

SSEEO NEWS

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

10 Reasons to Participate in a Stroke Research Study

Clinical trials are used to test the effectiveness and safety of medications or devices before making them available to the general public. Clinical trials must follow strict guidelines and safeguards set up by the FDA.



Tom O'Donnell, a stroke survivor who has participated in research studies at Rehabilitation Institute of Chicago, University of Chicago, and Rosalind Franklin University, gives the following reasons for his participation in stroke research.

1. Help make advancements in approaches from which other stroke survivors can benefit.
2. Assist in the improvement of approaches used by therapists.
3. Get free therapy and/or medical care.
4. Receive some variety in rehabilitation approaches.
5. Experience new settings and meet new people who are interested in improving the quality of my life and the lives of other stroke survivors.
6. Get some of the most advanced treatments available.
7. Become more hopeful about my continued improvement.
8. Get to focus on my personal goals.
9. Have the opportunity to make decisions for myself and experience more independence.
10. Improve my areas of impairment, which in turn improves the quality of my life.

Finding a Research Study

An Internet search using the key words "clinical trials + stroke" will reveal a number of sites that list studies that are in progress and/or recruiting participants. Adding an additional word to those key words (e.g. aphasia) will provide results specific to the area for which the stroke survivor desires improvement.

<https://clinicaltrials.gov>

http://www.heart.org/HEARTORG/Research/Research_UCM_481866_SubHomePage.jsp

<http://www.stroke.org/we-can-help/survivors/stroke-recovery/first-steps-recovery/finding-clinical-trials>

<http://www.ric.org/research/clinical-trials/>

Need a Good Read?

It seems that the one book most recommended to stroke survivors is "*My Stroke of Insight*" by Jill Bolte Taylor.



So why is it recommended? The author is a stroke survivor who is also a brain researcher and she writes about what it was like to have a stroke, the rehabilitation journey she took and her insight into the workings of the brain. Additionally, there is much in the description of her experiences that stroke survivors can identify with and gives them the words to explain to family and friends what they are feeling. Therapists who recommend the book often do so because it gives the survivor hope that therapy and hard work will bring improvement that continues long after the stroke took place.

Want a more detailed description and reviews of *My Stroke of Insight*? [Click here to visit Good Reads](#) . If you can't read the book at this time, you might want to listen to a TED Talks of Jill Bolte Taylor. [Click here to listen](#).

Survivor's Corner...

Joe Caliendo

In May of 2013 I was taken to Kenosha Medical Center at 1:00 am in the morning with the signs and symptoms of a stroke. My right side was weak, my speech was slurred and I had difficulty completing a sentence. The hospital wanted to airlift me, but due to weather conditions and darkness the ambulance took me to Froedtert Hospital in Milwaukee where I was diagnosed with an ischemic stroke. After a week in the hospital, I was transferred to Vista Medical Center for rehabilitation. I went to this rehabilitation center so I could be closer to my home and children.



I was 61 years old when I had my stroke. For over 40 years I had been a PACE bus driver giving rides to passengers who were unable to drive, and I had spent much of my free time volunteering in my community. Suddenly, it was my turn to need help and have someone transport me. Now, three years later, I continue to work on my speech but know that it could have been worse. I am thankful that I can help my wife, who has been deaf since birth, and others who have experienced a stroke.

One way I help others is by assisting in SSEE's Stroke Survivor2Survivor (SS2S) telephone support program. I make monthly 45-minute trips each way from Kenosha to Waukegan on my Vespa P-200 E motor scooter so I can make these calls to stroke survivors and their family members at Vista Medical Center. I feel I have been especially helpful with some of the patients who only speak Spanish, because I am able to speak Spanish. I also know sign language and Italian.

I continue to volunteer in the community where I am actively involved in the Kenosha Senior Center serving lunch each week, I assist with tours at the Kenosha Southport Light Station Museum and I also get together with my scooter buddies called the Scooterazzi for coffee, lunch or a game of chess. In the summer, I park cars and sell popcorn and peanuts at the Kenosha Kingfish baseball field. It brings back memories of my high school years when I worked concessions at Wrigley Field.

I know I am blessed and want to be sure to keep active, have a positive attitude and to always, always help others.

Annual Report

"As I reflect on the past year as SSEE's President, I am always amazed at what we have accomplished. Each volunteer has played a significant role in growing SSEE and has volunteered countless hours to support our mission.



SSEE continues to grow our programs through the Stroke Survivor2Survivor telephone support program and Stroke Can Happen at ANY Age, a young stroke survivor panel educating businesses, schools and the community on the warnings signs and risks factors of stroke. Our new relationships with the American Red Cross, Journey Care and other non-profits is allowing SSEE to better serve our growing stroke community. " - Phyllis Weiss, SSEE President

Our programs exist because of your generous support. Please consider making a [a tax-deductible donation today](#) and help us continue our work with stroke survivors.

Click here to read the complete [Annual Report](#).

Upcoming Events

TELECONFERENCE

"GETTING TO THE HEART OF STROKE LEGISLATION"

Tuesday, February 14, 2017

12:00 - 1:00 pm, CST

[Lunch & Learn Teleconference Flyer](#)

REGIONAL PROGRAM

March 2017

5TH ANNUAL WALK/RUN FOR STROKE

Celebration of Life

Saturday, May 6th, 2017





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Together WE Can Make a Difference!

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