest Hospital will help you

identify the warning signs, risk factors and what to do if you have the signs and symptoms of a stroke.

This event is **free** but registration is required.

To register call 888-988-8047 or go to www.sseeo.org.

For more information, please see the [Event Flyer](#)



Stay Connected



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Together WE Can Make a Difference!