

SSEEO NEWS

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

Advocacy

Retired state representative and SSEEO board member Bob Biggins is one of 34 You're the Cure advocates on Capitol Hill advocating for increased access to telestroke care via the Furthering Access to Stroke Telemedicine (FAST) Act. This act would expand Medicare's coverage of telestroke services.



Stroke advocates and volunteers in Washington D.C.

Survivor 2 Survivor Program

SSEEO would like to welcome Advocate Sherman Hospital to the Survivor to Survivor (S2) program. On Monday, February 15th SSEEO trained stroke survivors and staff at Advocate Sherman Hospital, in Elgin Illinois for the S2S telephone stroke support program.

The S2S program began in 2013 with two hospitals. SSEEO now works with five hospitals and has 15 trained volunteers with two of those volunteers speaking Spanish.

Since July of 2015, the volunteers have made over 350 calls to stroke survivors, caregivers and their families. The follow-up calls provide support, resources and encourages the stroke survivor to be proactive in their recovery. For further support they are mailed information about the local stroke support group and SSEEO programming.

For more information about the S2S program visit www.sseeo.org.



Jim, Craig, Mark and Donna

Ready....Set....Go

It's time for **SSEEO's 4th Annual Walk/Run for STROKE**

In honor of stroke awareness month in May the event will be held **Saturday, May 14th.**

We have something for every fitness level and everyone can enjoy the AIR-ONE and Emergency Response helicopter, K9 dog demonstrations and a performance by the international award winning Razzle Dazzle Baton Twirling Corps.



New for 2016 "The Top Team Trophy". Gather friends, family or co-workers to make up a team - you may win the trophy!

On average, someone dies from a stroke every 4 minutes, making it the 5th leading cause of death in the U.S. and a leading cause of serious disability. Join us in our journey to advocate, educate and support stroke survivors, caregivers and their families.

Registration is now open to everyone.

To register or volunteer visit <http://www.sseeo.org/events.html>

Survivor Story...

I am a stroke survivor!

Mary Kay Michalowicz



In May of 2010, I suffered a stroke at age 42. I didn't realize it could happen to someone my age. I was paralyzed on my left side and spent two weeks in the hospital with another five weeks at an in-patient rehabilitation facility. I had to re-learn how to swallow, sit, stand and eventually walk with the aid of an ankle-foot orthotic. I thank God for my husband, who had to jump in and take care of our four children and eventually help me adjust to my new life at home.

Once home, I had to learn to do things for myself and to be there for my children. I had to overcome my fear of walking, stairs, and so many of the little things I took for granted. I needed help with all the daily activities like the dishes, laundry (not to sad about laundry since I don't like folding clothes) and cooking. I needed help with everything including cutting my food so I could eat. It took time, patience and God for me to relearn these skills and get back to life. A new life but a life with my children, husband and friends.



Mary Kay and her family

[Read more](#)

Calendar of Events

March 15th

Lunch & Learn Teleconference - *TPA, Coiling, Clipping and Stents...
What Does it All Mean?*

Lunch & Learn Flyer

April 12th

Lunch & Learn Teleconference - *Stroke and Vision Problems*

May 14th

SSEEO Walk/Run for Stroke

To register visit <http://www.sseeo.org/events-calendar.html>

June 14, 2016

Lunch & Learn Teleconference - *Palliative Medicine...What Is It and Do I Need
It?*

For more details, please visit www.sseeo.org

Stay Connected



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Together WE Can Make a Difference!